



## Body Zone Summer Adventure Camp Policies and Procedures, Fun Facts, and More!

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[www.facebook.com/bodyzoneadventurecamp](http://www.facebook.com/bodyzoneadventurecamp)

### Hours of Operation

Dates: Monday, June 10 through Friday, August 23, 2019  
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 Fees: \$12/day or \$50/week



### Drop Off/Pick Up Procedures

#### Drop Off

- Please follow the camp directional signs around the side of the building to the camp entrance at Door #13 -- look for the Summer Adventure Camp welcome banner.
- If you are dropping off before 8:45 am, you must walk your child into the building through Door #13 and sign them in. **Camp doors do not open until 7:30am.**
- 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 safely exiting your car.

#### Pick Up

- A counselor will meet you at your car to get your child's name and then escort them 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 have received an email containing the medical 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 the Summer Adventure Camp Medical Form.
- 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.



### **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.
- Parent or adult picking up the child 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.

### **All campers must be 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.
- Accidents do happen, please pack an extra set of clothes for young campers.

## **Camp Essentials**

### **What to wear/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.
- 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.**



#### **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 nine and younger will be required to wear a helmet to skate.
- If you don't want your camper to wear a helmet, please email or send a signed note in with your camper
- 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
- 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.
- BZ will provide a snack for those without one from home.
- If your child has a special dietary need, please consider sending a snack with your child.
- Lunch can be purchased for \$7 per day or \$35 for the week.
- Lunches are provided by our café.
- Please see a camp staff member in the morning to order your camper's lunch.
- Payment is required at time of order.

#### **Field trips**

- All campers must be in attendance by 8:30 am on field trip Wednesdays.
- All campers must wear their camp T-shirt on Wednesdays
- If your child is not attending the field trip, please make arrangements for their care -- we do not have staff stay behind to provide camper supervision.
- Any inappropriate behavior on a field trip will result in the loss of future field trips.



### **Code of conduct**

We expect campers to follow the following camp rules:

- Attending Summer Adventure Camp is a privilege.
- Respect all camp counselors and fellow campers.
- Respect the property of others and of Body Zone.
- Follow all safety rules and listen to all instructions.
- Pledge to be kind and not bully, tease, or make fun of anyone.
- Keep my hands and feet to myself.

***All offenders will be given a warning, followed by a time out, and parental notification.***

***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.***

### **Weekly communication**

Communication is the key to running our camp effectively. Our weekly newsletter will be emailed to you, and is available in hard copy too, on Monday mornings. It is an overview of the fun-filled activities lined up for the week. If you have any questions throughout the week, please talk to a camp counselor or the camp director.

### **Questions may also be directed to:**

Donna Faber-Lascoskie

Camp Administrator

(610) 376-2100 ext. 283

dlascoskie@bodyzonesports.com

bodyzonesports.com/camp