

Parent's Guide to Summer Camp

Preparing your child for fun and success at camp

PHONE NUMBER (402)335-9088: If at any time you need to reach a staff member during camp hours, you may do so by calling the building at 402.335.9088.

CLOTHING:

- **What not to wear:** Do not send your camper in anything you would not want dirty or stained. Kids will be playing, and they can get messy.
- **Dress for the weather:** Camp runs daily, hot or cold, rain or shine. Please make sure your child comes prepared for each day and dressed for the weather. We recommend waterproof boots and a change of socks on rainy days, hats and coats on cold days, and short sleeves and pants on hot days.
- **Labels:** We suggest labeling your child's belongings. Any unclaimed items after camp will be turned into the lost and found.
- **Footwear:** Closed-toe shoes are strongly recommended. No flip flops are allowed as they make it difficult for playing and walking. Kids should also wear socks if they want to be able to take off their shoes during indoor playtime.
- **Change of clothes:** Though not required, we always appreciate you sending a spare set of clothes in campers' backpacks in case of accidents/spills.
- **Backpack:** Please send your child with a bag or backpack each day to help bring home materials from camp. We suggest sending an extra set of clothes for younger kids (ages 5-6) in case of an accident.

LUNCH: Children enrolled in camp may bring their own lunch. Bananas are not allowed on campus due to staff allergies. You may also opt to do a Bistro Lunch which will include at least a main dish, vegetable/fruit, and drink (ex. Hot dog, chips, carrot sticks, and milk), If lunch is forgotten and a parent/guardian is unable to bring the lunch in, the camper will automatically be put down for a Bistro Lunch which will need to be paid for at pick-up.

We cannot guarantee an allergen-free environment, as we have food items that contain common allergens on site. This includes food items such as nuts, eggs, and shellfish. Please disclose all participant food allergies during registration. To discuss concerns or request special accommodations, please call 402.335.9088 or email sticksstonesandbonez@gmail.com.

MEDICATION: If your child needs medication (including rescue inhalers and EpiPens or other medications), you must adhere to the following guidelines:

- Morning/evening dose of medications should be given before or after your child attends camp. Only medications with a dosage schedule that cannot be adjusted for camp hours should be administered during the day.
- ALL medications must be kept in the child's bag and a Camp Supervisor must be informed by an adult.
- All medications must be in their original packaging and labeled with appropriate prescription, dosing and/or pharmaceutical information. Liquid medication must be accompanied with an appropriate measuring cup/syringe.
- Children should be able to administer their medication. We will remind your child to take their medication, however we will not be administering any medication.
- A parent/guardian or an individual listed under Authorized Pick-Up may stop by to administer medication.
- Sticks Stones and Bones will not be held liable for a child refusing to take their medication.

DROP-OFF & PICK-UP: Both drop-off and pick-up take place at the front in admissions. Drop-off begins at 8:45am. Pick-up is from 4:00-4:15pm. Please honor our pick-up times.

LATE ARRIVALS: If you are arriving late for any camp, please let staff know when you arrive that you are dropping off a camper and a camp staff will be sent to pick up your child.

EARLY PICK-UP: Families who would like to pick up their children early from camp for appointments and other scheduled commitments may do so. Please notify camp staff of your pick-up time in advance to ensure a safe and organized check-out process.

LATE FEES: If you know in advance that you will be late to pick up your child, please call us at 402.335.9088. Camps end at 4:00 pm and check-out ends at 4:15 pm. If children are not picked up by 4:15 pm without prior discussion of a late pick-up, parents will be subject to a late pick-up fee equal to the cost of admission (\$8.50).

CAMP AGE GROUPS: It is important to us that your child receives the best experience. Age groups are designated so that camp instructors can tailor camp activities and learning opportunities that are developmentally appropriate for children of specified ages. As such, we hope that you will help us by honoring our age groups. Each camp is for children entering that grade level in the fall. We know that there are sometimes exceptions to this. If you believe your child would do better in a different age group than

what would normally be assigned, please let us know. Your input helps us provide the best experience for your child.

CAMP EXPECTATIONS: Campers and staff alike are required to always follow camp expectations, to ensure everyone stays safe and enjoys their time at camp. We will go over camp expectations with campers on the first day of camp, but we also encourage you to review these expectations with your child prior to camp.

- **Be Safe:** Everyone's safety is our highest priority! In order to keep campers safe, we ask everyone to always stay with the group, wear appropriate clothing and footwear, and refrain from fighting (even play fighting) as it may result in serious injuries.
- **Be Respectful:** We all need to work to be nice to each other, respecting each other's space, listening with our whole bodies and respecting what everyone has to say. This also includes respecting the exhibits and any animal guest that may visit for camp.
- **Be Responsible:** At camp we share, we clean up and we conserve our resources. This means we take turns, push in our chairs, place trash items in the appropriate bins and do not waste camp supplies.

SAFETY POLICIES: AUTHORIZED PICK-UP Safety is our highest priority. We thank you in advance for adhering to our authorized pick-up policy and the staff enforcing it. Adults picking up a camper are required to show a valid, photo ID. When registering your child for camp, you will be asked for several adult names including: Parent Name(s), Emergency Contact and Authorized Pick-Up. We will not release a child to anyone who is not listed somewhere under those three headings. If an adult's name needs to be added to the list after registration is complete, you may do so by calling or notifying staff any day during check-in. If an individual is not listed, we will need to contact a parent or emergency contact for verbal permission before we can release your child to them. Because Sticks Stones and Bonez is a public facility, we require that all campers, regardless of age, are physically walked into the facility and signed in and out by an adult with their instructors.

SAFETY POLICIES: RESTROOM POLICY Children will always be accompanied to public restrooms. The "rule of three" is followed to ensure an educator is never alone inside a restroom with an individual child.