



Summer Activity Camps *Parent Guide*



2009

Welcome to the 2009 Summer Activity Camps at the University of Alberta.

The Faculty of Physical Education and Recreation Summer Camps program offers a positive approach toward learning new skills and being physically active. This is demonstrated through a child oriented, instructor mediated, fun atmosphere. Programs encourage positive active lifestyles, social interaction, and emphasize challenge by choice through participation in physical activity. Our motto is 'get up, get out' get active'.

WHAT YOUR CHILD SHOULD BRING TO CAMP EVERYDAY

Equipment Check List

- Bathing suit and towel (for camps with swimming and/or water activity)
- Running shoes
- Clothing that is appropriate for physical activity
- A water bottle labeled with your child's name
- Sun block
- Bug spray
- Backpack/gym bag
- Lunch (nut free)
- Snacks (nut free)

Clothing & Shoes

Children should come to camp prepared for a full day of activity. For each day, children should have: athletic footwear (running shoes or cross trainers), appropriate attire for physical activity as well as outdoor attire including a hat (groups must go outside to access the Gymnastics Centre, so have appropriate clothing in the event of rain).



Water Bottle



Water is a vital component when physically active. Parents are asked to send a water bottle each day, labeled with your child's name. Water fountains are easily accessible throughout campus and bottles can be refilled when needed.

Sun Block



For the Fitness and Games component groups may go outside for their activities. For protection from the sun's rays, we recommend SUN BLOCK (*SPF #15 or higher be sure to check the expiry date*).

Swimming Gear (for camps with swimming or water activity)

For Camps that will be in the pool or participating in a water activity please pack a swimsuit and towel. Also don't forget a plastic bag to store wet swimsuits and towels for the rest of the day.

Gym Bag/Backpack



A backpack, gym or book bag is recommended for your child's belongings. Please label the bag (on the outside of the bag) with your child's name and include all of their necessities (i.e. Medications, clothes, etc.).

Lunch/Snacks

All of our camps are nut free as we may have campers with allergies; **please ensure to pack NUT FREE lunches/snacks everyday**. See "Food" section on page 5 for more detail.

Additional Information

If necessary the summer camps staff reserves the right to search a child's belongings (with another staff member present) for the safety of the child as well as the other participants.

Valuables

We request that your child leave all items of sentimental or monetary value at home, i.e., **collector cards, hand held video games, sports equipment, money, mp3 players, etc.** We cannot guarantee the security of any of your child's belongings.

The University of Alberta and their staff will not be held responsible for lost or stolen items.

FORMS TO BE SUBMITTED TO US

- **Informed Consent Agreement From Faculty of Physical Education Medical Information Form – Summer Camps 2009**
- **Epi Pen Form**


****All forms must be completed and returned on the first day of camp before your child can participate in any of the activities.****

ARRIVING AT CAMP

Sign-IN Procedures

Your child's day will begin at the location noted on your official receipt you received when you registered. Children will be signed in at the camp sign in table. A parent/guardian must accompany the child to this table in order to sign them in. Early drop off begins at 8:00 am. All children should be at the sign in area by 8:45 am. We strongly encourage arriving between 8:15 am and 8:30 am on the first day of camp, as there are a number of administrative steps to complete.

Late Arrivals

If you are late arriving at camp (after 9.00 am), sign your child in at the location noted on your receipt. If your child's group has already departed for their first activity a supervisor will make arrangements to move your child safely to their first activity. If possible, please call us at 780-492-2231 to let us know your child will be late. 

DEPARTING FROM CAMP

Early Departure

Advanced notice must be given in writing to the staff at sign-in or sign-out, at least one day prior to accommodate an early departure. All early departures (before 4:00 p.m.) are handled by a member of our staff team Parents will be required to sign their child out as indicated on the Sign-Out Authorization form.

Sign-OUT Procedures

Sign out will occur at the same location as sign in from 4:00 – 5:00 pm. Each child must either be signed out by the person who signed them in or be signed out by whomever was indicated on the sign-in sheet. If you would like your child to sign out themselves – please bring a letter **in writing** on the first day of camp and give it to the camp

facilitator or coordinator. Children who sign themselves out can do so at 4:00 pm. however supervision will be provided until 5:00 pm. If your child is not picked up by 5:00 pm there will be a \$5 charge for the first 15 minutes and \$1 per minute after the first 15 minutes. The late fee is will be payable to the camp facilitator or coordinator at the time of pick up.

EARLY DROP OFF, LATE PICK UP



Early drop off and late pick up operate from 8:00 am to 9:00 am and 4:00 pm to 5:00 p.m. each day of camp. The early drop off/late pick up is supervised, with minimal programming. Children will be asked to relax or participate in low activity games. This additional supervision is intended to be a convenience for parents whose work schedules do not permit them to drop-off between 8:45-9:00 am and/or pick-up at 4:00 pm

As a reminder from the “Valuables” section of the Parent Guide, items such as collector cards or hand held video games are not appropriate for camp at any time.



Fees For Late Pick Up



If your child is not picked up by 5.00 pm a late fee of \$5.00 for the first 15 minutes will be assessed. After the first 15 minutes, the late fee will be \$1.00 for each additional minute.

FOOD

All Faculty of Physical Education and Recreation Camps are nut free

*****Please ensure that all food brought to camp does not contain nuts of any kind.*****

Lunches

Lunch begins at 12:00 pm each day. Lunches should be brought in small coolers, lunch boxes or bags. When packing your child's lunch please put his/her name on the cooler/bag.

Please ensure your child has the energy needed to enjoy a full day of activity by having them eat a good breakfast and packing a substantial lunch as well as snacks for the day.

Snacks

Please provide your child with a nut free morning and afternoon snack each day. Each snack is meant to be a supplement and not a substitute to a nutritious breakfast and lunch.

There is no opportunity to purchase lunch or snacks on North Campus (Van Vliet Centre)

MEDICATION



Camp staff cannot administer or provide your child with any medications during camp. Please plan accordingly.

ACCIDENTS & EMERGENCIES

In the case of an emergency or accident involving your child, you will be contacted following notification of the appropriate emergency personnel. All members of the camp staff have current CPR and First Aid certifications and have also been trained in emergency procedures at all locations.

ILLNESS



If your child should become ill while at camp, you will be notified. We do not have a registered nurse on staff. We may ask you to remove your child from the program for the day. We ask for your discretion on bringing your child to camp if he/she is ill.

SUMMER CAMP SOUVENIR T-SHIRT

Each child will receive a summer camp tee-shirt as a keepsake for attending camp.

DISCIPLINE

The Faculty of Physical Education and Recreation's Summer Camp Staff, Coordinators and Directors, acknowledge that there will be a time when every camper has a difficult day. First and foremost, we want to quickly resolve any conflicts and keep your child involved in the activities. On occasion, it may be necessary to give the camper a chance to re-group with a time out. If the behavior persists and conflicts can not be resolved, or the situation is severe, you will be contacted and the incident(s) may result in expulsion from the program. In the event of persistent behavioral issues the Faculty of Physical Education and Recreation reserve the right to have participants removed without refund.

We are not a child care facility and do not have the staff for one-to-one supervision. Therefore, if there is a behavior incident that requires removal from the day's activities and you are not available, your emergency contact will be asked to come and pick up your child.

Bullying

The Faculty of Physical Education and Recreation's camp philosophy states that every camper should have the opportunity to participate in and receive instruction in a variety of physical activities, delivered in a fun, social and safe environment. We work together as a team to ensure that campers gain self-confidence, make new friends and leave with great memories. The underlying goal of the Faculty of Physical Education and Recreation Camps is to promote healthy active living. As such our leadership seriously addresses all incidents of bullying and promotes communication between staff, campers, and parents.



COMMUNICATIONS

Contacting Your Child During Camp

If you have an emergency and need to contact your child during the camp, call the **Activity Registration Zone** at **780-492-2231**. We will get the message to your child as promptly as possible.

Contacting the Camp Facilitator or Camp Coordinator

If you would like to contact the camp coordinator, please call **780-492-2231**. If the coordinator or facilitator is unavailable, please leave a message and they will get back to you as soon as possible.



For more information:
Call 780-492-2231
www.summercamps.ualberta.ca

Year-round Programs

All of our Centres offer activity programs for children and youth all year. To find out more details please call any of the following Centres:

- Urban Uprising Climbing Complex 780-492-2767
- Gymnastics Centre 780-492-9288
- Aquatics Centre 780-492-3570
- Fitness and Lifestyle Centre 780-492-9854
- Curling and Tennis 780-492-2222
- Active U 780-492-3181

GET UP! GET OUT! GET ACTIVE!

SUMMER CAMPS

FACULTY OF PHYSICAL EDUCATION AND RECREATION
UNIVERSITY OF ALBERTA