



at Historic Camp Steiner



# SUNROCK FOUNDATION

ADVENTURE WITH PURPOSE

Sunrock High Adventure Base is located at the historic Camp Steiner in the beautiful High Uinta's of Utah. Camp Steiner was first opened by the Boy Scouts of America in 1930 and is now managed by The Sunrock Foundation, a nonprofit organization 501(c)(3) located in Heber City Utah.

The Sunrock Foundation's purpose is to provide meaningful outdoor experiences for groups or individuals, specifically focused on disadvantaged groups. We want ALL young people to feel the energy and inspiration only Mother Nature can provide. We provide life changing experiences like rappelling, rowing, and archery all while learning life skills. We incorporate the mission of any organization, along with that of The Sunrock High Adventure Base, and apply them in well planned outdoor learning experiences with the intent of inspiring individuals to become their best selves, face challenges, coming to know God, improve mental health and empower them to make positive changes.

Our programs focus on using the powerful energy of mother nature to inspire the soul, heal a broken heart, invigorate the mind, challenge the body and strengthen the weak. We provide fun, exciting, and meaningful experiences focused on the 3 pillars of the program, which are ADVENTURE, DISCOVERY and CONNECTION.

We not only focus on benefiting our participants with our program but also on training our employees to make a difference in the world. We seek to inspire our guides to apply the principles of The Sunrock Foundation in their own lives focusing on service to others and becoming their best selves.

## The Sunrock Foundation Board of Directors

Shad Stevens - President

John Paskett - Vice President

Jane Herbert - Treasurer

Nicole Johnston - Secretary

Skyler Johnston - Board Member

Quinn Calder - Board Member

# Sunrock High Adventure Base

## Contact Information

Website: [thesunrockfoundation.org](http://thesunrockfoundation.org)

### Camp Reservation and Information

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Or

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Camp Latitude: 40.716527 Longitude: -110.877861

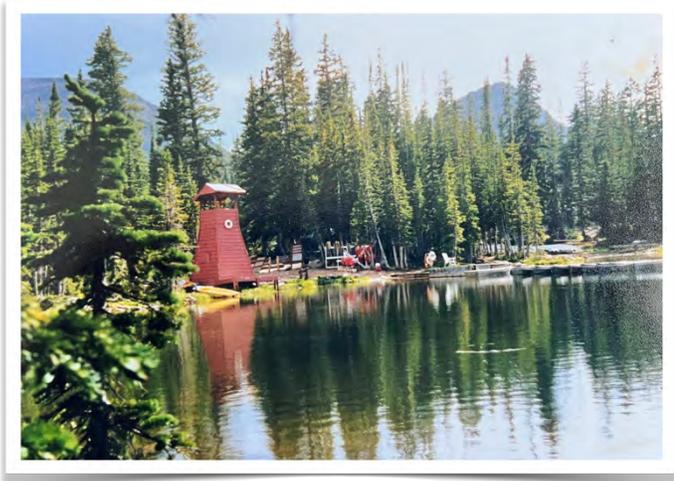


Sunrock High Adventure Base is located on National Forest land and is authorized under special use permit by the Uinta-Wasatch-Cache National Forest and operates on a non-discriminatory basis.

# Sunrock High Adventure Base

## Camp Overview

Sunrock High Adventure Base is located 34 miles from Kamas Utah up the Mirror Lake Highway or 45 miles from Evanston Wyoming. It's situated at an elevation of 10,400 feet. When it was a Boy Scout Camp, it was registered as the highest Scout Camp in the United States and the second highest Scout Camp in the world. The camp was considered the "Flagship Camp" of the Great Salt Lake Council. It was always the first camp in the area to fill up due to its rustic nature and stunning views of Bald Mountain, Reid's Peak and Hayden Peak.



The 80-acre camp was founded in 1930 and sits on the shores of Scout Lake. There are a total of 3 lakes that either sit completely in or partially inside camp boundaries. The other two lakes are Pearl Lake and Picturesque Lake. In addition to our 3 lakes, there are more than 30 lakes in a 10-mile radius. Some of the most notable lakes are Mirror Lake, Lofty Lake, Ruth Lake, and Butterfly Lake.

The main camp season usually begins the end of June and goes through the middle of August, depending on the snow. The camp is available for special use groups during the months of September and October. At this time the camp is not available during the winter months due to the fact that the highway leading to the camp does not have winter maintenance and the Forest Service closes the gate to the highway at Soapstone Basin.



3

LAKES

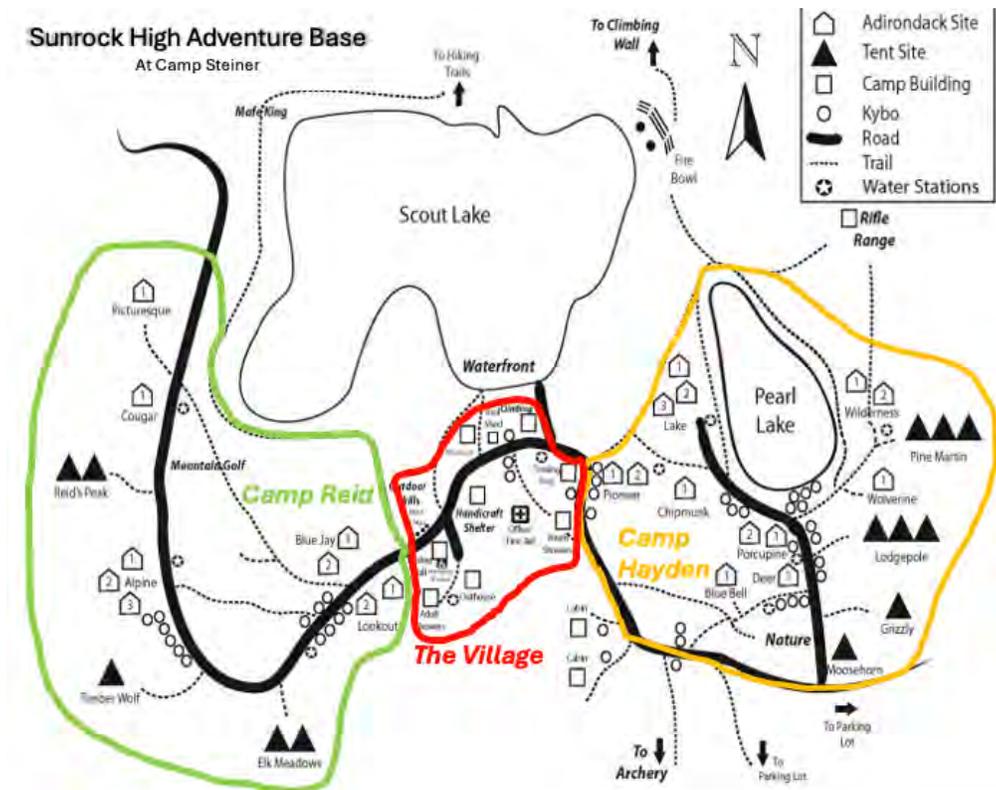
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SESSIONS

300

CAPACITY

# Maps



## Camp Layout

Sunrock High Adventure Base is divided into two different halves. One side is called Camp Reid, which is located closest to Reid's Peak and the other side is called Camp Hayden, which is located closest to Hayden's Peak. Each Camp has sites with Adirondacks (ADK's) and tent sites.

## Campsites

ADK's are historic 3-sided bunk houses that can house 12 youth each. ADK sites have 1, 2 or 3 ADK's in them along with space to put 2 leader tents as well. The tent sites can house anywhere from 6-12 individuals.

Each campsite has access to potable water, port-a-potties, metal fire pit, and picnic tables. Some of the campsites still have the old hand built rustic rock stoves from the 1940's. Groups will need to provide their own shade tents.



## **Program Opportunities**

Sunrock High Adventure Base will open for business in the summer of 2024 but will not be providing a full program until 2025. Because Camp Steiner has sat vacant for 5 years there are many repairs and projects that need to be fixed-up the first year. Those groups that come to Sunrock High Adventure Base in 2024 will be required to provide a minimum amount of service to help get the camp up and running.

### **Boating**

The boats at the waterfront can be reserved or used on a first come first serve basis during open hours. Sunrock High Adventure Base provides canoes, rowboats, kayaks and stand-up paddle boards. All boating participants MUST pass the swim check certification to be allowed to use any waterfront equipment and use Personal Flotation Devices (PFD's) while on the water.

### **Swimming**

We have a great swimming area at Scout Lake, one of three mountain lakes at Sunrock High Adventure Base. There is no swimming aloud at the other two lakes (Pearl or Picturesque Lake). It's cold but exhilarating to swim in Scout Lake. All swimmers must first past the swim check certification to be allowed to swim at Sunrock High Adventure Base. Part of our High Adventure program is to experience the lake through our Polar Bear Plunge jumping into the lake at 6am or participating in the mile swim.

### **Fishing**

Participants who fish at Scout Lake are required to have a Utah State fishing license. Participants are welcome to check out a boat or canoe during open hours but must wear a PFD at all times when on the water. Fishing is not allowed from the dock or anywhere near the waterfront shore. Sunrock High Adventure Base encourages the catch-and-release method and asks all guests to do the same.

### **Rock Wall**

The Rock Wall at Sunrock High Adventure Base provides one of the most breathtaking views and exciting High Adventure activities available at camp. Groups will sign up to participate in the Rock Wall activities, which include both rock climbing and rappelling. Safety is the highest priority at Sunrock High Adventure Base so participants MUST follow all rules and wear the appropriate equipment when participating in the Rock Wall activities.

### **Hiking/Backpacking**

Sunrock High Adventure Base is surrounded by an extensive trail system that explores the surrounding peaks and lakes. The views are expansive and inspirational. Those who make the trek to the top of one of the surrounding peaks are greatly rewarded to see across some of the most beautiful rustic backcountry in the Western United States. Groups are encouraged to take either a day hike that could range from 1-3 miles or turn their hike into an overnight outpost backpacking trip that could range from 3-6 miles. Groups will have the unforgettable experience of hiking or backpacking trails like Lofty Loop Lake, Bald Mountain, Ruth Lake, Pass Lake, Fehr Lake and many more.

### **Games**

Sunrock High Adventure Base provides many fun and engaging games to help groups have fun while at camp. The different activities are spread throughout camp encouraging groups to not only participate as a group but to also meet new people from other groups. There are many different types of activities which allow individuals with many different skill sets and abilities to participate. Activities are available most anytime throughout the day.

### **Teamwork**

Sunrock High Adventure Base places a high premium on teamwork activities. Groups will sign up for a time slot where they can explore the low ropes course and be led through 10 other teamwork activities. Group members will learn to think outside the box and learn the value of working with others to accomplish a challenging task. The learning process replicates life scenarios in families, friends, work, sports, or any other group.

## **Skills**

Outdoor safety is of highest priority while at Sunrock High Adventure Base and guests will have the opportunity to learn important and lifesaving first aid skills along with wilderness survival skills. Each day there will be both morning and afternoon classes available to groups and individuals. Other skill classes that will be available are knot-tying, outdoor cooking, mountain man skills, hatchet throwing and eventually a high ropes course.

## **Service**

Service is an essential part of the Sunrock High Adventure Base program, and all guests will be encouraged to participate in a service project while at camp. Through service opportunities, guests will learn the value of environmental conservation and good stewardship. Groups will participate in deadfall clean up, trail grooming, facility cleanup and maintenance, camp site improvements and any other project identified by the Camp Director. Groups are welcome to bring their own equipment to help with projects, but it must be coordinated with the Camp Director before arriving.

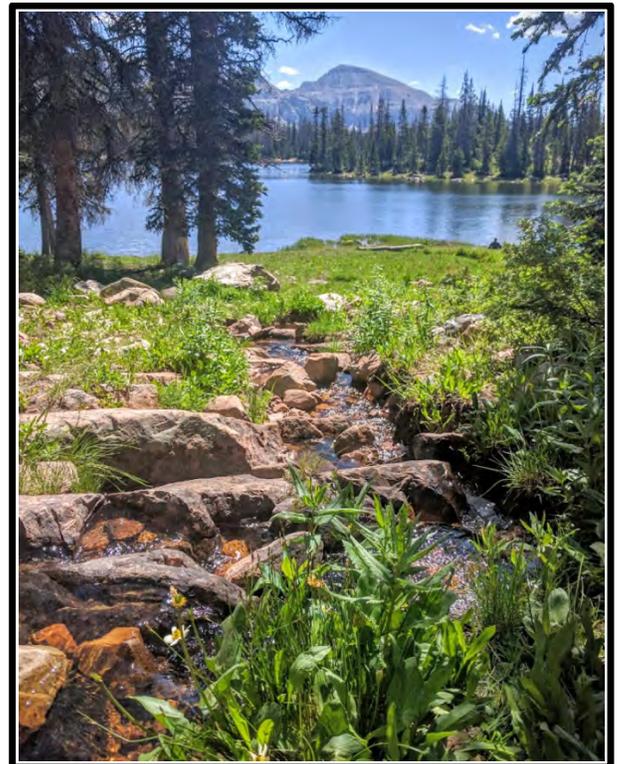
## **Inspirational Activities**

Out of all the good things that happen at the Sunrock High Adventure Base, this could possibly be the most important. Guests will have experience three important elements of our program: Adventure, Discovery, and Connection.

Guests will experience high adventures while at camp that will encourage them to step outside their comfort zone. As a result of those challenging experiences, they will discover things about themselves and other group or family members which ultimately lead to a stronger healthier connection. The inspirational activities will also help them connect with their higher power. Inspirational activities will include things like star gazing, campfire programs, devotionals, and patriotic programs.



*Just being  
at camp  
rejuvenates  
the mind  
and  
inspires the  
soul.*



### 3-year Programming Plan

	2024	2025	2026
<b>Waterfront</b>	-Floating dock -Swimming area for non-swimmers -Canoes -Row boats -Stand up paddle boards -Fishing	-Buoys to measure distance swims -Rope Swing -WI bit -Paddle Boats	-Waterslide -Scuba -Jumping tower -Launching balloon
<b>Rock Wall</b>	-Rock climbing -Rappelling	-Rock climbing -Rappelling	-Rock climbing -Rappelling
<b>Physical Fitness</b>	-Hiking -Outpost backpacking -Sawing Logs	-Race that includes swimming, running, and rowing	
<b>Games</b>	-Corn hole -9 Square -Gaga ball -Slackline -Horseshoes	-Disc Golf -Ninja Warrior -Horseshoe golf	
<b>Teamwork</b>	-10 station low ropes course -5 Teamwork stations	-Add 10 more stations for low ropes course (Including “The Wall) -“Sunrock Olympics”	
<b>Skills</b>	-First Aid -Knot-tying/Roping -Wilderness Survival -Temporary Hatchet/Knife Throwing	-Archery -Mt Man skills -Outdoor cooking -Permanent Hatchet/Knife Throwing -High ropes challenge course	-Zipline
<b>Service</b>	-Deadfall Cleanup -Trail grooming -Cabin staining -Cabin sealing -Campsite cleanup -Water line upkeep -Tent platforms moved, repaired, and built -Campsite stoves fixed	-Campsite stoves fixed -Trail grooming -Facility improvement -Falling dead tress to repurpose -Road improvement -Archery Range	
<b>Inspiration</b>	-Star Gazing -Campfire programs -Devotionals -Gospel related classes -Hammock Village	-Star Gazing -Campfire programs -Devotionals -Gospel related classes -Hammock Village	-Star Gazing -Campfire programs -Devotionals -Gospel related classes -Hammock Village

## Sessions

Each week at the Sunrock High Adventure Base is designated for different types of groups. Please review the schedule below and plan your group's visit accordingly. If there are questions about your groups and which week they should attend please reach out to the Camp Director through email.

## Registration

For the 2024 season all registration will be done directly with the Camp Director or his staff. Please email [shad.sunrockfoundation@gmail.com](mailto:shad.sunrockfoundation@gmail.com) for details.

## Price

For the 2024 season the price is drastically reduced due to the nature of camp. The camp has sat empty for 5 years and needs to be cleaned up and buildings repaired. Groups who attend camp in 2024 will be expected to help with some service in exchange for a reduced rate. After 2024 camp will be running at full capacity which will require an increased rate.



## Camp Life

### Special Needs Requests

All special medical conditions should be reported to the health officer upon arrival in camp. If there is a camper with special needs, please contact the camp director so we can make the appropriate accommodations.

### Campsite Accommodations

Each campsite has a picnic table (or more) and campfire ring. Participants and groups need to plan on bringing their own shade tents. Tent sites also need to provide their own tents.

### Latrines

Sunrock High Adventure Base provides port-a-potties close to each campsite. Please do not throw any garbage down the toilets. This includes feminine hygiene products of any kind (pads, inserts, applicators, or wrappers). Hand wipes or baby wipes, toilet paper rolls, wrappers, candy wrappers, or food items should not be put in the latrine. If there are any of these items found in the toilets, it is extremely difficult to clean them out and the pumpers will refuse to pump trash filled latrines. Ask at the office for extra garbage bags and toilet paper. Ziplock bags and paper sacks can also be provided to dispose of feminine hygiene and wipes.

### Water

Each campsite has a nearby water spigot with potable water. No brushing of teeth, washing dishes or bathing at or near the drinking water sources. Encourage your participants to stay hydrated!

## **Ecology**

Please make certain that all group members understand the delicate balance of plant and animal life in the wilderness. Everyone should do their best to ensure that animals are respected and unharmed - this applies to aquatic life as well.

No pets of any kind should be brought to camp. Pets are a threat to wildlife and are in danger themselves. Never cut down a tree, dead or alive. Do not carve names or symbols into the trees or do anything else that could damage the trees. Nothing is to be tied to living trees.

## **Cliff Edge & Tree Climbing**

Sunrock High Adventure Base has a strict no cliff edge & tree climbing policy. Participants (youth or adult) that are discovered to be climbing cliff edges or trees will be sent home.

## **Fire**

The smallest spark is a deadly threat to wildlife and campers. No fireworks are allowed in camp. All fires must be confined to the designated fire rings in each campsite. When groups are on their outpost backpacking trip they are encouraged to practice Leave No Trace camping techniques.

## **Firewood, Axe Yard**

There is plenty of dead and down wood in our forest that you may find and use for your fires. Every campsite has a designated axe yard. Groups are encouraged to bring their own saws or axes to cut wood for their campsite. Axes and saws must be properly stored when not in use. No live tree or bush should ever be cut down. Individuals found cutting down live trees will be sent home.

## **Hammocks**

Those that wish to use hammocks at camp must provide their own free-standing frame. Adults are encouraged to ensure a hammock's set-up is safe for the individual using the hammock. **Do not hang hammocks inside ADK's.**

## **Quiet Hours**

We provide all campers with at least nine hours of quiet time. Between 10:00 PM and 7:00 AM each day we ask that you enforce this quiet period.

## **Showers**

Adults should be aware of their group's behavior and maintain discipline by providing supervision while your group is at the shower facility. If there are any difficulties with other campers; please contact the staff.

The youth showers provide individual showers and private dressing space for all campers. Maintenance of the facility is the responsibility of all who use it. Report any malfunctions to the Camp Director at once. Please help everyone do their part to keep the showers clean and safe. Youth shower house sign-ups are available in the Trading Post.

Adult showers are separate from youth showers. No adult is allowed to enter the youth showers unless there is an emergency. Staff and adult showers are located near the Sunrock Dining Hall.

## **Vehicles, Trailers, and Parking**

Vehicles parked on camp property must display a Parking Pass that will allow camp staff to contact the owner/operator in the event of an emergency or other need. These parking passes are attached to this packet and can be obtained at check-in.

Please do not allow anyone to ride in the back of trucks or in trailers. Trucks, cars, vans, trailers, and RVs must park in the designated parking lots. While driving in camp, please stay below 10 MPH.

Equipment trailers are allowed to be left in the campsites, but all vehicles must park in the guest parking lot while at camp.

## **Food**

All groups are required to provide their own food and cooking equipment. Due to bear safety, all food MUST be kept in either the provided bear box or in an enclosed trailer. No food is allowed in tents or the ADK's.

Groups should plan to bring the following items:

- All cooking equipment (including camp chef, pans, pots, utensils, flatware)
- Dish washing equipment
- Garbage bags (heavy duty kitchen-size)
- Paper towels

## **Health and Safety**

### **Emergency Procedures**

In any large-scale operation, there exists the possibility of "emergencies." Sunrock High Adventure Base places the highest priority on establishing, communicating, and practicing effective camp Emergency Response Plans (ERP's). These procedures help staff and guests respond quickly and safely to all possible emergencies.

### **Weather-Related Emergencies**

Camp management takes every reasonable effort to monitor weather conditions that may pose a threat to the health and safety of the camp. Leaders and parents are ultimately responsible for the safety and well-being of their group. Leaders and parents are strongly encouraged to use good judgment when possible threats exist.

### **Weather Impact on Activities**

Occasionally, camp programs and activities will be impacted by weather events. In particular the Aquatics and climbing areas are often the first to be impacted. Thunder and lightning are a common occurrence at Sunrock High Adventure Base and can cause a delay or cancelation of activities. We do not take guest and staff safety lightly! Decisions to close an area are usually determined by the area director, in consultation with the Camp Director. Once again, we depend on the leaders or parents to be aware of weather activity and if they deem it necessary to move their group to a safer area, do not wait for direction from camp staff to do so.

### **Wildfire**

Campers and staff should be extremely careful with fire. In the event of a wildfire, the camp alarm will sound, and emergency evacuation procedures will be implemented. Please make sure all members of your group are aware of the emergency evacuation procedures. Do not venture out on your own to find individuals or family members. Camp administration will provide directions about how to proceed. An emergency drill is normally held within 24 hours of each arrival group.

### **Lost or Missing Person**

If a guest is believed to be missing, adult leaders or parents should first confirm that the missing person is not in the campsite, activity areas, or other common gathering places. The group should utilize the following steps: Assemble your groups, check each tent or ADK, check areas, then if not found, notify the Camp Director immediately. Sunrock High Adventure Base has an established response protocol developed with local county law enforcement.

### **Medical Emergencies**

All previous medical circumstances MUST be communicated to the Camp Director prior to arrival at camp. Sunrock High Adventure Base is extremely high in elevation at 10,400 ft, which can affect even the healthiest of individuals if not adequately prepared. Camp first aid staff is properly trained and equipped to handle most any medical emergency. Please notify staff immediately of any medical emergency.

## **Bear Precautions**

Sunrock High Adventure Base operates amid a strong black bear population. For the safety of the bears and the campers, a strict compliance to bear safety precautions is required. All food and other “smellables” (toothpaste, soap, deodorant, shampoo etc.) must be kept in either the bear box provided or in a hard sided trailer in the campsite. All dishwater should be properly filtered of food particles through the provided “bear screen”. Bear screens must be cleaned and stowed in bear box.

## **Bear “Safe” Garbage Disposal Plan**

To keep Camp beautiful and safe we must immediately remove, securely store, or incinerate all bear attractant garbage and litter. We must adhere to the following garbage disposal guidelines, and an adult leader or parent from each group must take responsibility to ensure adherence to these policies.

- **Don't Burn Garbage.** Never burn bear attractant garbage, such as left-over food, plates, bowls, or cups, grease, dirty dish water, or litter in the fire pit. The fire pit is for wood only!
- **Drink Beverages.** Encourage scouts to eat all their food and drink all beverages. Liquids such as milk, punch, or juice are dangerous if placed in the garbage. They leak out and create a bear attractant mess.
- **Less grease in water.** Limit the amount of food and grease in dish water by wiping all dirty dishes with a paper towel before washing, then throw the paper towel with the food and grease into the garbage. Dirty dish water must be strained through the bear screen. Clean the bear screen with a paper towel and throw the towel in the garbage. Bear screens must be stored in the bear box. Clean food and grease from stoves. Paper towels that are used to wipe dishes must be taken to the Bear Trailer.
- **Garbage in bear trailer after each meal.** Collect all waste and garbage immediately after each meal and take it to the garbage trailer/Dumpster. Place all bear attractant waste in the garbage trailer and close the door securely. **NEVER LEAVE A BAG OF GARBAGE LYING OUT IN THE OPEN.** Tie all garbage bags securely before placing it in the trailer.
- **Litter in Bear Box.** Do not create a litter station in your campsite except in the bear box. Never leave a garbage bag or trash can anywhere in your campsite. Do a camp litter sweep before bed, checking all pockets, place all litter in the bear box until it can be.
- **NO Garbage in latrines.** Never put litter or garbage down the latrines..
- **Recycle all metal.** All aluminum (pop) cans should be taken to the recycling bin in the Trading Post. Keep them in the bear box until you can safely transport them to the Trading Post. Place tin (steel) cans in the garbage to be “burned out” in the incinerator.
- **DO NOT burn propane bottles.** Never put propane bottles or canisters in your garbage. Take them home with you.
- **No large garbage allowed.** Do not put any items in the garbage trailer that are not a bear hazard. For example, items such as broken camp chairs, tarps, or other camping equipment are difficult to burn and should be taken home with you.
- **NO pit ashes allowed in garbage trailer.** Clean campfire ashes and coals are not a bear attractant. Your campfire will reduce burned wood and ashes, but if you feel your fire pit needs to be cleaned please talk to the Camp Director. **DO NOT** take fire pit ashes or coals to the garbage trailer.

## **Camp Policies**

Sunrock High Adventure Base takes Youth Protection very seriously and has adopted the following policies for the safety and well-being of its guests. These policies primarily protect youth; however, they also serve to protect adult leaders.

### **Two-Deep Leadership**

Two adult leaders 21 years of age or over are required at all times while at camp. All adults coming to camp must be registered with the group.

### **No One-On-One Contact**

One-on-one contact between adults and youth members is not permitted. In situations that require a personal conference, the meeting is to be conducted in view of the other adults and youth.

## **Respect of Privacy**

Adult leaders must respect the privacy of youth members in situations such as changing clothes and taking showers at camp and intrude only to the extent that health and safety requires. Adults must protect their own privacy in similar situations.

## **Tenting Accommodations**

Separate tenting arrangements must be provided for male and female adults as well as for male and female youth. Youth sharing tents must be no more than two years apart in age. Youth and adults not of the same family must tent separately. Spouses may share tents.

## **Group Discipline and Adult Supervision**

The role of the camp staff is to provide the summer camp program and all of the other camp infrastructure needed to ensure a safe and enjoyable stay at camp. As with any group outing, the adult leadership or parents of each group or family is responsible for the behavior of their participants or children. Please help the staff focus on program by watching your participants and being available to deal with discipline issues should they develop.

## **Insurance**

Each group is required to carry adequate and proper group liability insurance and provide proof of insurance at registration. Please prepare to verify that each camper is protected with personal health insurance - ensure that policy numbers are listed on each medical form.

- Groups must have two-deep leadership at all times while at camp. No exceptions!
- All adults coming to camp must be registered with the group..
- No fireworks of any kind are permitted on camp property.
- No flames, fires, or fuels of any kind are permitted inside tents.
- Throwing rocks is strictly forbidden.
- Personal firearms and bows are not permitted, please leave them at home.
- All vehicles must be parked in the designated camp parking areas.
  
- No alcoholic beverages or illegal substances are allowed on camp property.
  
- Please remember to safeguard your valuables while at camp.
  
- A locked vehicle in the parking lot may be used to store your group's valuables.
  
- Shoes or sandals must be worn at all times at camp.
- Youth are not allowed to have sheath knives – leave them at home.
- No LASER (pens/pointers) of any kind are permitted in camp.
- All guests are required to immediately check-in at the Camp Office.
- No Smoking at camp - all buildings and tents are smoke-free.
  
- Swimwear - participants are encouraged to use swim wear that is suited for active water sports such as swim trunks or board shorts for males and one-piece suits or tankinis for females.

## **Technology**

There is no cell phone or internet service at camp. Take advantage of disconnecting and unplugging from devices while at camp. The camp director has a satellite phone for emergency use only.

Guests are encouraged to take appropriate pictures and share their experience from camp on their given social media platforms. Please tag Sunrock High Adventure Base when doing so.

## **Packing List**

Equipment provided by the camp

- Picnic table
- Bear box for storing toiletries and staple food items
- Fire barrel and cans for extinguishing fires
- Bulletin board for posting the program, duty roster, and other papers
- Flagpole
- Toilet paper

Troop or Patrol Equipment

- Camp stove and fuel
- Pots, pans, and skillet for cooking
- Folding table for food preparation (optional but nice to have)
- Dish washing bins, soap, scrubbing pad for cleaning dishes
- Hatchet or ax for splitting wood for fires
- Hotdog/marshmallow sticks

Individual Scout Equipment:

- Approved Physical
- Jacket, sweater, or sweatshirt
- Pajamas or clothes to sleep in
- Rain gear (a must-have at Camp)
- Shirts
- Pants
- Socks
- Underwear
- Swimsuit –Swimwear should be comfortable, functional, and simple—boxer-style (not briefs) for males and one-piece or modest two-piece (not bikini) for females
- Hiking shoes
- Water fording shoes
- Backpack (for hike day)
- Water bottle (32 oz. minimum)
- Personal toiletries
- Medications (needed)
- First Aid Kit
- Mosquito repellent
- Sun block
- Flashlight
- Towel
- Sleeping bag
- Pillow
- Ground pad
- Tent (if troop requested you to bring one)
- Spending money
- Pocketknife (no sheath knives)
- Sunglasses
- Wide brimmed hat
- Work gloves
- Watch

## **Required Paperwork (to be discussed with group leaders)**

Informed consent form

Group Roster

Camp Check in procedures

Campsite Inspection and Bear Safety Check list

Camp Parking Pass



Participant Agreement, Acknowledgment of Risk, Release of Liability

Group Name:

Participant Name:

Camp Dates:

Birthday/Age:

It is the responsibility of the adult participant or youth parent/guardian to fully read, understand and sign below.

I understand that participation in Sunrock High Adventure Base (hereafter referred to as "The Base") activities involves the risk of personal injury, including death, due to the physical, mental, and emotional challenges in the activities offered. Information about those activities may be obtained from the venue, activity coordinators, or at [www.thesunrockfoundation.org](http://www.thesunrockfoundation.org). I also understand that participation in these activities is entirely voluntary and requires participants to follow instructions and abide by all applicable rules and the standards of conduct.

In case of an emergency involving me or my child, I understand that efforts will be made to contact the individual listed as the emergency contact person by the medical provider and/or adult leader. In the event that this person cannot be reached, permission is hereby given to the medical provider selected by the adult leader in charge to secure proper treatment, including hospitalization, anesthesia, surgery, or injections of medication for me or my child. Medical providers are authorized to disclose protected health information to the adult in charge, camp medical staff, camp management, and/or any physician or health-care provider involved in providing medical care to the participant. Protected Health Information/Confidential Health Information (PHI/CHI) under the Standards for Privacy of Individually Identifiable Health Information, 45 C.F.R. §§160.103, 164.501, etc. seq., as amended from time to time, includes examination findings, test results, and treatment provided for purposes of medical evaluation of the participant, follow-up and communication with the participant's parents or guardian, and/or determination of the participant's ability to continue in the program activities.

I have carefully considered the risk involved and hereby give my informed consent for myself or my child to participate in all activities offered in the program. I further authorize the sharing of the information on this form with any Base volunteers or professionals who need to know of medical conditions that may require special consideration in conducting Base activities.

With appreciation of the dangers and risks associated with programs and activities, on my own behalf and/or on behalf of my child, I hereby fully and completely release and waive any and all claims for personal injury, death, or loss that may arise against The Sunrock High Adventure Base, The Sunrock Foundation, the activity coordinators, and all employees, volunteers, related parties, or other organizations associated with any program or activity.

I also hereby assign and grant to The Sunrock High Adventure Base, as well as their authorized representatives, the right and permission to use and publish the photographs/film/ videotapes/electronic representations and/or sound recordings made of me or my child at all Base activities, and I hereby release The Sunrock High Adventure Base, The Sunrock Foundation, the activity coordinators, and all employees, volunteers, related parties, or other organizations associated with the activity from any and all liability from such use and publication. I further authorize the reproduction, sale, copyright, exhibit, broadcast, electronic storage, and/or distribution of said photographs/film/videotapes/electronic representations and/or sound recordings without limitation at the discretion of the Base, and I specifically waive any right to any compensation I may have for any of the foregoing.

I Hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless The Sunrock High Adventure Base from any and all claims, demands, or causes of action, which are in any way connected with my participation in this activity or my use of equipment or facilities, including any such claims which allege negligent acts or omissions of the Base.