## Sudbury Park & Recreation

# Sudbury Summer 2014 Parent Packet

### Please fill out and return by May 2nd!



## 40 Fairbank Road, Sudbury, MA 01776 (978) 443-1092

www.recreation.sudbury.ma.us www.pool.sudbury.ma.us www.inclusive.sudbury.ma.us



## **WELCOME LETTER & PARENT CHECKLIST**

#### Dear Parents,

It's time to get in gear for another great year of Sudbury Summer! We are fortunate to have many returning staff from last year, including our Director, Larry Wolpe, as well as some energetic new staff! We are looking forward to a great summer and hope you are as well.

The purpose of this packet is to give you some general information about how the program is run, answer frequently asked questions, provide you with all required paperwork, and update you on the changes that will take place for this summer.

Please do the following things to help us:

- Read your Parent Packet
- Call when your child will be absent 978-639-3260 (camp office seasonal)
- Label all belongings
- Post Park & Recreation phone number 978-443-1092 at home and at work
- Keep us informed about any problems, changes in health or routine, or anything that might affect your child while in our care.
- Drop off and pick up on time or take advantage of our great Extended Day or Early Drop Off options

The deadline to submit all paperwork is <u>FRIDAY</u>, May 2nd or you may lose your spot. NO child will be allowed to attend camp without paperwork! We hope this will answer some of your questions and clear up any concerns. It's going to be a great summer!!

| Than  | k you,  |
|---|---|
|   | Sudbury Park and Recreation Staff (978) 443-1092  |
| 6   | Fill o  |
| STATEMEN  | NT OF UNDERSTANDING   |
| Enclosed are the necessary forms for my child's upcomir   |   |
| enclosed the:   | is subsity summer experience. There completed and   |
| Statement of Understanding  |   |
| Health History Forms (3)  |   |
| Authorized Pick-Up Form   |   |
| Letter to My Counselor  |   |
| Buddy Choice & Photo  |   |
| Swim Lesson Level Form  |   |
| Physical & Immunization Form (provide   | d by physician)   |
| T-shirt size (circle one): Youth Small  | Youth Med Youth Large Adult Small   |
| Field Trip Waiver (Mini Session Only)   |   |
| I understand that all paperwork, completed in its entiret participate at Sudbury Summer if the necessary forms ha | ty, is due by May 3rd and that my child will not be allowed to ave not been submitted.  |
| l acknowledge that by having previously signed the enro<br>that my child's picture may appear in promotional mate | Ilment application, I have agreed to the liability waiver and the fact<br>rial.   |
| have also read and am aware of your policy regarding r  | efunds (below). Included is the understanding that if my son or   |
| daughter is asked to leave, a refund is not available.  | ,,  |
| and Sudbury Adventure) must be made in written form a   | ograms (Sudbury Summer, Sudbury Summer Inclusion, CIT, Preschool Pals,<br>and dated on or before June 15. <b>Refund requests made prior to June 15th</b><br><b>th, no refunds for these Park &amp; Recreation programs will be granted.</b> |
| Signature of Parent/Guardian  | <br>Date  |



## DROP OFF, PICK UP & ABSENTEE PROCEDURES

#### FIRST DAY OF NEW SESSION DROP OFF PROCEDURES

Sudbury Summer will begin earlier at 8:30am for the first <u>Monday of each new session</u>. This will allow parents to ask questions of our staff, and let the children get to know our staff before their day begins. We will also take the children on a tour of the camp to show them the facilities we will be using.

#### DROP OFF/PICK UP PROCEDURES (PHOTO ID)

Sudbury Summer **begins at 8:45am**. Please be sure to drop off your child at that time. Our staff needs the time before to set up for the program and the day's activities, so they cannot be watching children during this time. If you have to drop your child off early, please sign up for our early drop off program, which has staff already assigned to that sole responsibility. (Please see Early Drop Off/Extended Day Procedures for more information). Drop off and pick up will be by the beige equipment shed in front of the fenced in area.

When dropping off your child, please be sure to <u>SIGN IN</u>. Staff will be stationed at the sign-in area for any assistance. It is important that you adhere to the sign-in policy so we can accurately keep track of the children in our care.

Our Sudbury Summer Program **ends at 3:00pm**. Being prompt for pick up is extremely important. As in the morning, our staff are scheduled to be cleaning up and doing other duties. Please see late penalty procedure to the right.

You will pick your children up outside by the beige equipment shed. When you arrive, it is necessary to <u>SIGN</u> <u>OUT</u>. Please bring your photo ID, <u>photo ID is required</u> for all pick up! After signing out, walk through the double gate and then exit through the far gate.

These procedures are to guarantee the safety of your child. It may take a few seconds longer, but we feel it is worth it!

#### <u>NO PETS</u>

Because of the number of people at drop off and pick up, we ask that you leave your pets at home.



#### EARLY DROP OFF/EXTENDED DAY PROGRAM

Early drop off is from 8:00am-9:00am and extended day is from 3:00pm-4:00pm. The cost is \$40 for one session (two-weeks) of early or extended care, or \$80 for both options. Included in this packet is the **Early Drop Off/ Extended Day** information. We will take registration online. We prefer that you register for an entire session of early and/or extended care. You save money too (a \$20 savings per session). However, if you wish to pay per day, you may. Early or extended care is \$5 per child per day. We encourage you to do this in advance. We will take same-day registration at the Atkinson Pool front desk only, we will not **be able to take same day registration at the check-in table**.

#### LATE PENALTY PROCEDURE



If a child is still here after the 3:00 pick up time, and they are not registered for late pickup, they will be added to the late pick up list and their

parents will be given a slip to pay \$5.00 at the front desk for that day of late pick-up .

If a child is still here after 4:00 pickup time, beginning at 4:10 they will be charged \$15.00 for the first 10 minutes they are late and \$5.00 for each additional 10 minutes after that.

# TU

#### **ABSENTEE PROCEDURE**

You must call in if your child is going to be absent. We do not have a lot of time in the morning to contact you about their attendance. Please help us by letting us know when your child can't make it. All children must be accounted for. Please call Larry Wolpe, Camp Director at (978) 639- 3260. The office is open from 8:30-4:00pm, during other times you may leave a message.



#### **SNACK**

Snack is not provided at Sudbury Summer due to the high number of allergies. Please send your child with his or her own snack and plenty of water.

#### LUNCH

There is no refrigeration available. We ask that you keep this in mind when packing your child's lunch. Please do not pack items that will spoil in the heat (unless you send them in a small cooler with an ice pack). A sturdy lunch bag or box is best so lunches won't get crushed (although bagged lunches are best for field trip days). Be sure to pack a good size lunch, the



children's appetites do seem to increase with the day's activities. Please tell your children not to share their lunches with other kids due to the high number of allergies. Lunches will be stored in large bins (1 assigned to each group) until it is time to eat.

WATER BOTTLES



Please include extra drinks (like water or sports drinks) to prevent dehydration. We recommend bringing a labeled water bottle that can be refilled in one of our many "hydration stations" during the day.

Helpful Hint: Freeze drinks the night before and they will remain cold for most of the day.

#### **BATHING SUITS**

Bathing suits are needed for all children. If your child has an early swim lesson, we highly recommend sending your child with their bathing suit, on under their clothing, to camp. Campers will have a swim lesson and a free swim period each day. For most groups, it is back to back and changing twice is unnecessary. Children will also need a towel. Both the towel and swimsuit should have their name clearly written on the tags in case they get misplaced.

#### FOOT WEAR

We suggest you send your child in sneakers because they will be doing a lot of running around. Sandals, flip flops, crocs, etc. can result in sore feet. For safety reasons, rubber-soled shoes or sneakers are preferred.

#### LOST AND FOUND

Our Lost and Found will be located outside by the gate during camp hours and near the Park and Recreation office after hours. You can't miss the heaping pile of clothes! Please do not send your child with any valuables-children will be moving from activity to activity which will increase the likelihood of belongings getting lost (especially on field trip days).

**CLOTHING** 

Our program philosophy supports active (and often messy) play. For this reason, we request that your child wear comfortable play clothes to camp that you won't mind getting a little dirty.

#### SUNSCREEN

Lather your child up with sunscreen before the start of the program. If necessary, your child can ask their counselor to reapply sunscreen that is brought in from home. Please put sunscreen in a small plastic bag labeled with your child's name. Hats are also a good idea to keep kids safe from the hot sun.

#### **BEHAVIOR MANAGEMENT**

The staff fosters good behavior by creating a trusting environment that promotes appropriate behavior. Time and effort is placed on anticipating behavior problems and creating an environment that helps avoid bad behaviors. Expectations are realistic and limits clearly explained and supported by the environment. When behavior problems occur, attempts are made to redirect the child to more appropriate behavior. Time is allowed for children to learn alternative behaviors and guidance is given in expressing emotions such as anger. In extreme cases, the child may need to be separated from the group for a "time out". Time out will be for a reasonable amount of time, appropriate to the child's age. The child will be supervised at all times. All discipline is adjusted to the individual needs and development of the child and is viewed as a learning experience, not as punishment. The camp director is notified whenever a behavior becomes hard to manage and/or when a parent must be notified of the child's behavior in a formal manner.

Please feel free to contact us before the start of camp if your child has any learning or behavioral concerns so that we can be prepared to make this a successful summer experience.

#### SPENDING MONEY

Please do not send in money for the days spent at the Fairbank Community Center since there isn't anything for them to buy. If your child needs to purchase a snack, please do so before or after the program hours. On field trip days, spending money is optional. Gift shops, snack shacks, and ice cream stands are sometimes part of the fun of our trips and groups will usually make time for them. Bringing large amounts of spending money is discouraged.



Once again, please label everything!!

## A DAY AT CAMP

Please keep this for your records!

#### FIELD TRIPS & MOVIES

Every week we plan to go on one field trip to places such as zoos, parks, or museums. We understand the parental concerns regarding your child leaving the community center. However, we have planned extensively for these trips.

There is a 1:10 ratio of staff to child. **Each child MUST wear Sudbury Summer T-shirt on field trips** so their counselor can easily identify them. Staff will also have on their staff T-shirts so your child can quickly see where their counselor is. All of the staff will be equipped with their two-way radios to communicate with each other while off site. Larry Wolpe, our Camp Director, will attend all of the field trips along with our nurse, program specialists, and sometimes lifeguards, so it will not just be the counselors with the children. All of the places we will be visiting are experienced in handling school groups and we will have predetermined rules and procedures between both their staff and ours.

## A TYPICAL DAY

Sudbury Summer runs on a block schedule. Children will be rotating indoors and outdoors for various programs and activities. In general, Sudbury Summer children move from activity to activity with their counselor and CIT. Children have a swim lesson, free swim, arts & crafts, music & drama, sports, science, a free block (with their counselor), and of course lunch. The actual time schedule of these activities is different for each group because

we are on a rotation system. There are also big events scheduled: field trips, presenters, and special surprises. On the first day of each session, you will be given a calendar outlining what is going on each day so you and your child can be prepared.

## RAINY DAY PROCEDURE

If there is inclement weather, the Park and Recreation staff has a rainy day plan ready to go to keep your children active and still having fun even if it's not in the sun. We will have them rotating through our facility with their groups and counselor doing various activities such as sports in the gym, cooperative games, use of the swimming pool (unless the pool is closed due to thunderstorms), watching movies, doing scavenger hunts, arts and crafts, and board games—just to name a few. Just because it's a rainy day doesn't mean it's going to be a boring day! If the weather forecast calls for several days of inclement weather, we may plan an indoor field trip (to the movies or roller skating, for example) and your child will be sent home with a permission slip to be signed and returned.











#### The Atkinson Pool offers swim lessons to participants in the Sudbury Summer program. To accommodate the wide range of swimming abilities, we have developed three different swim levels.

Please read the swimming level descriptions and place your child in the group that you feel best fits them. We ask that you identify your child's swim level as best you can. On the first day of each session, the pool staff will re-evaluate the placement of each child to ensure the best groupings. (If no level is indicated, your child will automatically be placed in the goldfish level on the first day for evaluation). Please note: bubbles are not used during lessons.

Please Note: our Mini Session does NOT include swimming lessons, but children will participate in free swim.



This level is for children who do not feel comfortable putting their face in the water and cannot swim or float without assistance for at least five yards.

<u>Skills to be taught</u>: Pool and water safety rules, floating on front and back, (with or without instructor's assistance), kicking on front and back, blowing bubbles, comfortably submerging face fully in water, the beginnings of front crawl stroke and back crawl stroke, jumping into water, bobbing, and changing directions while swimming.

#### **STINGRAYS**

This level is for children who enjoy going under water and who can swim the front crawl stroke and back crawl stroke without assistance for at least 10 yards as well as float on their front and back.

<u>Skills to be taught</u>: Elementary backstroke, jumping into deep water, bobbing, diving from wall, endurance to swim 10 yards of backstroke and 25 yards of crawl stroke with rotary breathing, breaststroke kick, sidestroke kick, open turns and deep water bobbing.



This level is for children that can proficiently swim the front crawl, back crawl, and elementary back stroke for 25 yards. They should also have some experience in the breast stroke and side stroke.

<u>Skills to be taught</u>: Breaststroke, sidestroke, flip turns, deep water bobbing, introduction to the butterfly stroke, surface dives, springboard dives, bilateral breathing, and swimming under water.

| Child's Name:                           | Sudbury Summer Session: Mini I II III |                   |            |                 |             |    |
|---|---------------------------------------|-------------------|------------|-----------------|-------------|----|
| Age:                                    |                                       | Grad              | de Enterin | g (in Sept. 201 | 4):         |    |
| Swim Level (please circle):             | GOLDFISH                              | STINGRAYS         | DOLPHIN    | IS              |             |    |
| What is your child's swimming ability?  | Excellent                             | Good_             |            | Fair            | _ Non-swimm | er |
| Highest American Red Cross Certificate  |                                       |                   |            |                 |             |    |
| Additional Information that may be help | oful for swim                         | instructors to kr | now about  | t my child:     |             |    |
|   |                                       |                   |            |                 |             |    |

#### **RULES FOR POOL**

#### Please be advised that during the camp's free swim, the children will be expected to follow all the pool rules as follows:

- 1. State Health Code requires that all persons MUST take a shower before entering the pool.
- 2. You must take off outside shoes before you enter the pool deck.
- 3. Safety First NO running, splashing each other, boisterous or rough play, in the pool, shower area, locker rooms, or lobby.
- 4. NO throwing objects (or people) into the pool.
- 5. No food or drink, gum or candy allowed in the pool or locker room areas.
- 6. No glass containers permitted in the building.
- 7. Persons with open blisters, cuts, warts, poison ivy, and bandages are NOT allowed in the pool.
- 8. Children may NOT sit/stand on adult's shoulders.
- 9. Jumping in the pool is allowed when done facing forward with feet first entry. (No flips, spins, twist.)
- 10. Masks are NOT allowed.
- 11. You may bring your own goggles. (We are NOT responsible for any lost goggles)

#### FREE SWIM

After lessons, when children are in <u>free swim</u>, they will be asked to sit on bleachers before they get in the water to go over pool rules. At this time pool staff will remind them of the following camp rules and general pool rules:

- All children in Goldfish groups must wear a bubble during free swim in the designated roped off area, for the first day of each session
- If you need to leave for any reason, get a counselor.
- If you sat out of lessons, you will sit out of free swim.
- In order for children to use diving board they MUST be in a Sting Ray of Dolphin group and swim one length of the pool doing a proficient crawl stroke., and Tread Water for 1 minute. The dive well test will be given ONCE each camp session.
- One person on the diving board at a time.
- The next person in line may not go until the person before them has reached the ladder.



## **MEDICAL FORMS & EMERGENCY PROCEDURES**

#### MEDICAL FORMS AND HEALTH ILLNESS INFORMATION • Diarrhea: A child with diarrhea must remain at home until

You must fill out the Park and Recreation Health History forms in this packet, provide a record of their most recent physical exam and immunizations dated within the past 24 months., and return all to Park and Recreation before Friday, May 2nd. All medication will be stored in a locked, secure area. Leftover medication will be stored per instructions and returned to the parent. Our nurse will be at the shack during the morning hours to collect medications and answer any questions you might have. The camp nurse will contact you before the first day of camp regarding allergies or medications your child will need during camp hours. Our camp nurse will be the one a dministering the medications to the children at the appropriate times. If you have any questions please call 978-443-1092.

We realize, however, that illness is an unavoidable part of life, especially with young children in a group setting. When necessary, we may need to exclude a child from the program due to illness when he/she presents a health risk to other children and staff. If a child is contagious, or not feeling well enough to participate in group activities, he/she must remain at home. When a child becomes ill at camp, we will do our best to reach you while keeping your child as comfortable as possible. This may mean separating him/her from the group. A rest area will be provided and the camp nurse or staff person will remain with the child at all times. The child will be provided with guiet activities while waiting for his/her parents. We realize that it is difficult for working parents to leave work for a sick child, but we take your child's best interest into consideration when calling you. You may wish to develop a plan for caring for a sick child prior to needing it. The following are some common illnesses encountered in camp and our policies concerning attendance with them:

- Coughs/Colds: Children with colds and coughs may attend camp as long as they feel well enough to follow daily routines (especially outdoor play). If a fever accompanies cold symptoms, the child must stay at home.
- Fever: A child with a fever over 100 should remain at home until the temp is normal for 24 hours.
- Strep: A child with a sore throat and a fever together should have a throat culture. The child should remain at home until he/she receives a negative culture, or has been on antibiotics for 24 hours.
- Ear infections: A child may attend camp as long as he/she is not experiencing great discomfort or fever. A note must be provided as to whether or not swimming lessons are allowed.
- Rash: Please notify your child's counselor and staff if your child has an existing rash when he/she comes to camp. The nurse will call the parents if a rash appears suddenly, spreads quickly, or is accompanied by other symptoms.
- Vomiting: A vomiting child must remain at home until he/ she can tolerate a normal diet.

- free of diarrhea for 24 hours.
- Chicken Pox: A child must remain at home one week after the rash appears or until all of the blisters have crusted over and dried. A note from the doctor will be required regarding the status of swimming for your child.
- Conjunctivitis: A child with conjunctivitis may return to the program the day after treatment has begun. If your health care provider chooses not to prescribe medication, you must bring a note from him/her stating that your child does not present a health threat to others. Note from doctor will be required regarding the status of swimming for your child.
- Head Lice: If your child has head lice they may not come to camp. The policy is that campers must be lice and nit free in order to be at camp. If lice or nits have been found in your child's head while at camp, as with any contagious disease, they will be isolated and sent home immediately. A child may return to the program after treatment and removal of nits. Upon return, campers must first be inspected by the camp nurse. The nurse will determine if they can return to camp.

General first aid will be administered during camp by the camp nurse. Minor cuts or abrasions will be washed, and a topical ointment and a band-aid will be applied.

Should your child contract any listed illness or any other contagious illness, please contact the camp at (978) 639-3260 as soon as possible.

#### EMERGENCY PROCEDURES

Emergency telephone numbers are posted at each phone. If a child is injured we follow this procedure:

- 1. If a child needs emergency medical attention, an ambulance will be called. A director or staff member will always accompany a child to the hospital. The child's medical forms will be brought, as they contain pertinent medical information.
- 2. If poisoning is suspected, poison control will be called.
- 3. The child's parent will be contacted. If a parent cannot be reached, we will contact the person(s) listed on the emergency form.
- 4. An accident report will be completed for any injury.
- 5. A copy of the accident report will be placed in the Park and Recreation office.
- Parents will be notified of the minor accidents/injuries by 6. the nurse at dismissal.
- 7. All injuries must be logged in the central log book with the camp nurse.
- 8. When on a field trip, a first aid bag will be prepared containing bandages, antiseptic, gauze, ice packs and a carrier bag for each group.



## **HEALTH HISTORY & EXAMINATION FORM**

Fill out and return by May 2nd!

| Sudbury Summer Sessions (please circle): | Mini | 1 | П | III |
|--|------|---|---|-----|
|--|------|---|---|-----|

Health History and Examination Form For Children, Youth and Adults Attending Camps FM 08N

Developed and approved by American Camping Association and American Academy of Pediatrics

The information on this form is not part of the camper acceptance process, but is gathered to assist us in identifying appropriate care. Health history (first three pages) must be filled out by parents/guardians of minors. Please also attach a copy of the participants most recent physical exact and immunization record, dated within the past 24 months (update required annually).

| Name                                      |  |                                       |   | Birt                 | th Date _   |                               |   | Age        |                  |
|---|--|---------------------------------------|---|----------------------|-------------|-------------------------------|---|------------|------------------|
| Last                                      |  | F                                     | irst  | Middle               | _           |                               |   |            |                  |
| Home address                              | 5  |                                       |   |                      |             |                               |   |            |                  |
|   | Street   | Address                               |   | C                    | City        |                               | State   | Zip        |                  |
| Gender:                                   |  | Male                                  | Female  |                      |             |                               |   |            |                  |
| Custodial pare                            | ent/guardian                                       | 1                                     |   |                      |             | Phone                         |   |            |                  |
| Home address                              | 5  |                                       |   |                      |             |                               |   |            |                  |
| (If different fro                         | om above)  | Street Add                            | ress  |                      |             | City                          | State   |            | Zip              |
| Business Addr                             | ess  |                                       |   |                      |             | _ Phone_                      |   |            |                  |
|   | Street   | Address                               | City  | State                | Zip         |                               |   |            |                  |
| Second Parent                             | t or guardiar                                      | n or emergency                        | y contact   |                      |             |                               |   |            |                  |
| Address                                   |  |                                       |   |                      |             | Phone_                        |   |            |                  |
|   | Street   | Address                               | City  | State                | Zip         |                               |   |            |                  |
| Business Addr                             | ess  |                                       |   |                      |             | Phone                         |   |            |                  |
|   |  |                                       |   |                      |             |                               | Phone   |            |                  |
| Address                                   |  |                                       |   |                      |             |                               |   |            |                  |
|   |  | Street Add                            | ress  |                      |             | City                          | State   |            | Zip              |
| Insurance Info                            |  |                                       |   |                      |             |                               |   |            |                  |
| Is the participa                          | ant covered  | by family med                         | ical/hospital insur                                       | rance?               | Yes         | [                             | No No   |            |                  |
| If so, indicate                           | carrier or pla                                     | an name                               |   |                      |             |                               | _ Group#  |            |                  |
|   |  | Import                                | ant Theses b  | oxes must            | be comp     | olete for a                   | attendance*   |            |                  |
|   | on herein des                                      | ,                                     | s correct and compl<br>iission to engage in               |                      | e permiss   | ion to arrar                  | nge necessary relat   | ed transpo | rtation for me/r |
| y give permission t<br>bed medications, a | to provide rou<br>and seek emer<br>. I agree to th | rgency medical t<br>ne release of any | , administer<br>reatment including<br>records necessary 1 | the p<br>order- hosp | ohysician s | elected by t<br>n, for the pe | eached in an emerg<br>the camp to secure<br>rrson named above | and admin  | ister treatment, |
| re of parent/guard                        | dian   |                                       |   |                      |             |                               |   |            |                  |
| Name                                      |  |                                       |   |                      |             |                               | Date  |            |                  |
|   |  |                                       |   |                      |             |                               |   |            |                  |

\*If for religious reasons you cannot sign this, contact the camp for a legal waiver which must be signed for attendance.



### **HEALTH HISTORY**

#### **HEALTH HISTORY**

The following information must be filled in by the parent/guardian. The intent of this information is to provide our health care personnel the background to provide appropriate care. Keep a copy of the completed form for your records. Any changes to this form should be provided to camp health personnel upon participant's arrival. Provide complete information so that we can be aware of your needs.

Describe reaction and management of the reaction.

Food allergies (list)

ALLERGIES List all known.

Medication allergies (list)

Other allergies (list) ---include insect stings, hay fever, asthma, animal dander, etc.

#### MEDICATIONS BEING TAKEN

Please list ALL medications (including over-the-counter or nonprescription drugs) taken routinely. Our nurse will handle all medications during each

session. Keep it in the original packaging/bottle that identifies the prescribing physician (if a prescription drug), the name of the medication, the dosage and the frequency of administration.

This person takes NO medications on a routine basis.

| This person takes medications as follows:<br>Med #1 | Dosage | _ Specific times taken each day      |
|---|--------|--------------------------------------|
| Reason for taking                                   |        |                                      |
| Med #2  | Dosage | Specific times taken each day        |
| Reason for taking                                   |        |                                      |
| Med #3  | Dosage | _ Specific times taken each day      |
| Reason for taking                                   |        |                                      |
| Attach additional pages for more medications.       |        | does/may not take during the summer: |

#### RESTRICTIONS

The following restrictions apply to this individual.

Explain any restrictions to activity (e.g. what cannot be done, what adaptations or limitations are necessary)



## **HEALTH QUESTIONS**

#### General Questions (Explain "yes" answers below.)

| Has | does the participant:   | Yes  | No |     |   | Yes       | No |
|-----|---|------|----|-----|---|-----------|----|
| 1.  | Had any recent injury, illness or infectious disea                        | ase? |    | 17. | Ever had problems with joints (e.g., knees                              | , ankles) | ?  |
|     | Have a chronic or recurring illness/condition?<br>Ever been hospitalized? |      |    | 18. | Have an orthodontic appliance brought to                                | camp?     |    |
| 4.  | Ever had surgery?   |      |    | 19. | Have any skin problems (e.g., itching rash, acne)?                      |           |    |
| 5.  | Have frequent headaches?  |      |    | 20. | Have diabetes?  |           |    |
| 6.  | Ever had a head injury?   |      |    | 21. | Have asthma?  |           |    |
| 7.  | Ever been knocked unconscious?  |      |    | 22. | Had mononucleosis in the past 12  |           |    |
| 8.  | Wear glasses, contacts or protective eye gear?                            |      |    |     | months?   |           |    |
| 9.  | Ever had frequent ear infections?   |      |    | 23. | Had problems with diarrhea/   |           |    |
| 10. | Ever passed out during or after exercise?                                 |      |    |     | constipation?   |           |    |
| 11. | Ever been dizzy during or after exercise?                                 |      |    | 24. | Have problems with sleepwalking?  |           |    |
| 12. | Ever had seizures?  |      |    | 25. | If female, have an abnormal menstrual                                   |           |    |
| 13. | Ever had chest pain during or after exercise?                             |      |    |     | history?  |           |    |
| 14. | Ever had high blood pressure?   |      |    | 26. | Have a history of bed-wetting?  |           |    |
| 15. | Ever been diagnosed with a heart murmur?                                  |      |    | 27. | Ever had an eating disorder?  |           |    |
|     | Ever had back problems?   |      |    | 28. | Ever had emotional difficulties for which professional help was sought? |           |    |

Please explain any "yes" answers, noting the number of the questions.

Use this space to provide any additional information about the participant's behavior and physical, emotional, or mental health about which the camp should be aware of.

Name of family physician\_\_\_\_\_\_ Phone \_\_\_\_\_\_ Phone \_\_\_\_\_\_



The following people are authorized to pick up my child, \_\_\_\_\_

from Sudbury Summer. I understand that the Sudbury Park and Recreation Department is not responsible for any occurrences and/or accidents taking place off the Sudbury Summer program location (Fairbank Community Center). Please include any adults over age 18 living in your household (*including yourself!*).

\*Please remember that all people listed as Authorized Pick Ups MUST come with a valid photo ID.

| Signature of Parent/Guardian:      | Date://                              |
|------------------------------------|--------------------------------------|
| My child will be attending the Suc | dbury Summer Program during session: |
|                                    |                                      |
| Name:                              | Name:                                |
| Phone Number:                      | Phone Number:                        |
| Relationship to Child:             | Relationship to Child:               |
| Name:                              | Name:                                |
| Phone Number:                      |                                      |
| Relationship to Child:             | Relationship to Child:               |
| Name:                              | Name:                                |
| Phone Number:                      | _ Phone Number:                      |
| Relationship to Child:             | Relationship to Child:               |
| Name:<br>Phone Number:             |                                      |
| Relationship to Child:             |                                      |

Please list any individual(s) who is LEGALLY DENIED access to your child:

To avoid problems at pick-up time, please include anyone who may ever possibly pick up your child. A written consent letter is required for pickup by anyone not on this list. Please remember to include car pool members.



## LETTER TO MY COUNSELOR

#### TO BE FILLED OUT BY THE CAMPER!

| My full name is   |                          | My frie                      | ends call me              |                      |
|---|--------------------------|------------------------------|---------------------------|----------------------|
| I will be attending the followi                                       | ng sessions (please circ | cle): <b>Mini I II</b>       | ш                         |                      |
| After this summer, I will be en                                       | ntering the              | grade. This is my            | year at Sudbu             | ry Summer.           |
| The things I like to do <b>MOST</b> w                                 | with my friends are:     |                              |                           |                      |
| While at Sudbury Summer, I v  | would like to do the fol | lowing activities (circle al | l that apply):            |                      |
| Arts/Crafts   | Baseball                 | Basketball                   | Flag Football             | Kickball             |
| Lacrosse  | Music/Drama              | Nature                       | Playground Games          | Singing              |
| Soccer  | Volleyball               | Street Hockey                | Swimming                  | Tennis               |
| Ultimate Frisbee  | Other:                   |                              |                           |                      |
| The things that I would <b>not</b> lil<br>This summer, some of my oth |                          |                              |                           |                      |
| I am a little worried about:  |                          |                              |                           |                      |
| List the sports you play:   |                          |                              |                           |                      |
| List the music you like:  |                          |                              |                           |                      |
| What is your favorite thing to  | o do in art?             |                              |                           |                      |
| Please feel free to include ad  | ditional information th  | at you would like to share   | e with the camp staff abo | ut yourself or if yo |
| have any questions or sugges  | tions.                   |                              |                           |                      |
|   |                          |                              |                           |                      |



#### Please try to pair my child with one of the following campers listed below in the same group.

\*Please understand that groups are based on grade. Although we will do our best, it is NOT a guarantee that your "Buddy Choice" will be met due to grade restrictions, group size, etc. If no Buddy Choice is listed, we will try to place campers according to elementary school.

| Child's Name            | Age  | Grade Entering (in Sept. 2013 |
|-------------------------|--|-------------------------------|
| )<br>Phone Number       | School child will be                                   | e attending                   |
| Mini Session:<br>L<br>2 |  |                               |
|                         |  |                               |
| ession II:<br>·         | Session III:   |                               |
| <br>2<br>3              | <br>2  |                               |
|                         | Please include<br>a recent photo o<br>your child here! | f                             |

## EARLY DROP OFF/EXTENDED DAY SIGN UP

EARLY DROP OFF:

8:00 - 9:00 AM

**EXTENDED DAY**: 3:00 - 4:0

3:00 - 4:00 PM

The cost is **\$40 per child, per session** for either early drop off or extended day, or **\$80 for BOTH options**.

We prefer that you register for an entire session of early and/or extended care. You save money too (a \$20 savings per session). However, if you wish to pay per day you still can. Early or extended care is **\$5 per child** 

per day

and we encourage you to do this in advance. We will take same-day registration at the Atkinson Pool front desk only, we will not be able to take same day registration at the check-in table.

Counselor supervision will be provided for early and extended care, but no structured activities will be provided, it will be like recess. Please be aware that we cannot provide care any earlier or later than the scheduled times for this program - so please be prompt on pick up and drop off.

#### EXTENDED DAY LATE PENALTY PROCEDURE

If a child is still here after 4:00 pickup time, beginning at 4:10 they will be charged \$15.00 for the first 10 minutes they are late and \$5.00 for each additional 10 minutes after that.

#### **REGISTRATION INFORMATION**

NEW!! - Online registration is <u>STRONGLY RECOMMENDED</u> at www.recreation.sudbury.ma.us and is the <u>PREFERRED METHOD.</u> We accept Credit Cards online - Visa or MasterCard, online. We accept walk-in registration at the Atkinson Pool front desk as well. We accept Cash, Check, & Credit Card in-house.

**<u>REGISTRATION BEGINS:</u>** 9:00 AM on April 1st

#### Jump On In Waiver and Electronic Waiver Sign-up Sheet

#### □ I am a Parent or Legal Guardian. Please enter the information below in the Jump On In waiver database.

| Parent/Guardian I | nfo: |      |                 |   |   |  |
|-------------------|------|------|-----------------|---|---|--|
| First Name*       |      |      |                 |   |   |  |
| Last Name*        |      |      |                 |   |   |  |
| Email*            |      |      |                 |   |   |  |
| Address 1*        |      |      |                 |   |   |  |
| Address 2         |      |      |                 |   |   |  |
| City*             |      |      |                 |   |   |  |
| State*            |      | Zip* |                 |   |   |  |
| Phone*            |      |      |                 |   |   |  |
| Mobile            |      |      |                 |   |   |  |
|                   |      |      |                 |   |   |  |
| <u>Child 1:</u>   |      |      | <u>Child 2:</u> |   |   |  |
| First*            |      |      | First*          |   |   |  |
| Last*             |      |      | Last*           |   |   |  |
| Birthdate*        | /    | /    | Birthdate*      | / | / |  |

#### \* Indicates Required fields

#### Waiver:

In consideration of being allowed to enter into the play area and/or participate in any parties or programs at Jump On In, I, on my own behalf and on behalf of the minor(s) identified below, acknowledge, appreciate and agree that: I assume full responsibility for all participants listed above.

I willingly agree to comply with the stated and customary terms, rules and conditions for participation. In addition, if I observe any hazard during my participation, I will bring it to the attention of the nearest official immediately; and I understand that the risk of injury can be significant, including the potential for paralysis and even death, and while particular rules, equipment and personal discipline reduce the risk, the risk does exist; and I knowingly and freely assume all risks both known and unknown, even if arising from the negligence of other participants.

Further, I agree to assume liability for all medical costs, attorney fees, and all other damages resulting from injury to myself and the undersigned participants; and I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, hereby hold harmless Jump On. In, their officers, agents, employees, other participants, and sponsoring agencies with respect to any and all injury, disability, death, or loss or damage to person or property to the fullest extent of the law; and by clicking Submit below for my children, and/or spouse.

I also agree to the above conditions, should I decide to participate. I understand that this waiver will be valid for a period of two years from today's date. I agree that any dispute will be settled by arbitration.

Parent/Guardian Signature:

Date:

Please include me in e-mailings for special offers, discounts, coupons, news, etc.

Accept Decline