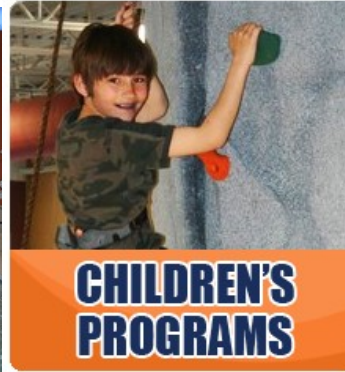




KIDS FIT CAMP

NH School Vacation



Club Fit Kids Camp is full of fun activities for your children (ages 4-12yrs). Activities range from rock climbing, swimming, intro to fitness classes to mixed martial arts and more.

Some of the daily activities include: Tae Kwon Do, Boxing, Kickboxing & Self Defense/Awareness, Karate and more! Drums fit class, Hula hoop, Pound fit, Spin, Healthy Eating/cooking, team building and games. Our fit kid's camp will focus on building your campers endurance, speed, agility, strength, flexibility & self-confidence.

Choose either half or full day at either Club.

Monday-Friday 8:30-1:00pm or 8:30-5:00pm (Salem)

WINTER, SUMMER & SPRING FIT KIDS CAMP - HALF DAY OR FULL DAY!

HALF OR FULL DAY CAMP - SAMPLE SCHEDULE

8-8:30am – Early Drop Off *extra fee*

8:30-9am – Drop off & Games

9:00-9:45am – Mixed Martial Arts: intro Karate, Tae Kwon Do, Kick-box, Box, self defense.

10:00-10:15am –Rock Climbing

10:15-11:15am – Healthy Cooking/Eating

11:15-12:15pm – Pool lessons & splash park fun

12:15-1:15pm Snack/Lunch and or ½ day pickup

1:15-2:00pm- Team building fitness games, relays, interval training

2:00-2:45pm – Fitness Class: Drums Fit, Pound Fit, Spin, Hula Hoop, etc.

2:45-3:45- Swim (free time w/team games and relays

4:00-4:45pm – Rock Climbing & relays

4:45pm - Ready for pickup

5:00pm – Pickup or extended childcare *except Friday*

after care will be in daycare room

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Annmarie.caprio@theworkoutclub.com | Regional Group Fitness/Program Director | 603-894-4800 ext 111.

PROGRAM DESCRIPTION

Description of Camp:

Club Fit Kids Camp has options for either 1,2, 3 or 5 day half or full day 4-12 years..

Full Day: 8:30-5:00pm

Full day camp serves children ages 4-12 years old. They meet in their designated rooms as assigned on their first day. Ages 4-6, 7-9 & ages 10-12. This is where they will be dropped off, have their quiet times, snacks, lunch & meet before pickup. Full day offers swimming lessons, (splash park fun, rock climbing wall lessons – Salem) and free time, arts/crafts, intro to a variety of fitness classes including kickboxing, boxing, Tae Kwon Do, Karate, Self Defense, Zumba Fitness, drums fitness, poundfit, hula hoop, team building activities, healthy eating & cooking.

Half Day Camp: 8:30am-1:00pm

Half Day camp serves children ages 4-12 years old. Meeting in their designated areas for drop off and pick up. They will have snacks, lunch, and a half day filled with swimming, rock climbing wall, healthy eating habits, cooking and fit classes.

Extended Care:

Extended care is for the full day camp and extends half hour before drop off and half hour after. 8am & 5:30pm *daycare rates apply*. Half day camp offers parents the option to drop off early but does NOT offer aftercare.

Goals & Objectives

Our camps provide children with a safe, secure and fun environment throughout the week(s). The array of activities as well as the variety will encourage self- esteem, physical and emotional and intellectual growth, positive social skills, problem solving, skills and creativity and fit classes for physical fitness.

Purpose:

To provide a trusting atmosphere where children are encouraged to pursue their own interests, develop friendships, gain self-confidence, become more independent, and become more respectful of themselves and others. To provide the highest quality day camp programs where parents feel confident that their child is safe, healthy and happy during their vacation break.

ABSENCES

Please call the club at 603-894-4800 x 102 to inform us if your child will be absent from camp in Salem. Please call 603-434-6565 for Londonderry. You may call at any time and leave a message on the voicemail. If your child misses camp for any reason, they do not make up the days missed and there are no refunds.

CHILD GUIDANCE AND RELATED POLICIES

Club Fit Camp Staff provide children with guidelines for appropriate behavior and rules to follow while enrolled at camp. We encourage positive actions through positive reinforcement and close supervision. Our main goal is to keep the children safely involved in activities so the inappropriate behavior is limited. The following steps are followed if inappropriate behavior occurs. Special modifications may be made to adapt to a child's needs. If your child has an Individualized Educational Plan (IEP), it is beneficial to inform the Director of your child's special needs so that modifications can be implemented.

1. The child is spoken to privately in a firm but gentle manner regarding the behavior.

2. *If the said behavior continues, the child is removed from the activity for a cool down until both the counselor and child feel ready to return.*
3. *If the said behavior still continues, the child will be directed into a different activity area for a period of time to be determined by the leader.*
4. *If the said behavior still continues, the child's parent will be called or spoken with before departing for the day.*
5. *A behavior report will be filed any time a child receives a cool down.*
6. *An incident report will be filed when there is evidence of property destruction, injury to an individual, forcefully touching an individual, foul language, and other inappropriate behavior on a constant basis.*
7. *Three incident reports during your child's stay at camp will result in suspension from the camp. The fourth incident report will result in two day suspension and the fifth incident report will result in termination of service from camp.*
8. *A child may be terminated from camp without prior notice to the parents under the following conditions:*
 - A. *A child injures another individual requiring medical attention.*
 - B. *A child displays violent, uncontrollable behavior that will put others in the program at risk.*

***No child will be suspended from camp without the consent of the Director of Children's Activities. All efforts will be made to work with the parents and children on all behavior issues. All incident reports are reviewed and initiated by a camp staff person before a parent is notified.*

***Behavior incidents will never be dealt with in a demoralizing, humiliating, or abusive manner. No child shall be subject to abuses of neglect, cruel, unusual, severe or corporal punishment including: punishments which subject a child to verbal abuse, ridicule, humiliation, denial of food, use of bathroom facilities, punishment for soiling, wetting, or not using the toilet.*

***Staff members shall not be subject to verbal or physical abuse by a child enrolled in camp, or by their parent, including but not limited to, cruelty, humiliation, foul language and ridicule.*

Equipment Replacement Policy

If a child breaks or damages WC property (toys, games, swimming pool, rock climbing wall, furniture, doors, windows, etc) through the improper use, the Director of Children's Activities will meet with the parents and decide upon the following consequence:

- A. *The child will purchase replacement item.*
- B. *The child will replace the item with something similar from home.*
- C. *The item is sent home for repair.*

Prevention of Child Neglect and Abuse

All children who attend camp shall be protected from abuse and neglect. Any suspected case of abuse or neglect will be reported in writing with factual information and observation from camp staff to the Director of Children's Activities immediately. All cases of abuse or neglect will then be reported to the Department of Children and Families immediately. Camp staff is mandated by the State of New Hampshire to report any suspicion of abuse or neglect to the Department of Children and Families. Club Fit Day Camps will

cooperate in all investigations of abuse and neglect by identifying parents of children currently or previously enrolled in the camp programs to any allegations and protection of the child or children.

Any staff member who is under investigation will be removed from direct care responsibilities until the Department of Children and Families investigation is complete. If the investigation proves that the complaint is valid, the staff member will be dismissed immediately.

Suspension and Termination Plan

The following conditions may warrant a suspension or termination from Club Fit Kids Day Camps. (Please refer to the Child Guidance Plan for more details.)

- 1. Three incident reports on file.*
- 2. Two incident reports filed per week.*
- 3. A child brings harm to another child or staff person resulting in injury requiring medical attention.*
- 4. Unpaid tuition for a session.*
- 5. Failure to follow camp rules on a consistent basis.*
- 6. Consistent late pick-ups.*
- 7. Consistent unreported absences.*

DAILY PROGRAM PROCEDURES

Child Release Policy

Until staff members become familiar with you and all authorized pick up persons, you will be asked for identification to cross reference names on your child's registration forms. Your child will only be released to authorized individuals. Please inform all persons who pick your child up to carry photo identification. Any changes or additions to your authorized pick up list must be in writing and dated.

HEALTH, SAFETY AND NUTRITION

Clothing

Please ensure that your child is properly clothed for camp each day. We suggest shorts, gym pants, t-shirts, a sweatshirt, socks, sneakers, flip flops, bathing suits, towels and other change of clothing.

Illness Policy

The director will ask you to pick up your child as soon as possible in the event of the following illnesses; fever of 100.4 degrees or higher, has an unidentifiable rash or symptom, has diarrhea or vomits. If you are unreachable, the director will immediately call authorized emergency contacts to pick up your child. Your child will rest in the director's office until he/she is picked up

What to Bring to Camp

Your child will need three healthy snacks, for different snack period and a peanut free lunch with drinks. A labeled water bottle is strongly recommended for the day since they will be doing a variety of activities. Please note that microwavable lunches are ok to bring to camp but please try to pack something that doesn't need to be heated.

What NOT to Bring to Camp

1. *Electronic devices including but not limited to Ipods Tablets, DS, Cell Phones, etc. These are not allowed in camp.*
2. *Anything that you do not want your child to share or lose. No Toys from home. No baseballs or footballs*
3. *Peanut or tree nut products.*

Medications

We do not administer regular prescription or non-prescription medications to children at camp unless it is preventing an emergency such as an epi-pen or inhaler for asthma. If your child requires a cough or cold medicine-they should NOT be at camp. In fact, if you bring your child to camp sick or they become ill while in attendance, we will send them home with a parent/guardian or an authorized pick up person listed on your enrollment form without a credit, make up day or refund. If your child requires the above, please provide the following written on the medication.

1. *Child's Name*
2. *Name of the child's doctor*
3. *The name of the prescription*
4. *The issue date of medication*
5. *The dosage*
6. *Instructions to give medication*
7. *Storage requirements*

All administered medication will be logged on a medical consent form. The form must be completed, signed and dated by the family member, listing the above.

H1N1 Policy

The symptoms of influenza (flu) include fever, cough, sore throat, and sometimes body aches, headache, chills and feeling tired. Some people also have diarrhea and vomiting. The most important thing that you can do to keep flu from spreading in the camp community is to keep your sick child at home.

If you suspect your child to be sick or exposed to the flu consider below:

Does your child have a cough, fever, sore throat? If yes, please consider keeping your child home until symptoms disappear.

Does Your child have a headache, body-ache or chills? Please keep child home atleast a day and recheck after 24 hours.

Head Lice Policy

There are a few issues that can derail camp fun quicker than an outbreak of head lice. Panic sets in, fingers start pointing and although no camp is truly safe from head lice, we expect that our parents will question if our camp was the right decision for their children if an outbreak occurs. We encourage parents to visit websites such as <http://www.licesolutions.org> to gain valuable knowledge and strategies in preventing, identifying and treating head lice. Inform us if anyone in the household has been or being treated for head lice leading up to camp. Do not bring your child to camp until you have written and signed physician clearance to do so after your child has been treated for head lice or exposed.

What we will do:

If we discover head lice on a camper, we will notify the parent advising them to immediately respond to us to take the camper home for treatment and evaluation. The camper will not be allowed to remain in camp. They will be isolated away from the other campers until the parent can pick them up. We will not treat them for head lice. We are not equipped nor staffed for the tedious and arduous process of treating head lice properly. Head lice must be treated immediately, therefore it is imperative that parents remove the child for treatment. We will thoroughly clean and treat necessary areas within the club with proper pesticides within 24 hours of head lice discovery. We will also monitor campers watching for additional outbreaks.

Swimming Pool and Lessons

Campers are scheduled for daily swimming lessons and open swim. Children will be grouped appropriately according to ability with some children swimming in the family pool and some children swimming in the lap pool for lessons with our American Red Cross Water Safety Instructors. Following lessons, all children will proceed to the family pool and Splash Park for open swim. Swimming lessons are taught without flotation according to the American Red Cross Learn-to-Swim standards. Please assist us by encouraging your camper to participate in the swimming program. Please cooperate with us by excusing your child from the swimming program for medical reasons only and notify the Director. Swimming is an important skill to keep your child safe near water. If your child misbehaves during swim class by yelling, answering back, being disruptive or physically hurting anyone, they will be removed from class without open swim afterwards.

WATER REGULATIONS

- All riders must be 48” to ride the waterslide
- The swim test is one length of the large pool front crawl with the face in the water, arms out, & breathing to front or side.
- No flotation devices are allowed on the waterslide
- Only one rider at a time (no chains, trains or doubles.)
- No diving or jumping from the flume
- Rider must ride the slide feet first. No head first on back or tummy permitted.
- No one is to catch a rider at the bottom of the slide.
- The rider is to wait until the waterslide attendant signals (thumbs up) before going down the slide.
- All riders exit the catch pool via swimming to the ladder closest to the attendance after they have gone down the slide.

CAMP POOL POLICIES

- Anyone with an infectious disease, open sore, communicable illness may not use the swimming pool.
- Anyone with long hair must wear a bathing cap or have hair pulled back securely with a band.
- Street shoes & strollers are not allowed on pool deck.
- Bathing suits are required. White T-shirts may be worn while swimming in the shallow end only (although not recommended).
- Food, beverage, & glass containers are not allowed in pool or deck.

- Swimmers needing/using flotation may swim in shallow end only if accompanied by an adult in the water.
- Hanging on lane lines and buoy line is NOT permitted.
- Flips, back dives and twists are NOT permitted. Head first dives only in 9 ft with an instructor present.
- Running in and around the pool is not permitted including running and jumping in the pool.
- **Face mask goggles (the ones with the nose piece) are not permitted.**
- **No inflatable objects allowed; this includes water wings also known as “swimmies.”**
- No person under 16 yrs is allowed in the spa or sauna STATE LAW.
- *Please note that as per the National Lightning and Safety Institute we do close our pool for severe Thunder & Lightning. The pool will remain closed for ½ hour after last clap of thunder.*
- **Management reserves the right to deny use of the pool to anyone at anytime.**

All of the Workout Club of Salem’s policies and regulations regarding the pool are instituted with you r campers safety in mind. Our goal is to provide a friendly, fun and safe atmosphere.

Emergency Procedures

- Evacuation: In the event of an emergency such as a fire, we will evacuate the children in an orderly manner and have all groups in our care meet at the safe spot by the parking lot stop sign on the grassy area.*
- First Aid/CPR: In the event a child needs CPR or breaks a bone, etc., the closest adult nearby will call 9-1-1, other staff evacuates other children out of the area and a staff person helps the child involved appropriately. All of the areas that your child are in, have a land line easily accessible as well as all staff that your children are with, are CPR and first aid certified.*

ENROLLMENT, DEPOSITS, FEES & FORMS

Enrollment and Forms

Our enrollment will be done in house or by phone at any time. Instructions are attached. You can make payments, update any information you provide such as phone numbers and authorized emergency contacts, etc. Enrollment runs until 3pm the Friday before the start date of the camp week on the following Monday. After that registration is closed. Contact information is at the bottom of the pages.

Arrival

For your child’s safety we require that you or another authorized adult bring your child into the camp program each morning, sign them in with staff. Enter only through the front gym entrance. Please make sure we always have a number to reach you. Please call the club by 8:30am if your child will be absent or late.

Departure:

We will release children to authorized persons ONLY. Please provide us with names of persons authorized to pick up. It is the family’s responsibility to inform the program of any changes in the names of authorized persons in writing or phone call. After you have reviewed the guidelines, please sign and return that page to director.

I hereby understand the contents of the Parent's guide to Club Fit Day Camp and agree to conform to the guidelines of this book.

Print Name: _____

Signature: _____

Date: _____

____ I have filled out a member activities participation sheet for my child/children.

____ I have filled out a health history form for my child(ren) & video or picture consent form.

____ I have attached all of the above papers with my registration.

____ I have paid my balance in full prior to camp start date.



Member Activities Participation Waiver

Parent/Guardian _____

Participant First Name _____ Last _____ Birth Date _____

Address _____ City _____ State _____ Zip _____

Telephone _____ Email Address _____

Emergency Contact _____ Telephone _____

I, the undersigned, ("Participant"), in consideration for The WORKOUT CLUB, ("WC") allowing my participation in any WORKOUT CLUB activity, group event or birthday party (the "Programs"), agree to the following:

Waiver of Liability

Participant understands that although the facilities, equipment and services of the WC and the Programs are designed to provide a safe level of beneficial exercise and enjoyment, there is an inherent risk that use of such facilities, equipment, services and participation in the Programs may result in injury. Therefore, Participant agrees to specifically assume all risk of injury for Participant while Participant is using any of the Workout Clubs facilities, equipment, and services or participating in the Programs and hereby waives any and all claims or actions that may arise against The Workout Club or its owners, employees, contractors, volunteers as a result of such injury. These risks include, but are not limited to: (1) Injuries arising from Participant's use of any equipment in connection with the Programs, whether occurring inside or outside of the Workout Club, (2) injuries arising from Participant's transportation to and from a site that is in a part of the Programs, (3) injuries or medical disorders arising from Participant's participation in the Programs, whether occurring within or outside of the Workout Club, and (4) Actions taken or decisions made by the Workout Club, its staff members, volunteers or chaperones regarding medical or survival procedures for Participant.

Assumption of Risk

Participation in the Programs naturally may involve the risk of injury, whether Participant or someone else causes it. As such, the undersigned agrees that he or she understands and voluntarily accepts the risk on behalf of Participant and agrees that the Workout Club will not be liable for any injury, including and without limitation, personal, bodily or mental injury, economic loss or any damage to Participant resulting from the negligence or other acts of the Workout Club, or anyone else using their facilities or participating in Programs. If there is any claim by anyone based on any injury, loss, or damage described herein, which involves Participant, the undersigned agrees to (1) defend the Workout Club against such claims and pay the Workout Club for all expenses relating to the claim, and (2) indemnify the Workout Club for all obligations resulting from such claims.

I have read the Waiver of Liability and Assumption of risk thoroughly and understand the terms. My participation in the Programs and my execution of the Waiver of Liability and Assumption of Risk are both purely voluntary and I elect to do so.

Signature of Participant **Date**

IF PARTICIPANT IS UNDER 18 YEARS OF AGE, A PARENT OR LEGAL GUARDIAN MUST COMPLETE THE FOLLOWING: I, the undersigned parent or legal guardian of the Participant hereby execute the foregoing Waiver of Liability and Assumption of Risk for and on behalf of participant and agree to bind myself, Participant and any heirs, next of kin, assigns or personal representatives to the terms of the Waiver of Liability and Assumption of Risk. I represent that I have full legal authority to act for and on behalf of Participant, and I agree to indemnify and hold harmless the Workout Club for any expenses, claims or liabilities that may arise as a result of any insufficiency of my full legal authority to execute the foregoing the Waiver of Liability and Assumption of Risk.

Signature of Parent/Legal Guardian Printed Name of Parent/Legal Guardian Date

Photography/Videography Consent

At various times throughout the year the workout Club takes photos of the children and adults in our programs for social media and promotional purposes. Your signature below indicates that you grant The Workout Club permission to use your child's image, for such purposes. You also agree to hold The Workout Club harmless from any and all claim/demands (including but not limited to, all claims for libel, defamation, costs and attorney fees) arising out of or in connection with the use of such photographs. Permission is given in perpetuity and without expectation for compensation. The Workout Club agrees to never sell said media to any outside source and to only use said media in the pursuit of legal business practices.

NAME OF CHILD _____ DATE _____

NAME OF LEGAL GUARDIAN _____ SIGNATURE _____

Health History Form

Child's Name: _____

Does your child now or have they ever had a history or experience with the following:

High or Low Blood Pressure	YES	NO
Elevated Blood Cholesterol	YES	NO
Diabetes	YES	NO
Chest Pains	YES	NO
Family History of Heart Problems	YES	NO
Joint Problems	YES	NO
Asthma or Respiratory Problems	YES	NO (do they need an inhaler?)
Severe Headaches or Dizziness	YES	NO
Recent Surgeries	YES	NO
Epilepsy	YES	NO
Difficulty with any Exercises	YES	NO
Currently taking any Medications	YES	NO (what medications?)

Does your child have any known allergies? If known, what? Do they need an epi-pen, medications, etc?

Has your doctor advised your child not to exercise? _____

Why? _____

Is there any reason your child should not take part in energetic activity? _____

If yes, what? _____

As the parent/guardian of the aforementioned child, acknowledge the above information to be true and accurate. To the best of my knowledge, I have given all relevant information regarding my child's health and ability to participate safely in an exercise program. I give my child permission to participate in The Workout Club's Children's Programs and Special Events.

On behalf of myself, my heirs and my assigns, I hereby release the Workout Club and its employees from liability for injury, loss or death of myself or my child while using the facility, equipment, or in any way associated with participating in any activity now or in the future resulting from ordinary negligence of The Workout Club and its employees.

Signed _____ Date _____