

PLEASE READ AND SIGN ACKNOWLEDGEMENT FORM (last page)

Program Description

Purpose and Objectives

We provide the highest quality day camp programs where parents feel confident that their child is safe, healthy, and happy during their vacation. We provide a trusting atmosphere, where children are encouraged to pursue their own interests, develop friendships, gain self-confidence, and become more independent. Our wide array of activities will encourage self-esteem, physical fitness, emotional and intellectual growth, positive social skills, problem solving skills, and creativity.

Illness

In the event your child is to become ill during the day the director will ask you to pick up your child as soon as possible. If you are unreachable the director will call authorized emergency contact. Do not send your child in to camp if they have any of the following below symptoms or they will be sent home.

I NEED TO STAY AT HOME IF....						
						
FEVER	VOMITING	DIARRHEA	RASH	HEAD LICE	EYE INFECTION	HOSPITAL STAY AND/OR ER VISIT
Temperature of 100.4 or higher	Within the past 24 hours	Within the past 24 hours	Body rash with itching or fever	Itchy head, active head lice	Redness, Itching, and/or "crusty" drainage from eye	Hospital stay and/or ER visit
I can return to daycare or camp when I'm...						
Fever free for 24 hours without the use of fever reducing medication i.e. Tylenol, Motrin	Free from vomiting for at least 2 solid meals	Free from diarrhea for at least 24 hours	Free from rash itching, or fever. I have been evaluated by my doctor if needed.	Treated with appropriate lice treatment at home	Evaluated by my doctor and have note to return	Released by medical provider to return

Medications

We do not administer regular prescription or non-prescription medications to children at camp unless it is preventing an emergency (epi-pen or inhaler). If your child requires either of these please provide the following information written on the medication: Please take home all medications at end of day. We are not responsible for any belongings that are left.

1. Child's name
2. Name of the child's doctor
3. Name of prescription
4. Dosage & any instructions
5. Storage requirements

CAMP HOURS/DROP OFF & PICKUP

We give the options of either half or full day camps Monday-Friday

Half Day: 8:30am-12:30PM OR 12:30-4:30pm Full Day: 8:30am-4:30PM

Drop off in Londonderry: Outside Ninja parking lot (next to colored gates). *Changes will be made via email*

Drop off in Londonderry for Winter Camp: At Main Workout Club Entrance

Camp starts at 8:30am and ends promptly at 4:30pm. All children must be picked up by 4:30pm. If you will be a few minutes late, please email annmarie.caprio@theworkoutclub.com. Or, you may text or call my work cell phone at 603-341-8002 and I will inform my camp coordinators. **PLEASE DO NOT CALL THE NINJA CLUB DURING THE DAY BECAUSE ALL COUNSELORS ARE WITH THE CAMPERS.** There is no aftercare available in the Ninja location and no aftercare on Friday's in Salem.

WHAT NOT TO BRING

At Fit Kids Camp we are encouraging physical activity, so we advise not bringing electronic devices including, but not limited to, iPods, tablets, DS, cellphones, etc. should remain at home. If a camper needs to get in touch with a parent or guardian, they can use the camps phones or via camp staff cell phone. If a camper is abusing this policy, then we will notify the parent/guardian and keep the electronics stored in my office for the day.

We are not responsible for any damaged or stolen items so please keep them home. We also ask that your camper does not bring footballs, baseballs, etc., we will provide these items as needed.

Please refrain from peanut butter since there are many children who are allergic. We are NOT a peanut free camp so please keep that in mind when thinking about sending your child to our facilities. Any other nut butter will be okay.

Equipment Replacement Policy

If a child breaks or damages WC property (toys, games, swimming pool, obstacles, furniture, doors, windows etc.) through improper use, the Director of Children's Activities will meet with the parents and decide upon the following:

- A. The child's parents will pay for all damages.
- B. The child's parents will replace the item with something similar.
- C. The item is sent home for repair.

WHAT TO BRING

- SNEAKERS!
- 3 Snacks
- Lunch
- Refillable Water Bottle (No Glass!)
- Bathing Suit (recommended wearing underneath clothing, especially for younger children)
- Towel
- Floaties
- Googles
- Water Shoes/Flip Flops
- Sunscreen
- Sweatshirt, Spare Clothes, NO SKIRTS OR DRESSES!

SNACKS

We do not provide snacks due to the many children with allergies. You are welcome to **donate** at anytime snacks such as goldfish, cracker, pretzels, etc., and we will keep them on hand in the event a child forgets a snack. All half day children may either bring an extra snack or have lunch with the group between 12:15-12:45pm. Birthdays are celebrated!

CAN MY CHILDREN BE IN THE SAME GROUP?

We will group the children by age so that they are with their own age group. However, there are plenty of times they are all together doing activities together such as: pool time, lunch, outside or the fitness room. NO REQUESTS! If your children need to be together in a group, the older child will go into the younger level and not the other way around.

OUTSIDE ACTIVITIES: The children go outside for the summer camps. All groups mostly are together during lunchtime and some outdoor activities (weather permitting), please apply sunscreen daily. Ninja camp in Londonderry has more outside activities during the entire day with basketball, and soccer fields. Please send your camper in with sunscreen.

ARE THERE REFUNDS?

There are **NO** refunds on your deposit after you make your first installment in April. We will refund your first installment if you withdraw from camp before the final payment is due in June. After the final installment is made, we do not refund anyone. However, we will apply the balance to other days or future camps in the same location. If for some reason, due to understaffing or illness, we cancel a camp day then you will be refunded for that time.

Sample Schedule

8:30-9:00am- Drop off & Games.
9:00am-10:00am- Ninja Class or Rock Wall (activities vary)
10:00am-10:45am- Craft
10:45am-11:00am-Change for Pool/Snack
11:00am-12:00pm- Pool and/or Splash Park fun
12:00pm-12:15pm- Change from Pool/Apply Sunscreen
12:15pm-12:45pm- Snack/lunch and/or ½ day pickup @ 12:30pm
12:45pm-1:15pm- Outdoor Free play
1:15-1:30pm- Change from Outside/ Pack Up
1:30pm-2:00pm- Ninja Open Gym (Rock Wall (activities vary)
2:00pm-2:50pm- Gym Class Games
2:50pm-3:10pm- Chill Time/Snack Time
3:10pm-4:00pm- Ninja or Party Room Game
4:00pm- Clean up, gather items, and get ready for pickup.
4:00-4:30pm – Games and Outdoor Pickup

Absences/Tardiness/Early Pickup

Please email annmarie.caprio@theworkoutclub.com. You may also text or call Program Director for any other drop off or pick up changes at 603-341-8002. Please notify us if you are coming in later than 15 minutes or earlier than 15 minutes. Our campers are usually getting ready around 4:15pm. However, if it is earlier, they may be doing an activity in a different part of the club. I will have the camp coordinators ready for your campers.

Daily Program Procedures

Child Release Policy

Anyone that you list on the registration form that you authorized will be allowed to pick-up your child. Your child will only be released for authorized individuals. Any changes or additions to your authorized pick up list must be sent by email to annmarie.caprio@theworkoutclub.com.

Prevention of Child Neglect and Abuse

Here at Workout Club, we will not tolerate any form of child abuse or neglect. All children who attend camp shall be protected from abuse and neglect. Camp staff is mandated by the State of New Hampshire to report any suspicion of abuse or neglect to the Department of Children and Families. Therefore, any suspected case of abuse or neglect will be reported in writing with information and observation from camp staff to the Director of Children's Activities. All cases of abuse or neglect will be reported to the Department of Children and Families immediately. Club Fit Day Camps will cooperate in all investigations of abuse and neglect by identifying parents of children currently or previously enrolled in the camp programs to any allegations and protection of the child or children.

Swimming Pool Regulations ~ Water Regulations

- All riders must perform the swim test, which is one length of the lap pool, front crawl with face in water, arms out and breathing to front or side.
- No flotation devices are allowed in the deep end or on the diving boards or slide (if applicable).
- Only one participant on a diving board at a time.
- Participants must jump feet first. No headfirst, on tummy permitted, flips or twists.
- No one is to catch a participant at the end of the diving board or slide.
- The participant is to wait until the pool attendant gives the thumbs up before diving or going down slide..
- All participants must exit the diving pool area via swimming to the ladder closest to the them after they have jumped off the diving block or down the slide.
- Slide rules are 42" or taller to use
- **Anyone with an infectious disease, open sore, or communicable illness may not use the swimming pools.**
- Anyone with long hair must have it tied back, or use a swimming cap.
- Shoes and strollers are not allowed on pool deck.
- Bathing suits are required. T-shirts may be worn, although not recommended (No White T-Shirts).
- No food, beverage or glass containers on pool deck.
- Swimmers needing/using flotation devices must provide their own flotation devices.
- Hanging on lane lines and buoy lines is NOT permitted.
- NO RUNNING anywhere on pool deck.
- Under State law, no person under 16 is allowed in spas or saunas. As per the "National Lightning and Safety Institution", we do close our pools for severe thunder and lightning. The pool will remain closed for 30 minutes after last clap of thunder.
- Management reserves the right to deny use of the pool to anyone at any time.

Annamarie.caprio@theworkoutclub.com | Regional Group Fitness/Program Director 603-341-8002 work cell all locations

Child Guidance and Related Policies

Club Fit Staff provides children with guidelines for appropriate behavior and rules to follow while enrolled at camp. We encourage positive actions through positive reinforcement and close supervision. Our main goal is to keep children safely and happily involved in activities. The following steps are followed if inappropriate behavior occurs.

1. The child is spoken to privately in a firm but gentle manner regarding the behavior.
2. If the said behavior continues, the child is removed from the activity for a cool down until both the counselor and child feel ready to return.
3. If the said behavior still continues, the child's parent will be called or spoken with before departing for the day.
4. A behavior report will be filed any time a child receives a cool down.
5. An incident report will be filed when there is evidence of property destruction, injury to an individual, forcefully touching an individual, foul language and other inappropriate behavior on a constant basis.
6. Three incident reports during your child's stay at camp will result in suspension from the camp with no refunds.
7. A child will be terminated from camp without prior notice to the parents under the following conditions:
 - A) A child injures another individual requiring medical attention.
 - B) A child displays violent, uncontrollable behavior that will put others in the program at risk.

****No child will be suspended from camp without the consent of the Director of Children's Activities. All efforts will be made to work with the parents and children on all behavior issues. However, we have a zero-tolerance policy for the above.**

****Behavior incidents will never be dealt with in a demoralizing, humiliating or abusive manner. No child shall be subjected to abuses of neglect, cruel, unusual, severe or corporal punishment including: punishments which subject to a child to verbal abuse, ridicule, humiliation, denial of food, use of bathroom facilities, punishment for soiling, wetting or not using the toilet.**

Suspension and Termination Plan

The following conditions may warrant a suspension from Club Fit Kids Day Camps.

1. Three incident reports on file during the summer.
2. Two incident reports filed in a week.
3. A child brings harm to another child or staff resulting in injury requiring medical attention.
4. Failure to follow camp rules on a consistent basis.
5. Inappropriate language or gestures
6. not adhering to our electronic guidelines

Emergency Procedures

1. **Evacuation:** In the event of an emergency such as a fire, we will evacuate the children in an orderly manner. All groups will be in our care and meet at the colored children's gate barriers next to the parking lots of both clubs and or the grassy area.
2. **First Aid/ CPR:** In the event a child needs CPR, breaks a bone etc., the closest adult nearby will call 9-1-1 on the readily available landline, while other staff evacuates the other children out of the area. ALL staff that are involved with the camp are CPR and First Aid certified.

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