



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# **YMCA OF VIRGINIA'S BLUE RIDGE PARENT HANDBOOK Y AFTER SCHOOL AND SUMMER CAMP**



# **Y AFTER SCHOOL AND Y SUMMER CAMP**

**When school is out, the YMCA is in. . . .**

Dear Parents:

Welcome to the YMCA! We are pleased with your decision to select one of our outstanding Y After School or Y Summer Camp programs for your child care needs. Operating since 1988, the Y After School and Y Summer Camp is sponsored by the YMCA of Virginia's Blue Ridge in cooperation with Roanoke City Schools, Salem City Schools, Botetourt County Schools and Rockbridge County Public Schools

You will discover that our staff bring years of experience and enthusiasm working with children to our program. We're excited about our Y After School and Y Summer Camp programs and look forward to providing you and your child with quality programming and care. As always, we value your comments and ideas and personally invite you to share those with us.

A signed acknowledgment of the Parent Survival Guide and enrollment forms must be completed at the time of registration and prior to attending. A copy of your child's immunizations, physical and birth certificate must also be provided with that information at each program change. We collect this information electronically using a secured software called CampDoc. When you receive emails from CampDoc, please open the email and complete the process. Once the process is completed you will no longer receive these emails and your child can begin attending. Please take the time to carefully read this Survival Guide which provides essential information.

Our mission is to make the Y After School and Y Summer Camp a happy and memorable experience for your child while promoting academic success, healthy movement, and nutritional support. If we can be of any further assistance, please contact us.

In the "Y" Spirit,

Y After School and Summer Camp team  
YMCA of Virginia's Blue Ridge

# PARENT SURVIVAL GUIDE

## MISSION STATEMENT AND PHILOSOPHY

The YMCA of Virginia's Blue Ridge is an association of people of all ages, ethnic backgrounds and religious affiliations. We are united in a common effort to put Christian principles into practice through programs that build a healthy spirit, mind, and body for all.

At the Y After School and Y Summer Camp Programs our commitment is to the youth. The YMCA provides for young people with services and activities, which develop and enrich their lives and help them achieve their fullest God-given potential.

We believe that each child is entitled to a safe, secure, and nurturing environment when separated from his/her parents. We also believe:

- \* Children deserve respect
- \* Children should not be humiliated, hurt or embarrassed
- \* Children's self-respect should be treated with TLC
- \* Children have the right to make choices
- \* Children should be taught rather than trained

YMCA Core Values: The YMCA is committed to a value-based, character development curriculum. Teaching of the following core values is incorporated into all youth activities:

- Caring: Interest and concern - including compassion, friendliness, generosity, kindness, love, mercy.
- Honesty: Fairness of conduct and adherence to facts - including sincerity, truthfulness, honor, forgiveness, moderation, orderliness.
- Respect: Special regard for self and others - including assertiveness, consideration, courtesy, gentleness, unity, tolerance, humility.
- Responsibility: Moral, legal, and mental accountability - including courage, determination, helpfulness, justice, reliability, loyalty, self-discipline, obedience, cleanliness.

# **GENERAL INFORMATION**

**WHO:** Boys and girls K-5<sup>th</sup> grade during the school year program through The Y at Salem City, Roanoke City, select Botetourt County and select Rockbridge Area Schools. Rockbridge Y and select Roanoke City schools also serve Pre-K students. During summer camp we serve ages 3-12 at Camp Salem and Camp Botetourt, ages 4-12 at Camp Woodrow and Camp Kirk and ages 5-12 at Camp Rockbridge. All campers must be potty trained.

## **HOURS:**

**Roanoke City YAS:** From school dismissal until 6:00 pm at all sites. The program will remain open on teacher workshop days and holiday breaks from 7:00 a.m. until 6:00 p.m at Woodrow Wilson Middle School. We will remain open on inclement weather days at the Kirk Family YMCA from 7:30 am until 6:00 pm. There is an additional \$20 fee for full day programs that fall within weeks that have been charged the weekly tuition.

**Salem City YAS:** Y After School child care operates from school dismissal until 6:00 pm at all sites. The program will remain open on teacher workshop days and holiday breaks from 7:30 am until 6:00 pm at the Salem Family YMCA. We will remain open on inclement weather days at the Salem Family YMCA from 7:30 am until 6:00 pm. There is an additional \$20 fee for full day programs that fall within weeks that have been charged the weekly tuition.

**Botetourt County YAS:** Y After School child care operates from school dismissal until 6:00 pm at all sites. The program will remain open on teacher workshop days and holiday breaks from 7:00 am until 6:00 pm at the Botetourt Family YMCA. We will remain open on inclement weather days at the Botetourt Family YMCA from 7:30 am until 6:00 pm. There is an additional \$20 fee for full day programs that fall within weeks that have been charged the weekly tuition.

**Rockbridge Area YAS:** Y After School child care operates from school dismissal until 6:00 pm at all sites. The program **WILL NOT** be open on teacher workshop days, holiday breaks and inclement weather days.

**Rockbridge Area Preschool:** The Preschool operates from 7:30 am - 5:30 pm, Monday - Friday.

Summer camp hours:

- Camp Roanoke, Camp Salem, Camp Kirk, Camp Botetourt operate from 7:00am - 6:00pm.
- Camp Rockbridge operates from 7:30am - 5:30pm.

\*ALL YAS and Summer camps will charge a non-refundable \$3.00 fee per

minute per child for late pick-up. Fees must be paid prior to the child returning to school or camp.

### **EARLY DISMISSAL YAS:**

On days when school closes early for a scheduled one or two-hour early dismissal, the YMCA will operate YAS until 6:00 p.m. There is no extra fee for a one or two-hour early dismissal.

### **Early school closure due to unscheduled event/weather:**

YAS will not operate at any site.

### **Schools cancel all after school programs due to an unscheduled event/weather:**

Salem YAS, Botetourt YAS and Rockbridge Area YAS, will not operate. Roanoke City YAS will operate from dismissal until 4:00pm.

### **HOLIDAYS:**

Our programs are closed on: New Year's Day, Easter Sunday, Memorial Day, Independence Day, Labor Day, Thanksgiving Day, the day after Thanksgiving (Black Friday), Christmas Eve, Christmas Day, and New Year's Eve.

### **REGISTRATION:**

Parents must submit registration paperwork electronically through Camp Doc to 100% completion, pay the first week's tuition and the non-refundable registration fee 72 hours prior to their child starting the program. Parents are also required to provide your child's birth certificate, and a current copy of the complete Virginia School Entrance Exam including physicians signatures at each program change as part of the CampDoc completion process. Enrollment information is available on our website at [www.ymcavbr.org](http://www.ymcavbr.org) or at the YMCA Welcome Desks. Registration fees are non-refundable.

### **FINANCIAL ASSISTANCE:**

Because our mission is to serve all people, we make financial aid available to parents who want to participate in YAS or Y Summer Camp Programs. To be considered for financial assistance, parents must first apply through the Department of Social Services. The following scenarios will apply:

- If you are approved at the Department of Social Services, you will become a DSS participant in our program, please review responsibilities on the following page.
- If you are approved at DSS but put on a waitlist, you will need to provide the YMCA with a Notice of Action letter from DSS verifying your approval and co-pay amount. The YMCA will at this time offer you financial assistance.
- If you are not approved at the Department of Social Services, the YMCA may be able to offer you financial assistance based on a sliding

scale.

### **TUITION PAYMENT:**

We offer two options for payments through an automatic payment processing system. The YMCA only accepts payments through draft options from a checking account or credit card (VISA, MC, or Discover). The YMCA has a no cash policy. Tuition is due the Monday prior to the week of service for YAS and Summer Camp. The weekly tuition that you currently pay at your child care location is due each week during the school year, regardless of holidays, vacations, school breaks, or snow days.

### **Withdrawal:**

To properly effect the cancellation or change of this agreement for both YAS and Summer Camp, parents/guardians are **required to give a two week written notice** submitted to the YMCA office. If no withdrawal notice is received, payments will continue as scheduled regardless of the child's attendance.

Registration fees are non-refundable. To ensure the integrity of our program, parents who terminate or change enrollment prior to holiday breaks or weeks less than 5 days, will be charged a \$150 fee.

### **PAYMENTS:**

The YMCA is a non-profit organization and depends on donations to help support our programs. Because of our obligation to our donors and participants, we must be fiscally responsible in our dealings. Payments for the YMCA are due every week of the school year and during your selected summer camp weeks, regardless of holiday breaks or vacation.

Payments are due in advance for the upcoming week and will be drafted automatically the Monday prior to service. It is the payors responsibility to verify that payment is successfully completed. If your payments are declined, you will be notified by email as a courtesy. If no payment is received by Monday at noon, your child will be removed from the program and not permitted to stay until payment is made.

Fees are not reduced for days of illness, early pick up, suspension due to behavior problems or absences due to participation in other activities. Parents are responsible for tuition fees whether a child attends the program or not.

### **DEPARTMENT OF SOCIAL SERVICES RECIPIENTS:**

We work very closely with our local Department of Social Services to ensure that every family receives the opportunity to participate in our after school and summer camp programs. However, in some circumstances the Department of Social Services does not reimburse the YMCA when

attendance is not swiped for. In those cases the parent/guardian will be responsible for paying a no swipe fee of \$14 during the school year and \$29 during summer camp.

Each Friday, the payment method (credit card or bank account) on file will be charged for any outstanding no swipe fees.

#### **AFTERSCHOOL:**

Please bring your card with you every day. If your child is not swiped in and out before you leave each day, the child will not be permitted back in the program until all swipes are up to date.

#### **SUMMER CAMP:**

Please bring your card with you every day, if your child is not swiped in before they are signed in, they will not be permitted to stay for the day.

The following circumstances will result in a no swipe fee:

1. If your child is authorized for less than 5 days per week, any days attended beyond the allotted amount of days will result in a no swipe fee.
2. If your allotted days of absence have been used, and your child is absent, you will be charged a no swipe fee.
3. If the number of authorized days has expired on your card, and your child attends the program, you will be charged a no swipe fee.
4. If your child is absent or it is a holiday and you do not back-swipe for that day, you will be charged a no swipe fee.

#### **NON-SUFFICIENT FUNDS:**

Parents are required to notify our office immediately upon notice of an NSF transaction. Parents must also pay a service fee of \$25.00 per item returned. The fee represents a \$25.00 bank charge. Children are not permitted to attend unless the returned item is paid in full.

#### **Y AFTER SCHOOL END OF YEAR PRORATION:**

Y After School will not prorate fees due to the school year ending prior to the last day of the week.

#### **TAX INFORMATION:**

Parents who attend our Y After School as of December 31<sup>st</sup>, may request to be emailed the tax statement for filing purposes by January 31<sup>st</sup> for the previous year's expenses.

#### **RULES:**

We consider our Y After School and Y Summer Camp participants Stars! Star Rules are an important part of our program and staff will go over rules often throughout the day. Below you will find our rules:

Stay quiet when adults are speaking.

Talk with an inside voice.

Always walk indoors.

Respect yourself, others, & your school.

Stay safe and have fun!

### **INCENTIVES:**

Here at Y After School, we recognize the importance of positive reinforcement. Our incentive program is a ticket based program. Children will receive a ticket for all good behavior. Tickets cannot be revoked. At the beginning of the next day, staff will pull three tickets from the previous day and those children will win a small prize. On Monday, staff will draw from all tickets from the previous week and raffle 3 to 4 larger prizes. All tickets accumulated will be entered into a semester end and year end raffle where a larger prize will be awarded.

### **DISCIPLINE AND DISMISSAL:**

Children are entitled to a pleasant and harmonious environment at Y After School and Y Summer Camp Programs. We cannot serve children who display chronically disruptive behavior.

Chronically disruptive behavior is defined as verbal or physical activity which may include, but is not limited to such behavior that: requires constant attention from the staff, inflicts physical or emotional harm on other children, abuse of the staff, ignores or disobeys the rules. If a child cannot adjust to the Y After School or Y Summer Camp Program, the child may be discharged. The Y After School or Y Summer Camp reserves the right to discharge a child immediately.

The Y After School and Y Summer Camp tries to prevent discipline problems from developing by providing a program of interest to the children and allowing for a variety of choices among activities. When specific problems occur, the staff will try to allow the children to experience the logical and natural consequences of their action. Staff talk with children about their actions; encourage them to work out conflicts with other students guided by the staff; divert their behavior; separate children and/or separate from specific activities.

### **Final Action Plan for Disruptive Behavior:**

1. A misbehaving child may be given a 5 (five) minute time-out, in order for him/her to cool off and think about his/her actions.
2. If a child's behavior continues to be challenging, an incident report may be written. Parents will read, sign and return the report, which will be filed in



the child's records.

3. If a child receives another written behavior-related incident report, a meeting will be scheduled with the Child Care Director and staff to determine what action will be taken. Children may be suspended for disruptive behavior.

4. If a child is suspended and reinstated in the Y After School or Y Summer Camp program and receives a 4<sup>th</sup> (fourth) behavior related incident report, the staff and Child Care Director may suspend the child immediately if necessary, notifying the parents to come and get the child. The staff may make such recommendations to the Child Care Director as appropriate, including discharge without the right of reinstatement.

5. A child may be suspended immediately for two days for any undesired behavior, which includes verbal abuse or physical abuse with the intent to harm.

6. Parents may be called to pick up their child immediately if they continually exhibit negative and/or disruptive behavior.

Our staff will not use corporal punishment; will not isolate children out of sight or sound of the group; and will not deprive any child of food, water or bathroom privileges as a part of punishment. Reasonable efforts will be made to assist children in adjusting to our program.

At no time during our programs are parents allowed to discipline children other than their own. If a situation arises concerning another child, please speak to a staff member and not the child. The YMCA has the right to dismiss a child from the program because of a parent's/guardian's inappropriate behavior or conduct.

### **Y AFTER SCHOOL IS NON-THERAPEUTIC:**

Y After School expects all participants to function in a group of 18 children. We are unable to provide one-on-one care to participants. Y After School has the right to dismiss a child from the program if the child is unable to function in a group setting.

### **NON-PICK UP:**

If a child has not been picked-up, at 6:01 pm the staff will start calling both parents/guardians. If parents/guardians cannot be reached, our staff will call the two emergency numbers on file. If at 6:30 pm the child is still at the site, the local police or Department of Social Service will be contacted.

### **ARRIVAL AND DEPARTURE:**

During Y After School, parents must come into the site to sign children out. Parents must indicate the time you have picked up their child and write your initials next to their child's name on the specific day of the week.

During Y Summer Camp, parents must escort children into the site in the morning and sign them in. In the afternoon, parents must come into the site to sign children out. Parents must indicate the time you have picked up their child and write your initials next to their child's name on the specific day of the week.

Our programs do not permit children to go home unaccompanied. The only people your child will be released to are those listed on the enrollment forms. If someone not listed is going to pick up your child, a written notice must be given to the staff in advance. If an emergency arises, a phone call from a parent will suffice. Staff will ask for photo identification upon pick up. Any person picking up a child from our programs must be at least 18 years or older. If your child attends extracurricular activities or has any other kind of arrival/departure time change within the period he/she is enrolled in the program, you must provide the staff with written permission. Our program must have a copy of all appropriate legal paperwork when the custodial parent requests the program not to release the child to the other parent.

### **PARENT VISITATION:**

You are welcome to visit the Y After School or Y Summer Camp at any time without an appointment. Sometimes when you pick up your child, the staff may be too involved with other children to engage in an extended conversation. Feel free to talk to them informally or contact the Director to schedule a more formal meeting. Some parents enjoy lingering at the program and watching or participating in the activities for a while. You are encouraged to do so when it is convenient for you. For liability and supervision reasons, it is not possible for non-enrolled children visiting the program to take part in activities.

### **Y STAFF:**

Y After School and Y Summer Camp staff are supervised by the Child Care Director. The ratio of Y After School and Y Summer Camp staff falls between 1:10 and 1:17 ratio.

### **STAFF QUALIFICATIONS:**

We are a Licensed Child Care provider and operate at the highest safety standards. All staff are required to complete a thorough screening process, as well as 30-plus hours of training, including child safety training, first aid and CPR, and more. If you have further questions about camp staff qualifications please contact the Camp Program Director.

### **MAT certified staff:**

At Camp Kirk, Camp Roanoke, Camp Botetourt, Camp Rockbridge, Camp Salem and all YAS sites, we always have MAT Certified staff on site at all times who are trained and authorized to administer medication for campers.

At Camp Kirk we have Diabetes MAT certified staff available that are trained

and authorized to assist diabetic campers.

### **REPORTING OBLIGATION:**

As a licensed child care provider, we are required by law to report to the Virginia Department of Social Service and Child Protective Services anything we suspect to be child abuse or neglect. Our staff receive special training on this topic from Child Abuse Prevention Council and the YMCA of the USA. This also includes the reporting of parents who appear to be impaired by drugs or alcohol.

### **MEDICAL CONDITIONS:**

If your child has a known medical condition (asthma, diabetes, seizure disorder, etc.) or any food allergies, Y After School requires a written and signed Action Plan from your child's physician that is uploaded electronically to your child's CampDoc profile. Your child may not be enrolled until we have this plan in place.

### **ILLNESS POLICY:**

Y After School or Y Summer Camp is not designed for sick children. **Your child should not be sent to camp, and will be sent home, if any of the following conditions are apparent:**

- A temperature of 100.4 degrees or more within 24 hours
- Vomiting or diarrhea
- Rash (if cause is unknown)
- Suspected communicable disease
- Severe cold with fever, coughing, unclear mucus
- Bronchitis or other throat infections such as strep

If a child becomes sick at the Y, suffering from the above complaints, a contagious disease or an accident requiring medical attention, the parents will be notified to pick up the child immediately. If the parents cannot be reached, the emergency numbers will be called. Immediate arrangements must be made for picking up a sick child. A child will be isolated away from other children until a parent or guardian arrives.

Parents must notify the Child Care Director if your child has a communicable disease such as chicken pox, pink eye, strep throat or lice. If a child in our program has contracted a communicable disease we will contact all parents within 24 hours. If your child comes in contact with a life threatening disease, please contact our office immediately.

Roanoke City YAS/Camp Roanoke: 540-344-9622

Salem City YAS/Camp Salem: 540-387-9622

Rockbridge Area YAS/Camp Rockbridge: 540-464-9622

Botetourt County YAS/Camp Botetourt: 540-966-9622

Camp Kirk: 540-342-9622

**HAND WASHING AND TOILETING:**

Children are required to wash with soap and running water after toileting, after any contact with blood, feces or urine as well as before and after meals. Staff are required to wash their hands with soap and running water prior to serving snacks, before and after helping a child use the toilet or any bodily fluid contact. If running water is not available, a germicide-cleaning agent administered per manufacturer's instructions may be used. Y After School staff are not authorized to assist children in the bathroom or assist children in changing clothes if a bathroom accident occurs. Due to the licensing stance of Y After School, we are unable to provide care to children with continuous bathroom accidents.

**MEALS AND SNACK:**

The Y After School program offers supper to our at-risk after school locations through the Child and Adult Food Care Program (CACFP) at no additional cost. At our non-at-risk after school locations, a snack will be provided daily that includes 2 food groups, which consist of fruits, vegetables, grains and dairy.

Menus will be posted at each site monthly, and will begin the first day of the program. If a child is allergic to a specific food or beverage or cannot eat the planned meals for physical reasons (i.e. loose tooth and an apple) please make alternative snack arrangements. The Y provides a serving size that is listed by the Department of Social Service, however second helpings may be allowed. If your child would like to supplement with food from home, please remember it must be NUT FREE and be labeled with the child's name and a date.

Children attending the Y After School All Day Program and Y Summer Camp are required to bring 2 NUT-FREE snacks and a NUT-FREE lunch. Staff will be unable to heat or refrigerate any food brought in. Please label any and all food and drink brought into Y programs with your child's name and the date.

**SUNSCREEN AND INSECT REPELLANT:**

Parents give written parental authorization for the application of sunscreen when they sign their acknowledgement of receipt of the Parent Handbook upon completion of the electronic CampDoc paperwork. The parent will provide an in date bottle of sunscreen labeled with your child's name, and any specific instructions. The sunscreen will be kept away from children, but not locked. Staff will be trained if the skin product is prescribed. If a parent does not want sunscreen applied to their child, a written and signed statement must be submitted with enrollment forms. We ask that parents apply sunscreen prior to drop off.

### **OUTDOOR PLAY:**

As the leader in youth development, we understand the importance of providing our participants with time for active play and sports. Getting kids moving and having fun is essential to their overall health. Children will be allotted at least one hour of active play time per day in our YAS programs and longer, weather permitting, during the summer months. A shady area will be provided to play while outside on intensely sunny days. Closed toe shoes are a strong recommendation in all of our Y programs. If a child does not wear closed toe shoes, they might not be able to participate in every activity.

### **REST PERIOD:**

Rockbridge Preschool provides all day care and is required to provide a rest period for children. Cots are provided but parents must provide a bottom and top cover. Bedding will be sent home each Friday to be laundered. Children are expected to lay quietly on their cot. They may get up for quiet play after 30 minutes. After 90 minutes, any children sleeping will be gently awakened.

### **MEDICATION:**

Children needing daily or emergency medication must complete the medication forms located in the enrollment packet found electronically in CampDocs. Both parents and prescriber must complete portions of the consent form. The medication must be in the original container with the pharmacy label intact that lists the child's name, dosage, physician's name and phone number, date the prescription was filled, expiration date and specific instructions. All medication is locked away, out of the reach of children, unless specific instructions from a physician. Over the counter medication will only be accepted if it's in its original container. Parents must provide detailed information on dosage from a physician. An LPN, RN, Physician or pharmacist, certified with Medication Administration Training will train our staff in medication distribution. Our staff re-train at three-year intervals.

**Salem City YAS, Rockbridge Area YAS, Botetourt YAS, Camp Salem, Camp Botetourt, Camp Rockbridge and Camp Kirk:** The staff is encouraged to return medication to the parents when children are not attending. The staff will dispose of medication that is not picked up by the parent within 14 days after authorization expires. To avoid giving children outdated medication, the staff will document expiration dates and contact parents when a prescription is unusable.

**Roanoke City YAS/Camp Roanoke:** Medication(s) must be signed in and out each week. We will not keep medication for the entire time your child is with us. This includes all over the counter medication. During all day programming, parents are responsible for dropping off, signing in, and picking up prescribed medication bottles, in their original container, with the

site director only.

### **ALLERGIES:**

When filling out the camp registration forms electronically on CampDoc, please be sure to specify if your child has any allergies to food or materials (example: nuts, latex, etc.). An Allergy Action Plan will also need to be completed including the upload of necessary paperwork and signatures from the treating physician through CampDoc. If your child has a food intolerance, please let us know.

### **EpiPens:**

If your child requires an EpiPen due to severe allergies please provide at least one non-expired EpiPen. A medication log form will also need to be kept with the EpiPen. It is the parents' responsibility to ensure that new EpiPens are given to YAS and Camp Directors when existing EpiPens expire. Parents are also responsible for the disposal of used EpiPens. It is our policy that if your child is prescribed an EpiPen and it is used in response to an emergency situation, 911 will be called immediately.

### **MEDICAL EMERGENCY PROCEDURES:**

In case of an accident, the following emergency procedures will be followed:

- A staff member will administer immediate, basic first aid.
- 911 will be called if needed. 911 is ALWAYS called for serious neck/head injuries.
- A staff member will accompany the child to the hospital and stay until a parent or guardian arrives.
- A staff member will contact the parent if immediate medical care is necessary.
- Information regarding the accident will be recorded. Any necessary forms will be completed by YMCA staff and forwarded to you for your signature.

### **TRANSPORTATION AND FIELD TRIPS:**

The YMCA is responsible for transportation to and from your child's site during field trips. Safety procedures are implemented to ensure the well being of your child during these activities. Children will be transported in school busses, and remain seated with their arms, legs and head in the vehicle. There is always at least 1 staff in the vehicle with the children as well as a list of the children's names, emergency numbers and a first aid kit. Each location will have a posted sign showing the location, route and phone number for each field trip destination. ***With the exception of preschool camp at Camp Salem***, all children at the site will attend the field trip. If for some reason you don't want your child to attend, or have a time conflict, you will need to make other arrangements for child care. For supervisory reasons, parents are not permitted to drop off or pick up their child from a field trip location. Staff will frequently communicate with the YMCA office when on a field trip.

In the unlikely event of an accident while transporting children to or from a field trip, the YMCA staff will first ensure the safety of the children and then will contact each parent. If a vehicle breaks down while transporting children to or from a field trip, the YMCA will provide alternate transportation in a timely manner.

### **SAFETY PROCEDURE:**

#### **The procedure to identify where children are at all times:**

1. Frequent counts, every 15 minutes.
2. Monitor bathroom use, one child at a time.
3. Designate groups of children to specific staff.

#### **The procedure to ensure that all children return to the site after a field trip:**

1. Children are accounted for before the group leaves, on the bus and upon arrival.
2. Each staff member will be responsible for his/her group.
3. Close communication will be kept between all staff.

#### **The procedure for the search of a missing child:**

1. The surrounding area will be searched.
2. The notification of emergency services. (911)
3. The notification of the Child Care Director.
4. Our office contacts the parents.

#### **The safety procedure for field trips to a pool:**

1. The staff and children are informed of the safety rules of the pool.
2. The swimming skills are determined before the children enter the water.
3. The children are counted by the staff and lifeguard while in the pool and at frequent intervals.

#### **The playground safety plan for all Y After School and Y Summer Camp locations:**

1. Our staff remains in the playground area near each group of children.
2. If an injury occurs, the nearest staff attends to the child.
3. If needed, emergency services will be notified by the staff.
4. The YMCA Child Care Director contacts the parents.
5. Our staff will accompany the child to the hospital if necessary.

### **PROCEDURE TO FOLLOW IN CASE OF A DISASTER (NATURAL OR MAN-MADE):**

In the event of a fire, thunderstorm, severe winter weather, tornado, earthquake, flood, bomb threat, terrorist attack, or any other natural or man-made disaster, staff and the Child Care Director will keep each other informed. The program staff will contact each parent of the child(ren) at our program, and inform them of any location changes or pick up instructions. If the staff is unable to contact parents, the YMCA office will contact each parent. The Childcare Director and staff will evaluate the environment for

safety, and determine if the children need to move to a safer location. The staff will gather the attendance record, emergency and health supplies and each child's registration file to be taken with them. The staff will complete the evacuation checklist prior to leaving the site. Each site has an emergency evacuation plan and shelter available. If a disaster or emergency occurs, our Child Care Director will have at least two cell phones available to contact parents and/or emergency personnel as needed. If a disaster or emergency occurs before the program begins or after the program ends, please listen to local television and radio stations for information regarding the YMCA Programs.

### **EMERGENCY SHELTERS:**

Each location has designated emergency shelters in place.

### **SAMPLE AFTER SCHOOL DAILY SCHEDULE:**

JUMPSTART - 2:15-2:45pm - Children arrive, go over rules and schedule

PARKTIME - 2:45-3:10pm - Active Play

PIT STOP - 3:10-3:30pm - Bathroom/Hand Washing

FUELING TIME - 3:30-4:00pm - Snack or Supper

HOMEWORK HIGHWAY - 4:00-4:30pm - Quiet time for participants to complete homework and do grade specific educational activities

CRANK IT UP TIME - 4:30-5:15pm - Enrichment (STEM, Yoga, Cooking, Crafts, etc.)

CHECKERED FLAG - 5:15-6:00pm - incentive time, game rotations, and clean up

### **SAMPLE Y SUMMER CAMP DAILY SCHEDULE: TIMES ARE APPROXIMATE. PARENTS SHOULD REFER TO THEIR DESIGNATED SITE TIMES LOCATED EARLIER IN THIS DOCUMENT.**

7:00-8:30am- Arrival

8:30-9:00am - Snack

9:00-9:30am - Camp Opening

9:30-12:00pm - Field Trips, centers, outdoor/active play, special projects, science, camp songs, etc.

12:00-12:45pm - Lunch

12:45-5pm- Outdoor/active activities, swimming, crafts, nature walks, etc.

3-4:00pm- Snack

5:00-6:00pm- Outdoor activities, Teen Center, departure

### **SAMPLE ROCKBRIDGE PRESCHOOL DAILY SCHEDULE:**

7:30-8:30 am - Arrival and centers

8:30-9:30 am - Clean up and snack

9:30-11:00 am - Learning time

11:00-11:30 am - Active Play

11:30 am-12:30 pm - Lunch

12:30-2:00 - Active Play

2:00 - 3:30 pm Rest Time

3:30 - 4:00 pm Activity

4:00 - 5:30 pm Centers and dismissal



**INSURANCE:**

Please contact the YMCA Office for information pertaining to our accident insurance coverage.

**LOST AND FOUND:**

We encourage you to label your child's clothing and belongings. Please be observant of clothing, belongings, etc. that may accidentally come home with another name in them. Please help us maintain our supplies by returning any that are taken home. For the safety of your child's belongings, please do not allow your child to bring toys and games from home. Any items not claimed prior to the end of each month, will be discarded.

**LICENSING INFORMATION:**

The Y After School and Y Summer Camp is a licensed child care program through the Commonwealth of Virginia. Standards for licensed child care centers address certain health precautions, adequate play space, ratio of children to staff, equipment, program and record keeping. Criminal record checks and specific qualifications for staff are required. Standards require the facility to meet applicable fire, health and building codes. If you would like additional information about licensing, contact them at (540) 857-7971.

## **Y AFTER SCHOOL AND Y SUMMER CAMP PROGRAMS**

### **ORGANIZATIONAL CHART**

#### **YMCA BOARD OF DIRECTORS**

##### **PRESIDENT/CEO**

##### **BRANCH EXECUTIVE**

##### **YMCA CHILD CARE DIRECTOR/YOUTH AND FAMILY DIRECTOR**

##### **SITE SUPERVISOR/CAMP DIRECTOR**

##### **PROGRAM ASSISTANT/LEADS/CAMP COUNSELORS**

**If you have any questions or concerns, please don't hesitate to contact our office.**