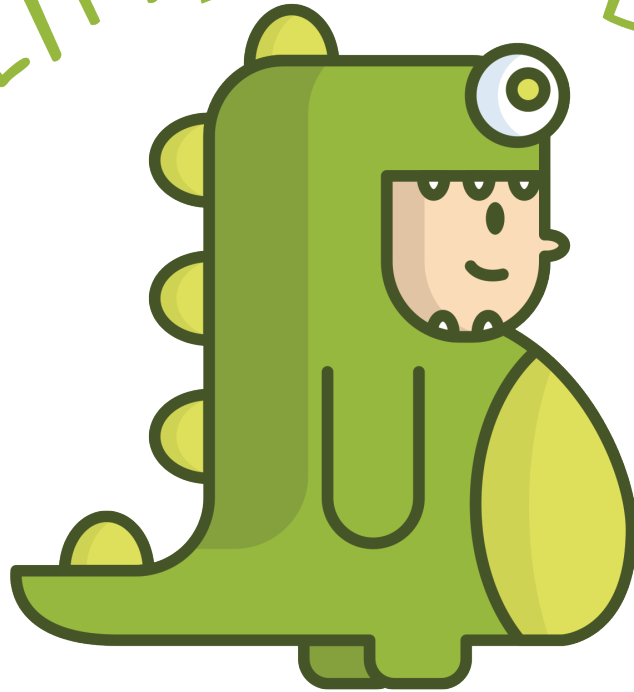


LITTLE REC'ERS



AT BLACKBURN HALL

2018 Parent Packet

Town of Walpole Recreation Department

Summer Day Program

at

Blackburn Hall

(30 Stone Street)

Greetings!

Thank you for choosing to make us a part of your child's summer! This Parent Packet is intended to provide the practical information you will need before sending your child to Little Rec-er's and some general information which will help you understand the practices and procedures of the Little Rec-er's Summer Day Program Experience!

Little Rec'ers Mission:

Little Rec-er's is a diverse learning community that encourages youth (Ages: 2.5 - 7 years old) from Walpole and the surrounding area to participate in active and healthy activities, learn about the nature, science, sports and develop skills to participate as responsible members of society.

Staffing:

Little Rec-er is managed by qualified staff with an On-Site Program Director, supporting counselors. The counselor to participant ratio is no more than 5:1.

All members of our Little Rec-er staff are qualified and trained to provide quality care for our Summer Programs. All staff have completed screening processes that meet the requirements of employment with the Town of Walpole.

Staff on-site are CPR & First Aid Certified.

Drop-Off & Pick-Up Procedures:

Little Rec-er's begins at 8:00am. Please be sure to drop your child(ren) off at that time or up to half an hour after the program begins. Our staff needs the half hour before Little Rec'ers begins to set-up and prepare for the day's activities so they cannot be watching children at this time. In the interest of safety for all participants, parents/guardians are asked to escort their child(ren) to and from the designated area to sign children IN/OUT of Little Rec-ers in the morning and evening.

Children must bring a note with them to Little Rec-ers if they have permission to be picked up by someone other than those listed on their Pick-Up Authorization Form. Little Rec-ers ends each day at 4pm. Please ensure that your child(ren) is picked up promptly at the end of the program.

Little Rec'ers ends each day at 4:30PM. Please ensure that your child(ren) is picked up promptly at the end of the program. If your child needs after-program care between 4:30-6:00PM, please refer to our Extended Day section.

Typical Day at Little Rec'ers:

8:30am	Parent drop off bags into a cubbie and a coloring craft at the table, Legos and building fun.
9am	Morning Activity
10am	Running game upstairs or Outside (Soccer, Dodgeball, Kickball, or a tag like game)
10:30am	Snack time and change into swim suite
11am	Swimming at the Splash pad/ playing at the playground.
11:45am	Half day morning kids walk back to the rec for pick up.
12pm	LUNCH and quiet free play
1pm	Afternoon Drop off. / extended lunch pick up.
1:30pm	Free Play in the gym or outside
2pm	Swimming/Playground
3pm	Afternoon Activity
3:30pm	Snack and Free play
4:30pm	Parent Pick Up
4:30pm-6pm	Extended Day Option **Subject to Change

Lunch & Snack:

Snacks, Lunch, and Drinks are not provided. Please pack a lunch and a snack for your child each day. There is a refrigerator available. Please inform staff if you have pack items that need the refrigerator. A sturdy lunch bag or box is best over a paper bag so lunch contents do not get crushed.

It is also important to pack enough for your child to drink. It is a good idea for your child to bring a reusable water bottle with them to stay hydrated throughout the day. Due to the high number of allergies, please remind your child at home, as we will at Little Rec-er, that there is no sharing of snacks or lunches.

Proper Attire & Footwear:

We suggest sending your child in sneakers each day. At Little Rec-ers, there will be many opportunities for running, playing, sports, and organized games that will require comfortable and safe footwear for participation.

In addition to proper footwear, comfortable play clothes are a must each day of camp. It is important that children dress weather appropriate and in clothing that they don't have to worry about having fun or getting messy in.

Label Everything:

Label everything you can with your child's full name on it. There will be many kids with similar items so it's important to be able to distinguish one item from the next.

Sunscreen:

It is important that each participant starts the day off with sunscreen on. There is a lot of open space at Little Rec-ers and we want to ensure each child is protected during all of our outdoor activities. The Recreation Department also encourages children to reduce exposure to UV rays with wide-brim hats, long-sleeve shirts, pants, and lip balm.

Please put sunscreen on your child before drop off each day. Counselors will remind children to apply sun protection at appropriate times during the day. Any sun protection provided from home should be delivered in a plastic bag with the child's name clearly written on it. The plastic bag containing the sunscreen or sun protection should be kept in the child's backpack or among their personal items.

Parents/guardians who wish for counselors to assist their child apply sun protection must first submit a written authorization to the Recreation Department. Counselors will only apply sun spray and are prohibited from applying lotion. Counselors will not apply protection to a child without written authorization beforehand.

Medical Forms & Health Information:

Little Rec'ers must have all Health Forms on file at the time of registration. For safety reasons, children who do not have completed health forms on the first day of the program will not be able to attend until all necessary materials are provided.

EPI-Pen:

All EPI-Pens must be labelled with your child's name on it. EPI-Pens must be current, in their original container, and placed inside of a clearly labeled ziploc bag with your child's picture on it.

What should each child bring to Little Rec'ers:

- Sneakers
- T-Shirt/Tank Top

- Shorts/Capris
- Bathing Suit

- Towel
- Sunscreen

- Lunch & Snacks
- Water Bottle

Little Rec'ers:

Please make sure your child(ren) do not bring electronic devices to Little Rec-ers, including iPods, handheld gaming systems, or cellphones. There is access for children to call home and for parents to reach staff if the need presents itself.

There are no weapons of any kind allowed at Little Rec-ers, fake or otherwise.

Little Rec'ers Registration Fees:

Full Day
\$195/week
(8:30am-4:30pm)

(Non-Resident \$205)

Half Day
\$95/week
(8:30am-12:30pm
or 1:00pm-4:30pm)

(Non-Resident \$105)

Swimming Lessons
Option
\$45/week
(10:00am-11:00am)

(Non-Resident \$55)

(Daily options also available)

A 20% per week non-refundable deposit can be paid to hold your child's/children's spot for each week you would like them to attend Little Rec'ers.

Each week's registration fee must be paid in full the Monday prior to the scheduled week of attendance at Little Rec'ers.

Families who register 2 children at Little Rec-ers will receive a 10% sibling discount for the 2nd sibling registered and any thereafter.

Extended Day Program:

Evening Care (4:30pm-6:00pm) - \$24 per day per child
(or \$75 per week, advanced registration rate only)

If your child is picked up after 4:30pm, your child must be enrolled in Extended Day. After the official 6:00pm end time of Extended Day, there is a \$1.00 per minute charge per child that will be billed to your account.

Cancellation:

You must withdraw from a session and/or an extended day registration 10 business days prior to the start of the program. There is a 20% processing fee for those who withdraw from a Little Rec'ers session. The Walpole Recreation Department does not allow sharing or splitting the session with another person or family member's child. Refunds take 10-14 days to process. You will receive a check issued from Town Hall. In lieu of an 80% check refund, you can elect to have your refund in the form of a Walpole Recreation account credit. Account credits are 100% of the registration fee and can be used towards future Walpole Recreation Department Programs and Activities.

Discipline:

Children will be expected to behave appropriately and follow general behavior rules, including:

- a. Be Kind – keep hands, feet, and objects to yourself
- b. Be Respectful – to others, staff, themselves, and the environment
- c. Be Safe – to stay with counselors and their group

If counselors feel a child is acting inappropriately, they will redirect the child to more appropriate behavior. If the inappropriate behavior continues, the child will be given a time-out and the parent/guardian will be notified. Excessive incidents of misbehavior will be reported to the parent/guardian immediately. The Walpole Recreation Department reserves the right to remove the child from a program indefinitely.

Disclaimer:

Licensed camps in Massachusetts are required to meet regulatory standards established by the MA Department of Public Health. Although the Recreation Department strives to meet many of these standards for all of its programs, Little Rec'ers is not advertised nor promoted as a camp.



Child's Information:

Child's Name: _____ Male: _____ Female: _____

Date of Birth: _____ Age: _____ Grade Entering in Fall 2018: _____

Address: _____ City/State: _____ Zip Code: _____

Cell Phone: _____ Home Phone: _____

E-Mail Address: _____

Parent/Guardian Information:

Parent/Guardian Name: _____

Relationship to Child: _____ Cell Phone: _____

Place of Work: _____ Work Number: _____

Parent/Guardian Name: _____

Relationship to Child: _____ Cell Phone: _____

Place of Work: _____ Work Number: _____

X Parent/Guardian Signature X Date



Child's Name: _____

Emergency Contact Information:

Emergency Contact Name: _____
(Person OTHER than Parent/Guardian)

Relationship to Child: _____ Cell Phone: _____

Home Phone: _____ Work Number: _____

I give my permission for my child to be picked up by this emergency contact

Emergency Contact Name: _____
(Person OTHER than Parent/Guardian)

Relationship to Child: _____ Cell Phone: _____

Home Phone: _____ Work Number: _____

I give my permission for my child to be picked up by this emergency contact

Additional Authorized Pick-Ups:

Name: _____ Relationship to Child: _____

Name: _____ Relationship to Child: _____

Name: _____ Relationship to Child: _____

X Parent/Guardian Signature X Date



Child's Name: _____

Medical Information:

Insurance:

Child's Name: _____ Age: _____

Date of Birth: _____ Is child covered by insurance? Yes No

Insurance Company: _____ Policy/Group Number: _____

Primary Doctor: _____ Doctor's Phone Number: _____

Allergies:

My Child DOES DOES NOT have ALLERGIES.

Child is Allergic to (please include all foods, medications, insects and reaction/treatment to each):

Will your child bring an EPI-Pen to Little Rec'ers? Yes No

a. If so, so you give permission to Little Rec'ers staff to administer the EPI-Pen if needed to your child? Yes No

b. If so, do you give approval for your child to self-administer the EPI-Pen? Yes No

Will your child bring an inhaler to Little Rec'ers? Yes No

a. If so, do you give approval for your child to carry and self-administer the inhaler? Yes No

Does your child require insulin injections? Yes No

3. Note: No person known to be suffering from tuberculosis in a communicable form, or having evidence of symptoms thereof, shall be allowed to attend Little Rec'ers.

X Parent/Guardian Signature

X Date



Child's Name: _____

Health History:

Has your child had a history or are they prone to any of the following? (Please know that we value your privacy. Health History information is only made available to Little Rec'ers Health Staff. The more information you provide, the better we can care for your child. Thanks!):

- | Yes | No | | Yes | No | |
|--------------------------|--------------------------|---------------------------------------|--------------------------|--------------------------|------------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | Recent illness, or infectious disease | <input type="checkbox"/> | <input type="checkbox"/> | Hypertension |
| <input type="checkbox"/> | <input type="checkbox"/> | Chronic or recurring illness | <input type="checkbox"/> | <input type="checkbox"/> | Bleeding/Clotting disorder |
| <input type="checkbox"/> | <input type="checkbox"/> | Asthma | <input type="checkbox"/> | <input type="checkbox"/> | Diabetes |
| <input type="checkbox"/> | <input type="checkbox"/> | Homesickness | <input type="checkbox"/> | <input type="checkbox"/> | Chicken Pox |
| <input type="checkbox"/> | <input type="checkbox"/> | Frequent ear infections | <input type="checkbox"/> | <input type="checkbox"/> | Measles |
| <input type="checkbox"/> | <input type="checkbox"/> | Seizure disorder or convulsions | <input type="checkbox"/> | <input type="checkbox"/> | German Measles |
| <input type="checkbox"/> | <input type="checkbox"/> | Dizziness during or after exercise | <input type="checkbox"/> | <input type="checkbox"/> | Mumps |
| <input type="checkbox"/> | <input type="checkbox"/> | Chest pain during or after exercise | <input type="checkbox"/> | <input type="checkbox"/> | Tuberculosis |
| <input type="checkbox"/> | <input type="checkbox"/> | Heart defect/disease | <input type="checkbox"/> | <input type="checkbox"/> | Eating disorder |
| <input type="checkbox"/> | <input type="checkbox"/> | Joint Problems (knees, ankles) | <input type="checkbox"/> | <input type="checkbox"/> | Frequent stomach aches |
| <input type="checkbox"/> | <input type="checkbox"/> | Frequent headaches | <input type="checkbox"/> | <input type="checkbox"/> | Wears glasses/contacts |
| <input type="checkbox"/> | <input type="checkbox"/> | Head Injury | <input type="checkbox"/> | <input type="checkbox"/> | Wears a Medic Alert Bracelet |

Please provide any additional information we may need to know in relation to the checked items above:

Date of last physical exam (Recommended within 24 months of Little Rec'ers): _____

Current prescribed medications:

Medication: _____ Prescribing Physician: _____

Medication: _____ Prescribing Physician: _____

Medication: _____ Prescribing Physician: _____

REQUIRED:

PLEASE ATTACH CURRENT IMMUNIZATION RECORD WITH THIS PACKET

X Parent/Guardian Signature

X Date



Child's Name:

Consent & Releases

FIRST AID: I give the Walpole Recreation Department and Little Rec'ers permission to administer basic first aid and/or CPR to my child and/or take my child to the hospital or call 911 to secure medical treatment when I cannot be reached or when delay would be dangerous to my child's health. If parent/guardian cannot be reached, I give the Walpole Recreation Department permission to contact the emergency contacts above.

Initial

.....

PHOTOS: I give the Walpole Recreation Department permission to photograph my child for public relations and/or marketing purposes.

Initial

.....

WAIVER OF LIABILITY, WARNING & ACKNOWLEDGMENT OF RISK:

Pursuant to 105 CMR 435.000, Little Rec'ers is not, nor does it promote or advertise itself as, a licensed "camp" Swimming is a sport which challenges and engages the physical, mental and emotional resources of each participant. However, despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury, including but not limited to drowning, head/brain injury, and cervical spine injury. Understandably, not all hazards and dangers can be foreseen. The very nature of swimming is hazardous and risky, including but not limited to fatigue and overexertion, poor swimming skills, failing to avoid dangerous areas, horseplay, diving or cannon balling into shallow water and striking the bottom or side of the pool and or natural pond bottom, poor supervision or instruction, lack of conditioning, becoming disoriented, striking other swimmers, defective or inadequate equipment, striking one's head on the bottom when using a diving block, slipping or falling on the docks, chemical exposure and all other circumstances inherent to the sport of swimming. In this regard, it must be recognized that it is impossible for the the Town of Walpole, Walpole Recreation, and Little Rec'ers to guarantee absolute safety during any swimming or water activities.

.....

I _____, as a parent or legal guardian of _____, hereby grant the permission necessary to allow him/her to participate in Little Rec'ers, a Summer Day Program coordinated by the Walpole Recreation Department and the Town of Walpole. I, on my own behalf and on behalf of my son/daughter, further agree to release and to hold harmless Little Rec'ers, the Walpole Recreation Department, the Town of Walpole, representatives, employees, contractors, and all other affiliates of Little Rec'ers, the Walpole Recreation Department, and the Town of Walpole from any and all liability from any claim, judgement, costs (including, without limitations, attorney's fees and costs) arising out of or connected with any situation at Little Rec'ers, including illness or injury (minimal, serious, catastrophic and/or death) my child may incur or sustain during their time at Little Rec'ers and during all activities they partake in.

X Parent/Guardian Signature

X Date

Is there a tick on you?

Do a tick check!

Here's where to look:

⊙ **Inside and behind the ears**

⊙ **Along your hairline**

⊙ **Back of your neck**

⊙ **Armpits**

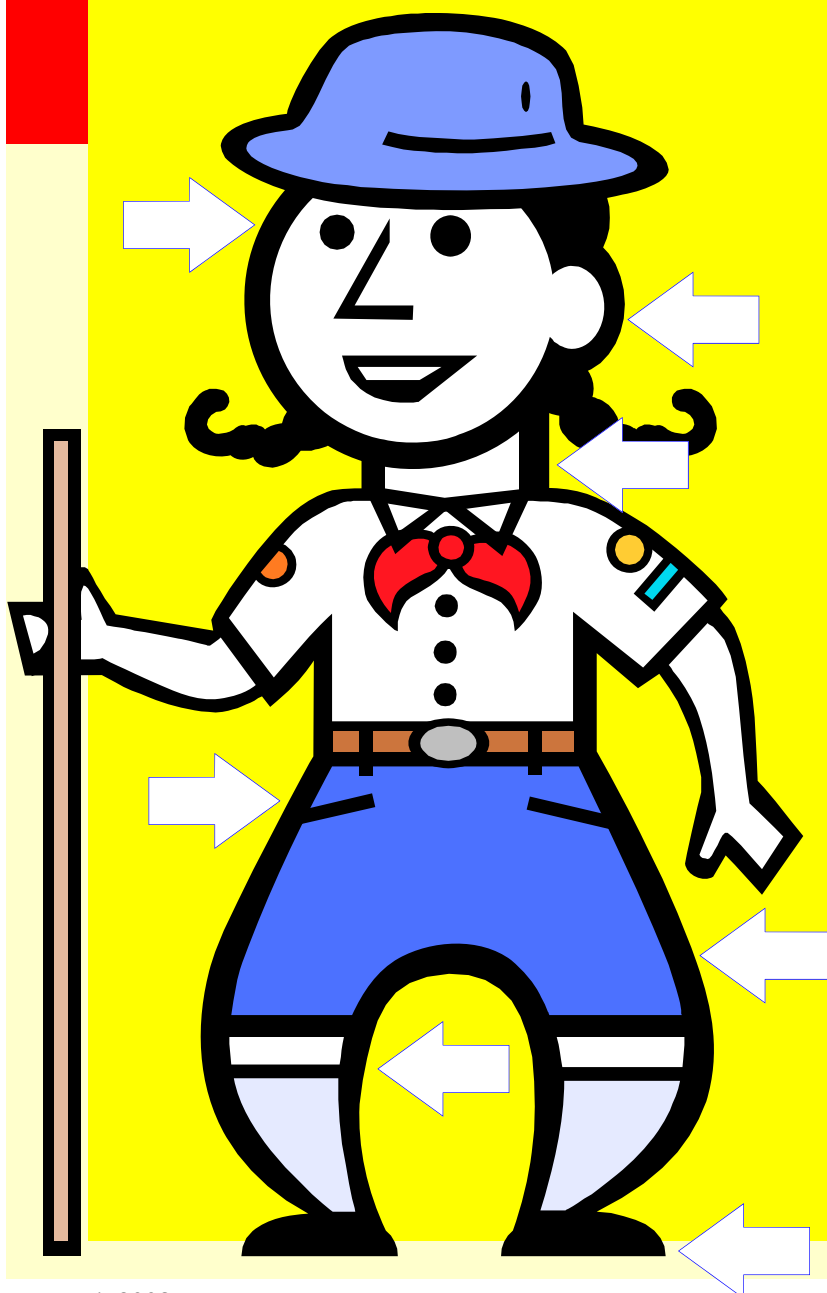
⊙ **Groin (where your legs join your body)**

⊙ **Legs**

⊙ **Behind the knees**

⊙ **Between your toes**

Ticks are tiny, so look for new "freckles."



Actual sizes of nymph (left), adult female dog tick (center) and adult female deer tick (right)

Meningococcal Disease and Camp Attendees: Commonly Asked Questions

What is meningococcal disease?

Meningococcal disease is caused by infection with bacteria called *Neisseria meningitidis*. These bacteria can infect the tissue (the “meninges”) that surrounds the brain and spinal cord and cause meningitis, or they may infect the blood or other organs of the body. In the US, about 1,000-1,200 people get meningococcal disease each year and 10-15% die despite receiving antibiotic treatment. Of those who survive, about 11-19% may lose limbs, become hard of hearing or deaf, have problems with their nervous system, including long term neurologic problems, or have seizures or strokes.

How is meningococcal disease spread?

These bacteria are passed from person-to-person through saliva (spit). You must be in close contact with an infected person’s saliva in order for the bacteria to spread. Close contact includes activities such as kissing, sharing water bottles, sharing eating/drinking utensils or sharing cigarettes with someone who is infected; or being within 3-6 feet of someone who is infected and is coughing and sneezing.

Who is most at risk for getting meningococcal disease?

People who travel to certain parts of the world where the disease is very common, microbiologists, people with HIV infection and those exposed to meningococcal disease during an outbreak are at risk for meningococcal disease. Children and adults with damaged or removed spleens or persistent complement component deficiency (an inherited immune disorder) are at risk. Adolescents, and people who live in certain settings such as college freshmen living in dormitories and military recruits are at greater risk of disease from some of the serotypes.

Are camp attendees at increased risk for meningococcal disease?

Children attending day or residential camps are **not** considered to be at an increased risk for meningococcal disease because of their participation.

Is there a vaccine against meningococcal disease?

Yes, there are 3 different meningococcal vaccines. Quadrivalent meningococcal conjugate vaccine (Menactra and Menveo) protects against 4 serotypes (A, C, W and Y) of meningococcal disease. Meningococcal serogroup B vaccine (Bexsero and Trumenba) protects against serogroup B meningococcal disease, for age 10 and older. Quadrivalent meningococcal polysaccharide vaccine (Menomune) is recommended for people age 56 and older with certain high-risk conditions.

Should my child or adolescent receive meningococcal vaccine?

Meningococcal vaccine is **not** recommended for attendance at camps. However, these vaccines may be recommended for children with certain high-risk health conditions, such as those described above. **MDPH strongly recommends two doses of quadrivalent meningococcal conjugate vaccine: a first dose at age 11 through 12 years, with a second dose at 16 years.**

Meningococcal serogroup B vaccine (Bexsero and Trumenba) is recommended for people with certain relatively rare high-risk health conditions age 10 or older (examples: persons with a damaged spleen or whose spleen has been removed, those with persistent complement component deficiency, and people who may have been exposed during an outbreak). Adolescents and young adults (16 through 23 years of age) **may** be vaccinated with a serogroup B meningococcal vaccine, preferably at 16 through 18 years of age, to provide short term protection for most strains of serogroup B meningococcal disease. Parents of adolescents and children who are at higher risk of infection, because of certain medical conditions or other circumstances, should discuss vaccination with their child’s healthcare provider.

How can I protect my child or adolescent from getting meningococcal disease?

The best protection against meningococcal disease and many other infectious diseases is thorough and frequent handwashing, respiratory hygiene and cough etiquette. Individuals should:

1. wash their hands often, especially after using the toilet and before eating or preparing food (hands should be washed with soap and water or an alcohol-based hand gel or rub may be used if hands are not visibly dirty);
2. cover their nose and mouth with a tissue when coughing or sneezing and discard the tissue in a trash can; or if they don’t have a tissue, cough or sneeze into their upper sleeve.
3. not share food, drinks or eating utensils with other people, especially if they are ill.

If your child is exposed to someone with meningococcal disease, antibiotics may be recommended to keep your child from getting sick.

You can obtain more information about meningococcal disease or vaccination from your healthcare provider, your local Board of Health (listed in the phone book under government), or the Massachusetts Department of Public Health Division of Epidemiology and Immunization at (617) 983-6800 or on the MDPH website at www.mass.gov/dph.