

FAIRBANKS

FUN AND FITNESS CAMP



SUMMERCAMP
12 WEEKS OF FUN

AGES 5*-12

HOURS

Monday - Friday: 9am-4pm
Before/After Care*: 7:00am-6:00pm

*Additional fees for Before/After Care



THE ALASKA CLUB

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

The Alaska Club Fairbanks South - 747 Old Richardson Hwy, Fairbanks, AK 99701 Questions?
CALL (907) 365-7393 FAX (907) 456-5961 EMAIL khasbrouck@thealaskaclub.com

TABLE OF CONTENTS

Welcome	3
Rules and Regulations.....	4-6
Health Policies and Procedures	7-8
Sample of Daily Schedule	9
Camp Information.....	10
Parents' Guide to Licensed Child Care	11
Child Care Licensing Requirements.....	12
2020 Camp Schedule	13
Registration and Cancellation Policy.....	14

*Registration Packet Includes: Title Page, Registration Schedule,
Administrative Form, Parent Sign Off, Medication Waiver, Payment
Agreement & Child Emergency Information.*

**Please attach a copy of a current Immunizations Record to
complete your enrollment packet.**

TO REGISTER YOU WILL NEED:

- ▮ Visit: thealaskaclub.com/camps
- ▮ 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 or equivalent homeschooling****

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**

RULES & REGULATIONS

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 or equivalent homeschooling****

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 9:00am with Before/After Care available starting at 7:00am for \$30/child/week. No one is available to attend children before 7:00am. Children are to be dropped off in the camp room 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 –Camps closes at 4:00pm with the optional After Care ending at 6:00pm. Your child must be picked up before 4:00pm if no Before/After Care is purchased. There will be a \$15 charge for every 15-minute period thereafter. Children may be picked up in the 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

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 anytime. 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.

If a child is suspected of having lice, nits, or other symptoms, a thorough inspection will be conducted. If the inspection is positive, parents will be contacted immediately and child must be picked up within 2 hours of notification. A second inspection will be done upon the child's return to camp. The Alaska Club is not responsible for medical costs due to infection.

12. DISCIPLINE

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

The Alaska Club Fun Camp strives to have a camp that provides children in attendance to foster respect, responsibility, and individuality, while working to build on social skills such as cooperative play. Staff will engage with campers to understand their individual needs and ask campers how their needs can be met in a safe environment. All expectations will be discussed weekly and reviewed by staff as needed with the entire camp. It is the responsibility of the campers to know and follow the rules and expectations. Staff will help students to understand why the rules and expectations are in place. Positive reinforcement will occur when staff members notice campers following expectations.

Redirection of inappropriate behavior will occur as needed. Staff members will teach children conflict resolution for minor issues among themselves.

NOTE: Staff will never use corporal punishment under any circumstance. Parents should never use corporal punishment on The Alaska Club Fun Camp premises. In the event of a child harming themselves or another person, passive physical restraint will be used.

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. Expulsion of this type is not reversible. 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. If staff and parent meet together and decide that the child is having a temporary issue causing unacceptable behavior, then a suspension of a length to be determined at the time of incident will be considered. The child will then be given an opportunity to return to camp.

The DHSS Child Care 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. They will be supervised in all areas of the club: the pool, the gymnasium, the camp room, etc..

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

Alaska State Statutes AS 47.17.020 and Municipality code AMC 16.55.120 require that all licensed child care providers report all incidents of suspected or actual abuse, neglect of children, harmful treatment regardless of whether they occur in or related to the facility. This facility is obligated by law to report such incidents within 24 hours to the Office of Children's Services: (907) 269-4000.

AMC 16.55.120 also requires any licensed facility to report any disappearance of a child from a facility to local law enforcement as soon as disappearance is known.

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	Gastrointestinal
Diphtheria	Giardiasis
German Measles (rubella)	Hepatitis A
Haemophilus Influenza	Salmonellosis
Measles (rubeola)	Shigellosis
Bacterial Meningitis	Mumps
Pertussis (whooping cough)	TB
Meningococcal	
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 puss 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.

HEALTH POLICIES AND PROCEDURES

R. Symptoms which indicate any of the following diseases:

- | | |
|--------------|---------------|
| •chicken pox | •scabies |
| •impetigo | •strep throat |
| •lice | |

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.

****If child is sent home for lice, a head check will be performed upon the child's return before admittance back into the facility is granted. If a child is sent home, refunds are not permitted.**

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 ages 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.

7:00-9:00am.....	Before Care Sign in / Free Time
9:00-9:30am.....	Welcome Campers & Circle Time
9:30-10:00am...	A.M. Snack
10:00-10:45am..	Rotation #1*
10:45-11:00am...	Clean-up & Transition to Rotation #2
11:00-11:45am...	Rotation #2
11:45-12:00pm....	Clean-up & Transition to Lunch
12:00-12:45pm....	Lunch
12:45-1:00pm.....	Clean-up & Transition to Pool
1:00-3:00pm.....	Swim Time
3:30-4:00pm.....	P.M. Snack
4:00 pm.....	Pick-up
4-6:00pm.....	After Care

CAMP INFORMATION & REGISTRATION

WHAT SHOULD CHILDREN BRING?

Swimming and water activities take place daily. Please bring your swimsuit every day. Also bring lunch, any two snacks, water bottle, appropriate outdoor wear and a backpack.

SAMPLE SNACK INCLUDES:

- AM: NutriGrain Bar & Juice
- PM: Crackers with Cheese & Juice

WHAT-TO-BRING

- ☐ Sack lunch and two snacks
- ☐ Swimsuit
- ☐ Water bottle
- ☐ Rain gear/appropriate outdoor wear
- ☐ Athletic shoes (2 pairs- indoor & outdoor use)
- ☐ Full change of clothing (pants, shirt, socks, shoes, underwear)



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

CHILD CARE HOMES

- 1 caregiver required; must be at least 21 years of age
- No more than 5 children younger than 13 years of age including the caregiver's own children, without fire safety approval
- No more than 8 children total, younger than 13 years of age, including the caregiver's own children, with fire safety approval
- No more than 3 children under the age of 30 months
- No more than 2 children may be non-ambulatory
- 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

CHILD CARE GROUP HOMES

- 2 caregivers required, one must be the Administrator and must be at least 21 years of age
- Caregivers must be at least 18 years of age
- No more than 12 children total younger than 13 years of age, including the caregiver's own children, with fire safety approval
- No more than 5 children under the age of 30 months
- No more than 4 children may be non-ambulatory
- 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

See 7 AAC 57.505 for child-to-caregiver ratio requirements allowing 1 caregiver in a Group Home.

CHILD CARE CENTERS

- Administrator and/or Child Care Associates must be at least 21 years of age
- 13 or more children in care, with fire safety approval

The number of caregivers, who are at least 18 years of age, needed to meet child-to-caregiver ratios:

- 1 caregiver for every 5 infants (birth through 18 months)
- 1 caregiver for every 6 toddlers (19 months up to 36 months)
- 1 caregiver for every 10 preschool children (3 and 4 year olds)
- 1 caregiver for every 14 kindergarten children (5 and 6 year olds)
- 1 caregiver for every 18 school age children (7 through 12 years old)

See 7 AAC 57.510 for allowable maximum group sizes in a Center.

SUMMARY OF CHILD CARE LICENSING REQUIREMENTS WITHIN THE MUNICIPALITY OF ANCHORAGE

PARENTS

- Are responsible for selecting safe, appropriate care for their child
- Are responsible for monitoring their child's care
- Provide current emergency information and immunization records for their child
- Are encouraged to visit their child any time the child is in care
- Receive written child care policies

LICENSING

- Child care license is required if more than 4 children (not related to caregivers) are in care
- License must be renewed prior to expiration (annually or biennially)
- Facility (including building, staff and program) is evaluated before a license is issued and is periodically monitored thereafter
- Complaints are investigated
- Licensing files are open to public review

CAREGIVERS

- Are required to care for children in a safe, healthy way
- May not have physical, health, mental health, or behavior problems that might be a risk to children
- May not have domestic violence or substance abuse problems that might be a risk to children
- Complete child care training each year
- Are at least 18 years of age
- Junior helpers may only assist the administrator and are under direct supervision
- Persons 16 and older have a criminal background check including submitting fingerprint cards
- Meet early childhood training requirements

SAFETY

- Children are always supervised by an adult
- Caregivers know the whereabouts of children at all times
- Caregiver(s) with First Aid and CPR training are present
- Facility is free of hazards, inside and out
- Gates are required at accessible stairways if children under 36 months are in care.
- Medicine and poisons are stored safely
- Electrical outlets have child proof cover caps if children under age 5 are in care
- Emergency information is kept for each child and is reviewed and updated semi-annually

HEALTH

- Facility meets sanitation and safety standards
- Meals and snacks are nutritious
- Children are immunized or exemptions are on file
- Parents are notified if their child is exposed to a contagious or communicable disease
- If it chooses, a child care home may care for mildly ill children
- Seriously ill child may not be in care without a medical provider's written approval
- Drinking water is safe
- Smoking is not allowed
- Medicine is given only with parent permission
- Food preparation and handling are sanitary

EQUIPMENT AND SUPPLIES

- Furniture and equipment are safe and durable
- Infant walkers are not allowed
- Toys are adequate and varied
- Children have storage space for their belongings
- Children under 5 years have a cot/mat/bed and individual blanket
- Infants must sleep in a safe crib or playpen without materials that would increase the risk of suffocation

PROGRAM

- Promotes children's healthy development
- Includes quiet and active, group and individual, indoor and outdoor activities
- Limits TV and video to children's programs and limited to no more than 1½ hours in a 24 hour period
- Does not allow high risk activities
- Requires parent permission for moderate risk activities (for example, swimming, ice skating, trips by vehicle)
- Provides a minimum of 20 minutes of vigorous physical activity for every 3 hours the child is in care between 7am and 7pm

BEHAVIOR GUIDANCE

- Is positive, and never cruel, humiliating, or damaging to the child
- Sets realistic expectations and clear, consistent limits
- Is not related to eating, napping, toileting, or removing from other children for more than 10 minutes
- Does not use corporal punishment (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, pinching, pulling or any other action that seeks to induce pain.")

FIRE SAFETY

- Facility meets fire safety standards
- Emergency evacuation plan is practiced monthly and documented

REGISTRATION POLICY

REGISTRATION INFORMATION

Registration is available on our website at thealaskaclub.com.

This is to include: Child Registration Form, Registration Schedule, Administrative Form, Parent Sign Off, Medication Waiver & Instructions, Payment Agreement, Child Emergency Information Record, 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.

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 to summerfuncamp@thealaskaclub.com. 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.

UPDATED CHILD AND ADULT CARE FOOD PROGRAM MEAL PATTERNS: CHILD AND ADULT MEALS



USDA recently revised the CACFP meal patterns to ensure children and adults have access to healthy, balanced meals throughout the day. Under the updated child and adult meal patterns, meals served will include a greater variety of vegetables and fruit, more whole grains, and less added sugar and saturated fat. The changes made to the meal patterns are based on the Dietary Guidelines for Americans, scientific recommendations from the National Academy of Medicine, and stakeholder input. CACFP centers and day care homes must comply with the updated meal patterns by October 1, 2017.



Updated Child and Adult Meal Patterns



Greater Variety of Vegetables and Fruits

- The combined fruit and vegetable component is now a separate vegetable component and a separate fruit component; and
- Juice is limited to once per day.



More Whole Grains

- At least one serving of grains per day must be whole grain-rich;
- Grain-based desserts no longer count towards the grain component; and
- Ounce equivalents (oz eq) are used to determine the amount of creditable grains (starting October 1, 2019).



More Protein Options

- Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week; and
- Tofu counts as a meat alternate.



Age Appropriate Meals

- A new age group to address the needs of older children 13 through 18 years old.

Less Added Sugar

- Yogurt must contain no more than 23 grams of sugar per 6 ounces; and
- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.



Making Every Sip Count

- Unflavored whole milk must be served to 1 year olds; unflavored low-fat or fat-free milk must be served to children 2 through 5 years old; and unflavored low-fat, unflavored fat-free, or flavored fat-free milk must be served to children 6 years old and older and adults;
- Non-dairy milk substitutes that are nutritionally equivalent to milk may be served in place of milk to children or adults with medical or special dietary needs; and
- Yogurt may be served in place of milk once per day for adults only.



Additional Improvements

- Extends offer versus serve to at-risk afterschool programs; and
- Frying is not allowed as a way of preparing foods on-site.

Breakfast Meal Patterns

	Ages 1-2		Ages 3-5		Ages 6-12 & 13-18		Adults	
	Previous	Updated	Previous	Updated	Previous	Updated	Previous	Updated
Milk	½ cup	½ cup	¾ cup	¾ cup	1 cup	1 cup	1 cup	1 cup
Vegetables, fruit, or both	¼ cup	¼ cup	½ cup	½ cup	½ cup	½ cup	½ cup	½ cup
Grains	½ serving	½ oz eq*	½ serving	½ oz eq*	1 serving	1 oz eq*	2 servings	2 oz eq*

*Meat and meat alternates may be used to substitute the entire grains component a maximum of three times per week.
Oz eq = ounce equivalents

Lunch and Supper Meal Patterns

	Ages 1-2		Ages 3-5		Ages 6-12 & 13-18		Adults	
	Previous	Updated	Previous	Updated	Previous	Updated	Previous	Updated
Milk	½ cup	½ cup	¾ cup	¾ cup	1 cup	1 cup	1 cup	1 cup*
Meat and meat alternates	1 oz	1 oz	1 ½ oz	1 ½ oz	2 oz	2 oz	2 oz	2 oz
Vegetables	¼ cup	⅛ cup	½ cup	¼ cup	¾ cup	½ cup	1 cup	½ cup
Fruits		⅛ cup		¼ cup		¼ cup		½ cup
Grains	½ serving	½ oz eq	½ serving	½ oz eq	1 serving	1 oz eq	2 servings	2 oz eq

*A serving of milk is not required at supper meals for adults
Oz eq = ounce equivalents

Snack Meal Patterns

	Ages 1-2		Ages 3-5		Ages 6-12 & 13-18		Adults	
	Previous	Updated	Previous	Updated	Previous	Updated	Previous	Updated
Milk	½ cup	½ cup	½ cup	½ cup	1 cup	1 cup	1 cup	1 cup
Meat and meat alternates	½ oz	½ oz	½ oz	½ oz	1 oz	1 oz	1 oz	1 oz
Vegetables	½ cup	½ cup	½ cup	½ cup	¾ cup	¾ cup	½ cup	½ cup
Fruit		½ cup		½ cup		¾ cup		½ cup
Grains	½ serving	½ oz eq	½ serving	½ oz eq	1 serving	1oz eq	1 servings	1 oz eq

Select 2 of the 5 components for snack.
Oz eq = ounce equivalents

Note: All serving sizes are minimum quantities of the food components that are required to be served.



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