Therapeutic Summer Camps Parent Handbook

St. Mary’s County Recreation & Parks

Updated 1/2020
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Therapeutic Summer Camps Parent Handbook
Welcome to St. Mary’s County Recreation and Parks Therapeutic Summer Camps!

Recreation and Parks has been offering specialized therapeutic summer camps for children for over 30 years. The combination of our dedicated, qualified and professional staff and innovative and specialized programs give our campers a summer filled with fun activities the development of positive peer friendships and a continuation of therapeutic learning experiences. These specialized camps for your child are provided in partnership with St. Mary’s County Public Schools and are approved respite care providers through the Department of Social Services. They have full time nursing staff on duty, allowing for medication disbursement, non-delegated nursing duties and emergency care on the spot. A breakfast and lunch program sponsored by the Maryland State Department of Education Summer Food Service Program is also offered. Many children schedule their SMCPS approved extended school year services and/or specialized coordinated services to be conducted at camp.

Summer Camp Locations

<table>
<thead>
<tr>
<th>Main Recreation &amp; Parks Office</th>
<th>New Horizons Summer Camp</th>
<th>Camp Inspire</th>
</tr>
</thead>
<tbody>
<tr>
<td>23150 Leonard Hall Drive</td>
<td>Greenview Knolls Elementary</td>
<td>Carver Elementary School</td>
</tr>
<tr>
<td>P.O. Box 653</td>
<td>45711 Military Ln, Great Mills MD</td>
<td>46155 Carver School Blvd,</td>
</tr>
<tr>
<td>Leonardtown MD 20650</td>
<td>20634</td>
<td>Lexington Park, MD 20653</td>
</tr>
</tbody>
</table>

Contacts

<table>
<thead>
<tr>
<th>Therapeutic Recreation Specialist</th>
<th>Christina Bishop</th>
<th><a href="mailto:Christina.bishop@stmarysmd.com">Christina.bishop@stmarysmd.com</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Inclusion Specialist</td>
<td>LeAna Davis</td>
<td><a href="mailto:Leana.davis@stmarysmd.com">Leana.davis@stmarysmd.com</a></td>
</tr>
<tr>
<td>Camp Inspire Director</td>
<td>Rocco Aiello</td>
<td>301-481-7377</td>
</tr>
<tr>
<td>New Horizons Camp Director</td>
<td>Ernestine Pence</td>
<td>301-904-3685</td>
</tr>
<tr>
<td>Social Media</td>
<td>Facebook</td>
<td><a href="http://www.facebook.com/stmarysmdrecreation">www.facebook.com/stmarysmdrecreation</a></td>
</tr>
<tr>
<td></td>
<td>Instagram</td>
<td>@stmarysrecandparks</td>
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<tr>
<td></td>
<td>Twitter</td>
<td>twitter.com/stmarysrecparks</td>
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<td></td>
<td>#stmarysrecparks</td>
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</tbody>
</table>

Hours of Operation

- Administrative Offices: 8:00am-5:00pm Monday to Friday
- New Horizons Camp Hours: 9:30am – 3:00pm Monday to Thursday
- Camp Inspire: 9:00am – 2:30pm Monday to Thursday

Recreation & Parks Administrative Staff

| Recreation & Parks Director          | Arthur Shepherd                   | 301-475-4200 ext. 71800     |
| Recreational Division Manager        | Jessica Hale                      | 301-475-4200 ext. 71800     |
| Youth & Camps Program Coordinator   | Cherie Nelson                     | 301-373-4689                |
| Accommodation Requests               | Christina Bishop                  | 301-475-4200 ext. 71802     |
| Registrar & Program Support          | Ken Guyer                         | 301-475-4200 ext. 71801     |
| Main Office/Front Desk               | Gloria Edwards                    | 301-475-4200 ext. 71800     |
| Main Office Location                 | 23150 Leonard Hall Drive, Leonardtown, MD 20650 |
Online Registration Support
For support please contact Gloria or Ken at 301-475-4200 ext. 71800 or email webtrac@stmarysmd.com.

How to Request Accommodations
Individuals with disabilities are encouraged to register for general recreation programs. With your registration, please include information regarding your disability and accommodation needed. A two week notice is required in order for the Department to make reasonable accommodations based on individual needs for successful inclusion.

Minimum Requirements for Successful Inclusion
The basic eligibility requirements for all programs, camps, classes and events are listed below. These basic requirements apply to all participants, regardless of ability level. There may be additional requirements for each program, camp or class.

- The capacity for each program is based on ratio and logistics. If the maximum enrollment for a program has been met, a participant may be unable to enroll or placed on a wait list.
- Payment is due upon registration. Payments must be received before admission into any program.
- All participants are required to follow the rules of conduct in the parent handbook. An individual with a disability may be removed from a program if after interventions and accommodations their behavior is a direct threat to others or themselves.
- Must be able to maintain personal care without support of R&P staff or volunteers.
- Participants should meet the prerequisite age/ skills for the class or program (if required for participation).
- Participant should be willing to participate and actively participate in the program the majority of the time.
- Ability to function with or without assistance as a member of a larger group (10 or more people).

Please call the Therapeutic Recreation Specialist for more information on disability accommodations and inclusion services 301-475-4200 ext. 71802.

ADA Compliance
Recreation and Parks makes every effort to ensure that programs and services are accessible for children who are disabled. Children with disabilities are welcome to register and participate in youth camp activities. Staff at all camps are trained and experienced in working with children with disabilities. Reasonable accommodations will be made on an individual basis. If needed, additional staff will be assigned to camp sites to enhance child/staff ratio. As part of our policy of inclusion, parents will be asked to participate in an Individual Service Plan (ISP) meeting for the purpose of sharing information pertinent to the child’s successful participation in youth camp programs. This meeting will include camp staff and school personnel who may have relevant information pertaining to your child’s disability. This meeting is required prior to the child’s attendance in any youth camp. Parents should provide information about the child during registration. The Therapeutic Recreation Specialist will contact you to set up a time for the ISP meeting. Recreation and Parks’ Inclusion Committee, which is comprised of leisure professionals, facility planners, parents and community advocates, has the responsibility to review current departmental policies and programming, as well as monitor the department’s compliance with the Americans With Disabilities Act.

Issues regarding availability and accessibility of program offerings to disabled youth should be directed to the Therapeutic Recreation Specialist, Christi Bishop at (301) 475-4200 ext. 71802 or by emailing christina.bishop@stmarysmd.com.
**Insurance/Liability**

Please be advised that the St. Mary's County Department of Recreation and Parks does not provide accident or hospitalization insurance for program participants. Parents are strongly advised to have adequate personal insurance coverage for their children. Participation in the summer camp programs shall be at the parent's and participant's own risk.

**Returned Check Policy**

The St. Mary’s County Finance Department will submit all checks returned for insufficient funds to the State’s Attorney’s Office within 30 days of being submitted. A $25 fee will be added to the cost of the returned checks. If Recreation and Parks is notified by the Finance Department that your payment is returned, your space will be terminated immediately. At this time the parent is responsible to contact the Registrar for possible reinstatement into the program. If a check is returned for insufficient funds, future payments will only be accepted in the form of credit card, cash or money order.

**Summer Camp is a great place to learn new things.** Choose a summer camp program with activities you enjoy and some you have never tried before. This is a wonderful way to expand the mind and explore yourself. Many adults still remember the first time they shot a bullseye on the archery field, or the first time they learned to dive. It is the learning experiences that make summer camp so unforgettable. The skills kids and teens gain at summer camp can affect the rest of their path forward in life. In addition to physical, intellectual, and mental skills, they also learn to cooperate, socialize, be honest, be trustworthy, work as a team, share, be patient and much more. Summer camp is always a place to explore who you are and learn who you want to become.

**Maryland State Certified Camps: Maryland Department of Health (MDH)**

ALL CAMPS LISTED IN THIS HANDBOOK HAVE RECEIVED STATE CERTIFICATION. AS PER THE ANNOTATED CODE OF MARYLAND, TITLE 10, DEPARTMENT OF HEALTH, SUBTITLE 16-HOUSING, CHAPTER 06-CERTIFICATION FOR YOUTH CAMPS. AUTHORITY: Health-General Article, Sec. 2-104(1), 14-403, 18-318, and 18-403; Family Law Article, Sec. 5-560—5-568, 5-704, and 5-705.

Certification means that a detailed plan of our camp operations has been forwarded to the state for review. The state has approved that plan and has granted us certification acknowledging that St. Mary’s County Recreation and Parks has taken appropriate actions to ensure the safety and well-being of all children and youth who will participate in our summer camp programs. Campsites may be inspected each summer by a state employee to determine compliance with the written plan. These visits are unannounced.

**Camp Staff**

Every employee has had a criminal background check. A significant number of staff at each campsite is certified in First Aid/CPR. Seasonal hires include public school system staff, college students, and high school graduates. All paid staff are 18 years of age or older. TR Camps are staffed at a 1:4 ratio minimum, however this does not include camp administrative staff, nursing personnel, peer assistants or volunteers. Enhanced ratios are added when possible to provide more individualized attention to campers needs. Periodically, students participating in the Counselors in Training program will be assigned to intern at a camp. They are not paid staff and are not left alone to supervise campers. Lead staff are educated or have extensive experience in working with a variety of special needs and all staff are trained in disability etiquette, crisis intervention and behavior management. Parents are welcome to organize and provide ABA staff, personal nursing staff and personal one on ones when they feel it is needed. All personal staff will be required to sign volunteer waivers.
Transportation
For any program that provides transportation, all transportation will occur on state licensed school buses. If your child requires any special accommodations on the bus please indicate on the registration form to guarantee the availability of the needed items. Transportation services are provided in partnership with SMC Public Schools and follow all the same policies, procedures and regulations. Bus Hub Tips: Children will NOT be dropped off without a parent, guardian or emergency contact present; Buses will wait for 15 minutes before they leave to the next stop then they will be returned to the camp location or Recreation and Parks main office and remain there with staff until parents arrive.

Late Pick Up Fees
Please be advised that parents will be assessed a late pick-up fee of $1.00 per minute/per child for each minute beyond the camp's closing time. Repeated incidents of late pick-up may result in your child being dismissed from camp. In emergency situations, parents should contact the camp if they are unable to pick up their child on time. Parents may also opt to contact one of the persons listed on the emergency form.

Release of Children
At the time of enrollment, parents/guardians will be asked to provide names of designated persons who will be permitted to pick up the child in parent/guardian's absence. If the person is not listed on the child's Emergency Contacts, parent/guardian may inform the staff in writing. The camp staff will verify identification of person before releasing the child. Please instruct said person to bring proper identification with him/her into the center. Staff will make every effort to ensure the safety of a child. If concerns arise, (i.e. alcohol smell, slurred speech, incoherency) staff may contact other parent listed on emergency card or local law enforcement.

Camp Attire
Children will need to dress comfortably for camp. Tight, restrictive clothes are not appropriate. Children should wear light, easy-going fabrics. Shorts are suitable for camp activities. Short sleeves or sleeveless tops/shirts are acceptable. Tennis shoes or sneakers are the most appropriate footwear for camp. Children often have difficulty playing in sandals and flip-flops. Clothing such as short skirts, daisy dukes, revealing swimwear or t-shirts showing vulgar messages or phrases; or advertisements for alcohol or tobacco products will not be allowed. Should your child wear clothing that is deemed inappropriate, the parent will be contacted to provide appropriate attire. Campers are encouraged to bring an extra set of clothes in case of accidents.

Sunscreen
Children who suffer from sun allergies and severe sun burning should bring protective headgear, sun-shades, and sunscreen each day. The licensing agency prohibits staff from directly applying suntan lotion to children. We will assist young children with application, but older children will be given ample time several times during the day to apply sunscreen on themselves. Sunscreen must be the “spray-type” sunscreen (not rub on) labeled with child’s name. The beginning of the summer is always critical for those children who burn easily and have not been used to being exposed for long periods of time.

Electronic Device Policy
Cell phones, video games iPods, etc. are typically not permitted at camp. If a child brings an electronic device to camp, it will be confiscated until the end of the camp day. Under certain circumstances with the permission of the Camp Director in agreement with the parent; some children maybe allow electronic devices to be used for communication or behavioral rewards. Recreation and Parks is not responsible for lost, misplaced, stolen or broken devices.
Lunches & Snacks
Breakfast and lunch will be provided for all campers through the MSDE Summer Food program offered through St. Mary’s County Public Schools. Menus will be available to parents prior to the start of camp in order to prepare if there are undesired or restricted items for their child. When a child cannot eat the meal we provide, you will have to provide an appropriate one for her or him. Please check our menus, to be provided by the first day of camp, in your welcome packet and/or online so you can plan providing an alternative meal. Typically, each day has an alternative main dish item; however, this is not guaranteed. Parents are also welcomed to bring in special snack items for their child to have at camp.

Camp Schedule of Activities
Camp will post a daily schedule that will be followed during the camp season. There may be some change in schedules due to field trips, special events, and extreme weather. Camp staff will notify parents when a major change in schedule occurs. Camp schedules will be available online and in print if requested prior to the start of camp in order to aid parents in preparing their children for the upcoming day. Camp experiences may include, but not be limited to, activities such as recreational games, arts & crafts, picnics, roller skating, aquatic activities, organized games, field trips and much, much more. Some activities are scheduled daily, while others are scheduled weekly.

Field Trips & Special Events
Costs for field trips have been included in the camp fee. Alternate care will not be available on field trip days. Camp fees will not be pro-rated if your child does not participate in these special activities. Field trips are scheduled within the normal hours of camp operations and every effort will be made to have children back at the campsite at normal dismissal time. School bus carrier provides transportation for field trips. Children will not be transported in personal staff vehicles. Occasionally a trip will be longer than the normal camp hours and families will be notified well in advance to the changes of the program time. Field trips schedules will be provided in welcome packets, online and from camp if requested. All trips are subject to change; however, we try very hard to keep it consistent for our children and families to plan. (Note the extreme weather policy.) Typical trips consist of swimming, visiting parks, a day on the farm, going to the movies and the library. Parents are welcome to attend field trips with their registered camper anytime with notification to the camp director. Many trips will require extra sets of hands and parent volunteers will be solicited.

Water play, Pool & Spray Park Days: Each camper must bring a towel, sunscreen & change of clothes (if desired). It is preferred the child be brought to camp with their swimwear on under their clothing. No personal items will be provided by camp; however, parents may send in personal specialty items such as little swimmers, ears or nose plugs, life jackets, swim caps, etc.

NOTES: other minor children of parents will not be permitted to attend field trips without approval of the Therapeutic Recreation Specialist. Recreation and Parks does NOT provide alternative care for field trips. If your child is unable to attend a field trip staff WILL NOT be available at camp until the campers return for the day. Please make alternative care arrangements on these days.

Personal Belongings
Every precaution will be taken to ensure children’s clothing and personal items will be stored properly. Every camp has designated space available where children can store their belongings. It is the child’s responsibility to place items in the appropriate place. Parents should remind children to store clothing and other items in backpacks, duffel bags, etc. Staff will remind children, also. The camp staff cannot be expected to keep track of individual children’s personal property. Recreation and Parks assumes no responsibility for lost or misplaced items. It would be most helpful if clothing and personal items were labeled with the child’s name. Parents should encourage children to keep track of their belongings and to take them home each day. Items that have been left at the campsite will be displayed daily so that the owners
may claim their property. Items not picked up by the end of the camp season will be discarded. Children are asked to refrain from bringing candy, chewing gum, live pets or money to the camps. Weapon-type toys or toys that encourage violent or rough play are prohibited from the program.

Camp does not provide personal equipment or personal care items. Parents should send all such items in with their child the first day of camp or decide for delivery and be willing to train staff on the proper use of equipment. Items may include (but are not limited to) diapers/pampers, drinking cups, spoons, bibs, or any other items your child may need in order to get the very most out of the camp experience—Recreation and Parks is not responsible for such items. NOTE: Parents are welcome to organize with public schools the use of prone standers, gait trainers etc. used at school. It is however required that the parent or school staff provide direct training to camp staff on the proper use prior to any use of the equipment during camp.

**General Behavior & Code of Conduct**

Children are expected to conduct themselves in an appropriate manner at all times. Children should refrain from being verbally and/or physically abusive to others. Children should have respect for authority figures and should respond positively to guidance and direction. Persistent behavior problems may result in dismissal from the summer camps program. Disciplinary procedures within the camp programs are guided by the type and severity of the behavioral incident as described below:

**MINOR INCIDENTS**: Minor incidents include, but are not limited to, name calling, horseplay, refusing to cooperate (not listening, not following rules, or not following directions), being disruptive, being rude/discourteous to adults, throwing soft objects, minor destruction of property such as tearing up or coloring on others papers, etc.

**MORE SERIOUS OFFENSES**: More serious offenses include, but are not limited to, using abusive/profane language, throwing dangerous objects, participating in physical conflict (hitting, kicking, biting, etc.), and inappropriate social behavior. When a child does not conform to acceptable rules of behavior, the staff will discuss with the child the specific inappropriate behavior that the child has demonstrated, more appropriate behavior, and the consequences for demonstrating further inappropriate behavior. Consequences may include, but are not limited to:

- Being assigned to a “Time Out” or a parent will be asked to assist with redirection. This action will be repeated if necessary.
- Being removed from the group if the behavior causes a distraction and barrier to learning for the other participants.
- Informal or formal parent conferences.
- Suspension or dismissal from program (*without refund of fees*).

**Zero Tolerance Policy** – There is no tolerance regarding the participant’s conduct involving infractions that concern the immediate safety of the child, the other participants and our staff.

Camp staff recognize that children with certain diagnoses may exhibit inappropriate or aggressive behaviors such as kicking, spitting, biting, excessive name-calling, pushing, abusive to others, etc. These behaviors may require modifications to the program including, but not limited to, special equipment, changes to routines, behavior plans, enhanced supervision, or a combination of these. However, when a child with special accommodations still infringes on the rights of others or poses a threat of imminent physical harm to children, staff, or the general public, the child may be sent home for the day or even dismissed from the camp.
**Accident Report**
If by chance your child is injured at camp, an accident report will be filled out by staff. This report is documentation of what occurred at camp. If the incident warrants a parent phone call, a parent or emergency contact will be contacted to discuss the incident. Parents may request a copy of the report after signing it. We as staff strive to keep a safe and enjoyable environment. We hope that all kids have a fun time at camp!

**Health & Safety Issues**
Parents are required to complete a registration form which contains Emergency Information & Camper’s Health History. All forms must be filled out in its entirety prior to registration being accepted.

**Emergency Information:** Parents are asked to provide emergency information to the camp. It is vitally important that at least two (2) emergency contacts be given and their information is complete on the camp registration forms. If you need to add or update, please see a camp staff and ensure they have that information on file. Emergency persons should be available during the hours the camp is in session and should be within 30 minutes driving time to the camp. Phone numbers should be accurate. Parents should inform those persons whose names have been given to the camp as “emergency contacts” and discuss responsibilities they might have. The camp staff must be informed of any changes in the emergency information.

**Camper Health History:** If your child is NOT currently enrolled in a Maryland school, please secure a copy of your child’s Immunization Record and submit with the Camper Health History Form. Children will not be admitted to camp without these forms.

**Nursing Services:** Services will be available each day. Your child’s medications must be brought by the parent and given directly to the nurse who is the only person who can provide it to the camper. Any specialized nursing needs and or care for your child must be indicated at the time of registration. ALL MEDICATIONS including over the counter must have a medication order form included.

**Specialized Coordinated Services:** Families are welcomed to have personal specialized services conducted at camp with prior notification. Recreation and Parks will not coordinate outside services for families. Such services must be organized by the families and information provided to camp staff. This includes Extended School Year Services to be provided by St. Mary's County Public Schools. All Specialized services to be conducted at camp must be indicated on the registration form to have guaranteed space available. Services requested after registration will be handled on a case by case situation. Only approved visitors will be allowed in camp: failure to indicate this information will result in the denial of entrance to outside personnel to camp. All providers are required to complete volunteer applications and sign in and out with the camp director.

**Illness:** Parents should not bring a child to camp when the child: has strep throat, “pink-eye” or any other communicable disease that has not been treated with an antibiotic for 24 hours; has an oral temperature of 100 degrees or higher; has had persistent vomiting and/or diarrhea in the previous 24 hours; or has impetigo and has not received an antibiotic treatment; lethargic or unable to participate fully in all camp activities. If a child shows symptoms of any of the above, the parent will be contacted to take the child home. Parents will be contacted and asked to take a child home, if a child diagnosed with an emotional and/or behavior disorder causes a major disruption in camp operations; and/or, in the opinion of staff may be harmful to him/herself or others. If the parent fails/refuses to pick up the child, then it will be at the discretion of the staff, with approval of the Program Coordinator, to have the child transported to an appropriate health care facility.
Medical Emergencies: Parents will be notified of the presence of outbreaks of streptococcal pharyngitis, impetigo, measles, mumps, chicken pox, rubella, pinworm, lice, ringworm, and other contagious and communicable diseases. Accidents: Parents will be asked to complete emergency information at the time of enrollment. If an accident should occur, prompt medical attention will be sought and parents will be notified immediately. Parents will receive an Accident Report Form.

Reporting of Suspected Child Abuse and/or Neglect: Parents should be aware that camp staff is required under penalty of law to report all suspected cases of child abuse and/or neglect. Such cases will be referred to the Protective Services Division of the St. Mary’s County Department of Social Services.

Inclement Weather Policy
Every effort will be made to notify participants during inclement weather days as soon as possible. If St. Mary’s County Public Schools are closed, all practices and games will also be cancelled. Many factors must be considered before a final decision on program operation is made, so please be patient and look for accurate, timely updates through the following methods:

- Weather Hotline: 301-475-4200 ext. 71840
- Website Updates: www.stmarysmd.com/recreate/rpannounce.asp
- Facebook: www.facebook.com/stmarysmdrecreation
- Instagram: @stmarysrecandparks
- Twitter: twitter.com/stmarysrecparks #stmarysrecparks

Extreme Weather Policy
Campers will be exposed to a variety of weather and temperature changes over the summer. We will use the following temperature readings as guideposts for appropriate selection of camp activities:
- “Caution”: 85 to 94 degrees F° physical activity may cause fatigue
- “Extreme Caution”: 95 to 105 degrees F° possible heat cramps and/or heat exhaustion with prolonged exposure
- “Danger”: Above 105 degrees F° possible heat stroke with prolonged exposure; heat exhaustion and heat cramps likely

Every precaution will be taken to insure children’s safety. In camps where there is no air conditioning, fans may be utilized. The daily schedule may reflect a variety of water-related activities for “cooling off”. We will have frequent water breaks and children will be monitored closely for overheating. We will schedule activities for shady and covered areas during outside playtime. Children will be watched closely for signs of sunburn and dehydration. In the event of severe thunderstorms, children will be brought indoors immediately. Children at any outside camp will be directed to seek cover immediately. Parents have the option of not bringing children to camp, or picking them up early if they believe weather conditions are unsafe. Refunds will not be offered because camp programs will remain open.
Parent’s Rights
Parents have the right to:

• Know their children are in a safe environment where they are free to select from a variety of activities.
• Know what types of programs and activities are being planned and to offer feedback on the kinds of activities the children enjoy.
• Share concerns with the staff at any time about anything they do not feel is in the best interest of their children.
• Know if their child is misbehaving, and to spend time talking with the staff concerning the matter.
• Know if their child does not report to the program as intended.
• Know when the children will be going any place other than where the program is usually held.
• Be notified when their child has been injured however minor or severe the injury.

Parent’s Responsibilities
Parents have the responsibility to:

• Observe the rules of the program as set forth by Recreation and Parks.
• Pay fees on time and ensure you are registered for the correct week you desire. Check your receipts, log into your account to confirm information and call us if you have any questions.
• If child is dropped from a week of camp due to no payment, the parent must make appropriate arrangements to re-enroll and will not be able to bring a child to camp until all payments have been made.
• Inform staff of any and all relevant issues pertaining to their child’s physical, mental, and emotional health; behavior; and/or special needs, so that staff can plan appropriately.
• To keep the child’s records up-to-date with changes in phone numbers, emails and addresses.
• Pick up children on time; contact the center if they are to be late.
• Let the staff know if their child will not be attending the program for the day.
• Be available to be reached by telephone in case of an emergency; be able to pick the child up or have someone pick the child up within 30 minutes of the call.
• To notify a staff member when another authorized person is picking up a child.
• Inform staff if their child has been exposed to a contagious illness.
• Notify staff of planned vacation and other absences in advance.
• Notify the Registrar in writing of withdrawal from the program at least two weeks in advance.
• To share their concerns with staff members if the program is not meeting their child’s needs.
• Be available for parent-staff conferences in a reasonable amount of time, especially in regards to behavioral problems.
• Listen to concerns that staff members have about their child’s behavior, and to work through an agreeable solution to any problems that might occur.
• Know about any change in program policy or procedure.
• Know the discipline procedure of the program.
• Replace any equipment that their child is responsible for misusing or damaging.

Summer Camp Staff Will Help...

• To create memories
• To create confidence
• To be positive role models
• To encourage team work

• To encourage appreciation of nature
• To promote independence
• To help kids unplug from technology
• To promote responsibility
Concussion Awareness
A concussion is a type of traumatic brain injury, or TBI, caused by a bump, blow, or jolt to the head that can change the way your brain normally works. Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth. Concussions can occur in any sport or recreation activity. A concussion can have long term impacts on young athletes such as their health, memory, learning and even their survival. This has led to a new effort to improve prevention, recognition and response to sports-related concussion.

To help ensure the health and safety of young athletes, Recreation & Parks created an awareness campaign to offer information about concussions to coaches, parents, and athletes involved in youth sports. The following are a list of symptoms that may suggest a concussion has occurred.

- Headache
- Confusion
- Difficulty remembering or paying attention
- Balance problems or dizziness
- Feeling sluggish, hazy, foggy, or groggy
- Feeling irritable, more emotional, or “down”
- Nausea or vomiting
- Bothered by light or noise
- Double or blurry vision
- Slowed reaction time
- Sleep problems
- Loss of consciousness

What To Do If You Think a Concussion Has Occurred?

1. Seek medical attention right away
   A health care professional will be able to decide how serious the concussion is and when it is safe to return to play.

2. Do not return to play until medically cleared
   Concussions take time to heal. Don't return to play until a health care professional says it's OK. Return to practice is permitted only once staff receive a written release from a health care professional. Children who return to play too soon while their brain is still healing risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting the injured student-athlete for a lifetime.

3. Inform all coaches about any recent concussions
   Coaches should know if an athlete has had a recent concussion. The coach may not know about a concussion in another sport or activity if he or she is not informed by the parent, guardian or athlete.

Maryland Youth Sports Concussion Law
Annotated Code of Maryland
Online Resource: www.myheadfirst.com/the-law-coaches

(c) Removal from play; written clearance required for return to play. —
(1) A youth athlete who is suspected of sustaining a concussion or other head injury in a practice or game shall be removed from play at that time.
(2) A youth athlete who has been removed from play may not return to play until the youth athlete has obtained written clearance from a licensed health care provider trained in the evaluation and management of concussions.