



**Summer Adventure Camp | June - August 2026**  
**General Information, Health and Safety Measures**  
**Camp Dates: June 8 – August 19, 2026**

**Camp Basics: What To Bring & More**

**What to wear and bring to camp - general information:**

- Camp takes place both inside and outside of Body Zone, so please apply sunscreen in the morning and send an extra supply with your camper.
- We ask that your camper dress in play clothes that can get dirty. Young campers are encouraged to pack an extra set of clothing.
- Socks and closed-toed shoes are required each day.
- Please make sure your camper's name is on ALL personal items.

**For skating days:**

- Helmet, form-fitting long socks, long warm pants, sweatshirt or jacket, gloves, hat.
- Please make sure every item is labeled.
- Body Zone provides ice skates.
- In light of the National Concussion Awareness Campaign, ALL campers nine and younger will be required to wear a helmet to skate. Any type of helmet with a strap/closure is acceptable.

**For swim days:**

- Swimsuit, towel, flip flops, goggles, bag for wet clothing and floaties (please make sure all items are labeled with child's name).
- Body Zone does not provide life vests.

**Lunch/snack/hydration:**

- Campers must pack a lunch.
- Body Zone provides a daily snack. If your camper has dietary restrictions, please pack a snack for them.
- Campers should bring reusable water bottles. Body Zone has multiple water refill stations for campers.



## **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.
- All parents and caregivers must remain in their car and in the drop off lane. Please do not park or enter Body Zone during this time.
- 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.
- This procedure applies to all early camp drop off too. Reminder: camp doors do not open until 7:30 am.
- If your child is upset and won't leave the car without you, you may park your car and help them calm down. We will assist you at that point.

### **Pick Up**

- Parents and caregivers must remain in their car and in the drop off lane.
- A counselor will greet 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 stay in your car and in the drop off lane. We will bring your child to you.

## **Medical Information**

- Every camper is required to have a current Summer Adventure Camp 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 degrees
- 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



### **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 up disposable diapers 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. Please pack an extra set of clothes for young campers for their comfort until you arrive.

### **Standard Health & Safety Reminders**

- We'll show campers the location and use of our numerous hand sanitizer stations.
- We have a dedicated restroom for camp to limit mixing with other Body Zone groups.
- We will discourage and monitor sharing of items that are difficult to clean and disinfect.

### **Together we can maintain a healthy Body Zone camp community! Please remind your camper of the following:**

- Let an adult know if you are not feeling well,
- Sneeze into your elbow,
- Proper hand washing technique,
- Don't share your clothes, snacks, hats, or helmets with other campers,
- Make sure they get a good night's sleep each night.

### **When Your Child Becomes Sick At Camp**

- If a camper informs a counselor that they are not feeling well, we will check their temperature first, if it is 100 or higher, you will be called immediately and asked to pick up your child from camp as soon as possible. Campers may not return to camp until 72 hours have passed.
- If they are not running a fever or 100 or higher, a camp counselor will monitor their condition and if they do not feel better in 15 minutes, you will be called to determine what would be best for your child.
- Campers who test positive may not return to camp until they have tested negative for COVID-19.



## **Code of Conduct**

Please discuss these important rules with your children. We expect campers to follow the following camp rules:

- Attending Body Zone 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.

### **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

Please note: Violent, abusive, disrespectful, or inappropriate behavior as well as language will not be tolerated. In most cases, all offenders will be given a warning, followed by a time out, and parental notification. After two written incident reports, campers are asked to leave. However, Body Zone reserves the right to remove or suspend any camper at their sole discretion at any point in time. Camp fees will not be refunded.

## **How We Communicate With Families & Caregivers**

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 reach out to a camp counselor or the camp director.

***Like us on Facebook and check for updates and pictures during Summer Adventure Camp!  
[www.facebook.com/bodyzoneadventurecamp](http://www.facebook.com/bodyzoneadventurecamp)***

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

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