



I give my child permission to watch the movie, *Cheaper by the Dozen*, rated PG, at Children's Camp '10.

Parent Signature X \_\_\_\_\_



I have reviewed the following camp water rules with my camper and they understand what is expected of them at Children's Camp water activities.

Parent Signature x \_\_\_\_\_

- Lifejackets must be worn when participating in any lake activity and canoes are to stay in the open lake area.
- No swimming in the lake except to exit the water after sliding or "blobbing."
  - Those with pre-existing injuries or medical problems should not blob.
    - Lifejackets must be worn at all times while "blobbing."
  - No more than a 100 lb. weight difference between the "blobee" and the "blobber."
- Continuous, repeated "blobbing" is not recommended as it can lead to muscle fatigue and injury.
- When you jump onto the Blob...ALWAYS land on your bottom with your legs out in front of you. NEVER LAND ON YOUR FEET.
- For lake and pool slides, sitting up or lying down-feet first and belly up-are the only recommended safe positions.
  - The waterslides are designated for one person sliding at a time.
- No acrobatics on the slides. Water is only approximately three feet deep.
  - Immediately move clear of the slides when you reach the bottom.