

Silver Stars Gymnastics – Silver Spring

CAMP RULES & POLICIES

CAMP HOURS:

Full Day	8:30am-4pm
Half Day AM	8:30-11:30am
Half Day PM	1-4pm
AM Extended Care	8-8:30am
PM Extended Care	4-6pm

DROP OFF/PICKUP TIMES:

AM Extended Care Drop Off	8-9am
Full Day & Half Day AM Drop Off	8:30am
Half Day AM Pickup	11:30am
Half Day PM Drop Off	1pm
Full Day & Half Day PM Pickup	4pm
PM Extended Care Pickup	4-6pm

REGISTRATION

All paperwork and payments must be completed online before your child is allowed to attend camp. Any special instructions, medical forms, etc. must be dropped off on the first day of camp in the drop off car line. No camper will be allowed in unless all forms and payments are completed.

CLOTHING & PERSONAL ITEMS

Face coverings are recommended, but not mandatory. Should your camper choose to wear a face covering, please pack at least two backup face coverings. We prefer that children ages 5 & older wear a one-piece leotard, however form-fitting shorts and shirts are acceptable. Baggy or loose fitting clothes are not encouraged for safety reasons. We do not permit campers to wear jeans, or pants or shorts with belts or buckles. For younger campers that may have bathroom emergencies, please include an extra set of clothes. All hair must be tied up away from the face. We do not permit children to wear jewelry, fitness trackers or watches. Children are required to bring their own water bottles from home to avoid congregations around the water fountains. Please mark your child's first and last name on his or her water bottle. We are NOT responsible for lost items, so please do not allow children to bring any valuables or money to camp. Cell phones and other electronics are NOT permitted at camp.

LUNCH & SNACK

Please send a bag lunch with full-day campers. Please write your child's first and last name on his or her lunch bag. Please note, we do not provide refrigeration or a microwave for the children's lunches. Please package your child's food accordingly.

Our daily lunch menu is as follows: 1 Slice of Pizza & Drink (\$3.50), 2 Slices of Pizza & Drink (\$5.50) and must be ordered at drop off or by 10am.

The morning snack provided to preschool campers may include one of the following options: pretzels, animal crackers, goldfish or cheese balls accompanied by juice or water. The snack are made in facilities with nuts. If you choose to send your child with their own snack please give it to the front desk. Do not include the snack in their lunchbox. The afternoon snack is a freeze pop.

We are not a nut-free facility. We cannot separate any individual child due to food allergies. Please alert us to any allergies during your registration. Campers will not be permitted to share food brought from home.

PARTICIPATION

Campers must be 3.5 years old AND potty trained in order to participate in camp. Parents are not permitted in the facility to observe camp.

CANCELLATION/REFUND POLICY

We cannot be responsible for your camper's attendance, so we do not pro-rate, refund or carry forward fees for missed camp. Your camper must attend camp at their registered location. No credits or refunds are given for camp not attended.



Silver Stars Gymnastics, Inc.

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www.gosilverstars.com

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CAMP RECAP

DROP OFF & PICKUP PROCEDURES

During Summer Camp all families are encouraged to participate in the Express drop off/pickup car line unless you absolutely need to enter the building. Parking is available across the street for families that need extra time getting out of or into the car, for parents who need to enter the building to purchase additional items, such as lunch, extended care, or apparel, or for parents who need to drop off medication or special snacks.

Families that have registered for extended morning care can drop off as early as 8am. All other families can drop off between 8:30am and 9am. For drop-offs any later than 9am, please park your vehicle and enter the building with your camper.

Parents will receive directions for specific drop off and pickup procedures based on the facility location.

The pickup process involves parking your vehicle and entering the building. Campers will be released only to persons who have been authorized by the parents. Government issued identification will be required to verify identities of all pickup personnel. Please see chart above for appropriate pickup times.

Only Parents/Guardians, Authorized Pickup Persons and Emergency Contacts are allowed to pick up campers. Please check your account to make sure both parents, if applicable, are listed. If you would like any other adults to pick up your camper, please email the front desk with your list of Authorized Pickup Persons prior to the first day of camp.

Please be prompt and allow extra time when picking up your camper at the end of the day. If your children remain at camp past their pick-up time, there will be an additional charge; half day campers will be charged for full day, full day campers will be charged the daily extended care rate and extended care campers will be charged \$1 for every minute after 6pm.

MEDICATION & IMMUNIZATION REQUIREMENTS

We adhere to the Maryland State Camp Self Administration Medication Policies. If your camper receives medication or requires emergency medication during camp (including but not limited to: prescription, over the counter, epi pen, inhaler), submit the Medication Administration Authorization Form (one form for each medication) signed by you and your doctor with the medication on your campers first day of camp.

Nonprescription medication must be in the original container with the instructions for use. Nonprescription medication includes vitamins, homeopathic, and herbal medicines. An adult must bring the medication to the camp and give the medication to the front desk. All medicines and forms must be dropped off Monday morning and picked up Friday; the state does not allow medicine storage over the weekend. Adults must sign the Medication Final Disposition Form when picking up medication on Friday. Any medication left after Friday will be destroyed.

If your camper does not reside in the United States, US Territory or District of Columbia or is exempt from vaccination, you need to complete the Maryland Department of Health and Mental Hygiene Immunization Certificate. This form must be complete before your camper is allowed to enter camp.

CAMP BEHAVIOR STANDARDS

If your camper's behavior compromises the safety and enjoyment of the other camper in camp, we will ask that your camper not return to Silver Stars Gymnastics and we will credit the remainder of your camp cost. These behaviors, as determined by the instructor, include but are not limited to: excessive pushing and hitting, biting, and/or impulsive behavior that endangers the safety of themselves or others. Most importantly your camper must be able to stay with the group and follow directions. Camp activities include individual work where the camper must be able to follow an obstacle course, work independently at a skill station, wait in line for a turn, etc. Please be aware that the camp environment can be noisy and very stimulating which may affect some camper's behavior

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COVID-19 CAMP PROTOCOLS

In accordance with the regulations and guidelines provided by the Centers for Disease Control and Prevention (CDC), American Camp Association (ACA) and Maryland Department of Health and Mental Hygiene, Silver Stars has created a strategic plan for safely operating camp this year (see Silver Stars COVID-19 Reopening Plan for more details):

- Silver Stars will email parents to keep them informed of any COVID-19 related updates
- No students, guests or staff allowed who are showing symptoms of COVID-19.
- Individuals considered a close contact (anyone who has been within 6-feet for a period of more than 15 minutes) to anyone who tested positive for COVID-19 within the last 10 days are not required to isolate unless symptoms develop. The close contacts should monitor for symptoms and wear a mask indoors in public for 10 days from their latest exposure date. Regardless of vaccination status, if a close contact develops symptoms, they should isolate and get tested immediately. It is recommended to get tested 5-7 days after the exposure even if symptoms do not develop. If a negative result is received, continue taking precautions including wearing a mask indoors for the remainder of the 10 days from exposure date. If a positive result is received, isolate immediately.
- Confirmed positive persons showing no symptoms should stay home until cleared by the Health Department from isolation which is at least 5 days since the day tested for COVID-19.
- Confirmed positive persons showing symptoms should stay home until cleared by the Health Department from isolation which is at least 5 days since symptoms first appeared AND until no fever for at least 24 hours without fever-reducing medication AND improvement of other symptoms.
- In the event that a staff member or student exhibits symptoms of COVID-19, Silver Stars will follow the guidelines provided by the CDC and consult with our local and state health departments regarding reports of COVID-19 exposure. As we are committed to the health and safety of all of our families, our response may include deep cleaning, a temporary suspension of operations, or other actions as determined by the type of exposure. We will communicate with families and staff in accordance with recommendations from licensing agencies and health departments.
- All staff will complete training on the health and safety protocol updates that Silver Stars will be implementing.
- All staff will adhere to the cleaning requirements, physical distancing and preventative measures implemented by Silver Stars.
- Signs will be posted on how to stop the spread of COVID-19 and on how to properly wash hands. While campers will also be required to properly wash hands after bathroom use and before and after eating, parents are expected to go over these policies with their children prior to the start of camp. Please explain the importance of following rules: social distancing, limited contact with other campers and listening to instructors. Parents are encouraged to educate their children to use the appropriate precautionary measures to stop the spread of germs. (i.e. Handwashing, social distancing, cough/sneeze etiquette, personal hygiene, etc.)
- If any camper cannot attend because of contraction to COVID-19, notification to Silver Stars must be made via email before 7:30am of the camp day. We will cancel your camp registration and issue a credit to be used towards any Silver Stars activity (including class, camp, Kids' Night Out, open gym, clinic or birthday party) that will be good one year from the date of your original purchase. No refunds are given at any time

CAMP WITH FRIENDS

If your camper is attending camp with a friend please email the front desk with the name of the friend prior to the first day of camp. While we will make every attempt to group the friends together, we cannot guarantee placement, especially if the gymnasts are different ages or if there is more than two friends. If the friends are of different ages, the older camper will go with the younger camper's group. We do not recommend campers moving to an age group more than one year older/younger than his/her current age. Be sure to confirm that all families are in agreement. Friend requests must be received at least 72 hours in advance of camp.

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