

Spring Break Camp At Montgomery Whitewater



Dear Parents and Guardians,

Thank you for your interest in Montgomery Whitewater's 2026 Spring Break Camp! We are excited to welcome your family to a week designed to get kids outdoors, active, and engaged in meaningful adventure and discovery.

Our Spring Break Camp blends high-energy outdoor activities with hands-on outdoor education to create an experience that is both fun and enriching. Campers will paddle, climb, bike, and explore while also learning about the natural world around them, from river systems and local ecosystems to outdoor safety and environmental stewardship. Every activity is designed to build confidence, teamwork, and curiosity in a supportive and encouraging environment.

Whether your child is navigating the rapids, tackling a new challenge on land, or discovering something new about the outdoors, our goal is for them to leave camp feeling empowered, inspired, and connected to nature.

We are thrilled to have your child join us this spring. Please use this packet as a reference for camp information, and don't hesitate to reach out to our team if you have any questions.

Best,

Robin Simms
Education & Riverfront Development Director

education@montgomerywhitewater.com
334-746-6530 ext. 2006



Program Overview

Spring Break Camp

Montgomery Whitewater's Spring Break Camp is a multi-day outdoor adventure experience designed for kids and teens who are curious, active, and ready to explore. Set within Montgomery Whitewater's purpose-built outdoor environment, camp blends hands-on recreation with engaging outdoor education to create a fun, confidence-building week both on and off the water.

Throughout the week, campers will rotate through a wide range of activities including whitewater rafting, flatwater kayaking, stand-up paddleboarding, mountain biking, bouldering, hiking, and the aerial ropes course. These experiences are paired with interactive STEM and nature-based learning that introduces campers to river science, local ecosystems, wildlife, and outdoor safety concepts in an age-appropriate and engaging way.

Camp programming is designed to meet campers where they are, whether they are trying an activity for the first time or building on existing skills. Guided instruction and small-group rotations emphasize teamwork, problem-solving, and leadership while allowing campers to challenge themselves in a supportive and encouraging environment. Hands-on experiments and environmental exploration help connect each activity back to the science of water, movement, and the natural world.

By the end of the week, campers leave with new skills, increased confidence, lasting friendships, and a deeper appreciation for the outdoors. Montgomery Whitewater's Spring Break Camp offers a balanced mix of adventure, learning, and fun that keeps kids engaged while giving parents peace of mind.

Details

- **Location:** Montgomery Whitewater
- **Age Range:** Ages 8–14
- **Dates & Times:** All sessions take place from 9:00 am-5:00 pm

Session One: March 16th – 20th

Session Two: March 23rd – 27th

- **Price:** \$375 per class

7:00 am early drop-off option: \$50



General Information

Objectives & Learning Outcomes

Montgomery Whitewater's Spring Break Camp is designed to provide a safe, engaging, and enriching outdoor experience for children and teens ages 8–14. This day camp combines adventure-based recreation with outdoor education to create a supportive environment where campers build confidence, teamwork, and a deeper connection to the natural world.

- **Physical Fitness:** Build strength, endurance, coordination, and physical confidence through active participation in water and land-based outdoor activities.
- **Outdoor Recreation & Technical Skills:** Learn and practice skills in whitewater rafting, inflatable kayaking, stand-up paddleboarding, mountain biking, bouldering, and aerial adventure elements such as ziplining and high ropes.
- **Outdoor Education & Nature Awareness:** Explore river systems, local ecosystems, outdoor safety, and environmental stewardship through hands-on learning and guided discovery.
- **Teamwork & Leadership:** Strengthen communication, cooperation, and leadership skills through group challenges, paddling teams, and trail-based activities.
- **Confidence & Personal Growth:** Develop resilience, independence, and self-confidence as campers take on new challenges, learn new skills, and celebrate their accomplishments.

Prerequisites

- Must be comfortable riding a bike.
- Basic swimming skills.
- Must be comfortable being submerged underwater.
- No previous rafting, kayaking or climbing experience necessary.

Drop-Off and Pickup

- Drop-off takes place from 8:30-9:00 am at the Outfitter.
- 7:00 am early drop-off option is \$50.
- Parents/guardians must sign camper in and out each day.
- If someone other than a parent/guardian is picking up a camper, they must be listed on the Camper Release Form and present a valid photo ID.
- Pick-up takes place between 4:30-5:00 pm at the Outfitter.
- For late drop-off or early pickup, please contact Montgomery Whitewater in advance.
- A late fee of \$15 will be charged for every 15 minutes past 5:15 pm.

Packing List

Clothing: Campers should arrive each day dressed for outdoor adventures. Proper attire ensures comfort, safety, and ability to participate fully in all activities.

- Comfortable, weather appropriate clothing (lightweight, quick drying, and breathable materials are best)
- Pack or wear a swimsuit under clothing
- Quick-dry athletic shorts or t-shirts
- Close-toed shoes for land activities
- Sandals with a back strap for water activities
- Sunscreen should be applied prior to arrival
- Hat or sunglasses
- Rain gear

Please send your child with the following items

- Refillable water bottle
- Sunscreen (labeled with name)
- Bug spray
- A towel
- Full change of clothes
- Small backpack or bag for personal items
- Any necessary medication (see medication policy)

Lost & Found

- We advise labeling all personal items with your child's first and last name.
- Personal undergarments may be thrown away daily if not claimed.
- Lost and Found items will be kept for the duration of the camp week. Afterwards they will be placed with Guest Services in the Outfitters store.

Lunches & Snacks

- A boxed lunch from Eddy's is provided for all campers.
- Campers are allowed to bring their own lunch. The cost of the camp does not change for campers who bring their own lunch .
- Campers must bring their own snacks.
- Campers are required to bring personal water bottles.

Weather Policy

We closely monitor weather conditions to ensure campers' safety. Montgomery Whitewater will suspend all activities if inclement weather is detected within an 8-mile radius. Activities will resume 30 minutes after the last lightning strike or once inclement weather clears the area.

Extreme Weather

- **Heat:** Hydration breaks will be enforced, and shaded/resting areas will be utilized as much as possible. Campers may rotate through less strenuous activities. Campers will be encouraged to take breaks whenever they need them.

First Aid

The safety of our campers is a top priority. We have multiple first aid kits available on site.

- All Montgomery Whitewater camp leads will be certified in CPR and basic first aid.
- If your child has emergency medications (e.g. EpiPens, inhalers) please provide a waterproof carry bag. The child must always carry the medication on their person.
- If your child has severe allergies or a medical condition, please notify staff in advance so we can prepare accordingly.
- Parents will be notified of minor injuries during pickup at the end of the day.
- If a serious injury occurs staff will notify parents/guardians as soon as possible. If appropriate a parent/guardian may pick up the participant and transport them to the hospital.

Medications

- All medications must be documented and authorized prior to the start of the camp session. This includes both prescription, emergency, and over-the-counter medications.
- Only medications that are necessary and cannot be given outside of the hours of camp will be given during the program. All participant's must self-administer their medications under the supervision of a Montgomery Whitewater staff member.
- If your child has Emergency medications (E.g. EpiPens, inhalers) please provide a waterproof carry bag. The child must always carry the medication on their person and be prepared to self-administer if necessary.

- We encourage parents/guardians to administer OTC medications prior to their child arriving at camp.
- Parents/guardians must complete a Medication Administration Form, providing detailed information about each medication, including the camper's name, the name of the medication, dosage, times of administration, and any special instructions.
- The medication must be in a container dispensed by the pharmacy with the camper's name, dosage, name of medication, and the date the prescription was filled out.

Parents/ guardians are responsible for

- Completing the camp form and returning it to program staff.
- Providing medication in a current and prescribed container.
- Transporting medication to the site and delivering it to a staff member.
- Understanding that Montgomery Whitewater will not store medications of any kind.

Sick Policy

To maintain a healthy camp environment, we ask that parents follow these guidelines:

- Please do not send your child to camp if they are sick.
- If child has a fever of 100.5 or higher, vomiting, diarrhea, or contagious illness they must remain home until they are symptom free for at least 24 hours.
- If a camper develops symptoms during camp, they will be separated from the group and a parent/guardian will be contacted for pick up.
- If your child contracts a contagious illness, please notify camp staff so we can take appropriate actions.
- Refunds will not be allowed for illness-related absences.

Behavior Policy

To support a positive, respectful, and safe environment for all students, we ask campers to adhere to the following behavioral guidelines. Please discuss these expectations with your child before camp begins.

- Listen to and respect staff and fellow campers.
- Follow all safety instructions and guidelines for each activity.
- Use kind and respectful language (abusive and foul language will not be tolerated).
- No bullying, roughhousing, fighting, or otherwise disrespectful behavior.
- Disruptive behavior that would interfere with the ability of other campers to participate safely in the activities.
- Campers who repeatedly fail to follow program rules may be dismissed for the day and the program without refund.

Registration & Enrollment

- Classes are sold individually and all participants must be registered in advance.
- Same day registration is not permitted.
- Registration for each class closes at 1:00 pm the day before the scheduled class.

Refund & Cancellation Policy

- No refunds or rain checks will be issued for no-shows or cancellations made 24 hours before camp begins.
- No exceptions will be made to this policy, including for illness, scheduling conflicts, or weather-related absences.
- Montgomery Whitewater reserves the right to cancel a class due to weather, safety concerns, or low enrollment. In the event of a program cancellation by Montgomery Whitewater, families will be notified and appropriate accommodations will be made.

Waivers & Participation

- Each camper must have a completed waiver signed by a legal guardian prior to participation.
- Campers without a completed waiver on file will not be permitted to participate.

Age Requirements & Siblings

- Campers must meet the published age requirements for each class.
- Siblings or other children may not join the class if they are not registered or do not meet the age criteria.
- Parents or guardians must ensure that unregistered children are kept out of all program activities at all times.

Emergency Contact & Communication

If you need to reach camp staff during the day for any reason, please use the following contact information:

Robin Simms

education@montgomerywhitewater.com

(334) 746-6530

Guest Services Desk

(334) 746-6530

Acknowledgement & Agreement

I acknowledge that I have read and understand all policies, procedures, and expectations outlined in the 2026 Spring Break Camp Information Packet. I agree to comply with all rules and requirements, and I understand that failure to do so may result in dismissal from the program without refund. I certify that I am the legal parent or guardian of the camper listed below.

Camper Name: _____

Camp Date: _____

Parent/ Guardian Name (Print): _____

Parent/ Guardian Signature: _____

Date Signed: _____

Montgomery Whitewater Release of Liability

IN CONSIDERATION of being given the opportunity to participate in any Montgomery Whitewater Activities (as hereinafter defined) including scheduled, supervised and unsupervised programs, rental activities and races, and any activity taking place in buildings or on grounds managed by Montgomery Whitewater or owned by Montgomery County Community Cooperative District (such property referred to herein as "Montgomery Whitewater"), I, for myself, my minor child, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree and represent that (a) I am at least eighteen (18) years of age; (b) the Montgomery Whitewater Activities are voluntary; (c) I am solely responsible for the decision to participate in the Montgomery Whitewater Activities and have freely chosen to participate, despite the risk associated therewith; (d) I understand the nature of Montgomery Whitewater Activities, to include: Whitewater Rafting, both guided and self-led, Whitewater Kayaking, Whitewater Inflatable Kayaking, Flatwater Kayaking, Stand-Up Paddle Boards, Ropes Courses, Zip Lining, Rock Climbing, Mountain Biking, Running, Swimming, Ice Skating, and general participation in Outdoor Adventure Activities and Sports, both on water and land based involve inherent and other risks; and (e) that I (or my minor child), is qualified, in good health, and in proper physical condition to participate in such Montgomery Whitewater Activities.

2. AGREE AND WARRANT that I will examine and inspect each Montgomery Whitewater Activity in which I take part and that, if I observe any condition which I consider to be unacceptably hazardous or dangerous, I will notify the proper authority in charge of the Montgomery Whitewater Activity and will refuse to take part in the Montgomery Whitewater Activity until the condition has been corrected to my satisfaction.

3. FULLY UNDERSTAND that: (a) WHITEWATER RAFTING, BOTH GUIDED AND SELF-LED, WHITEWATER KAYAKING, WHITEWATER INFLATABLE KAYAKING, FLATWATER KAYAKING, STAND-UP PADDLEBOARDS, ROPES COURSES ZIP LINING, ROCK CLIMBING MOUNTAIN BIKING, RUNNING, SWIMMING, ICE SKATING, AND OUTDOOR ADVENTURE ACTIVITIES AND SPORTS ("Montgomery Whitewater Activities") INVOLVE RISKS AND DANGERS of serious bodily injury, including, but not limited to, the injuries described in Paragraph below, in addition to permanent disability, paralysis and death ("Risks"); (b) these Risks and dangers may be caused by my (or my minor child's) own actions, or inactions, the actions or inactions of others participating in the Montgomery Whitewater Activities, the condition in which the Montgomery Whitewater Activities takes place, or the negligence of the Releasees (as hereinafter defined); (c) there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES OR DEATH incurred as a result of my or my minor child's participation in the Montgomery Whitewater Activities.

4. INHERENT RISKS ASSOCIATED WITH THE MONTGOMERY WHITEWATER Activities may include and/or expose participants to:

- Head trauma, facial injuries, fractures, dislocations, sprains, strains, and other soft tissue injuries
- Complications associated with exposure to weather and physical exertion,
- Impacts with other individuals or participants and/or their equipment,
- Loss of property,
- Hazards arising from other guests, manmade features, natural features, equipment failure or malfunction, and potential misjudgment by staff,
- Death,
- Drowning or other complications associated with immersion in water, High speeds and sudden stops, Trauma from being fully supported in a harness for an extended period of time,
- Falling and/or swimming in whitewater, becoming pinned or entrapped by items or obstacles in the water,
- Colliding with obstacles, watercraft, or other items in or on the water,
- Falling while entering or exiting the water

5. THE FOLLOWING GUIDELINES ARE REQUIRED BY ALL PARTICIPANTS:

- All participants must wear proper safety equipment while participating in activities; proper personal flotation device while paddling on the WHITEWATER COURSE and the ALABAMA River, proper whitewater specific personal flotation device and helmet while utilizing the whitewater channels, proper harness while utilizing any land or high adventure aerial activities, and a helmet while mountain biking.
- Stay away from the edges of the whitewater channel and do not enter the channels unless a whitewater paddling participant wearing the proper equipment.
- Do not drink alcohol prior to engaging in any Montgomery Whitewater Activity on site.
- Observe all posted signage and warnings as well as obey all instructions from staff.
- Keep hands on paddle and inside the footprint of the craft while riding the conveyor belt. NEVER stand on the conveyor belt when moving, unless directed to by a staff member. Never touch any aspect of the conveyor belt system while it is in motion.

- Keep 50 feet away from the pump intake or outflow.
- Children must be supervised by a parent or guardian at all times.
- Inform your guide of any physical limitations prior to participating in any Montgomery Whitewater Activity.

6. HEREBY GRANT to MONTGOMERY WHITEWATER and their subcontractors (which includes employees, agents, successors, licensees and assigns), the irrevocable right and license to use my likeness as photographed and/or videotaped during participation in activities or use of the facility; and to use or authorize the use of such images or any portion thereof in any manner or media at any time in perpetuity, and to use my name and likeness therewith, including promotion in all media.

7. I HEREBY RELEASE, forever discharge, covenant not to sue Montgomery Whitewater, LLC, Southern Whitewater Development Group, LLC, their members, managers, employees and volunteers, as well as the Montgomery County Community Cooperative District, the city of Montgomery, their administrators, directors, agents, officers, volunteers and employees, other participating organizers and volunteers, any sponsors, advertisers, and if applicable, owners and lessors of premises, upon which the Montgomery Whitewater Activities take place, (collectively the "Releasees" and individually a "Releasee") from any and all claims or causes of action of any kind whatsoever, at common law, statutory or otherwise, for any liability whatsoever relating to or arising out of the Montgomery Whitewater Activities, use of Montgomery Whitewater, consumption of alcohol at Montgomery Whitewater, or access to Montgomery Whitewater, specifically including, without limitation, any claim for negligence, negligent acts or negligent rescue operations; release and discharge them from any and all claims whatsoever in connection with the use of my (or my minor child's) image; and further agree that if, despite this release, I, the minor, or anyone on the minor's behalf makes a claim against any of the above Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss liability, damage, or cost any may incur as the result of any such claim.

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

Check One: **Adult Participant** **Minor Participant** (17 years old or younger)

Participant Name _____
(Please Print)

Date of Birth _____ Date of Visit _____

Address _____

City _____ State _____ Zip Code _____

Email _____ Phone _____

Sign One:

Adult Participant Signature _____

or

Minor Participant Parent/Guardian Signature _____