



# Frozen Ropes Summer Camp Information Packet

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# Outdoor Summer Camp Frequently Asked Questions

**Q: What should the players bring to camp?**

A: Players should bring their glove, batting gloves (optional), hat, water bottle, sunscreen if needed, bat (optional), snack and lunch. All personal items should be clearly marked with the player's name. Sunglasses, cleats, protective cups, baseball pants and personal helmets are a few additional pieces of equipment that should be considered.

**Q: What should the players wear to camp?**

A: Most players wear shorts and t-shirts. Uniforms and baseball pants are not required.

**Q: Is lunch served?**

A: No, for all baseball and softball camps, players need to bring their lunch each day and also bring a snack. Frozen Ropes will provide water for refills to the players throughout the day but players are required to bring their own water bottle.

**Q: What is a typical day like?**

A: The camp agenda will change throughout the week but players will participate in stations and drills along with fun in the sun activities in the morning. Controlled scrimmages will be played daily. Players are divided by age and skill level for all stations and games. Lunch is usually at noon for baseball camps and players will be given water breaks throughout the day.

**Q: What is the instructor/player ratio?**

A: The maximum ratio will be 1 instructor for 10 players but is often lower.

**Q: What time can players be dropped off at camp?**

A: Players may arrive as early as 15 minutes before the start of the camp.

**Q: Can parents stay and watch?**

A: Parents are more than welcome and encouraged to observe the camp activities.

**Q: Are any of the instructors CPR/First Aid certified?**

A: The senior instructor at each camp location is first aid and CPR certified. Also, many of the camp instructors are certified. First aid kits are available and the staff have cell phones in the event of an emergency.

**Q: Will the Frozen Ropes instructors apply sun screen?**

A: No they will not. Sun screen should be applied to players before arriving at camp.

**Q. Do you have Camp Policies and Procedures?**

A. Yes, Frozen Ropes has many camp policies and procedures and meets all state and local requirements per Mass Board of Health document 105 CMR 420. You have the right to review our policies at any time. One particular item is our player discipline policy. Players will be warned of inappropriate behavior. This includes foul language and disrespect to players or coaches. A second warning will constitute the player sitting out for an amount of time. Additional occurrences will result in a call to the parents to pick the player up as to not disrupt the other players.

**Q: Does Frozen Ropes have insurance?**

A: Yes, we are fully insured for activity within our Training Center as well as activity out at camp locations. Insurance certificates are filed with the town.

**Q: What if it rains?**

A: There are 2 scenarios:

**1. Full Day Washout** - if it rains overnight and looks like it will be a washout the next day we will make a decision by 6AM the morning of camp. Please call our Natick facility at 508-653-7673 and choose option 4 (Cancellations). If the message does not say that the outdoor camp is cancelled, please proceed to the camp location. If the message indicates that the outdoor camp has been cancelled, there will also be details regarding the possibility of holding camp at our indoor facility in Natick. This will depend on the total number of registered campers for all of our camps that week. If we can not accommodate every camp indoors due to town regulations, we will issue prorated vouchers good towards any future indoor or outdoor group class or camp.

Here are the directions to Frozen Ropes Natick:

**From Route 9 Eastbound:**

- Route 9 East to Oak Street (Scrub-A-Dub Car Wash on right)
- Bear right into circle and follow around to cross Route 9
- Continue onto Oak Street for approx. one mile (Westgate Christian Academy School on left)
- Take right on Tech Circle (after Longfellow Health Club)
- Frozen Ropes is #14 (on the left)

**From Route 9 Westbound:**

- Route 9 West to Oak Street (Scrub-A-Dub Car Wash on left)
- Turn right onto Oak Street for approx. one mile (Westgate Christian Academy School on left)
- Take right on Tech Circle (after Longfellow Health Club)
- Frozen Ropes is #14 (on the left)

**From Route 30 Eastbound:**

- Travel Route 30 East towards Wayland
- Take Route 27 South for approx. 1/4 mile
- Turn left onto Pine Street for approx. one mile
- Turn right onto Oak Street for approx. 1/4 mile
- Turn left onto Tech Circle
- Frozen Ropes is #14 (on the left)

**From Route 30 Westbound:**

- Travel Route 30 West towards Natick
- Take left onto Oak Street (at lights) approx. 3/4 mile
- Turn left onto Tech Circle
- Frozen Ropes is #14 (on the left)

**From Mass Pike:**

- Take Route 30 Exit 13 to Natick/Framingham approx. 1/4 mile
- Take the left fork to RT-30 East Natick/Wellesley and merge onto RT-30 for approx. 2 miles
- Turn right onto Main Street/Route 27 South for approx. 1/4 mile
- Turn left onto Pine Street for approx. one mile
- Turn right onto Oak Street approx. 1/4 mile
- Turn left onto Tech Circle
- Frozen Ropes is #14 (on the left)

**2. Partial Day Rain** - if it rains while the players are at camp all players will go under cover and the instructors will wait for the rain to stop. If the fields become unplayable all parents and guardians will be contacted to pick the players up. NO PLAYERS will be left unattended! Instructors will stay on site until all players have been picked up.



# Permission for Medical Treatment

If your child requires off campus medical services, such as prescription medications or emergency evaluations, they will be transported to a local hospital. Payment will be the responsibility of the parent or guardian. In order to provide these medical services, the attending physician will require a permission to treat statement and insurance information. The Frozen Ropes Training Center Staff will contact you in the event of an emergency. Thank you for your cooperation.

I, the parent/guardian of \_\_\_\_\_ give permission for emergency transport and  
(Child's Name)

Medical treatment to be administered. I authorize the release of any medical information to the Frozen Ropes Training Center Staff. I also give permission for the Athletic Training Staff to administer over-the-counter medications, such as children's Tylenol.

\_\_\_\_\_

Date _____	Parent/Guardian Signature _____
Insurance Company _____	
Policy Number _____	
Parent Guardian Address _____	
_____	
Home Phone _____	Work Phone _____

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The waiver must be signed by all participants: In consideration of my camp participation, I, the undersigned, intending to be legally bound for myself, my Heirs, and Administrators, do hereby release any and all sponsors of this camp, coordinating groups, any individuals associated with the camp, and their representatives, successors and assigns, from any and all liability arising from illness or injuries I may suffer as result of my participation. Also, none of the above is responsible for the loss of personal items or any other form of aggravation in connection with said camp. I attest that I am physically fit.

	_____
	Child's Signature
Date _____	_____
	Parent/Guardian Signature

## Authorization list for picking up players

Player's Name: \_\_\_\_\_

Please list all names and telephone numbers for anyone that is authorized to pick up your child from camp.

1.Name: \_\_\_\_\_ telephone number: \_\_\_\_\_

2.Name: \_\_\_\_\_ telephone number: \_\_\_\_\_

3.Name: \_\_\_\_\_ telephone number: \_\_\_\_\_

4.Name: \_\_\_\_\_ telephone number: \_\_\_\_\_

5.Name: \_\_\_\_\_ telephone number: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Policy for picking up players

A photo ID and pick-up slip (provided below) is required for player pick-up. Players may only be picked up by those names submitted on the parent pick-up document. If there is a change to this list please email us at [natick@frozenropes.com](mailto:natick@frozenropes.com) or provide a written note to a senior instructor.

(Please print this document and provide anyone picking up your child with a pick-up slip with your signature.)

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Player's name:

Date:



Person picking up player:

Parent's signature:



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Player's name:

Date:

Person picking up player:

Parent's signature:



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Player's name:

Date:

Person picking up player:

Parent's signature:



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Player's name:

Date:

Person picking up player:

Parent's signature:



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Player's name:

Date:

Person picking up player:

Parent's signature:

