



2026 GUIDE TO FORMS

Camp Registration

.....(PG R1)

- Required for all campers.

Camp Waiver

.....(PG R2)

- Required for all campers.

Challenge Course/Archery Waiver

.....(PG CC3 – CC6)

- Required for all campers.

Health Exam Form

.....(PG HE7)

- Licensed camps are required to have campers most recent physical.

Bug Spray & Sunscreen

.....(PG BS8)

- Required for all campers.

Camper Letter Code of Conduct

.....(PG COC9 – COC11)

- Required for all campers.

Individual Plan of Care

.....(PG PC12)

- Only required for special health concerns.

Medication Form

.....(PG MF13)

- Only required if camper needs medication administered.

Religious Exemption Form

.....(PG RE14 – RE15)

- Only required if you are opting out of medical exam due to religious beliefs. Form must be notarized.



LYME SHORES SUMMER CAMPS

June 15th, 2026 thru August 21st 2026

Tennis Camp

Full Day Full Week: \$440 Full Day Full Week: \$405 Half Day Full Week: \$250
 Half Day Full Week: \$235 Half Day Full Week: \$220 **C.I.T Program (2 Weeks)**
 Single Day: \$100 Single Day: \$90 Half Day 2 Weeks: \$400

Multi-Sport

Mini-Sports

Sessions:	1	2	3	4	5	6	7	8	9	10
	6/15	6/22	6/29	7/6	7/13	7/20	7/27	8/3	8/10	8/17

CAMPER/S NAME

BIRTHDATE/S

PARENT/GUARDIAN NAME

PHONE

ADDRESS

CITY

STATE

ZIP CODE

E-MAIL ADDRESS

EMERGENCY CONTACT

Camp Information: More camps, more fun! In addition to our Tennis and Multi-Sport Camp, we've added two new programs this summer. Our Mini-Sports Camp for 3- and 4-year-olds and a 2-week Counselor-In-Training Program (C.I.T) running June 22nd through July 3rd. Our summer camps start on Monday, June 15th.

Extended Day: Extended day options are available Monday through Friday for our Tennis and Multi-Sport campers. Campers may be dropped off early or picked up late.

- Morning Extended Day: 8 – 9 AM (*Included at no additional cost*)
- Afternoon Extended Day: 3:30 – 5 PM
 - Single Day: \$20/Camper
 - Full Week: \$80/Camper

PLEASE NOTE

- Mini-Sports Camp is designed for 3- and 4-year-olds, running for 8 weeks from June 15th through August 7th and only operates as a half day program.
- The C.I.T Program is a half day program that is designed for 14- and 15-year-olds and runs exclusively from June 22nd through July 3rd. Program cost cannot be pro-rated, and no credits or refunds will be given for missed days.

Make Check Payable to: Lyme Shores Racquet Club

ALL FORMS MUST BE COMPLETED BEFORE THE CAMPERS FIRST DAY OF CAMP

RELEASE, INDEMNIFICATION AND HOLD HARMLESS AGREEMENT

In consideration of participating in health or fitness club activities, and for other good and valuable consideration, I hereby agree to release and discharge from liability arising from negligence **LSRC LLC, doing business as the Lyme Shores Racquet Club**, and its owners, directors, officers, employees, agents, volunteers, participants, and all other persons or entities acting for them (hereinafter collectively referred to as "Releasees"), on behalf of myself and my children, parents, heirs, assigns, personal representative and estate, and also agree as follows:

1. I acknowledge that health or fitness club activities involve known and unanticipated risks which could result in physical or emotional injury, paralysis or permanent disability, death, and property damage. Risks include, but are not limited to, musculoskeletal injuries, broken bones, and/or overuse injuries, injuries caused by equipment that breaks or otherwise fails; death as a result of drowning or brain damage caused by near drowning; medical conditions resulting from physical activity; and damaged clothing or other property. I understand such risks simply cannot be eliminated, despite the use of safety equipment, without jeopardizing the essential qualities of the activity.
2. I expressly accept and assume all of the risks inherent in this activity or that might have been caused by the acts or conduct of the Club and its employees or negligence of the Releasees. My participation in this activity is purely voluntary and I elect to participate despite the risks. In addition, if at any time I believe that event conditions are unsafe or that I am unable to participate due to physical or medical conditions, then I will immediately discontinue participation.
3. **I hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless Releasees 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 their equipment or facilities.** Should Releasees or anyone acting on their behalf be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and hold them harmless for all such fees and costs.
4. I represent that I have adequate insurance to cover any injury or damage I may suffer or cause while participating in this activity, or else I agree to bear costs of such injury or damage myself. I further represent that I have no medical or physical condition which could interfere with my safety in this activity, or else I am willing to assume and bear the costs of – all risks that may be created, directly or indirectly, by any such condition.
5. In the event that I file a Lawsuit, I agree to do so solely in a court located in New London County, Connecticut, and I further agree that the substantive law of Connecticut shall apply.
6. I agree that if any portion of this agreement is found to be void or unenforceable, the remaining portions shall remain in full force and effect.

By signing this document, I agree that if I am hurt or my property is damaged during my participation in this activity, then I may be found by a court of law to have waived my right to maintain a lawsuit against the parties being released on the basis of any claim for Releasees' negligence.

Releasees may capture, use, and disseminate my or my child's image, voice, likeness, or appearance in a photographic image, video, audio recording, digital image, or like media for advertising or promotional purposes without compensation to me or my child. Notwithstanding the foregoing, I may expressly withhold permission for Releasees to use my image, voice, likeness, or appearance by marking my initials here _____.

I have had sufficient time to read this entire document and, should I choose to do so, consult with legal counsel prior to signing. I am not required to participate in any activity. I understand that this activity might not be made available to me or that the cost to engage in this activity would be significantly greater if I were to choose not to sign this release, and agree that the opportunity to participate in the activity at the stated cost in return for the execution of this release is a reasonable bargain. **I have read and understood this document and I agree to be bound by its terms.**

Camper Name _____

Date _____

Camper Name _____

Date _____

PARENT OR GUARDIAN ADDITIONAL AGREEMENT (Must be completed for participants under the age of 18)

In consideration of _____ (PRINT minor's names) being permitted to participate in this activity, I further agree to indemnify and hold harmless Releasees from any claims alleging negligence which are brought by or on behalf of minor or are in any way connected with such participation by minor.

Parent or Guardian _____ Print Name _____ Date _____
(If notarization is necessary, please sign & stamp this side of form.)

LYME SHORES SUMMER CAMPS

CHALLENGE COURSE | HIGH & LOW ROPES | ZIP-LINE | ARCHERY

PARTICIPANT AGREEMENT FORM

LSRC LLC dba Lyme Shores Racquet Club or Lyme Shores Summer Camps.

Participant Agreement

(Including assumption of risks, agreements of release, and indemnity)

Each adult (18 years of age or older) participant in an activity of LSRC LLC (herein referred to as "LSRC" must sign this agreement. If the participant is a minor, a parent or other legal guardian (both herein referred to as "Parent") must sign on behalf of a minor participant.

In consideration of the services of LSRC, I, an adult participant or Parent of a minor participant hereby acknowledge and agree as follows:

Activities: LSRC activities are conducted within challenge course, aerial adventure areas, canopy/zip tour, archery, and other outdoor environments. These courses may involve systems of poles, trees, ropes, cables, lumber and platforms over and on which participants move as they attempt a series of challenging activities at height and may include giant swings, zip-lines, and other challenges. The level of exertion required for the activities will be like a day of moderate to strenuous exercise. Activities will vary in height and may reach in excess of 30 feet above ground level. Participants will be provided with necessary equipment and receive a general orientation to its use. Activities are subject to the unpredictable forces of nature and may be so remote that emergency medical and other care is delayed. Participants will have choices regarding their participation and will not be required to participate against his or her wishes.

Risks: I understand and acknowledge that LSRC activities involve risks which could result in damage to my or my minor child's property, injury, or in extreme cases even death. A participant may slip, fall, be struck by falling objects, or experience other unintended contact with natural or man-made structures or other persons. Weather conditions can change quickly and participants will be subject to heat and cold, sudden showers and other weather conditions. Participants may experience motion sickness or other negative physical effects similar, under some condition, to a roller coaster ride. Participants may experience close personal contact with others and inadvertent but possibly unwelcome touching. Participants may be in situations in which they must depend on others for their physical well-being. I understand that the staff of LSRC and other participants may make mistakes that could cause them harm to me or the other minor participant. The risks described above, and others, are inherent in LSRC activities; that is, without them the activities would lose their essential character and value.

Acknowledgment and Assumption of Risks: As an adult participant or parent of a minor participant, for myself, or on behalf of a minor for whom I sign, I acknowledge and assume the risks of being enrolled and participating in the activities of LSRC, inherent and otherwise and whether or not described in this document. If I am the parent of a minor participant, I have discussed the activities and their risks with the minor, who understands them and chooses to voluntarily participate.

Release of Liability: As an adult participant or as a parent of a minor participant (parent, for myself and, to the extent allowed by the laws of Connecticut, on behalf of a minor), I agree to release and not to sue or otherwise make any claim against LSRC, and its owners, directors, employees, agents and contractors (the released parties) with respect to injury, death, illness, disease, damage to property or any other loss suffered by me or my minor, arising out of or in any way related to me or my minor being enrolled in or participating in a LSRC activity. This release includes, among others, claims or breach of contract, breach of warranty and strict liability and claims of negligence of a released party but not claims of gross negligence or intentionally wrongful conduct.

Medical Statement: A decision to participate is solely the responsibility of the participant and the parents of a minor participant, in consultation with their physician, as they deem necessary. Among the conditions which might affect a person's active participation and concerning which potential participants should consult a physician are the following: cardiac or circulatory issues, asthma, seizure disorders, phobias (including fear of heights and close personal contact with others), allergic reactions, diabetes, pregnancy, head, neck or spinal injuries, orthopedic conditions, and recent surgeries. Participants must weigh less than 275 pounds. Participants must not be under the influence of drugs or alcohol. LSRC's acceptance of a participant with a medical condition must not be interpreted as LSRC's acceptance of any responsibility for the management of a medical emergency or other event arising from that condition.

By signing this agreement, I declare that neither I, or my minor participant has any condition which might cause us to be a danger to ourselves or others.

In the event of a medical emergency, I hereby authorize the staff of LSRC to provide or obtain medical care for me, or my minor at my expense.

Other: I understand that I or my minor participant for whom I sign below may be photographed or videotaped while enrolled in a LSRC activity, and I, for myself and for my minor participant consent to the use of such images for informational and publicity purposes on the LSRC website or other media, without compensation.

In the event of a dispute between a released party and me, or my minor, I understand and agree that any mediation or suit must be filed and maintained exclusively in New London County, Connecticut, and the laws of the State of Connecticut will apply to the dispute.

This agreement pertains to LSRC activities occurring at any time up to and including December 31st of the year in which this agreement is signed. Participation in LSRC activities thereafter, if any, will be the subject of another agreement.

(Signatures on the Next Page)

Warning: A person who forges the name of another or misrepresents his or her status (as an adult, or parent, for example) bears fully by contractual indemnity, estoppel or otherwise, the responsibility for any injury or loss suffered by or caused by the person whose participation was facilitated by that forgery or misrepresentation.

I acknowledge and agree that I have read this agreement in its entirety, understand it completely, and agree to be bound by its terms. I agree that it may not be modified except by a written document signed by me, and authorized representative of LSRC.

Name of Adult Participant or Parent or Legal Guardian of a Minor Participant

Signature of Adult Participant or Parent or Legal Guardian of a Minor Participant

Parent/Guardian (Print): _____ Date: ___/___/___

Parent/Guardian (Signature): _____

Street Address: _____

City: _____ State: _____ Zip Code: _____

Phone: (____) ____-_____ Date of Birth: ___/___/___ Gender: _____

A Parent or Court Appointed Legal Guardian must sign for a participating minor (those under 18 years of age) and agree that they and the minor are subject to all the terms of this document, as set forth above.

Name of Minor Participant: _____

Age: _____ Birthdate: ___/___/___ Gender: _____

Name of Minor Participant: _____

Age: _____ Birthdate: ___/___/___ Gender: _____

Emergency Contact Name: _____

Emergency Contact Phone Number: _____

YOUTH CAMP HEALTH EXAM/RECORD FOR CAMPERS AND STAFF

Physical Exams Are Valid For 3 Years
From Date of Last Examination



Camper
 Staff

Please Return Completed Form to the Camp

Name _____ Date of Birth _____ Phone _____

Guardian _____ Address _____

Emergency Contact _____ Telephone _____

Date of Arrival at Camp: _____ Departure Date: _____

TO BE COMPLETED BY THE HEALTH CARE PROVIDER

Date of Exam _____ / _____ / _____

May participate in all camp activities YES NO

May participate except for: _____

Does the individual have any known medical or emotional illness or disorder that poses a risk to other children or which affects the individual's functional ability to participate safely in a youth camp? YES NO

If yes, please explain _____

Are there any prescription or over the counter medication(s) this individual needs to take while at camp? YES NO If yes, indicate names of medication(s): _____

NOTE: A written authorization and parent permission for the administration of medication at camp are required.

Does the individual have any disabilities or special health care needs such as allergies, special dietary needs? YES NO

If yes, please explain _____

NOTE: If the camper has a special health care need or disability that requires special care be taken or provided during the time the individual is at camp, an individual plan of care shall be developed with the parent and health care provider and updated as necessary. The plan shall include appropriate care of the camper in the event of a medical or other emergency and signed by the parent and staff responsible for the care of the camper.

If camper/staff is school aged or younger, have they been immunized in accordance with the schedule adopted by the Commissioner of Public Health pursuant to section 19a-7f of the Connecticut General Statutes? YES NO

Additional Comments:

Printed Name of Health Care Provider: _____

Address: _____ Phone: _____

Signature of Physician, PA, APRN or RN _____ Date Form Signed: _____

Lyme Shores Summer Camp

Sunscreen & Bug Spray Form

I, _____ (Parent/Guardian Name) give permission for my child, _____ (Camper/s Name) to bring and use sunscreen and/or bug spray at Lyme Shores Summer Camp.

I also give permission for my child to apply sunscreen and/or bug spray to themselves as needed.

Parent/Guardian Signature: _____

Date: _____

Staff Signature: _____

Date: _____

Lyme Shores Summer Camp

Camper Code of Conduct

It is Lyme Shores Racquet Club's philosophy to provide an atmosphere where children feel protected and secure physically, emotionally and socially. Children must know that camp is a safe environment, and that they are supported while meeting challenges. Each child is viewed as unique, important, and special, and deserves the chance to feel that way at camp every day. It is our vision that all campers will thrive in a safe and positive environment. Our goal is to promote character values of caring, honesty, respect, and responsibility in all aspects of our camp program.

For consistency between home, school and LSRC programs, please share any behavior techniques with us that you and the school use, to help us facilitate a positive experience for your child at our facility. We welcome your questions, input and any other information that you think would be helpful in supporting your child.



While we understand that no list of behaviors would ever be complete, the following guidelines are expected by each individual on a daily basis.

Please read this information carefully with your child before the start and sign below. Please feel free to speak with us at any time to further enhance your child's experience with us.

The Camp Director reserves the right to terminate/suspend any camper or deny their participation in any activity, if their conduct, influence, or behavior is deemed unsafe and not in the best interest of the camp.

As a camper, I will:

Respect

- Be respectful, cooperative and will contribute positively to the experience of fellow campers.
- Be careful and considerate that my actions will not hurt another camper's feelings or hurt them physically, either intentionally or accidentally.
- Show respect to the camp staff and cooperate fully with their instructions at all times.
- Respect the rights and beliefs of others, and treat others with courtesy and consideration.
- Respect the property of others.

Personal Space and Property

- Be respectful of all camp property including equipment and supplies/
- Never mark, deface or destroy camp or personal property.

Behavior

- Conduct myself responsibly. I understand that horseplay, inappropriate touching, unwelcome teasing/bullying or any unkind behavior is not allowed and will not be tolerated.
- Communicate in an appropriate manner, which means I will not use foul language, gestures or harsh words. I will not raise my voice, or use verbal threats of any kind.
- Refrain from deliberately causing bodily harm to the campers or staff. I understand that behaviors such as pushing, kicking, hitting, biting, or fighting are not acceptable behavior and will not be tolerated. It may be grounds for suspension/dismissal from the camp program.

Safety

- Pay attention to my surroundings and use care in all activities.
- Adhere to all safety rules and regulations given for each activity that I participate in while at camp.
- Objects that may be used to threaten, intimidate, harm others or to damage property may not be brought to camp.

General

- Campers are expected to wear appropriate clothing to camp each day. Clothing must not have offensive images or content.
- Campers must inform the camp staff if they're experiencing a problem with another camper or issues.
- We expect all campers to have FUN, but not at the expense of others.
- Campers are encouraged to participate in activities to the best of their ability.

Violation of the Code of Conduct can be grounds for disciplinary actions to include but not limited to phone call with parent/guardian, conference with camper and parent/guardian and or suspension/dismissal.

Although we hope that camp will be successful for everyone, there may be a situation that does not work for the camper or camp. We will do our best to make accommodations to better the situation. At the director's discretion, a child may be asked to leave the program. **Campers participation in another LSRC program is determined on a case by case basis.**

My camper and I have read the information above and will review/discuss periodically during the camp season as needed. My camper and I understand the policies and know that if questions should arise, we are able to meet with the Camp Director at any time. I understand that I am responsible for picking up my child in the event of violation.

Camper Name _____ Camper Signature _____

Parent/Guardian Signature _____ Date _____



Individual Plan of Care for a Child

with Special Health Care Needs or Disabilities

Child's Name: _____ Date of Birth _____ / _____ / _____ Special

health care need or disability:

Plan for appropriate care of the child in a medical emergency. An individual Plan of Care is necessary when a child has a special health care need or disability and it is necessary that special care be taken or provided while the child is at the youth camp.

Other relevant information: (e.g. precautions to be taken to prevent a medical or other emergency)

Signature(s) of the Parent(s):

Date Signed:

NOTE: Section 428-3(a) requires a child's health record to include information regarding disabilities or special health care needs such as allergies, special dietary needs, dental problems, hearing or visual impairments, chronic illness, developmental variations or history of contagious disease, and an individual plan of care for the child with special health care needs or disabilities. The plan shall be developed with the child's parent(s) and health care provider and updated as necessary. Such plan of care shall include appropriate care of the camper in the event of a medical or other emergency and shall be signed by the parent(s) and staff responsible for the care of the camper.

Please use the reverse side of this form for signature(s) of all staff responsible for the care of this child.

Authorization for the Administration of Medication by School, Child Care, and Youth Camp Personnel

In Connecticut schools, licensed Child Care Centers and Group Care Homes, licensed Family Care Homes, and licensed Youth Camps administering medications to children shall comply with all requirements regarding the Administration of Medications described in the State Statutes and Regulations. Parents/guardians requesting medication administration to their child shall provide the program with appropriate written authorization(s) and the medication before any medications are administered. Medications must be in the original container and labeled with child's name, name of medication, directions for medication's administration, and date of the prescription.

Authorized Prescriber's Order (Physician, Dentist, Optometrist, Physician Assistant, Advanced Practice Registered Nurse or Podiatrist):

Name of Child/Student _____ Date of Birth ____/____/____ Today's Date ____/____/____

Address of Child/Student _____ Town _____

Medication Name/Generic Name of Drug _____ Controlled Drug? YES NO

Condition for which drug is being administered: _____

Specific Instructions for Medication Administration _____

Dosage _____ Method/Route _____

Time of Administration _____ If PRN, frequency _____

Medication shall be administered: Start Date: ____/____/____ End Date: ____/____/____

Relevant Side Effects of Medication _____ None Expected

Explain any allergies, reaction to/negative interaction with food or drugs _____

Plan of Management for Side Effects _____

Prescriber's Name/Title _____ Phone Number (____) _____

Prescriber's Address _____ Town _____

Prescriber's Signature _____ Date ____/____/____ School _____

Nurse Signature (if applicable) _____

Parent/Guardian Authorization:

I request that medication be administered to my child/student as described and directed above

I hereby request that the above ordered medication be administered by school, child care and youth camp personnel and I give permission for the exchange of information between the prescriber and the school nurse, child care nurse or camp nurse necessary to ensure the safe administration of this medication. I understand that I must supply the school with no more than a three (3) month supply of medication (school only).

I have administered at least one dose of the medication with the exception of emergency medications to my child/student without adverse effects. (For child care only)

Parent/Guardian Signature _____ Relationship _____ Date ____/____/____

Parent/Guardian's Address _____ Town _____ State _____

Home Phone # (____) ____-____ Work Phone # (____) ____-____ Cell Phone # (____) ____-____

SELF ADMINISTRATION OF MEDICATION AUTHORIZATION/APPROVAL

Self-administration of medication may be authorized by the prescriber and parent/guardian and must be approved by the school nurse (if applicable) in accordance with board policy. In a school, inhalers for asthma and cartridge injectors for medically-diagnosed allergies, students may self-administer medication with only the written authorization of an authorized prescriber and written authorization from a student's parent or guardian or eligible student.

Prescriber's authorization for self-administration: YES NO _____
Signature _____ Date _____

Parent/Guardian authorization for self-administration: YES NO _____
Signature _____ Date _____

School nurse, if applicable, approval for self-administration: YES NO _____
Signature _____ Date _____

Today's Date _____ Printed Name of Individual Receiving Written Authorization and Medication _____

Title/Position _____ Signature (in ink or electronic) _____

Note: This form is in compliance with Section 10-212a, Section 19a-79-9a, 19a-87b-17 and 19-13-B27a(v.)

Lyme Shores Summer Camp

Religious Exemption Statement

(Printed full, legal name of child)

I, the undersigned, do hereby swear or affirm, as the case may be as follows:

1. I am making this Religious Exemption Statement pursuant to Conn. Gen. Stat. § 19a-428 so that the child may enroll in youth camp at _____.
2. I am the lawful parent guardian of the child.
3. Immunizing said child would be contrary to the child's parent's guardian's religious beliefs.
4. I understand that by claiming this exemption the child shall be exempt from one or more of the immunizations required by Conn. Gen. Stat. §§ 19a-428 and 19a-7f.
5. I understand that during a vaccine-preventable disease outbreak at the above-identified youth camp program, all susceptible children, including the child named above will be excluded from the youth camp program if a public health official determines that the program is a significant site for disease exposure, transmission and spread into the community. In such case, such children, including the named child shall be excluded from the program until: (1) the public health official determines that the outbreak danger has ended; (2) the child becomes ill with the disease and completely recovers from it; (3) the child is vaccinated according to public health protocol; or (4) the child has proof of immunity to the disease.

Name of Parents

Signature of Parents

Name of Parents

Signature of Parents

Address

City

State

Zip Code

Phone

RE14

Acknowledgement

State of Connecticut

:

: ss:

COUNTY OF _____ : _____

On this the _____ day of _____, _____, before me, _____
the undersigned officer personally appeared _____ known to me (or
satisfactorily proven) to be the person whose name he or she subscribed to the within
instrument and acknowledged that he or she executed the same for the purposes therein
contained.

In witness whereof I hereunto set my hand.

Judge

Family Support Magistrate

Clerk/Deputy Clerk (Include Seal)

Town Clerk

Notary Public My Commission Expires (_____)

Justice of the Peace

Commissioner of the Superior Court (bar no____)