



# GYMNASTICS CAMP 2020

## Parent Handbook

Welcome to the Elmhurst Park District's Gymnastics Team 2020! This is not the 'traditional' summer gymnastics team program that many athletes have enjoyed through the Elmhurst Park District. Gymnastics Team 2020 is our alternate summer program. Our goal is to provide a safe, fun, friendly, and inclusive summer team training experience. The Elmhurst Park District will follow all government and CDC guidelines pertaining to disinfecting, social distancing and group sizes. Please read this Parent Handbook thoroughly as it contains very important information about our program. We are thrilled to have your child at practice this summer!

### **GROUPINGS**

Based off safety and social distancing guidelines from the CDC and the Illinois Department of Public Health we will be taking precautions with our group sizes. Participants will be split into separate groups consisting of 10 or fewer gymnasts and 2 staff. These additional measures and accommodations will be made:

- Each group will be assigned a bathroom to use. Face coverings **MUST** be worn. No more than 3 people will be allowed in the bathroom at one time. Each stall will be disinfected after every use.
- **Due to the nature of grouping guidelines we will not be able to accommodate requests for group placement.**

### **ARRIVAL**

**Gymnasts must arrive at practice between 2:00 and 2:15 pm. Due to the nature of our activities, we are unable to accept gymnasts after 2:15 pm!!**

**\*We anticipate the drop off procedure may take up to 15 minutes. Please plan accordingly and we appreciate your patience.**

### **Health Screening:**

Upon arrival a coach will approach your car and ask a series of questions pertaining to your child's health that will remain confidential. This questionnaire comes from the CDC Guidelines. The coach reserves the right not to accept a child into the program due to illness.

### **Wagner Drop Off:**

Pull into the main parking lot. **DO NOT PARK** in a parking spot, pull up behind the car in front of you. If you are the only car present, pull up to the cones and stop. A coach will approach your car to assist with sign in procedure. Gymnasts should not exit the car until after the Health Screening Questionnaire is complete and the Coach gives permission. For the safety of all gymnasts they must exit the car from the passenger side. We ask that nobody, except the gymnast, exit the car.



## **DEPARTURE**

**Athletes must be picked up and signed out by an adult between at 5:00 pm and 5:15 pm.**

## **EARLY PICK UP**

We are unable to accommodate early pick up.

**\*We anticipate the pick up procedure may take up to 15 minutes. Please plan accordingly and we appreciate your patience.**

## **Wagner Pick Up:**

Pull into the main parking lot. DO NOT PARK in a parking spot, pull up behind the car in front of you. If you are the only car present, pull up to the cones and stop. A coach will approach your car to assist with sign out procedure. A coach will guide you to a numbered parking spot for you to wait patiently for your gymnast. Your gymnast will need to enter the car on the passenger side. Elmhurst Park District staff will not be permitted to assist the gymnast with safety belts and/or car seats.

## **LATE PICK UP**

Children must be picked up by an adult at the program's conclusion. If a child is not picked up on time, a \$10 fine will be charged for every 5 minutes after the conclusion of practice at 5:15 pm. **Three late pick-up occurrences may result in dismissal from the program.**

## **GYMNASTS NEED TO BRING THE FOLLOWING ITEMS TO PRACTICE EVERYDAY**

- **Face Covering:** All gymnasts will be required to bring and wear a face covering when social distancing measures cannot be obtained. Participants will be expected to come to practice with a face covering on. Face coverings will need to remain on when inside the building and outdoors only when unable to maintain social distancing.
- **Water Bottles:** Gymnasts should bring enough water to last them for the entire day. According to the CDC and the Illinois Department of Public Health gymnasts will not be able to refill their water bottles and/or drink from a water fountain.
- **Backpack:** To store your child's shoes, chalk and other personal items. Backpacks will be placed 6 feet apart.
- **Gallon Bag or Small Plastic Bin:** Each gymnast will receive their own block of chalk. A small bin (such as a 4"X13") or bag to store the block and help them apply chalk will be needed. All chalk buckets have been removed from the gym.

**\*\*GYMNASTS NEED TO BRING ALL THEIR BELONGINGS HOME AT THE**

## END OF EACH DAY\*\*

### **PERSONAL ITEMS**

Participants are not allowed to bring gum or candy. All personal items must be clearly labeled with your child's name. Please do not allow your child to bring items that may be broken or lost. The EPD is not responsible for loss, theft, or damage to personal items.

### **ABSENCES/CANCELLATIONS**

**We are unable to refund any missed days of practice, unless we are provided with a doctor's note.**

### **MEDICAL EMERGENCIES, FIRST AID**

In the event of a medical emergency or accident, coaching staff will call 911 for immediate emergency care and contact the parents or other emergency contact. If emergency treatment is required, your child will be taken to Elmhurst Memorial Hospital. You will be responsible for any medical charges. Staff will administer first aid to the child on a limited basis for small accidents such as scrapes, bruises, bloody noses, etc. Your authorization for the program staff to secure emergency medical care and administer First Aid for your child is part of the registration agreement.

### **SICK POLICY**

**We will be strictly enforcing our sick and illness policy.**

Gymnasts should not attend practice if sick or symptomatic (with cough, shortness of breath or difficulty breathing, fever of 100.4 degrees or above, chills, muscle pain, headache, sore throat, new loss of taste or smell, or other CDC-identified symptoms).

If an athlete becomes sick at practice, parents/guardians will be notified and asked to pick-up their child within 20 minutes. The sick child will be removed from the activity area, made to feel comfortable, and isolated with a staff member until picked-up. A child sent home from practice due to illness will not be permitted back to the program without a doctor's note certifying they are able to return to practice. **Your child must be symptom free (fever, vomiting, etc.) for 72 hours before attending practice.**

If you or your child has come in close contact with anyone who tested positive for COVID-19 please contact the Program Supervisor. A mandatory 14 day self-quarantine is recommended by the CDC.

If your child is ill or has a fever, we strongly discourage participation in the program. The coaching staff reserves the right not to accept a child into the program due to illness. If your child becomes ill during the program, the parent (or emergency contact) will be notified and required to pick up the child within 20 minutes. **Your child must be symptom free (fever, vomiting, etc.) for 72 hours before attending the gymnastics program.**

Per CDC Guidelines we will notify parents if there are any confirmed cases of COVID-19 within the program. The person's name with a confirmed case will remain confidential.

### **HEALTH INFORMATION**

Parents are required to fill out information regarding their child's health, allergies, medication, and other safety and emergency information upon registration for the program. All information will be kept confidential.

### **MEDICATION**

Whenever possible, medications should be administered by parents or guardians. In some circumstances, the administration of medication cannot be performed by District Staff because of specific and/or complex physician or manufacturer instructions or invasive procedures. If there is a need for the administration of medication during a minor's participation in a District program, the parent/guardian **must**:

1. Complete the **Permission to Dispense Medication/Waiver and Release of all Claims** form and/or the **Use of Inhaler or Auto-Injector Waiver and Release of All Claims and Indemnification** form.
2. Complete and sign the **Medication Dispensing Information** form.
3. Deliver all medication to the coaching staff in the original prescription bottle. The container must clearly state the person's name, medication, dosage, and time of day medication is to be given.
4. Advise their assigned coach, in writing, of any specific instructions regarding dispensing or storage of the medication.

### **NON-DISCRIMINATION POLICY**

The Elmhurst Park District does not discriminate on the basis of race, color, nationality or ethnic origin, age, religion, disability, sex, sexual orientation, gender identity or expression, marital status, veteran status, or any other characteristic protected under applicable federal or state law.

### **ELMHURST PARK DISTRICT INCLUSION SERVICES**

The Elmhurst Park District is committed to providing quality recreational opportunities to all participants, with and without disabilities. Staff members are available to assist participants with accommodations needed for success in, and enjoyment of our program. In order to keep all children safe, we do adhere to a strict behavioral code of conduct policy (see Behavior and Discipline below.)

On the Participant Information Form, we ask parents to list their child's special needs. This information will be kept confidential, and will be utilized by Gymnastics and Inclusion management staff to ensure assimilation into, and success with our program. **Parent cooperation is essential to this process.** Parents will be asked to attend a brief pre-enrollment meeting and complete assessment forms as needed. **Parents or guardians must contact the Program Supervisor at least 5 business days before the child's first day of practice to schedule this meeting.** Please keep in mind that the level of participant support needed for gymnastics practice may differ from the school (educational program) or the regular Rec Station or other program setting.

### **BEHAVIOR AND DISCIPLINE**

The gymnastics team program is committed to providing a safe, fun, friendly, and inclusive environment for all participants. All participants and patrons are expected to exhibit appropriate behavior at all times. We expect participants to accept others' differences, express feelings appropriately, solve conflicts through peaceful means, and participate in activities together. All participants (including parents/guardians) must comply with the following behavioral code of conduct expectations:

1. We will have a zero tolerance policy for a child spitting, hitting or any other physical contact towards another person. This behavior will lead to immediate dismissal from the program.
2. Children who are unable to follow the CDC Guidelines on wearing face coverings will be sent home and dismissed from the program.
3. Demonstrate respectful and responsible behavior towards others at all times.
4. Follow all specific facility and program rules and take direction from staff.
5. Show respect for all equipment, supplies, and facilities.
4. Refrain from using foul, inappropriate, or abusive language.
5. Refrain from threatening or causing bodily harm to self, others, or staff.
6. Refrain from bullying in any form (physical, verbal, reactive, or cyber.)
7. Refrain from possessing weapons of any kind (real or fake) or illegal substances of any kind (real or fake) including drugs, explosives, or fireworks.
8. (Children) refrain from leaving the program site without permission.
9. (Adults) adhere to ALL park district rules including speed limits and one-

way directional signs in parking lots.

Participants/parents/guardians who have difficulty following our behavioral code of conduct expectations will receive an age-appropriate consequence commensurate with their misbehavior. Examples of consequences include warning, referral to program management staff, and most seriously, suspension or expulsion from facilities, events, or programs.

Please discuss our behavior and discipline policy with your children so they understand what is expected of them in our program. Thank you for your cooperation!

### **IMPORTANT PHONE NUMBERS**

**Gymnastics Program Coordinator      630-993-8954**

**Program Supervisor, Dana Herrera      630-993-8921**

**We look forward to a safe and fun-filled summer with your child. Thank you for choosing the Elmhurst Park District's Summer Gymnastics Team 2020!!**