



**Body Zone Summer Adventure Camp & \$%
...Policies and Procedures, Fun Facts, and More!**

Hours of Operation

- Monday June 11 through Friday August 24
- Camp Hours – 9:00 AM to 4:00 PM, Monday through Friday
- Extended Care offered from 7:30 AM - 9:00 AM and 4:00 - 5:30 PM
- Extended Care is available for \$12 a day or \$50 for the week

Drop Off/Pick Up Procedures

- Please follow the camp signs around the side of the building to the Camp Entrance at Door #13 – look for the Camp Banner
- Please pull your car up along the side of the building; stay in your car, a Counselor will come to your window to sign in your camper. A Counselor will assist your child in exiting your car.
- At pick up – a Counselor will meet you at your car to get your child's name to have them come out to your car.
- If you are arriving after 4:15 PM – please park and come into the building at Door #13 to pick up your child.

Medical Information

- Every camper is required to have a current medical form on file prior to their first day of camp.
- If you registered online, you should have been sent an email containing the health form.
- Prescription medication will only be administered with a signed medical form, and it must be in a Ziploc bag with the original container and with the original label.
- All medications must be given to the Camp Director upon check-in
- Over the counter medications will only be administered with written consent from a parent.
- Allergies
 - Please include all allergy information on camper Medical form.
 - The Camp staff will not allow campers to share food due to the variety of food allergies
 - If the allergy is severe enough to require an Epi-pen you must speak with the Camp Director prior to the camper's first camp day.

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- **Illness**
 - In order to maintain a safe and healthy camp environment, we ask that you do not send your camper to camp if they show any of the following symptoms:
 - Temperature over 100
 - Discharge from ears or eyes
 - Reddened or pink eyes
 - Vomiting or diarrhea
 - Skin rash or lesions that blister
 - Sore throat, runny nose, cold or flu symptoms
 - Head Lice
 - If a camper shows any one of the above signs, they are too ill to attend camp. If the symptoms develop while at camp, you will be called to pick up your camper as soon as possible.
- **Accidents**
 - All Camp staff are First Aid and CPR/AED certified
 - Minor injuries will be appropriately treated by camp staff, a parent, or adult picking up the camper, will be notified of any injuries/treatment
 - Parents will be notified immediately if EMS is called. Please note that any medical expense will be the responsibility of the parent.
 - In the case of an emergency, camp staff will follow the policies and procedures of Body Zone Sports and Wellness Complex.
- **Potty Trained**
 - All campers **MUST** be fully potty-trained prior to the first day of camp. Pull Ups should not be worn.
 - If your child experiences a bathroom accident during the camp day, you will be called and required to pick up your child as soon as possible.

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Camp Essentials

- Camp Attire
 - Camp will take place both indoors and outdoors
 - We ask that your camper dress in play clothes that can get dirty
 - **Socks and closed toed shoes are required each day!**
 - Please make sure your camper's name is on **ALL** personal items
 - Campers will receive a Camp t-shirt during their first week of camp; **Camp shirts must be worn on Wednesdays for field trips.**

- What to Bring to Camp
 - Due to the fact that we are both inside and outside, it is a good idea to apply sunscreen in the morning. If you send sunscreen to camp, please send spray sunscreen – it is easiest to apply for our staff.
 - For Swim Days:
 - Swimsuit, towel, flip flops for the hallway, goggles
 - Please make sure your child's name is on all items
 - For Skating Days:
 - Helmet, long socks, long, warm pants, sweatshirt or jacket, gloves, hat. Please make sure every item is labeled.
 - Body Zone provides ice skates, but you may bring your own
 - Helmets
 - In light of the National Concussion Awareness Campaigns, **ALL** campers will be required to wear a helmet to skate.
 - Any type of helmet with a strap/closure is acceptable
 - We do have a few "lost and found" helmets available that we use when needed.

- What NOT to Bring to Camp
 - We ask that your Camper NOT bring any of the following items to Camp:
 - Knives/Firearms
 - Matches/Lighters
 - Live Animals

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- Cell Phone
 - Video Gaming Units/Games/Trading Cards
 - Anything Valuable/Irreplaceable
- Snack and Lunch
 - Campers who need an extra “re-charge” during the day may pack a snack for the afternoon; time will be set aside for snack. Snack is NOT provided by Body Zone.
 - Lunch can be purchased for \$7 per day or \$35 for the week. Please see a Camp Staff member in the morning to order your camper’s lunch. Payment is required at time of ordering.
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- Code of Conduct
 - We expect campers to follow the following Camp Rules
 - I will respect all Camp Counselors and fellow Campers
 - I will respect the property of others and of Body Zone
 - I will follow all safety rules and listen to all instructions
 - I will be kind, I will not bully, tease, or make fun of anyone
 - I will keep my hands and feet to myself
 - All offenders will be given a warning, followed by a time out, and parental notification.
 - Attending Summer Adventure Camp is a privilege. Violent, abusive, disrespectful, or inappropriate behavior as well as language will not be tolerated. Body Zone reserves the right to suspend or expel any camper who exhibits inappropriate behavior or language. Camp fees will not be refunded.
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- Weekly Communication
 - Communication is the key to running our camp effectively. Please be sure to pick up a weekly newsletter on Monday mornings so you know what fun filled activities are lined up for that week.

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- If you have any questions throughout the week, please talk to a Camp Counselor or the Camp Director.
- Questions can also be directed to:

Donna Faber - Lascoskie – Camp Administrator

(610) 376-2100 ext. 283

[dlascoskie@bodyzonesports.com](mailto:d lascoskie@bodyzonesports.com)

<http://bodyzonesports.com/camp>

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Summer Adventure Camp!

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