FAIRBANKS
FUN & FITNESS
CAMP

2017

11 WEEKS OF FUN
MARCH 13-17
MAY 30 - AUG 11

AGES 5*–12
*Child must have attended school in 2016-2017 or have received equivalent homeschooling.

HOURS
Monday–Friday, 7:30am–5:30pm

PRICES
$179 member*/week
*Child must be a member
$219 nonmember/week

Camp size is limited. To register turn in completed registration (pages 15–21) to The Alaska Club South, or by faxing to (907) 456-5961

The Alaska Club Fairbanks South - 747 Old Richardson Hwy, Fairbanks, AK 99701

Questions? CALL (907) 365-7393  FAX (907) 456-5961  EMAIL lsmart@thealaskaclub.com
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Registration Packet Includes: Title Page, Registration Schedule,
Administrative Form, Parent Sign Off, Medication Waiver,
Payment Agreement & Child Emergency Information.

Please attach a copy of Birth Certificate and current Immunizations Record to complete your enrollment packet.

TO REGISTER YOU WILL NEED:

- Registration Packet - Pages 15 – 21 must be completed
- A copy of your child’s Birth Certificate
- A copy of current Immunization Record
  (State Licensing REQUIRES records be supplied from documents of Licensed Health Care Professionals only)
- Payment

**Child MUST be at least 5 years of age AND have attended the previous Kindergarten school year**

ONLY COMPLETED PACKETS WILL BE ACCEPTED.

If you have any questions, contact a Reservation Specialist at 365-7393.
WELCOME!

The Alaska Club Fun & Fitness Camp emphasizes the importance of health while having fun and playing a variety of sports. Children develop new skills while learning the importance of sportsmanship in a safe and positive environment.

Our camp is devoted to helping children develop their creativity and individuality. In order to provide the best possible experience, our counselors and camp directors go through extensive training in both fitness and proper childcare. While our camp is geared toward 5 – 11 year olds, we can accommodate 12 year olds on a per child basis.

The Alaska Club Fun & Fitness Camp is monitored by the Department of Health and Social Services. This agency monitors, supervises and investigates complaints involving childcare centers.

The Department of Health and Social Services
Child Care Licensing
is located at:

542 4th Avenue, Suite 212
Fairbanks, AK 99701
(907) 451-3198
1. REGISTRATION PROCEDURES

This information is a requirement of Child Care Licensing. In addition to the Registration Packet, each child must have the following information on file prior to the first day of camp: A copy of the child’s current immunization record. Only records documented by Licensed Health Care Facilities will be accepted. In addition, The Alaska Club requires a copy of the child’s birth certificate.

**Child MUST be at least 5 years of age AND have attended the previous Kindergarten school year**

Failure to complete and supply the registration paperwork will result in your child being denied admission to camp until the information is provided. 60 children are the maximum number allowed to participate in camp. Our child/counselor ratio is maintained according to Child Care Licensing. Register early to ensure your child’s enrollment into camp.

2. ARRIVALS AND DEPARTURES

Children must be accompanied to and from The Alaska Club by a parent, guardian or an adult listed on the Child Emergency Information record. All Youth Camp activities will take place on Club property.

The Alaska Club South
747 Old Richardson Hwy.
Fairbanks, AK 99701
907-452-6801

Arrivals – Camp opens at 7:30am. **No one is available to attend children before 7:30am.**

Children are to be dropped off in the sports camp room (located behind the gymnasium) by their parent(s)/guardian(s). You are required to sign in your child for camp each day on the daily sign in/out sheet. **Children may not sign themselves into camp.** Always speak with a counselor when dropping off your child, especially if activities have already begun. This communication is a great way to check in and establish a relationship with your child’s childcare provider as well as exchange any important information needed for the day.

Departures – Camp closes at 5:30pm. **There will be a $15 “After Care” charge for every 15-minute period thereafter.** Children may be picked up in the sports camp room. You are required to sign out your child from camp each day on the daily sign in/out sheet. All persons listed on the ‘Child Emergency Information’ are the only individuals allowed to pick up children from our camp. All persons may be required to present a picture ID each day of pick up. This mandatory procedure is for your child’s safety and protection.

3. CURRICULUM

The Alaska Club camp provides a fun and educational environment. Activities include but are not limited to the following: arts, crafts, gym games, volleyball, Zumba, aerobics, gymnastics, swimming, basketball, soccer, tennis, racquetball, and outdoor play. We offer these activities as well as guidance in manners, social interaction and good sportsmanship. The camp program activities are planned by The Alaska Club Camp Director.

4. WHAT ITEMS SHOULD I BRING ON A DAILY BASIS?

A. Nutrition
   - Sack lunch
   - 2 snacks (provided by The Alaska Club Camp – see sample menu on page 10. Children may bring special snacks if needed.)

B. Extra clothing
   - Indoor athletic shoes (Children must have appropriate shoes or they will not be able to participate in activities.) NO SANDALS or HEELIES.
   - Full change of clothing (pants, shirt, socks, shoes, underwear)
   - Swimsuit
   - Appropriate outdoor wear (outdoor athletic shoes, comfortable light clothing, hat).
   - Water bottle
RULES & REGULATIONS

5. PERSONAL BElongings
All personal belongings such as jacket, shoes, backpack, and lunch box should be labeled with your child's name. The Alaska Club will not be responsible for lost or stolen items. Toys and other personal possessions from home such as, iPods, cell phones or other electronic devices are discouraged. Toy guns, knives, swords, etc. are NOT ALLOWED!

6. MEALS, SNACKS AND BEVERAGES
Parents are responsible for providing their children with a lunch each day of camp. Parents should provide a well-balanced and nutritious lunch. Please do not send candy, gum or soda. Water bottles should contain clear water only. Sports drinks and fruit drinks are not allowed in many areas of the club.

7. OUTDOOR PLAY
We will be outdoors as much as possible. Please bring appropriate gear and clothing for the weather. Items recommended are comfortable clothing, a light jacket or sweatshirt, outdoor athletic shoes, hat and a water bottle. A blanket waiver will be provided each camp week to grant counselors permission to supply and/or administer sun block and/or bug repellent as needed.

8. FIELD TRIPS/WALKS
All activities for this camp take place on the premises of The Alaska Club South at 747 Old Richardson Hwy, Fairbanks, Alaska 99701. At no time are children transported off the premises unless for required emergency care.

9. PARENT VISITS
All childcare programs with The Alaska Club have an open door policy. Parents are encouraged to visit any time. We are always open to suggestions. Please check in with the camp staff when you arrive.

10. EMERGENCY CARE PROVISIONS
The Alaska Club camp programs practice emergency evacuation procedures once monthly. Emergency evacuation procedures for fire and earthquake drills are approved by Child Care Licensing. In addition, we’re required to record each drill practiced throughout the camp. In the case of an emergency, we will contact 911 and the parents are responsible for the cost of such transportation. In case of child supervisory emergencies, only qualified instructors will be substituted.

11. ILLNESS AND ACCIDENTS
In the event of a serious accident, parents are notified immediately as well as the paramedics. If we cannot contact the parents, we will contact the names listed on the ‘Child Emergency Information’ record along with the child’s physician. In case of an illness at the center, parents are immediately notified to pick-up their child from camp. The child will be kept under supervision in an isolated area until the parent arrives. Ill children will not be accepted for care. Prescription and nonprescription medication will be dispensed only if the medication is in its original container with the label intact. All medications will be stored out of children’s reach and separated from other substances. Parents must sign a permission slip for staff to administer medication, including topical treatments such as sunscreen and/or bug repellent.

12. DISCIPLINE
The following methods of discipline are encouraged throughout all camp programs with The Alaska Club:

Redirection and a cool off period are given as first line of discipline. Positive reinforcements are also used when a child is following expectations and rules. Explanations of the expectations and rules will be discussed with the child on a personal level to help further explain why these rules are in place and why they need to be followed. Expectations and rules are clearly stated every day, as well as posted where children can see them. If a definite action of discipline is necessary, the ‘time-out’ method will be used. A child will not be in time-out for more than 10 minutes, as appropriate per the child’s age. No child will be disciplined in regards to food, toileting, by another child, or restrained in any manner. Passive physical restraint will only be used to protect from injury. A child will never be locked in a room. A cool down period can be used in a separate room or area if needed. If a cool down area is needed the child will be supervised at all times by a lead counselor. If a child’s behavior is out of control (such as throwing objects), a cool down period will be given to allow the child to calm down, then the child will be spoken to about the behavior at developmental level. If behavior continues, further disciplinary actions will be taken, such as a time-out. Parents’ may be called if behavior continues and a staff member cannot help the child to calm down, so that the parent may speak to the child to help with the calm down process. All discipline is appropriate to the age of the child, the behavior and is administered immediately. NO spanking or any other form of corporal punishment is used by the staff or parents on the premises.

For ongoing behavioral problems, the staff and the parent will work together to solve the problem and create a plan of action for the remainder of the time the child is in care. If a behavioral problem occurs where the children or staff are not safe, The Alaska Club has the right to terminate the relationship, without prior notice if deemed necessary, with no refunds. If the behavioral problem creates a hostile environment, parents will receive a 14 day notice of termination of services, with no refunds. Hostile meaning an environment in which staff or other children are not comfortable in attending or being present due to actions of the child. An example being if a child were to be cursing at staff on a daily basis for 2 or more days.

The Municipality of Anchorage licensing code requires The Alaska Club to provide all camp counselors with orientation and training on discipline and behavior management techniques that promote a child’s ability to be self-disciplined.
RULES & REGULATIONS

13. SPECIAL NEEDS
We will accept children with special needs if The Alaska Club meets the needs of the child adequately. A meeting between the parent(s) and the Camp Director is required prior to admittance to discuss the requirements of the child. A copy of the child's IEP or 504 plan is required before admittance to camp to verify the needs of the child are being met adequately. It is the responsibility of the parent(s) to notify the Camp Director immediately of needs that need to be met for the child while in care.

14. VIDEO/TELEVISION
There is no regularly scheduled viewing of television. If due to weather delays, movies may be substituted for outdoor play. Movies do not exceed 1.5 hours in length. All movies shown are appropriate for children and G-rated.

15. ANIMALS/PETS
No animals are allowed on the premises.

16. SMOKING
There is no smoking allowed in The Alaska Club or on the premises.

17. CAMP COUNSELORS
All camp counselors of The Alaska Club are required to meet the qualifications of Child Care Licensing. This includes background checks and character references. Our staff is involved in extensive training and orientation. Our main concern is the safety, wellbeing, and care of your child(ren). The Alaska Club employs a back-up staff, in case of emergency, and they are held to the same requirements. The camp staff consists of the Camp Director, Camp Director Associate, and Camp Counselors.

18. SUPERVISION OF CHILDREN:
Children are to always be under supervision. An exception will be made for children going directly to and from the restroom, in which case we use the “buddy system.”

- **Indoor Play:** During indoor play there is to be a ratio of 14:1 children to counselor. All staff will stay with their group and assist all professionals giving a lesson to the group.
- **Outdoor Play:** During outdoor play the same ratio of 14:1 children to counselor will be kept. No child will be allowed to leave the group while outside.
- **Special Care:** If a child requires special care or assistance, the counselor will contact the Camp Director immediately for help. If the Camp Director is not available, the closest building manager will be contacted.
- **Medical Needs:** The Camp Director will notify all counselors of any special medical needs including allergies and/or medication requirements of any campers. All children must have a special form signed by their guardians allowing administration of the stated medication. All medication requirements and allergy notes are kept in the medical binder.

19. CHILD ABUSE REPORTING
Child Care Licensing regulations require that all licensed childcare providers report all incidents of suspected or actual abuse, neglect of children regardless of whether they occur in or are related to the facility. This facility is obligated by law to report such incidents within 24 hours to the Office of Children's Services (OCS) at 1-800-353-2650.

20. INSURANCE
The Alaska Club maintains the required liability insurance for all child care programs.

21. NOTIFICATION OF CHANGES
Any rate or policy change is posted in writing within ten days of the change.

22. VOLUNTEERS
All volunteers are required to meet the qualifications of Child Care Licensing. All specific tasks and daily duties are discussed in detail with the Camp Director/Administrator.

23. INDEPENDENT CHILD
To participate in camp, the child must be responsible enough to go from one place to another alone. There will be times a child will walk without adult supervision to such places as the bathroom or locker rooms. Our camp is often broken into groups that are led by one counselor; so it is important to realize that your child will not have eyes on him/her at all times. It is important that your child can do small tasks independently.
HEALTH POLICIES AND PROCEDURES

The following health policies and procedures will be followed.

STAFF:
1. Staff will be excluded from the center when they exhibit the following symptoms or illnesses:
   A. Gastrointestinal infections
   B. Skin infections
   C. Other communicable diseases
   D. Temperature greater than 101 degrees
   E. The following reportable communicable diseases which will be reported to Child Care Licensing
      Respiratory Disease
      Diphtheria
      German Measles (rubella)
      Haemophilus Influenzae
      Measles (rubeola)
      Bacterial Meningitis
      Pertussis (whooping cough)
      Meningococcal
      Gastrointestinal Disease
      Giardiasis
      Hepatitis A
      Salmonellosis
      Shigellosis
      Mumps
      TB
   2. Staff who have been diagnosed with any of the above reportable communicable diseases may return to the center only when written documentation from a licensed physician states that he/she has been evaluated and presents no risk to children.
3. Staff shall wash their hands and shall train children to wash their hands:
   A. After handling children’s bodily fluids
   B. After nose blowing
   C. After toileting
   D. Before food preparation, food service, and feeding children
4. Staff will be trained to recognize signs of illness and conditions requiring immediate medical care.

CHILDREN:
1. Children will be excluded from the center when they exhibit the following symptoms/illnesses:
   A. Severe pain or discomfort particularly in joints, ears, or abdomen.
   B. Acute diarrhea, characterized as two times the child’s usual frequency of bowel movements with a loose consistency within a period of 24 hours.
   C. Two or more episodes of vomiting within 24 hours.
   D. Severe coughing or sore throat.
   E. Oral or axillary temperature of 100 degrees or more.
   F. Yellow skin or eyes.
   G. Red eyes with discharge.
   H. Infected or untreated skin patches or lesions.
   I. Difficult or rapid breathing.
   J. Severe itching of body or scalp.
   K. Skin rashes, excluding diaper rash, lasting more than one day.
   L. Swollen joints.
   M. Visibly enlarged lymph nodes.
   N. Stiff neck.
   O. Blood or pus from ear, skin, urine, or stool.
   P. Unusual behavior for the child characterized by no playing, confusion, or persistent inconsolable crying.
   Q. Loss of appetite, characterized by refusing all solids.
R. Symptoms which indicate any of the following diseases:
- chicken pox
- impetigo
- lice
- scabies
- strep throat

S. Reportable communicable diseases (see staff above).

2. Children who have been diagnosed with any of the above reportable communicable diseases may return to the center only when written documentation from a licensed physician states that they have been evaluated and present no risk to other children.

3. Children who have symptoms of illness may be admitted to or remain in the center only when there is written documentation from a licensed physician (or verbal with written follow-up), stating that the child has been diagnosed and poses no serious health risk to the child or other children.

4. The center will notify parents of all occurrences of or exposure to communicable diseases or conditions in the center.

5. The parents of the children who become ill or injured while in child care will be immediately notified of any illness/symptoms of any injury more serious than minor cuts and scratches. Parental instructions for action will be obtained.

6. In non-emergency situations, the administrator (or designee) will make prompt arrangements with the parents for medical evaluation or for the child to be picked up by the parent if necessary.

7. The administrator (or designee) will obtain emergency medical treatment without specific parental instruction in those cases where the illness/symptoms or injury are such that there must be no delay in treatment.

8. Until removal from the center, the child will be provided a place to rest quietly under supervision.
SAMPLE DAILY SCHEDULE

Each day, campers meet in age groups and will rotate through the day’s activities. Age appropriate variations will be given to each group and the sequence of activities will be different for each age group. The below gives an example of a daily schedule balanced between team activities, skill-based sport activities, creative play, group classes such as Zumba or dance and quiet time with crafts or storytelling. A weekly activity schedule will always be posted on our Parent Information Board located in the camp assembly area.

- 7:30-8am.............. Welcome! Sign in!
- 8-9am.................. Warm ups / sports drills in gymnasium
- 9-10am............... Tennis, racquetball or other skill-based sport
- 10-10:30am.......... Morning snack
- 10:30-Noon.......... Open Swim
- Noon-1pm............ Lunch / free time
- 1-1:30pm............. Circle Time (cooperative skills / relationship builders) /story
- 1:30-2:30pm....... Dance or cardio activity such as Zumba, kickboxing or cheer
- 2:30-3:00pm....... Fitness challenge such as obstacle course, fitness jam or circuit training
- 3-3:30pm............ Afternoon snack
- 3:30-4:30pm....... Outside play - organized Games (Monster Tag, Dragon Race, Capture the Flag)
- 4:30-5pm............. Team sport activity such as soccer, basketball or dodgeball
- 5-5:30pm............. Table games / Circle Time / Free time
- 5:30pm............... Sign out – Good evening!
WHAT SHOULD CHILDREN BRING?
Swimming and water activities take place daily. Please bring your swimsuit every day. Also bring lunch, any special snacks needed in addition to the two provided by The Alaska Club, water bottle, appropriate outdoor wear and a backpack.

SAMPLE SNACK INCLUDES: (Two light snacks are included in your camp fee and provided by The Alaska Club. However, you are welcome to bring your snacks to suit your child's needs."
- AM: NutriGrain Bar & Juice
- PM: Crackers with Cheese & Juice

Please note: We do have microwaves and will gladly heat your child's lunch from home if needed.

WHAT-TO-BRING CHECKLIST
- Sack lunch
- Swimsuit
- Water bottle
- Rain gear/appropriate outdoor wear
- Athletic shoes (2 pairs- indoor & outdoor use)
- Full change of clothing (pants, shirt, socks, shoes, underwear)

Listed below are the forms required to enroll your child(ren) in The Alaska Club South Fun & Fitness Camp. If the required forms are not completed by the first day of camp, your child(ren) will be denied admission to camp until the required forms and payment are completed.

- Child Registration Form (page 15)
- Registration Schedule (page 16)
- Administrative Form (page 17)
- Parent Sign Off (page 18)
- Medication Waiver & Instructions (page 19)
- Payment Agreement (page 20)
- Child Emergency Information (page 21)
- Copy of Birth Certificate
- Copy of Current Immunization records

*(Document must be provided by a health care professional. This may include a school nurse from your child's school.)*

- Payment (will be processed at time of registration)
CHILD CARE LICENSING PROGRAM
Division of Public Assistance
Child Care Program Office

PARENTS' GUIDE TO LICENSED CHILD CARE

This form is required to be included in a child care facility’s policies and must be provided to parents at enrollment.

♦ Choosing care for your child is a significant decision.
When you entrust the care of your child to another person, you are making an important decision. Visit, ask questions, and carefully compare several programs. Licensed care includes child care homes, group homes, and centers. Your choice depends on what you want and need for your child.

♦ Licensing is a key to quality child care.
Licensing promotes good care by setting basic health and safety standards. Before a center, group home, or home is granted a child care license, it must meet minimum regulatory standards such as: health, safety, and program requirements. Child Care Licensing Specialists from the Child Care Program Office conduct on-site inspections at a facility to monitor regulatory compliance and to investigate reports of concern. The goal of licensing is to prevent predictable risks of harm to children; however, licensing cannot guarantee that a facility meets all requirements at all times.

♦ An informed parent is a key to quality child care.
Parents are responsible for choosing and monitoring their child's care. Licensors generally visit a minimum of twice a year, but you visit each time you take your child. Visit unexpectedly sometimes or in the middle of the day. Keep an eye on the quality of care. What do you see when you visit? Is the environment safe? Are caregivers knowledgeable, nurturing, and communicating with you about your child’s daily care and needs? How many children are present, are there enough caregivers? Are activities appropriate? Watch how your child responds to the program and interacts with caregivers. Listen to what your child says and pay attention to changes in their behavior. It’s ultimately a parent’s decision to choose a facility which meets their family’s needs and their standards for health, safety, and quality.

♦ What to do if you have questions or concerns about the care your child is receiving:
First discuss with your caregiver or the facility’s Administrator or Child Care Associate if you have any concerns, observe any health or safety issues, or feel the facility’s program needs improvement. If you are still concerned, believe children may be in danger, or feel a licensing standard has been violated, contact the Child Care Program Office toll free at 1-888-268-4632.

CHILD-TO-CAREGIVER RATIO REQUIREMENTS FOR LICENSED CHILD CARE FACILITIES

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<tr>
<th>CHILD CARE HOMES</th>
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<tr>
<td>1 caregiver required; must be at least 21 years of age</td>
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<tr>
<td>No more than 5 children younger than 13 years of age including the caregiver’s own children, without fire safety approval</td>
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<tr>
<td>No more than 8 children total, younger than 13 years of age, including the caregiver’s own children, with fire safety approval</td>
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<tr>
<td>No more than 3 children under the age of 30 months</td>
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<td>No more than 2 children may be non-ambulatory</td>
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<tr>
<td>No more than 5 children, including the caregiver’s own children under the age of 18 years, are allowed in nighttime care between the hours of 10:00 p.m. and 6:00 a.m., with fire safety approval</td>
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<th>CHILD CARE GROUP HOMES</th>
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<td>2 caregivers required, one must be the Administrator and must be at least 21 years of age</td>
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<tr>
<td>Caregivers must be at least 18 years of age</td>
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<td>No more than 12 children total younger than 13 years of age, including the caregiver’s own children, with fire safety approval</td>
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<tr>
<td>No more than 5 children under the age of 30 months</td>
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<td>No more than 4 children may be non-ambulatory</td>
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<tr>
<td>No more than 5 children, including the caregiver’s own children under the age of 18 years, are allowed in nighttime care between the hours of 10:00 p.m. and 6:00 a.m., with fire safety approval</td>
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See 7 AAC 57.505 for child-to-caregiver ratio requirements allowing 1 caregiver in a Group Home.

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<th>CHILD CARE CENTERS</th>
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<td>Administrator and/or Child Care Associates must be at least 21 years of age</td>
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<td>13 or more children in care, with fire safety approval</td>
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<tr>
<td>The number of caregivers, who are at least 18 years of age, needed to meet child-to-caregiver ratios:</td>
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<tr>
<td>1 caregiver for every 5 infants (birth through 18 months)</td>
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<td>1 caregiver for every 6 toddlers (19 months up to 36 months)</td>
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<td>1 caregiver for every 10 preschool children (3 and 4 year olds)</td>
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<td>1 caregiver for every 14 kindergarten children (5 and 6 year olds)</td>
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<tr>
<td>1 caregiver for every 18 school age children (7 through 12 years old)</td>
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See 7 AAC 57.510 for allowable maximum group sizes in a Center.
TO BE LICENSED
- Required to apply for a Provisional or Biennial License
- Must meet all licensing standards and requirements
- Must be in compliance with all licensing regulations
- Must allow Child Care Licensing access to inspect the facility and premises to ensure licensing compliance and to investigate complaints
- All staff/household members must have valid criminal history check from the State of Alaska Background Check Program
- All caregivers must meet the licensing early child development training requirements

OBTAIN FROM PARENTS
- Child’s immunization records or an approved exemption form
- Child emergency information • must be updated by parent when changes occur or at least semi-annually
- Permission for: • medication administration • transportation • field trip participation
- A plan of care for a child identified with a special need
- A behavior guidance plan for a child with a behavior issue

PROGRAM REQUIREMENTS
- Must promote children’s healthy development
- Must include quiet and active, group and individual, indoor and outdoor activities
- Must include minimum of 20 minutes of vigorous physical activity for every 3 hours in care
- Must ensure screen time viewing is limited to 1½ hours in a 24-hour period
- Must have a specialization approved by Child Care Licensing to provide nighttime care or allow children to participate in a moderate risk activity

SUPERVISION
- Ensure children are always supervised by an adult caregiver
- Ensure children receive age appropriate supervision
- Ensure a child’s whereabouts are known at all times while in care
- Ensure child-to-caregiver ratios are always met

SAFETY
- Must meet Child Care Licensing and fire safety standards
- Must have an emergency evacuation plan, train staff, and document monthly evacuation drills
- Ensure water temperature is between 100 and 120 degrees Fahrenheit
- Ensure firearms and ammunition are stored properly away from children. Note: firearms and ammunition are prohibited in a child care center.
- Ensure the facility is free of hazards inside and outside
- Ensure electric outlets accessible to children under age 5, have child protective outlet covers

BEHAVIOR GUIDANCE
- Must be positive and never cruel, humiliating, or damaging to the child
- Must set realistic expectations and clear and consistent limits
- Must not be disciplined or punished related to eating, napping, or toileting
- Ensure if time-outs are used they are age appropriate and a child is never removed from other children for more than 10 minutes
- Ensure corporal punishment of children is prohibited. Note: corporal punishment means “the infliction of bodily pain as a penalty for a disapproved behavior. It includes: shaking, spanking, delivering a blow with a part of the body or an object, slapping, punching, pulling or any other action that seeks to induce pain.”

HEALTH
- Ensure the facility meets cleaning and sanitation standards
- Ensure meals and snacks are nutritious and follow Alaska Food Program standards
- Ensure sanitary practices are used for food preparation and handling
- Must notify parents if their child is exposed to a contagious or communicable disease
- Ensure a medical provider approves attendance before admitting a seriously ill child
- Ensure drinking water is safe
- Ensure facility is smoke free
- Ensure there is always a caregiver with CPR and first aid certification present
- Ensure medicine and toxic materials are labeled and stored safely out of reach
- Ensure medicine is only administered with parent permission
- Ensure a caregiver’s own child and all children in care are treated equitably

EQUIPMENT AND SUPPLIES
- Ensure furniture and equipment are safe and durable
- Ensure there is an adequate and varied amount of age appropriate toys and books available for children in care
- Ensure children have storage space for their belongings
- Ensure children under age 5 have a cot/mat/bed and bedding that is clean and sanitary for resting
- Ensure infants sleep on their backs in an approved crib free from materials and blankets that could increase the risk of suffocation

SPACE
- Must have indoor and outdoor space to accommodate the physical and developmental needs of children in care:
  - 35 square feet of usable indoor space per child
  - 75 square feet of usable outdoor space per child
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<th>2017 SCHEDULE</th>
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<td><strong>Spring Break Camp</strong></td>
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</table>
REGISTRATION POLICY

REGISTRATION INFORMATION

Registration forms are available at The Alaska Club Fairbanks South and on our website at thealaskaclub.com. We require each child to have his/her OWN Registration Packet. This is to include: Child Registration Form, Registration Schedule, Administrative Form, Parent Sign Off, Medication Waiver & Instructions, Payment Agreement, Child Emergency Information Record, Copy of Birth Certificate and Copy of Current Immunization Records.

PAYMENT INFORMATION

Children themselves must be members of The Alaska Club to be eligible for member prices. Payments are due at the time of registration. If you are a member of The Alaska club, registration fees will be charged to your membership account.

WEEKLY RATES

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>MEMBER</td>
<td>$179*</td>
</tr>
<tr>
<td></td>
<td>(*Child must be a member)</td>
</tr>
<tr>
<td>NONMEMBER</td>
<td>$219</td>
</tr>
</tbody>
</table>

CANCELLATIONS

Your payment confirms your camper’s place for the weeks you have selected. Therefore, if your payment is not received when due, your camper’s registration will be cancelled. Other cancellations will only be considered when received in writing and acknowledged by a camp counselor. A cancellation form is available in the Camp Conference Room. Cancellations must be received no later than Monday the week prior to your reserved camp attendance. Non-attendance does not designate non-payment.

You will be charged for your camper’s space in camp regardless of attendance unless your cancellation is received by Monday, the week in advance. This policy allows other families who are on waiting lists to be offered unconfirmed spaces and have time to prepare for attendance.
The Alaska Club Fun & Fitness Camp
Licensed by
The State of Alaska
Department of Health and Social Services
Child Care Licensing

Questions,
call a Reservation Specialist
at 365-7393
WEEKLY REGISTRATION SCHEDULE

Please check all that apply:

I would like my child__________________________________________________________
to attend The Alaska Club Fun & Fitness Camp program on the following dates I have selected below.

_______________________________ _____________________________________
Parent/ Guardian Name     Member # (NM for Non Member)

Cancellations MUST be received 7 days prior to your reserved week or full charges will apply.

For your records and tax purposes,
please retain a copy of your reservation schedule and your payment receipts.

<table>
<thead>
<tr>
<th>SCHEDULE</th>
<th>FULL DAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spring Break Camp</td>
<td>March 13-17</td>
</tr>
<tr>
<td>Week 1</td>
<td>May 30 - June 2</td>
</tr>
<tr>
<td>Week 2</td>
<td>June 5-9</td>
</tr>
<tr>
<td>Week 3</td>
<td>June 12-16</td>
</tr>
<tr>
<td>Week 4</td>
<td>June 19-23</td>
</tr>
<tr>
<td>Week 5</td>
<td>June 26 - 29</td>
</tr>
<tr>
<td>---</td>
<td>4th of July week - NO CAMP</td>
</tr>
<tr>
<td>Week 6</td>
<td>July 10-14</td>
</tr>
<tr>
<td>Week 7</td>
<td>July 17-21</td>
</tr>
<tr>
<td>Week 8</td>
<td>July 24-28</td>
</tr>
<tr>
<td>Week 9</td>
<td>July 31 - August 4</td>
</tr>
<tr>
<td>Week 10</td>
<td>August 7-11</td>
</tr>
</tbody>
</table>
(Permission to participate in child care activities and to receive emergency care)

I hereby grant permission for my child ________________________________, to participate in all of the activities and to use all play / sports equipment, provided by The Alaska Club Fun & Fitness Camp program.

I hereby grant permission for my child to be in the Gymnasium, Racquetball and Tennis Courts, Family Group Fitness Rooms, rock wall or other areas deemed safe on The Alaska Club facilities.

I hereby grant permission for the Camp administrator, Club managers or camp counselor to take whatever steps may be necessary to obtain emergency care if warranted. The steps may include, but are not limited to the following:

1. Attempt to contact a parent or guardian.
2. Attempt to contact the person(s) listed on the emergency card.
3. Attempt to contact the child’s physician.
4. If we cannot contact you, or your child’s other parent/legal guardian, or your child’s physician, we will do any or all of the following:
   A. Call another physician
   B. Call an ambulance
5. Any expense incurred under statement number 3 and 4, above, will be taken care of by the child’s parent / guardian(s).

The Alaska Club will not be responsible for anything that may happen as a result of false information given at the time of enrollment.

I have read the Parent Policy Manual, and agree to follow all rules and regulations, and guidelines pertaining to fees, refunds, hours, etc. as outlined in the Parent Policy Brochure.

Your signature indicates all rules, regulations, and guidelines have been read and fully understood, and are agreed to.

Parent/Guardian (print name): ____________________________________________________________

Parent/Guardian Signature: ____________________________________________________________

Date: ___________________
Policy Brochure

I have received a copy of the policy brochure of The Alaska Club Fun & Fitness Camp program. I understand that I am responsible for knowing the information included in this brochure. If I have any questions, I will contact the Camp Director at 452-6801 ext.1758.

Payment/Cancellation Procedures

I completed the payment agreement of the registration packet and understand the payment procedures. I also understand that all cancellations must be done in writing and received on the Monday prior to the week reserved.

Photo Release

I hereby authorize The Alaska Club to publish the photographs and videos taken of me and/or the undersigned minor children, and our names, for use in the The Alaska Club's printed publications, website and training purposes.

I release The Alaska Club from any expectation of confidentiality for the undersigned minor children and myself and attest that I am the parent or legal guardian of the children listed below and that I have the authority to authorize The Alaska Club to use their photographs, videos and names.

I acknowledge that since participation in publications and websites produced by The Alaska Club is voluntary, neither the minor children nor I will receive financial compensation.

I further agree that participation in any publication and website produced by The Alaska Club confers no rights of ownership whatsoever. I release The Alaska Club, its contractors and its employees from liability for any claims by me or any third party in connection with my participation or the participation of the undersigned minor children.

Initial: ___________

Waiver of Claim

It is expressly agreed that the use of The Alaska Club facility shall be undertaken by a member or guest at his/her sole risk. The Alaska Club shall not be held liable for any injuries or any damage to any member or guest, or the property of any member or guest, or be subject to any claim damages whatsoever, on the part of The Alaska Club, its officers or agents. It is also expressly agreed that we, as the parent or legal guardian, will assume full responsibility for any and all injuries which may occur to my dependents while participating in any child care program and that The Alaska Club shall have no liability to the member (nonmember) for such injuries or property damage.

Child's Name:____________________________________________________________________

Parent/Guardian (print name):____________________________________________________________________

Parent/Guardian Signature:____________________________________________________________________

Date: _____________________
MEDICATION WAIVER & INSTRUCTIONS

(Please do not fill this form out unless you have medication needing to be administered. If no medication is needed, please write N/A and then sign and date)

*Note to Parents

Alaska Child Care Licensing regulations prohibit the childcare provider from giving any medicine, including vitamins and mineral supplements, to a child unless those medicines are provided by the parent. The childcare provider must have the parent’s permission for each individual dose of over-the-counter medication (including aspirin) to be given to the child. Current prescription medicines must be in the original container and labeled with the prescribing physician’s name, child’s name, dosage and specific period of time that the drug may be administered.

MEDICATION WAIVER & INSTRUCTIONS FORM

Child’s Name: __________________________________________________________

I authorize the administration of the following medication:

Type __________________________________ Dosage ____________________________

Time of Day __________________________________

NOTE: __________________________________________

_____________________________________________

_____________________________________________

_____________________________________________

Parent Signature ___________________________ Date __________________________
PAYMENT AGREEMENT

Payment Agreement – Credit Card
Nonmember account MUST have a Credit/Debit Card on file. This card will be charged weekly for current Camp charges as shown on schedule on page 16 of the Camp Registration Packet.

Parent/Guardian (print name): _______________________________________________________________

Automatic Payment from VISA/MC/AMEX

Card # ___________________________ Exp Date _________ CVN#______

Date: ______________ Signature ________________________________

Initials _____ I authorize The Alaska Club Inc to charge my weekly camp dues and/or associated charges to bank account or credit card indicated above. Should I elect to terminate this agreement, The Alaska Club Inc is authorized to collect all funds due prior to cancellation. I understand that all cancellations require a written notice to the Camp Director. All automatic payments will be applied to my account during the week of service.

Payment Agreement Member – Charge to Member Account
Members will be charged weekly for current Camp charges as shown on schedule on page 17 of the Camp Registration Packet. All charges will be posted to the Member Account.

Parent/Guardian (print name): _______________________________________________________________

Automatic Payment from The Alaska Club membership account

Member Name ___________________________ Member Number ___________

Date: ___________________ Member Signature____________________________

Initials _____ I authorize The Alaska Club Inc to charge my weekly camp dues and/or associated charges to The Alaska Club membership account above. Should I elect to terminate this agreement, The Alaska Club Inc is authorized to collect all funds due prior to cancellation. I understand that all cancellation require a written notice to the Camp Director.

Payments can be done by credit card or charged to member account. Payments will be processed when the child is registered.

WEEKLY RATES

MEMBER ................... $179/week

NONMEMBER ........... $219/week
**CHILD EMERGENCY INFORMATION**

Items indicated with an * are required by Child Care Licensing regulations 7 AAC 57 and/or Child Care Assistance regulation 7 AAC 41.

## CHILD’S INFORMATION

<table>
<thead>
<tr>
<th>*Child’s Name:</th>
<th>Date of Birth:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Siblings Enrolled?</td>
<td>Yes</td>
</tr>
<tr>
<td>Name:</td>
<td></td>
</tr>
</tbody>
</table>

## PARENT(S) OR LEGAL GUARDIAN(S) INFORMATION

<table>
<thead>
<tr>
<th>*Name:</th>
<th>*Relationship:</th>
<th>Name:</th>
<th>Relationship:</th>
</tr>
</thead>
<tbody>
<tr>
<td>*Cell Phone:</td>
<td>*Home Phone:</td>
<td>Cell Phone:</td>
<td>Home Phone:</td>
</tr>
<tr>
<td>Physical Home Address:</td>
<td></td>
<td>Physical Home Address:</td>
<td></td>
</tr>
<tr>
<td>Place of Employment/Other:</td>
<td></td>
<td>Place of Employment/Other:</td>
<td></td>
</tr>
<tr>
<td>*Employment or Other Main Phone:</td>
<td></td>
<td>Employment or Other Main Phone:</td>
<td></td>
</tr>
</tbody>
</table>

**PERSONS AUTHORIZED TO PICK-UP CHILD**

List the names and phone numbers of persons who can pick up your child. You must include at least one name and phone number of an individual who can assume responsibility for your child if you cannot be reached immediately in an emergency. Clarify whether these individuals can pick up the child in emergency situations only or at other routine times.

<table>
<thead>
<tr>
<th>*Name:</th>
<th>*Daytime Phone:</th>
<th>Cell:</th>
<th>Emergency</th>
<th>Routine</th>
</tr>
</thead>
<tbody>
<tr>
<td>Name:</td>
<td>Daytime Phone:</td>
<td>Cell:</td>
<td>Emergency</td>
<td>Routine</td>
</tr>
<tr>
<td>Name:</td>
<td>Daytime Phone:</td>
<td>Cell:</td>
<td>Emergency</td>
<td>Routine</td>
</tr>
<tr>
<td>Name:</td>
<td>Daytime Phone:</td>
<td>Cell:</td>
<td>Emergency</td>
<td>Routine</td>
</tr>
</tbody>
</table>

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**MEDICAL INFORMATION AND RELEASE FOR MEDICAL CARE**

Items indicated with an * are required by Child Care Licensing regulations 7 AAC 57 and/or Child Care Assistance regulation 7 AAC 41.

<table>
<thead>
<tr>
<th>Child’s Name:</th>
<th>Child Care Facility:</th>
</tr>
</thead>
<tbody>
<tr>
<td>* Health Concerns</td>
<td></td>
</tr>
<tr>
<td>❑ My child has NO health concerns, including allergies or medications</td>
<td></td>
</tr>
<tr>
<td>-OR-</td>
<td></td>
</tr>
<tr>
<td>❑ My child has the following:</td>
<td></td>
</tr>
<tr>
<td>Medication, medical, or other treatments:</td>
<td></td>
</tr>
<tr>
<td>Allergies (including foods, drugs, others):</td>
<td></td>
</tr>
<tr>
<td>Special needs (ex: dietary, health related services):</td>
<td></td>
</tr>
</tbody>
</table>

**PREFERRED PHYSICIAN AND MEDICAL FACILITY INFORMATION**

<table>
<thead>
<tr>
<th>*Physician’s Name:</th>
<th>Physician’s Phone:</th>
</tr>
</thead>
<tbody>
<tr>
<td>*Preferred Hospital:</td>
<td></td>
</tr>
</tbody>
</table>

I verify the information contained on this record is correct and complete. I hereby give the permission for emergency medical treatment, including emergency transportation to a health care facility, for my child. I understand that every effort will be made to locate me or my child’s other parent or legal guardian as soon as possible. I understand my obligation to keep my child care provider informed of my whereabouts. This authorization remains valid until revoked by myself.

* Signature of Parent or Legal Guardian | Date Signed

* Information on this Child Emergency Record must be reviewed and updated at least semi-annually and when new information becomes available.

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