

Hollymont Activity Overview

Hollymont girls are on the go! They walk, run, jump, skip, tumble, twirl, twist, and so much more! In addition to the Skill Information Sheet (downloadable from the website), here is a summary of activities that occur during an average Hollymont summer. New activities may be added at any time at the discretion of the camp directors.							
Our intent is to provide you with a broad view of the variety of fun activities we offer while acquainting you with the inherent risks.							
General activities	Off-Site Activity	Site	Activity Level	Transportation	Safety Equipment/ Procedures	Additional Outside Supervision	Challenges
Horseback Riding (Daily Skill)	No	on-campus Equestrian Center	mildly strenuous	camp vehicle	helmet, long pants, and closed toe shoes with a heel, safety orientation by riding staff	no	hazards associated with horses (falling off, getting stepped on), hazards of walking on uneven terrain, contact with plants, animals, and insects with or without intent to do harm
Outside Medical Care (As required)	Yes	Asheville, NC	N/A	camp vehicle or ambulance (if required)	N/A	outside medical provider	N/A
Rockmont Waterfront (Once a session)	Yes -approx 16 miles away	Black Mountain, NC	mildly strenuous	chartered bus	Lifejacket, one-piece swimsuit, lifejacket, zipline safety equipment (harnesses, helmets, etc.), increased staff supervision, activity specific trip orientation for both campers and staff	Camp Rockmont for Boys waterfront personnel	hazards of walking on uneven terrain, water hazards with regard to swimming, boating, and use of zip line, waterslide, etc., contact with plants, animals, insects, and other people with or without intent to do harm
Rockmont Dance (As invited by Rockmont, no more than 2 times a summer)	Yes -approx 16 miles away	Black Mountain, NC	easy	chartered bus	Increased staff supervision, activity specific trip orientation for both campers and staff	Defined areas in and around Camp Rockmont gym	Fireworks, hazards of walking on uneven terrain
A.M. / P.M. Activities In Between Session Activities							
Recreational, Cultural, and Natural Scenic Attractions	Within 1.5 hour drive	Western North Carolina	easy to mildly strenuous	12-passenger van or chartered bus	Sunscreen, adequate staff supervision, activity specific trip orientation for both campers and staff	To be determined by activity. Sliding Rock has its own lifeguards	exposure to inclement weather, hazards of walking on uneven, slick, and/or slippery terrain, contact with plants, animals, insects, and other people with or without intent to do harm
Examples include but are not limited to: Chimney Rock, Sliding Rock, Cherokee Indian Reservation, Pack Museum, hiking Forest Service/Private Lands, Bowling, Rollerskating							

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Trips (offered each session)	Off-Site Activity	Site	Activity Level	Transportation	Safety Equipment/ Procedures	Additional Outside Supervision	Challenges
Whitewater Rafting	Yes -approx 70 miles away	Nantahala River	moderately strenuous	chartered bus	sunscreen, lifejackets, helmets, old tennis shoes, activity specific trip orientation for both campers and staff	Rafting Outfitter	See whitewater rafting waiver
Nantahala Zipline Adventure	Yes -approx 70 miles away	Nantahala Gorge	moderately strenuous	chartered bus	sunscreen,helmets, tennis shoes, gloves, harnesses, activity specific trip orientation for both campers and staff	Zipline Outfitter	See zipline waiver
Ski Trip	Yes -approx 45 miles away	Lake James	strenuous	12-passenger van	sunscreen, one-piece swimsuit, lifejackets, activity specific trip orientation for both campers and staff	no (Camp staff certified/trained for WaterSkiing)	hazards of walking on uneven terrain, water hazards with regard to swimming and boating, contact with plants, animals, insects, and other people with or without intent to do harm
Rock Climbing	Yes -approx 40 miles away	Mountain Site To Be Determined	very strenuous	12-passenger van	Sunscreen, activity specific safety orientation for both campers and staff, climbing safety equipment (helmets, harnesses, etc)	Outfitter to be Determined	See rockclimbing waiver
Biltmore House & Gardens	Yes -approx 10 miles away	Asheville, NC	easy - walking	12-passenger van or chartered bus	Sunscreen, increased staff supervision, activity specific trip orientation for both campers and staff	no	hazards of walking on uneven terrain, contact with plants, animals, insects, and other people with or without intent to do harm
Alpine Tower and High Ropes Course	No	On-Campus	moderately strenuous	camp vehicle or walk	Sunscreen, activity specific safety orientation for both campers and staff, climbing safety equipment (helmets, harnesses, etc)	no (Camp staff certified/trained for Climbing Tower and High Ropes Course)	hazards of climbing tall structure (falling, splinters, rope burns, etc), contact with plants, animals, insects with or without intent to do harm

Access to the emergency medical system is 20 minutes or less for most activities. Since unforeseen delays on the whitewater rafting, ziplining, rockclimbing, and waterskiing trips may extend accessing the EMS to between 20-60 minutes, at least one supervising adult will have a minimum of second-level first-aid training.