

Youth Sports Gymnastics Camp Guidelines & Rules

Illness and Sanitation Policies: Whenever children are together, there is a chance of spreading infections and the viruses responsible for colds, flu and stomach viruses and many more. Any child with respiratory symptoms (cough, runny nose, and sore throat) and fever should not be brought in the building. The child can return 24 hours after starting treatment and/or the fever has resolved (without the use of fever-reducing medicine). Other symptoms common in children that should not participate with other children include colds, sore throats, coughs, vomiting, pink eye and diarrhea.

Camp Reminders:

A refillable bottle of water for your child EVERY day with their name on it. A lunch (lunchbox /backpack should have their name on it) and 2 snacks. Pizza is provided on Friday and a packed lunch is not needed unless your child doesn't like pizza or has related allergies. Please be aware that they will be active for most of the day so please pack them more than you think they will need. We ask that you include any utensils they might need. We have some replacements if someone forgets but this should not be an everyday occurrence. ** We are a nut free facility! Please do not pack nut butter in any snacks or lunches! Bring an extra pair of clothes in their backpack in case of a bathroom accident, sickness or an art project and their clothes get wet/dirty.

We highly discourage the use of cell phones, watch devices, and tablets during camp, as we want the campers to be active and social while they are with us. If we see a camper with their phone/tablet out, we will ask them to put it away. If you need to speak with your child or they need to speak with you at any point during their camp day, we will have them call from our front office phone or bring their phone to the front office and front desk and make their call from there. *Please make sure the front office has the CORRECT and UPDATED contact information for your child.

Camp Rules:

We want everyone to have a safe and happy summer.

When attending a camp or class at YSG, we expect that all participants will demonstrate care, respect, and responsibility at all times. In addition, we expect participants to exhibit self-control, be nice to others, and follow simple instructions. To help students understand what this means, we have 4 basic rules:

- **Be Caring:** Being caring means that you will be kind to others, be a good friend, and use supplies, gym equipment and other materials wisely and according to the specific rules communicated by your instructor.
- **Respect Others:** To show respect you must be kind and polite to others. You should also pay attention to others as well as yourself.
- **Take Responsibility:** Taking responsibility means that you do what you are supposed to do, when you are supposed to do it, the way you are supposed to do it, and if you do something wrong you try to make it right.
- **Participate and Try New Things:** Participating means you will take part in all activities even if it might not be something you want to do.
- **Demonstrate good sportsmanship:** Be a good sport when playing games and challenges. Everyone cannot win.

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Things that are never okay at YSG: bullying or harassment (saying mean things or hurting others), lying or not telling the truth, using foul language, stealing or taking things without asking, hitting, shoving, pushing, or being mean, destroying property including picking mat foam and, possessing, using, or distributing drugs, alcohol, and/or tobacco or bringing weapons of any kind to the program.

Consequences: We expect that participants will demonstrate care, respect, and responsibility at all times while with us. We also expect participants to exhibit self-control, be nice to others, and follow simple instructions.

Process:

If you do not follow the rules above or have difficulty with any part of these expectations, you will be asked to take responsibility for your actions and the Management team will make every effort to match the consequence to the action. We will follow this process for any inappropriate behaviors, which follows the protocol set forth above.

You will receive immediate correction from the staff member or director, sharing both what you are not doing right and what you can do to make it right.

You will receive a verbal warning and logical consequence.

You will have a follow-up discussion with the gym management.

Management will communicate with your family and set up a meeting between the family, student, and program director to talk through continued participation in the program.

Removal from the program is a possibility depending on the severity and continuation of the behavior or action.

The program director may decide to skip some of these steps if necessary.

While we offer top-notch programs, we may not be the best program or have the right support in place for all children, especially those requiring special medical, behavioral, or social support. Please contact us with questions about whether YSG Summer Programs offer the right experience and support for your child. Participants who are unable to follow our rules may be asked not to continue their session or not to return in the future and refunds will not be provided.

Gym Management
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