## Welcome to Summer

# Camp 2021!



Full Day 9:00 AM- 4:00 PM

Before Care Starts: 8:00 AM After Care Ends: 6:00 PM



Thank you for choosing Twisters Gymnastics Summer Camp this year. After registration please visit our website to view/print the remainder of this welcome packet. This will need to get filled out and turned in ON/BEFORE your child's first day of camp. Please submit all papers together. Partial packets will not be accepted.

## \*\*1 PARENT MUST SIGN CHILDREN IN AND OUT EVERY DAY! PLEASE DO NOT DROP YOUR CHILD OFF OR PICK THEM UP WITHOUT COMING IN \*\*

Please send children with a labeled backpack to keep all of their belongings organized and together. Remember to send with them the following items every day: \*SNACK & LUNCH (NUT FREE)\* \*SUNSCREEN\* \*SOCKS & SNEAKERS\* \*2 EXTRA MASKS\*

<u>Attire:</u> Campers can either wear a leotard or shorts and a T-shirt. Long hair MUST be tied back. Jeans or clothes with buttons should not be worn. Absolutely NO JEWELRY! All students go barefoot into the gym.

Weekly Camp Activities: We will have at least two hours of gymnastics lessons every day as well as organized games, sport games, arts & crafts, and supervised free play time which should keep your children occupied and having fun all day long! Children will spend time both inside and outside every day, if weather permits!



## \*Camp Visitors\*

Each themed week will have a diffent visitor coming to the gym in lieu of field trips. The "additional fees" page in this packet will outline who is coming and what the extra costs will be.

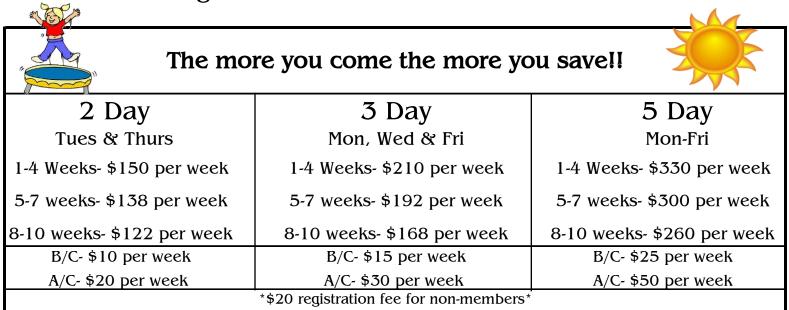
## 2021 Twisters Gymnastics Summer Camp June 28th - Sept 3rd

Twisters Gymnastics will be offering an exciting, fun filled day camp program run by our EXPERIENCED staff members! Twisters has been running a successful summer camp for over 25 years and our goal has always been to promote your child's self esteem and confidence while they have fun, build friendships, and learn the fundamentals of gymnastics.

## \* Camp will run for a total of 10 weeks\* \* Full day- 9:00-4:00\*

\* Before Care begins 8:00

\*After Care until 6:00



Most weeks will have special visitors at an additional charge (\$5-25 per child). Full info available in the info packet.

Please keep in mind there are NO REFUNDS OR MAKE-UPS allowed for camp!



## **ACTIVITIES INCLUDE:**

\* Instructed gymnastics \* Open workouts \*Inflatables



\*Outside play \*Team sports \*Games \*Themed days \*Arts & crafts

## MINIMUM AGE FOR CAMP IS 5 YEARS OLD

385-A Franklin Ave, Rockaway, NJ 07866 Phone: 973-627-3276 Fax: 973-627-3255 www.twistersNJgymnastics.com twistersNJgymnastics@gmail.com

#### **Twisters Gymnastics 2021** On roster Mailing list **Summer Camp Application** Packet Visitor Events Camper Name: Age: DOB: F/M Camper Name: Age: DOB: F/M Camper Name: Age: DOB: F/M City: Address: St: Zip: Work Phone: Home Phone: Father's **Name**/Cell #: Mother's Name/Cell #: Email: Emergency Contact (other than parent): Phone: Exp. Date: CVV: Credit Card #(REQUIRED): \*\*Credit cards will only be charged for unpaid balances after your camp starts and unpaid before/after care payments\*\* A \$100 non-refundable deposit per child is due at the time of reservation. The remaining balance and all paperwork is due in full ON/BEFORE your child's first day of camp. Office Use Only: FULL DAY Please circle: Total Weeks: Total Due: **Deposit Amount:** Week 1 2 DAYS **3 DAYS** 5 DAYS Date: MOP/Rec #: Week 2 2 DAYS**3 DAYS** 5 DAYS **Payment Amount:** Week 3 2 DAYS **3 DAYS** 5 DAYS Date: MOP/Rec #: Week 4 2 DAYS **3 DAYS** 5 DAYS Payment Amount: Week 5 2 DAYS **3 DAYS 5 DAYS** MOP/Rec #: Date: Week 6 2 DAYS **3 DAYS** 5 DAYS **Payment Amount:** Week 7 2 DAYS**3 DAYS** 5 DAYS Date: MOP/Rec #: Week 8 2 DAYS **3 DAYS** 5 DAYS

I understand that there are NO REFUNDS/MAKE-UPS/SWITCHING DAYS after the deposit is made. I/We the parent(s)/legal guardian (if under the age of 18) of  $\_\_$ 

5 DAYS

5 DAYS

realize and acknowledge that gymnastics is a physical activity involving potential risk to the participant and agree to hold harmless and indemnify Twisters Gymnastics, its instructors, employees officers, directors, and agents from any and all claims. Any special medical conditions which might affect our child's participation in gymnastics have been indicated.

\*Agreed to by (parent/guardian)\_\_\_\_\_

2 DAYS

2 DAYS

**3 DAYS** 

**3 DAYS** 

Week 9

Week 10

\_\_\_\_\_ Date:\_\_\_\_

**B/C Care Total:** 

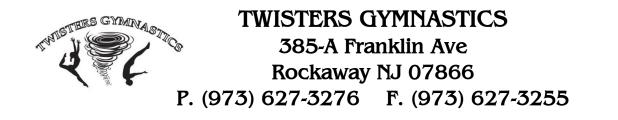
Extra's Total:

MOP/Rec #:

MOP/Rec #:

Date:

Date:



### TWISTERS GYMNASTICS SUMMER CAMP ADDITIONAL FEES AND EXPENSES

#### **BEFORE/AFTER CARE**

**2 days-** B/C- \$10 per week. A/C \$20 per week

**3 days-** B/C- \$15 per week. A/C \$30 per week

**5 days-** B/C- \$25 per week. A/C \$50 per week

Before/After Care must be scheduled/paid for in advance. Any child dropped off before 8:50 AM or picked up after 4:10 PM will be considered before/after care and will be responsible for payment. Children must be picked up by 6:00 PM at the latest!

#### **<u>PIZZA FRIDAYS</u>** \$4 for first slice (drink included), \$3 each additional slice (CASH ONLY)

Every Friday a pizza lunch will be available for purchase!

#### You must place your pizza order with the front desk Friday mornings when signing in your child(ren).

Visitor Extras- payment for "visitors" must be paid at time of registration.

- \$16 Rizzo's Wildlife- 7/8
- \$20 Game Truck- 7/14
- \$13 Laser Tag Team- 7/20
- \$15 Color Me Mine- 7/26
- \$5 Kona Ice Truck- 8/3
- \$12 Water Tag Team- 8/12
- \$20 Mad Science- 8/25



## **2021 Themed Weeks For Summer Camp**

(Please note, this is a TENTATIVE schedule and can change at any point)



## June 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3	4
	7	8	9	10	11
	14	15	16	17	18
	21	22	23	24	25
Week 1 Sports and Games	28	29 Twisters Ninja Warrior	30	1 Olympics Day	2 Wear your favorite sports team jersey

\*All activities are tentative. Schedule may change at any time.\*

# July 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Sports and Games				1 Olympics day	2 Wear your favorite sports team jersey
Week 2 The Great Outdoors	5	6 Nature hike	7	8 A visit from Rizzo's Wildlife	9 Build your own fort
Week 3 Superhero Week	12	13	14 Visit from the Game Truck	15	16 Dress like your favorite superhero!
Week 4 Western Week	19	20 Visit from the Laser Tag Team	21	22	23 Dress like a cowboy/girl
Week 5 Disney Week	26 Visit from Color Me Mine	27	28	29 "Drive in" Disney movie day	30

\*All activities are tentative. Schedule may change at any time.\*

## August / September 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 6 Hawaiian Week	2 Hula hoop contest	3 Visit from the Kona Ice Truck	4	5 Hula dancing	6
Week 7 Wet and Wild Week	9 Water balloon toss	10 Outdoor water games	11 Outdoor water games	12 Visit from the Water Tag Team	13 Outdoor water games
Week 8 Wacky Week *One Tie Dye will take place all week*	16 <b>PJ day</b>	17 Crazy sock day	18 Mismatched day	19 <b>Crazy hair day</b>	20 Hat day
Week 9 Science Week	23	24	25 Visit from Mad Science	26	27
Week 10 Farewell Week	30	31	1	2 Carnival day	3

\*All activities are tentative. Schedule may change at any time.\*

### **COVID-19 SAFETY & HEALTH POLICIES 2021** UPDATED 6/14/21

In order to slow, prevent, and limit COVID-19 exposure and spread, Twisters Gymnastics will be adhering to the following policies and procedures (subject to change):

Please keep alert for signs of illness in your children. **Symptoms** related to COVID-19 include:

• Fever or Chills

• Cough

- Difficulty Breathing

  - Fatigue
- Shortness of Breath
- Muscle/Body aches

#### **\*\* PLEASE KEEP YOUR CHILD(REN) HOME WHEN SICK \*\***

• Headache

• Sore Throat

• Loss of Taste/Smell

Any staff, children, and family members residing in the same household that have exposure to persons known to have COVID-19 must notify Twisters Gymnastics and follow all recommendations from the CDC. Anyone traveling outside the Tri-State area, also please notify Twisters Gymnastics of your travel.

#### DAILY HEALTH SURVEILLANCE / TEMPERATURE READING

- A daily health surveillance screening will be conducted for your child.
- Any person with signs of COVID-19 illness will be sent home for the day and not allowed to enter the facility.
- If your child is ill or showing any signs or symptoms listed above, please keep them home.

#### **DROP-OFF AND PICK-UP**

- Please be prepared for a quick and smooth drop off process.
- One (1) parent must come into the building to sign in for camp.
- After being signed in, your child will join the camp and you (the parent) will exit the building.
- One (1) parent must come into the building to sign out at the end of the day.
- Please remember to keep social distance from each other while in common areas.

#### **GROUP SIZE**

• We will be operating at a reduced capacity to ensure proper social distancing and the safety of all campers and staff members.

#### MASK WEARING

- Please make sure your child comes to camp each day with AT LEAST TWO (2) masks.
- Vaccinated campers need not mask in indoor or outdoor settings. All vaccinated campers must provide a copy of their Vaccination Card to keep on file with the office

#### Indoors

- Unvaccinated campers are *encouraged* to wear face coverings at all times, but particularly when physical distancing is difficult, unless (1) doing so is impracticable, such as when a camper is eating or drinking or (2) while the individual is in the water. Mask wearing will be optional for campers (please fill out the waiver)
- All unvaccinated staff are required to wear masks indoors.

#### Outdoors

Campers are not required to mask, regardless of their vaccination status. Unvaccinated campers are encouraged to wear a mask in crowded outdoor settings or during activities that involve sustained close contact with other people who are not fully vaccinated.

- Congestion\Runny Nose
  - Nausea or Vomiting
  - Diarrhea

### COVID-19 SAFETY & HEALTH POLICIES 2021 UPDATED 6/14/21

#### **CLEANING AND DISINFECTING**

- Campers and staff will sanitize or wash hands in between activities.
- Hand sanitizer stations will be provided in numerous areas around the facility.
- Throughout the facility, cleaning supplies will be positioned for frequent cleaning between groups and structured activities.
- We have enhanced cleaning and disinfection procedures in place, using EPA approved disinfectants.

#### **INDOOR/OUTDOOR ACTIVITIES**

• In addition to our indoor activities, campers will also have the opportunity to get fresh air outside. We have a multitude of outdoors games and activities for the campers as well as water activities available onsite.

Twisters Gymnastics will closely monitor the rules set forth by the CDC and will comply with all current guidelines and regulations. The COVID-19 Safety and Health Policies outlined above are subject to change.

## Twisters Gymnastics Summer Camp 2021

#### **Emergency Form**

Child Name	Birthdate	Grade ju	ist completed
Child Name	Birthdate	Grade ju	ist completed
Child Name	Birthdate	Grade ju	ist completed
Parent Name	Phone		-
Address			
Father (Guardian) Name/ Cell N	Number		
Mother (Guardian) Name/ Cell	Number		
	ends who can be reached in case o	f illness or emergend	cy if the individuals
above cannot be contacted:			
Name	Relationship	City	Phone
	•	,	
AUTHORIZATION FOR PEDIATRIC	: / EMERGENCY / MEDICAL / SUR(	JICAL TREATMENT	
AUTHORIZATION FOR PEDIATRIC	: / Emergency / Medical / Surg	JICAL TREATMENT	

Explanation: It is the firm hope that the authorization granted in this form will never be needed. For the safety of the children, however, sound medical practice calls for such authorization. The authorization granted by this form will be used only when absolutely necessary.

#### AUTHORIZATION

I authorize Twisters Gymnastics Summer Camp to call an emergency ambulance or vehicle in case of accident
or acute illness (the determination thereof shall rest solely with Twisters Gymnastics Summer Camp). In case
of emergency requiring medical attention, I hereby give permission to have my child,

taken to	(Hospital Choice) or other nearby medical facilities for	
medical care under	(Doctor Choice) Dr. Phone	

or other qualified physicians.

Family Insurance Company Hospitalization Policy #

I also authorize Twisters Gymnastics Staff to take a temperature reading if necessary. I understand that armpit or ear thermometer may be used.

Please list allergies or indicate none

Please list Medical concerns or indicate none

Parent Signature

Date



### WAIVER/RELEASE OF LIABILITY

I, \_\_\_\_\_\_, the Parent and/or Guardian of \_\_\_\_\_\_, the enrolled participant of TWISTERS GYMNASTICS SUMMER CAMP, understand that various daily activities include, but not limited to, gymnastics, baseball/softball, soccer, basketball, and volleyball are daily activities of the camp, and that each should be considered HAZARDOUS activities. I also recognize that there are risks inherent in each of these activities.

The enrolled participant's Parent/Guardian hereby agrees to indemnify and hold harmless Twisters Gymnastics Inc., its coaches, officers, directors, agents, and employees against any liability resulting from injuries that may occur to the participant during ordinary, daily camp activities. The Parent/Guardian of the participant also agrees to indemnify Twisters Gymnastics Inc. for any damages incurred arising from any claims, demands, action or cause of action by the participant.

The Parent/Guardian of the participant authorizes any representative of Twisters Gymnastics, Inc. to have the participant treated in any medical emergency during their participation in said activities. Further, the Parent/Guardian agrees to pay all costs associated with medical care and transportation of the participant.

Any medical or health problem have been disclosed to Twisters Gymnastics Inc. (i.e. Twisters Gymnastics Summer Camp).

#### I HAVE CAREFULLY READ THE ABOVE LIABILITY RELEASE AND SIGN IT WITH FULL KNOWLEDGE OF ITS CONTENT AND SIGNIFICANCE.

Parent and/or Guardian Signature

Date

## Twisters Gymnastics Release and Waiver of Liability, Assumption of Risk; and Indemnity Agreement

I represent that I understand the nature of this activity and that I am qualified, in good health and in proper physical condition to participate in such activity. I acknowledge that if I believe event conditions are unsafe or I am unable to safely perform any activity, I will immediately discontinue participation in the activity.

I fully acknowledge, understand, appreciate and agree, that this activity involves risks of serious bodily injury, including permanent disability, paralysis and death, which may be caused by my own actions, or inactions, those of others participating in the event, the conditions in which the event takes place, or the negligence of the Releasees named below; and that there may be other risks either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, cost, and damages I incur as a result of my participation in the activity.

I further acknowledge, understand, appreciate and agree that my participation may result in possible exposure to and illness from infectious diseases, including, but not limited to, MRSA, Influenza, and COVID-19. While particular rules and personal discipline may reduce this risk, the risk of serious illness and death does exist. I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of the releasees or others, and assume full responsibility for my participation and exposure.

I hereby release, discharge, and covenant not to sue your business, it's administrators, directors, agents, officers, volunteers, employees, contractors, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of the premises on which the activity takes place, (each considered one of the "RELEASEES" herein) from all liability, claims, demands, losses, damages, on my account caused or alleged to be caused in whole or in party by the negligence of the RELEASEES or otherwise, including negligent rescue operations and further agree that if, despite this release, waiver of liability, and assumption of risk, I or anyone on my behalf, makes a claim against any of the RELEASEES, I will indemnify, defend, and hold harmless each of the RELEASEES from any loss, liability, damage, or cost, which any may incur as the result of such a claim.

I have read the RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT, and I understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law. I agree that if any portion of this Agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

Printed Full Name of Participant(s)\_

PARENTAL CONSENT I, hereby covenant and promise that I am the minor's parent and/or legal guardian, and on behalf of myself and the minor, understand the nature of the above referenced activities and the minor's experience and capabilities and believe the minor to be qualified to participate in such activity. I further understand the risk of exposure to injury and/or infectious diseases, for myself and my child, as a participant, spectator at events, classes or our presence at the facility. I hereby release, discharge, covenant not to sue and AGREE TO DEFEND, INDEMNIFY AND HOLD HARMLESS each of the RELEASEES from all liability, claims, demands, losses or damages on the minor's or my account caused or alleged to have been caused in whole or in part by the negligence of the Releasees or otherwise, including, but not limited to injury, negligent rescue operations, and/or exposure to infectious diseases and I further agree that if, despite this release, I, the minor, or anyone on the minor's behalf makes a claim against any of the above RELEASEES, I WILL DEFEND, INDEMNIFY, AND HOLD HARMLESS each of the RELEASEES from any litigation expenses, attorney fees, loss liability, damage, or cost which any RELEASEE may incur as the result of any such claim.

Dated: \_\_\_\_\_

Printed Name of Parent / Legal Guardian

Signature of Parent / Legal Guardian

### **COVID-19 MASKING GUIDELINES**

It is understood that face coverings may be challenging for campers, particularly younger campers, in an all-day setting. Based on the updates and changes in New Jersey, the New Jersey Department of Health has revised the masking guidelines for the 2021 summer camp season.

#### ALL UNVACCINATED CAMPERS MUST BRING 2 MASKS TO CAMP EACH DAY

#### Indoors

• Unvaccinated campers are *strongly encouraged* to wear face coverings at all times, but particularly when physical distancing is difficult, unless (1) doing so is impracticable, such as when a camper is eating or drinking or (2) while the individual is in the water.

#### **Outdoor Setting**

- Campers are not required to mask, regardless of their vaccination status. Unvaccinated campers are encouraged to wear a mask in crowded outdoor settings or during activities that involve sustained close contact with other people who are not fully vaccinated.
- Vaccinated campers need not mask in indoor or outdoor settings. All vaccinated campers ٠ must provide a copy of their Vaccination Card to keep on file with the office.

Please Initial:

\*\*\*Select an Option for your child\*\*\*

- (1) \_\_\_\_\_ My child does not need to wear a mask unless separate cohorts are being grouped together indoors.
- (2) \_\_\_\_\_ I want my child to wear a mask while indoors. They do not need to wear a mask while outdoors.
- (3) \_\_\_\_\_ My child must ALWAYS wear a mask unless he or she is eating, drinking, or for health and safety reasons such as extreme heat and it is not feasible to wear masks.

#### I HAVE CAREFULLY READ THE ABOVE COVID-19 MASKING GUIDELINES AND SIGN IT WITH FULL KNOWLEDGE OF ITS CONTENT AND SIGNIFICANCE.

Child's Name:

Parents Signature: \_\_\_\_\_ Date: \_\_\_\_\_



Twisters Gymnastics 385-A Franklin Ave Rockaway nj 07866 (973) 627-3276

#### **PERMISSION TO USE PHOTOS**

During Twisters Gymnastics' Summer Camp 2021, there will be times when your child(ren) will be photographed and/or videotaped. These photos and/or videos may be used on the company website, collages, and/or summer camp projects.

I understand that use of my child's photos and/or videos will remain anonymous. My name nor my child's name will NOT be used.

I understand that these photos and/or videos may continue to be used after the conclusion of the 2021 Summer Camp.

- □ I grant Twisters Gymnastics permission to use photos and videos of my child with the exclusion of his or her name.
- □ PLEASE DO NOT USE MY CHILD'S PHOTOGRAPH for any reason.

#### PLEASE PRINT THE FOLLOWING INFORMATION:

Your Child's Name

Your Name \_\_\_\_\_

Your signature of permission \_\_\_\_\_

Today's date	
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#### **TWISTERS GYMNASTICS SUMMER CAMP 2021 385-A FRANKLIN AVE ROCKAWAY NJ 07866** P. (973) 627-3276 F. (973) 627-3255

## **MEDICAL PERMISSION FORM & INDIVIDUAL MEDICATION RECORD**

If not applicable, please write your child's name, write N/A under all other fields, and sign below.

Child Name			
Medication			
Prescription			Dr's Approval
Condition			
Amount to be Administered			
Frequency of Medication			
Refrigeration Required	Yes		No
Possible Adverse Reaction (s)			
SIGNATURE OF PAREN	ſ / GUARDIAN	Date	
Staff Member(s) authorized to ad	minister medication:	Signature	
Name		Signature	

## A COPY OF YOUR CHILD'S IMMUNIZATION RECORDS WITH THE DOCOTOR'S STAMP CAN BE SUBMITTED <u>INSTEAD</u> OF THIS FORM

#### HEALTH HISTORY/IMMUNIZATION FORM

(completed by Physician)							
Child Name		DOB		Age	Se	x	Grade just
Parent (s) / Guardian (s) Name						_	completed
Address							
PHYSICAL EXAMINATION							
Height Weight	_ +	leart	Lungs		ENT		Extrem
child is found to b	e healthy and	normal and r	nay participa	te in all Can	np activities.		
child has the follo	-	concern					
which will / will not affect participation Comments	as follows						
HEALTH HISTORY							
Previous Communicable Diseases an	d Dates						
Other Ilnesses, Accidents or Operation	ns and Dates						
Existing Allergies or Chronic Conditio	ns						
Medications							
Special Needs, Individual Limitations							
Previous Screenings, Evaluations, Da				a mitta dì			
IMMUNIZATION RECORD (a cor	DISEASE	the doctor	can be su	<u>omittea)</u>			
VACCINE TYPE	DATE MO/DAY/Y	1ST DOSE MO/DAY/YR		3RD DOSE MO/D/YR	4TH DOSE MO/D/YR	5TH DOSE MO/D/YR	
DIPTHERIA, TETANUS, PERTUSSIS (DTaP) If (Td or DT(1) Indicate	XXXXXXXXX						
POLIO-INACTIVATED POLIO VACCIN (IPV) If Oral, Indicate OPV	XXXXXXXX						
MEASLES, MUMPS, RUBELLA (MMR)							Titer / Date (5):
HAEMOPHILUS B (HIB) (2)	XXXXXXXX						
HEPATITIS B (3)							Titer / Date (5):
VARICELLA (4)							Titer / Date (5):
PNEUMOCOCCAL CONJUGATE (not required)							
OTHER SPECIFY:							
LEAD SCREENING (not required)	Test Date:		Resu	lt:			
Provisional Admission Attached Date Granted:		Medical Exan Requires Med			_ Religious	s Exemption	Attached
(1) Requires Medical Exemtion. (2)	Required for Da	ay/Child Care I	Enrollees (2 n	nonths - 5th b	oirthday only)		
(3) Required for K-grade 1 (whichever i	s first). Grade	6 beginning 9-	1-01, and gra	des 9-12, eff	ectve 9-1-04.		
(4) Required for Day/Child care enrollee	s (19 months a	and older) and	grade K-grad	e 1 (whicheve	er is first) effe	ctive 9-1-04.	
(5) MMR single antigen receipt requires	month/day/yea	ar, serologies r	equire titer, a	nd varicella d	lisease history	requires m	onth/year.
Physician Name				Phone			
Physician Address				_			
Physician Signature				Date			