

# Sizzlin' Summer

# 2017

## Parent Handbook



**Family & Community Support Services**  
4829 50 Street | PO Box 640  
Vegreville, Alberta T9C 1R7  
T: 780-632-3966 | F: 780-632-3935  
fcss@vegreville.com  
www.vegreville.com

# Staff Information

## Who are the Sizzlin' Summer staff?

### **Community Programmers:**

Supervise summer program coordinators and summer program leaders and alternate attending the program

### **Summer Program Coordinators:**

Post-secondary students who develop and implement programming

### **Summer Program Leaders:**

High school students who assist with the delivery of the program throughout the summer

**Counsellor in Training Volunteers:** Students who volunteer to help wherever they can.

# Contact Information

## Phone Numbers

**FCSS Office:** 780-632-3966

**Vegreville Centennial Library:** 780-632-3491

# Frequently Asked Questions

## How old does my child have to be?

6-12 years old (must be completed kindergarten or if your child is turning 6 by December 31, 2017)

## What are the program dates?

- July 10 - Aug 18th, 2017
- Monday-Friday
- 8:30—9:00 a.m.: Registration
- 4:00—4:30 p.m.: Pick up

## Where is the program held?

Sizzlin' Summer's is based out of the Vegreville Centennial Library but activities will occur at many venues around town.

On selective programming dates, Sizzlin' Summer participants will go on field trips. Parents are required to fill out a field trip waver prior to the field trip.

## How do I register my child?

- Drop into the FCSS office during our office hours after May 16th, 2016 (8:30—12:00 & 1:00—4:30)

## What are the fees?

- \$20 per day / child
- Registration is confirmed once we have received complete registration forms and we have received payment in full.

## Refund Policy

Once payment is submitted, refunds will not be issued.

## Electronics/Valuables Policy

Sizzlin' Summer staff recommend all valuables/electronics to be left at home. The use of cell phones & electronics is not permitted during program hours. Staff will not be held responsible for any lost/damaged valuables.

### Do I have to sign up for the whole summer?

Nope. You can sign up for....

- The whole summer
- A week at a time
- Selective days

### Do I have to sign up before the start summer?

- It is recommended to sign up for programs before the start of summer to ensure that your child is able to attend.
- If dates fill up your child will be waitlisted and contacted when spots become available.
- Drop in days may be available, but preference will be given to those who have been waitlisted

### How does drop in programming work?

- If you wish to utilize drop in programming, you must contact the FCSS office at least one day in advance
- Drop in participants must have their paperwork completed prior to attending programming
- Drop in programming is not guaranteed due to high interest in our programs

## What to bring everyday:

- A lunch (no nut products)
- 3 snacks
- Swim wear/towel
- Hat/Sunscreen
- Water bottle
- Bug spray
- Running shoes/socks
- Rain gear/sweater

# Weather

Staff will assess the weather at the start of the day and modify the day's plan accordingly. These precautions will allow all campers to enjoy a fun and safe camp experience, even on the hottest or stormiest of days.

## **What happens if it is too hot?**

Staff will include frequent water breaks, water activities, less active activities and the use of the shaded and cooler areas or indoors. These precautions will allow all campers to enjoy a fun and safe camp experience, even on the hottest of days.

## **What happens if the air quality index is high?**

Above 6=high health risk—all participants will remain indoors

## **What if it is raining?**

Activities will still occur outside provided there is no presence of thunder and or lightening. Please pack rain gear for your child.

## **What if it is thundering/lightening?**

Activities will move inside if there is thunder or lightening.

If sudden extreme weather occurs while we are somewhere other than home base we will remain there until the weather has passed. If this overlaps with pickup times parents will be notified via phone call/text to pick their child up at the new location.

# Remember!

## ***If it's hot you can bet, we'll get wet!***

Please remember to dress for the weather! Sizzlin' Summer participants spend a lot of time outdoors. Additionally, participants walk everywhere we go so please ensure your child wears proper footwear.

# Safety

## How do I sign my child in and out each day?

- Parents/guardians must walk their child into camp and initial that they have dropped them off each day.
- Parents/guardians must come in to pick up their child and initial that they have picked them up each day.
- Children 10 and older can be given permission to sign themselves in and out of camp.

## Does my child need sunscreen and/or bug spray?

Yes. Your child will be responsible for applying and reapplying sunscreen/bug spray throughout the day. Staff will assist younger participants.

## First Aid

Staff will have a fully stocked first aid kit with them at all times, whether at home base or out in the community.

Staff will attend to minor cuts, scrapes and bruises. Staff will call a medical practitioner or ambulance in the event of accident or illness of a serious nature.

## Illness

Please keep your child home if they are sick for their comfort and for the comfort of the other participants.

## What if my child needs medication?

A medical administration form must be completed.

Medication must come in the original packaging clearly indicating the child's name and dosage requirements.

## Field Trips

Field trips that require transportation will be accompanied by a "field trip waver" that will be sent home with parents before the field trip. Participants who do not have their waver signed will be unable to attend the field trip.

# Pool Rules

**When program participants visit the Vegreville Aquatic Centre, they are expected to follow the facility's rules:**

## **General rules:**

- Shower before entering the pool
- No running on the pool deck
- No spitting or spouting water
- No pushing
- No chewing gum
- Follow whistle blows: 1 long whistle blow: clear pool and put toys away, 1 short whistle blows: stop what you are doing, the lifeguard need your attention

## **Rope rules:**

- Let go on the first swing out
- No circle swings
- Swim to the closest side of the pool once you drop into the water

## **Diving board rules**

- Jump straight off the board
- One person at a time on the board
- One bounce only

## **Waterslide rules**

- No large mats down the slide, only yellow flutter boards are permitted
- Exit feet first only
- 10 seconds between riders

## **Hot tub rules**

- Head must stay above water
- No swimming or splashing
- No toys or lifejackets

**To swim in the deep end:** children must have a level five badge or a lifejacket  
Swimmers with plantar warts or head lice may not swim until the conditions have cleared up.

Bathing suits are required for hygienic and safety reasons.

# Behaviour Policy

## What if a child misbehaves?

The Sizzlin' Summer Day Camp staff would like your child to have the best experience possible while at camp this summer. Thus, all participants must understand and follow the camp guidelines and rules. These guidelines and expectations are in place to ensure the safety of your child and staff.

- Listen to staff.
- Respect Day Camp staff and other camp participants.
- Respect camp property and facility property.
- Keep hands, feet, and other objects to yourself.
- Participate in camp activities.
- Follow staff instructions when on field trips and when out in the community.
- Clean up after yourself.
- Be positive and have fun!

If the behavior is deemed (by staff consensus), to be significant, the child will automatically be sent home.

There are 3 main reasons a child could be sent home:

1. Camper is a danger to him/herself or others. This could include:
  - Hurting oneself or someone else (fighting!)
  - Running away / leaving camp
  - Refusing food or prescribed medication
  - Refusing to follow camp rules & staff directions
  - Destroying property.
  - Bullying other program participants
2. Camper requires constant one-on-one attention.
3. Camper engages in any illegal behavior

If your child is sent home, you are responsible for picking them up at camp. You will not receive a refund and you will be responsible for any charges that are incurred due to destruction of property.

Please review these rules with your child. The staff will review these rules with your child at the beginning of camp. Thank you in advance for your cooperation, and we hope to have a great summer!



