



# **Valdosta-Lowndes County Family YMCA**

## **2017 Summer Program Parent Handbook**



CREDIBILITY • INTEGRITY • ACHIEVEMENT

Dear Parents and Guardians,

The Valdosta-Lowndes County Family YMCA is extremely pleased to provide a Summer Program for your child. By selecting the YMCA Summer Program, you are giving your child the opportunity to benefit from a quality program that has a foundation of YMCA tradition and many years of experience in serving children and their families.

Here at the YMCA, we offer a staff of counselors that is systematically trained in effective supervision and a positive approach to promoting the well-being of every child physically, emotionally, spiritually, and intellectually. Our programs are well balanced with recreational, educational, character development and enrichment activities.

This handbook has been designed to answer your questions, promote communication between our staff and your family, and to assist you in understanding our policies and procedures. The policies outlined in this handbook are intended to protect your child and to ensure that his/her experience in the YMCA Summer Program is positive and rewarding.

Please read this handbook carefully and refer to it as needed. We anticipate a fun and safe summer for all!

We hope to not only meet, but to exceed, the expectations of you and your family. Thank you for this opportunity.

Sincerely,

*Randy Gaytan*

Randy Gaytan  
Program Director

*Jackie McSwords*

Jackie McSwords  
Child Care Director

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## **Purpose and Goals**

The purpose of our YMCA programs is to help participants grow spiritually, mentally, socially and physically. We incorporate field trips to provide challenging activities in both large and small-group settings under the guidance of caring, well-trained staff members. Our YMCA programs can give children an experience that lasts a lifetime.

The goal of the YMCA Summer Program is to provide a safe, nurturing environment for all children and to promote healthy character development. Our program is based on seven objectives that characterize all YMCA programs: Grow personally, learn values, improve personal and family relationships, appreciate diversity, become better leaders and supporters, develop specific skills and have fun.

## **YMCA Mission**

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

## **YMCA Motto**

For Youth Development

For Healthy Living

For Social Responsibility

## **YMCA Core Values and Corresponding Colors:**

**Honesty**, **Caring**, **Respect** and **Responsibility** are woven into every aspect of YMCA Summer programming.

## **Admission Requirements**

The Summer Program is for children ages 5 through 12. Children who are 13 – 15 years of age may apply for the Counselor In Training (CIT) Program. Parents are responsible for maintaining accurate record information as well as escorting their child to and from the program daily.

## **Registration and Forms**

Each camper must have a registration card filled out completely to be enrolled in the YMCA Summer Program. At the time of registration, a \$10 registration fee per camper will be collected. **An Immunization form must be on file for each child to attend the summer program.**

## **Non-Discrimination Statement**

The Valdosta-Lowndes County Family YMCA recognizes the worth of all persons, regardless of race, religion, sex, age or economic circumstances.

## **Children with Special Needs:**

The Valdosta-Lowndes County Family YMCA and the staff members do not discriminate against any children, adults, or families. All children and families are welcome into our program.

## **Important Program Dates and Times**

- First day of the Summer Program is Monday, May 22nd
- 3 Locations
  - YMCA at 2424 Gornto Road
    - Age 5 through 8 Boys and Girls
  - SL Mason at 813 W. Gordon Street

- Age 9 through 12 Boys and Girls
    - South Lowndes Recreation Complex at 6440 Ocean Pond Ave. Lake Park, GA
      - Age 5 through 12
- Last day of the Summer Program is the day before school begins
- Camp opens at 7:30 A.M. and ends at 6:30 P.M., Monday through Friday.
- Parents must pick-up their child by 6:30 P.M.
- If a child is picked up late, a \$5.00 fee will be charged until 6:45 P.M. and an additional \$20.00 after that.
- At 5:30 P.M. all remaining children at the YMCA are moved to the multi-purpose room, to the cafeteria at SL Mason and to the main building at South Lowndes.

## Program Fees and Payments

Payments are due on Monday or the first day of each week that your child attends. **Payments must be made before your child is allowed to enter the summer program.** You may also prepay for a week or a month if you wish.

### *Participant*

Prices	1st Child	Additional Children
Member	\$85	\$80
Non-member	\$95	\$90

*\*Daily rates are not available. \**

### *Counselors In Training*

	1st Child
Member	\$50
Non-member	\$55



## Financial Assistance

The YMCA programs also work closely with the United Way to offer more diversified experiences to the community. Assistance is available to qualifying families through our scholarship program. Scholarship applications may be picked up at the YMCA Member Services Desk, via e-mail or mail. Parents/Guardians are to submit completed forms along with proof of residency and proof of income to the Child Care Director. Applicants will be notified by phone and in writing of the scholarship awarded.

## Program Groups

Groups are divided by age:

- 5 & 6 Boys and 5 & 6 Girls
- 7 & 8 Boys and 7 & 8 Girls
- 9 & 10 Boys and 9 & 10 Girls
- 11 & 12 Boys and 11 & 12 Girls
- CITs will work with an assigned group
  - \*Age 13-15 (must be of age at beginning of summer camp).

## Transportation

Parents are responsible for daily transportation to the YMCA Summer Program.

Round trip transportation between SL Mason and the YMCA is made for trips to the YMCA Aqua Park. For families that will have children at both sites, you may drop off and pick up both children at the YMCA. The morning shuttle from the Y to SL Mason leaves at 8:30am. If your child arrives after this time you will need to take them to the SL Mason location. The evening shuttle run leaves at approximately 5:30pm. If you want to pick up your child prior to that time you will need to pick him up at the SL Mason location.

No transportation will be provided for the South Lowndes location except for field trips.

The Summer Program will occasionally take off site field trips. When a field trip is scheduled, the parent will be notified 48 hours in advance. Information will be posted in the program newsletter and at sign in including the date of the trip, departure and return times, and destination. A parent signature is required on the permission form in order for your child to participate in the field trip.

\*All field trips are subject to change without notice.

### **Sign-In/Check-In Procedures**

***Parents/Guardians are required to walk your child into the Summer Program and sign him or her in.***

For safety reasons, you must escort your child to the program. Do not drop your child off at the front door of the YMCA and let them walk in by themselves. Please note, if your child is dropped off after the sign-in time (9:00 a.m.), you will be required to escort him/her to his/her group.

**\*\*\*Please remember to keep all information on your child's card up to date. Please notify us of any changes of address, telephone numbers, employment hours, custody, medical facts and other information that you feel we may need to know. You may change any information on your child's camp card during sign-in \*\*\***

### **Authorization for Release of a Child**

Only persons listed on your enrollment agreement are authorized to pick up and sign-out your child. In the event of an emergency, when a child must be picked up by someone not authorized in the enrollment agreement, we require the following:

1. Parents must fax/email to the YMCA a photocopy of their driver's license and written permission for someone to pick up their child. Fax #: 229-244-4816, Email: [jmcswords@valdostaymca.com](mailto:jmcswords@valdostaymca.com)
2. The person picking up the child must present an identification card with his/her photo and must sign the child out.

Under no circumstances will your child be allowed to leave the Summer Program with an unauthorized person. Any change in family status which impacts authorized parties for pickup will require official documentation from the parent or guardian. Permission must be submitted in advance, specifying days and departure times. The YMCA is not responsible for the child's safety and supervision once they have left the program.

### **Afternoon Pick up Instructions**

All persons signing out a child from camp MUST show his/her ID every day. The YMCA staff will then ensure the person is on the authorized pick up list for that child. Children are not permitted to remain at the program site once they are signed out.

### **BEFORE 4:00 p.m.:**

YMCA – Please check in with the Camp Leader or the Front Desk staff so they may call for your child.

Parker Mathis – Please check in with the Camp Leader in the cafeteria so they may call for your child.

South Lowndes – Please check in with the Camp Leader so they may call for your child.

**Important: Remember ID's will be checked every day.**

### **4:00 p.m. – 5:30 p.m. :**

YMCA – Please check in with the Camp Leader in the main lobby so they may call for your child.

SL Mason – YMCA staff will be curbside for your convenience.

South Lowndes – Please check in with the Camp Leader so they may call for your child.

**Important: Remember ID's will be checked every day.**

### **YMCA Staff**

The YMCA strives to make each child's day a magical experience – explore, discover, create new friendships, try new programs along with the traditional favorites. Each of our Summer Program staff is carefully chosen to be a positive role model and caring individual. Every staff member working in our program will attend training seminars which include topics such as: Leadership Skills, Positive Discipline, Creating Excitement, Learning New Games, Safety, Child Abuse Prevention, Risk Management as well as many others. All Summer Program employees have passed a criminal background check and are CPR and First Aid certified.

### **Curriculum**

Every day the campers engage in a variety of fun filled activities. Weekly activities include outdoor games, character development, academic activities, art, as well as scheduled free playtime. Having FUN is a top priority! Therefore, the academic and character development portions will be designed in a way that campers are having fun while they learn. Swimming (weather permitting) will take place 5 days a week. Additional activities include field trips, special guests, and other structured activities.

### **Swim Lessons**

The YMCA is committed to the education of all children in the areas of water safety and drowning prevention. One way this is accomplished is to have all the campers who do not pass the required swim test will be involved in classes on basic swimming skills once a week. This opportunity is **included** in the weekly cost of Summer Program.

Full weeks of swim lessons can easily be incorporated into your child's YMCA Summer Program experience. While your child is here at the YMCA enjoying our summer program, they have the opportunity to learn the important skill of swimming. For your convenience and safety, your child will be walked by a counselor to and from their swim lesson. Students benefit from close personal attention and methods designed to effectively teach them the skills to safely enjoy water activities. Just as in YMCA Summer Program, Character Development and FUN are an integral part of our YMCA Swim Lesson Program. Group classes are offered weekday mornings and evenings. All classes are divided by age and ability.

Our instructors will teach, coach, share, and support every student, all with a smile. All levels of YMCA instructions offer:

- A Personalized and caring approach
- Low student to teacher ratio
- Stroke Development
- Sports and Games

Please see a Member Service Representative for the availability and prices of swim lessons. **Scholarships are available for deserving children.**

## **Contact Information**

For inquiries regarding the Summer Program, please call the Valdosta-Lowndes County Family YMCA at 244-4646. You may also reach the summer program leaders at this number during program hours.

## **Statement of Commitment**

As individuals working with school-age children, we are committed to furthering the values of child development and to the best of our ability we will:

1. Ensure the safety and health of all participants and provide a responsive and caring environment for them.
2. Ensure that programs for young children reflect a dedicated effort toward positive and valuable experiences for children.
3. Help children learn to live and work cooperatively, promoting self-esteem and respecting their individual differences.
4. Respect and support families in their task of nurturing and guiding children.
5. Maintain high standards of professional conduct.
6. Recognize that personal values, opinions and biases can affect professional judgment, and strive to serve as positive role models for children.
7. Serve as advocates for children and their families within the community.
8. Report any and all suspicions of child abuse to Child Protective Services.

## **Medical/Special Conditions**

List any medical or special conditions that the staff should be aware of and a Plan of Action for the staff to follow if something should happen in reference to the condition listed (ex. Allergic to grass; might get a rash, if gets too bad call Mom)

## **Medication**

Only medications for life-threatening conditions will be administered at the YMCA (ex. Epi-pen and inhaler) and must be approved by the Child Care Director.

Any prescription medication to be administered to your child by the Summer Program staff must:

- Be brought directly to the Childcare/ Summer Program Director by the parent or guardian.
- Be in the original container labeled with the child's name, date, directions and the physician's name.
- Be accompanied with the medication authorization form filled out by the parent or guardian. To administer this medication, we must have this form on file.

## **Accident/Injury**

If an accident should occur at the Summer Program, the Group Leader will advise the parent at the time of pick up. The counselor caring for the child will complete a written report of any accident considered serious, detailing the medical procedure that was followed. We require that parents read and sign this document. If emergency treatment is warranted, the Summer Program Director will immediately notify the parent or guardian and the child will be transported by ambulance to the nearest medical facility, if necessary.

## **Illness**

The YMCA Summer Program illness policy is the same as the schools' policy. **A sick child is to be kept at home for his or her own sake and that of others.**



## **IF YOUR CHILD HAS A TEMPERATURE OR OTHER SIGNS OF ILLNESS, YOU WILL BE CALLED TO PICK UP YOUR CHILD.**

If a child becomes sick at the Y, they will be separated from the group until they are picked up. The YMCA should be informed about the nature of any illness. If your child has a communicable disease, please notify the Director when he/she first arrives.

### **Emergency Procedure Plan:**

**IN CASE OF FIRE** – Remain Calm and Alert! Bring the registration cards and the roll/sign out sheets and get the children outside safely to their designated area. Call 911.

**IN CASE OF SEVERE WEATHER**- Remain Calm!! Move the children into the hallway away from windows. In case of a tornado, have the children place their heads between their knees with their backs to the wall. Listen to the radio for weather updates.

**IN CASE OF LOSS OF ELECTRICAL POWER**- Remain Calm! Call the Property Manager, the Child Care Director to report the loss of power. If in hot weather, open the doors.

**IN CASE OF LOSS OF WATER**- Call the Property Manager and the Child Care Director. Get bottled water for drinking, hand washing and toileting purpose in the case that water is lost for an extended period of time and the children are unable to be picked up by their parent/guardian.

**IN CASE OF SERIOUS INJURY TO A CHILD** – Call 911 or the ambulance service.

Provide care and keep the child calm and comfortable until medical service arrives. Keep the other children calm and take them to an area away from the incident. Call the Child Care Director with all the details

**IN CASE OF A LOST CHILD** –Keep the other children calm. Call the Child Care Director with all pertinent information, get staff from other departments and conduct a thorough search of the building, playground, surrounding areas and the last place the child was seen.

**IN CASE OF THE DEATH OF A CHILD**- Keep the other children calm and take them to an area away from the incident. Call 911 or the police and call the Child Care Director with all the details.

### **Confidentiality Policy**

The Valdosta-Lowndes County Family YMCA is committed to maintaining your confidence and trust, and accordingly maintains the following privacy policy to protect personal information you provide online and through data collection.

#### **Basic Confidentiality Policy**

It is our policy that personal information, such as your name, postal and e-mail address or telephone number, is private and confidential. Accordingly, the personal information you provide is stored in a secure location, is accessible only by designated staff, and is used only for the purposes for which you provide the information (such as to send YMCA information updates and requests for information and/or donations.)

You can indicate your desire to be removed from an e-mail list by clicking on the appropriate link at the bottom of an e-mail. If you receive an e-mail without such an option, please call 229-244-4646. If you would like to be removed from the YMCA's list immediately, please e-mail us.

If you prefer not to receive mail by U.S. post, please send a note to:

Membership: Valdosta-Lowndes County Family YMCA PO Box 1301 Valdosta, GA 31603

Or call 229-244-4646.

### **No Release of Information to Third Parties**

Personal information will not be released to third parties except if release is required by law or is pertinent to judicial or governmental investigations or proceedings. There are no other circumstances under which we will provide or sell personal information to third parties.

### **Review of Children's Files**

Your child's file is available for review by the Department of Family and Children Services (DFCS) and Bright from the Start Georgia Department of Early Care and Learning.

### **No Computer Tracking of Identifiable Information**

Our computer does not track collect or distribute personal information about its visitors.

In addition, our website tracks information about the visits to our web sites. For example, we compile statistics that show the daily number of visitors to our site, the daily requests we receive for particular files on our web sites, and what countries those requests come from. These aggregated statistics are used internally to better provide services to the public and may also be provided to others, but again, the statistics contain no personal information and cannot be used to gather such information. The YMCA is not responsible for the privacy practices or policies of vendors or partners. The YMCA never shares personal data of any kind with vendors or partners.

### **Parent Commitment and Communication**

We encourage parents to actively commit to our program to insure its success in the following ways:

- Donating used toys, games, or books
- Providing input and suggestions about our program
- Completing and returning parent evaluations
- Presenting special program using hobbies or careers as topics
- Saving household items to be used as arts and crafts supplies

Cooperation with all policies and procedures, good communication and partnerships between staff and parents are crucial to the well-being of each child. We appreciate when parents keep the Summer Program staff informed of any changes or special events in their child's schedule. Also, please let us know of any transitions in your child's home life (divorce, birth of a new child, death, etc.). This communication helps the Summer Program staff remain sensitive to your child's needs.

We encourage you to share your concerns and/or suggestions as well as your positive comments either in writing at the site or by calling the Director so we can strive for further improvements in the quality of our staff and programming and recognize excellence among our staff as well.

Parents are always welcome to visit the program during operating hours.

### **Behavior Guidelines for Participants: Discipline the "Y Way"**

It is the philosophy of our program that discipline is positive and serves to teach children proper behavior, not to punish them. Above all, we will place your child's physical and emotional well-being paramount. We will not engage in any practices that are physically or psychologically damaging.

We have aligned a proactive approach to behavior management by incorporating our five Core Values: Caring, Honesty, Respect, Responsibility and Faith, which encourage positive behavior in all of our participants.

Children are taught to consider the effect that their actions may have on others. Our five Core Values are guidelines that every program participant must follow to assure that our program runs smoothly, protects the safety of all, promotes cooperation and assists our children in taking responsibility for their actions.

### **Positive Discipline Measures, Behavior & Safety Guidelines**

Our goal is for counselors, children, and parents to work together toward cooperative behavior and a cohesive atmosphere. Staff will always notify parents of emerging difficulties and ask for assistance in behavior management. All participants and parents are required to read and sign behavior management contracts.

Staff will provide clear, reasonable limits for children's behavior. Each child is expected to maintain proper behaviors while in Summer Program. Positive behaviors will be reinforced; negative behaviors will be identified and redirected. Children will be taught to recognize and identify their feelings as valid and acceptable, but emphasis will be put on appropriate ways of dealing with those feelings.

Your child will be disciplined as follows:

1. **Redirection** - The child will be redirected in the most respectable way, from a disruptive behavior to an acceptable behavior.
2. **Reflection** - If the child does not respond to encouragement from the staff to stop inappropriate behavior, the child will be asked to take a short reflection time to think about more appropriate behavior.
3. **Removal from Activity** - If the behavior continues, or a child continues to be disruptive and not showing responsibility for their behavior, the child will be removed from the group or activity and be given something to do individually. Depending upon the severity of the action, a parent may be called for immediate pick-up. The staff will discuss with the parent what occurred and what further actions may be taken.
4. **Conference** - If a child continues to be disruptive or exhibits inappropriate behavior/attitude over a series of days, then a conference will be set up between the parent, staff, and Child Care Director.
5. Should a child's behavior/attitude continue to disrupt the Summer Program, and progress is not being made to correct the behavior/attitude, the parent will be asked to pick up the child.
6. The YMCA will not tolerate swearing, hitting, name calling, or any type of abuse or disrespect towards authority or other YMCA participants. This follows one of our core values of showing respect to others and self.
7. If your child is on scholarship and they continuously misbehave, their scholarship will be revoked before we totally remove the child from the program.

### **STATEMENT REGARDING INVOLUNTARY DISENROLLMENT:**

The YMCA reserves the right to remove a participant from the Summer Program for the reasons detailed in this handbook. Participants may also be removed for other circumstances during the school year that are deemed to be pertinent and relevant to the safety and well-being of all. The Director will make these decisions on an individual basis.

The following are some reasons we may have to terminate or suspend a child from the Summer Program:

#### **Parental Actions for child's suspension/expulsion**

- Failure to pay/ habitual lateness in payments
- Failure to complete required forms

Habitual tardiness when picking up child  
Physical or verbal abuse to participants or staff

### **Child's Actions for suspension/expulsion**

Uncontrollable tantrums/angry outbursts  
Ongoing physical or verbal abuse to staff or other children

### **Child Abuse Policy**

Child care personnel having reasonable cause to believe that a child under the age of 18 has had physical injury inflicted upon him/her by other than accidental means by a parent or a guardian, or has been neglected or exploited by a parent/guardian, or has been sexually assaulted or sexually exploited, **MUST** be reported or cause reports to be made to the Department of Human Resources, Child Protection Agency.

### **Keeping Kids Safe**

In order to keep your child safe, our staff adheres to the following code of conduct:

1. To protect YMCA staff, volunteers, and program members, at no time during a YMCA program may a staff person be alone with a single child where he or she cannot be observed by others. As staff supervise children, they should space themselves in such a way that other staff can see them.
2. In following our core value of **caring**, no staff shall ever leave a child unsupervised.
3. **Rest-room supervision:** Staff will make sure the rest room is not occupied by suspicious or unknown individuals before allowing children to use the facilities. Staff will send children in one at a time. This policy allows privacy for the children and protection for the staff (not being alone with a child). If staff is assisting younger children, doors to the facility must remain open. If the children are only washing hands, a counselor may take a small group in together. No child, regardless of age, should ever enter a bathroom alone on a field trip or at other off-site location without the rest room being checked by YMCA staff. Children will always be accompanied by a staff member to and from the restroom when on or off –site. NOTE: Any staff member caught sending a child to the restroom unaccompanied will be terminated immediately.
4. Staff will conduct or supervise private activities in pairs—diapering, putting on bathing suits, taking showers, and so on. When this is not feasible, staff will be positioned so that they are visible to others.
5. Staff shall show **respect** for all members of the program and will not abuse children in any way, including
  - physical abuse—striking, spanking, shaking, slapping, and so on;
  - verbal abuse—humiliating, degrading, threatening, and so on;
  - sexual abuse—touching or speaking inappropriately;
  - mental abuse—shaming, withholding kindness, being cruel, and so on;
  - neglect—withholding food, water, or basic care.

***Zero tolerance for abuse is our policy. Abuse results in immediate dismissal.***

6. Staff will use positive techniques of guidance including: redirection, positive reinforcement, and encouragement rather than competition, comparison, and criticism. Staff will have age-appropriate expectations and set up guidelines and environments that minimize the need for discipline. Physical restraint is used only in predetermined situations (when necessary to protect the child or other children from harm), administered only in a prescribed manner, and must be documented in writing.
7. Staff will conduct a health check of each child upon his or her arrival each time the program meets, noting any fever, bumps, bruises, burns, and so on. Questions or comments will be **honestly** addressed to the parent or child in a non-threatening way. Staff will document any questionable marks or responses.
8. Staff will conduct a back pack check upon arrival to ensure that no items are present that may provide

- a safety risk to the child or other children (ex. Medication, sun screen, weapons, etc.).
9. Staff will respond to children with **respect** and consideration and treat all children equally, regardless of sex, race, religion, culture, economic level of the family, or disability.
  10. Staff will respect children's rights not to be touched or looked at in ways that make them feel uncomfortable, and their right to say no. Other than diapering, children are not to be touched on areas of their bodies that would be covered by a bathing suit.
  11. Staff will refrain from intimate displays of affection toward others in the presence of children, parents, and staff.
  12. Staff is not to transport children in their own vehicles or allow youth participants old enough to drive to transport younger children in the program.
  13. Staff must appear clean, neat, and appropriately attired.
  14. Using, possessing, or being under the influence of alcohol or illegal drugs during working hours is prohibited. The YMCA is an advocate of the Drugs Don't Work program.
  15. Smoking or use of tobacco in the presence of children or parents during working hours is prohibited.
  16. Possession or use of any type of weapon or explosive device is prohibited.
  17. Using YMCA computers to access inappropriate sites, send e-mails with sexual overtones or otherwise inappropriate messages, or develop online relationships is not allowed.
  18. Profanity, inappropriate jokes, sharing intimate details of one's personal life, and any kind of harassment in the presence of children, parents, volunteers, or other staff is prohibited.
  19. Staff may not be alone with children they meet in YMCA programs outside the YMCA. This includes babysitting, sleepovers, driving or riding in cars, and inviting children to their homes. Any exceptions require a written explanation before the fact and are subject to prior administrator approval.
  20. Staff must be free of physical and psychological conditions that might adversely affect children's physical or mental health. If in doubt, an expert should be consulted.
  21. Staff will portray a positive role model for youth by maintaining an attitude of loyalty, patience, courtesy, tact, **honesty, caring, respect, responsibility** and maturity.
  22. Staff should not give excessive gifts (e.g., TV, video games, jewelry) to youth.
  23. Staff may not date program participants who are under the age of 18.
  24. Under no circumstances should staff release children to anyone other than the authorized parent, guardian, or other adult authorized by the parent or guardian (written parent authorization on file with the YMCA).
  25. Staff is to maintain the **honesty** of the program and report to a supervisor any other staff or volunteer who violates any of the policies listed in this Code of Conduct.
  26. Staff is required to read and sign all policies related to identifying, documenting, and reporting child abuse and attend trainings on the subject, as instructed by a supervisor.
  27. Staff will act in a **caring, honest, respectful, and responsible** manner consistent with the mission of the YMCA.

## Photo Release

The Valdosta- Lowndes County Family YMCA takes photos throughout the Summer Program. Some of these photos may be used in marketing material. Please be aware that by registering your camper you grant permission for their image to be used by the Valdosta- Lowndes County Family YMCA.

## Appropriate Clothing

Children should wear play clothes to the summer program. Please remember that your child will be enjoying a variety of arts and crafts and participating in outdoor activities daily. We also ask that you be mindful in your choices of clothing with the pictures/graphics and wording being in good taste. Close-toed shoes are a daily requirement.

**For the safety of all campers flip flops, sandals and “heellies” are not allowed at the Summer Program. All children must be in closed-toe shoes.**



\*We participate in the Kids Cafe program, which is sponsored by Second Harvest of South Georgia, Inc. Dinner is provided free of charge to children through our partnership with Second Harvest, our Center Sponsor. Funding from the Child and Adult Care Food Program (CACFP) reimburses the Center Sponsor for these meals. We also partner with Lowndes County School's Food & Nutrition through the Summer Feeding Program who provide lunch and snack.

## **Lunch and Snack**

The YMCA partners with Kid's Café at America's Second Harvest to provide a healthy lunch and afternoon snack to campers at no charge.

Your child may bring their own lunch if they want to. Please make sure that it is a nonperishable sack lunch. Please put your child's name on his/her lunch to ensure the correct lunch goes to the correct camper. Vending machines will be off limits to campers; therefore, please do not send money for your child to purchase snack items for lunch. The YMCA will not accept food deliveries and campers are not allowed to purchase their lunch from the concession stand.

**\* The YMCA cannot heat or refrigerate lunches.**

## **What to Bring To The Y**

We suggest each child bring the following daily: a nonperishable lunch (if the child wishes), a backpack, a bathing suit, towel and tennis shoes (**no flip flops or sandals**). An extra change of clothes is also good to have. ***Please label all items with the child's first and last name in a permanent black marker.***

## **What Not To Bring To The Y**

All personal belongings should be left at home other than those needed for the day. Children are not permitted to bring toys, electronic games, portable CD or MP3 players, cellular phones, or other personal articles to camp. If items of this nature are brought to the summer program, they will be held until pick-up and handed over to a parent/guardian.

**The YMCA is not responsible for items lost, broken or stolen during program hours.**

## **Sun Protection and Insect Repellant for Children**

The YMCA promotes outdoor activities; therefore, sun protection and insect repellant for children is essential. **We are asking each parent to bring a bottle of spray sunscreen (SPF 30 or higher) and a bottle of insect repellant (DEET free) to be used for all campers.** If your child requires a specific brand, please label it and give it to the camp leader.

To help prevent sunburn, please apply sunscreen prior to arriving at camp. Children will need to reapply sunscreen prior to outdoor activities to ensure that they are properly protected. The YMCA staff will take every reasonable measure to avoid over-exposure and sunburn; however, we cannot take sole responsibility for children with extreme sensitivity to the sun or when preventive measures to avoid sunburn are not taken. Parental assistance is imperative to ensure the proper protection of each child.

## **Field Trips and Activities**

All scheduled activities and field trips are tentative and subject to change.

## Character Development

The goal of our Summer Program is to provide an atmosphere for children to develop a variety of satisfying skills and relationships, while enjoying healthy activities.

Throughout the summer, we continue with our Character Development mission to develop Respect, Responsibility, Caring, and Honesty among our campers.

