

# Silver Stars Gymnastics – Bowie

## SUMMER CAMP RECAP

### CAMP HOURS:

<b>FULL DAY</b>	<b>8:30am-4:30pm</b>
<b>HALF DAY</b>	<b>8:30-11:30am</b>
<b>AM EXTENDED</b>	<b>8-8:30am</b>
<b>PM EXTENDED</b>	<b>4:30-6pm</b>

### DROP OFF/PICKUP TIMES:

<b>AM EXTENDED CARE Drop Off</b>	<b>8-9am</b>
<b>AM Regular Drop Off</b>	<b>8:30am</b>
<b>Half Day Pickup</b>	<b>11:15-11:30am</b>
<b>PM Regular Pickup</b>	<b>4:15-4:30pm</b>
<b>PM EXTENDED Care Pickup</b>	<b>4:30-6pm</b>

### 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

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 will be required to bring their own water bottles from home to avoid congregations around the water fountains. Our water fountains will only be utilized to refill water bottles. 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.

### MEDICINE

We adhere to the Maryland State Camp Administration Medication Policies. If your child 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 your child's medication on the 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 directly to an adult staff member. All medicines and forms must be dropped off on Monday morning and picked up on 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.



Silver Stars Gymnastics, Inc.

14201 Woodcliff Ct., Bowie, MD 20720 • 301-352-5777 • fax 301-352-8414

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### CAMP WITH FRIENDS

If your child 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.

### DROP OFF & PICKUP PROCEDURES

All families are required to participate in the drop off/pickup car procedures. 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 9:30am. For drop-offs any later than 9:30am, please call the front desk for arrangements.

Upon arrival, please make a right to go around the back of the building. This is where the car line will form. You are to remain in the line of cars until your car reaches Door #1.

Once your car reaches the designated door, please put your car in park and allow your child to open the passenger door. The staff member will ask you and your child a series of recent health and COVID-19 exposure questions. These screening procedures, required by the CDC and Maryland Health Department, include questions regarding any known close contact with a person who has been diagnosed with, tested positive for or quarantined as a result of COVID-19 within the last 14 days, and any known symptoms of COVID-19, such as cough not related to asthma or allergies, a temperature of 100.4 degrees Fahrenheit or higher, shortness of breath or difficulty breathing not related to asthma or exercise, sore throat, new loss of taste or smell, diarrhea or vomiting, and/or new onset of severe headache, especially with fever. If the parent answers 'yes' to any of the screening questions, the child will be denied entry to camp. Once your child has passed the screening process administered by our staff, your child will be allowed to exit the vehicle. To ensure social distancing, parents will need to assist those children who need extra help getting out of the car.

Once the camper enters the gym, the camper will be directed to the designated area to place personal belongings.

The pickup car process will be located at the front of the building. When you approach the building, pull head-first into any parking spot. Follow the stairs with the "up" arrows towards the entrance. You will be asked at the lobby door to sign your camper out. Once your camper is signed out you and your camper will follow the stairs with "down" arrows to exit. Please maintain social distance when picking up your child.

Families that have registered for half-day camp can pickup children from 11:15am to 11:30am. Families that have registered for full day camp can pickup children from 4:15pm to 4:30pm. For pickups any earlier than 11:15 am (half day campers) or 4:15pm (full day campers), please call the front desk for arrangements. For parents of campers in extended afternoon care, please call the front desk 10 minutes prior to your arrival to allow time for your camper to gather his/her belongings and be ready for pickup

Parents/Guardians, Authorized Pickup Persons and Emergency Contacts are allowed to pick up campers. 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.

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### COVID-19 SUMMER CAMP

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 summer (see Silver Stars COVID-19 Reopening Plan for more details):

- Parents will not be permitted in the facility to observe camp. If a parent or guardian must enter the facility, a face mask is required to protect everyone at the facility.
- Silver Stars will email parents to keep them informed of any COVID-19 related updates
- To validate all email requests, please use the account used to log into your Silver Stars account. We will not be able to confirm email requests from outside accounts due to safety protocol.
- No students or staff with COVID-19 symptoms will be allowed on the property.
- No students or staff allowed who have been in contact with someone who is showing symptoms of COVID-19 or who has tested positive for COVID-19 within the last 14 days will be allowed on the property.
- In the event that a staff member or student exhibits symptoms of COVID-19 or is exposed to someone with 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.
- Prior to reopening, 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.)

### 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.

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 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.

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