



CAMP

HANDBOOK



www.altadoregym.com

What to Expect

Fun games, neat crafts, special guests and tons of Gymnastics fun!

Campers will spend lots of time working on gymnastics activities on all of the apparatus (beam, bars, vault, floor, and trampoline), learning new skills, and building confidence and new friendships.

Each day will include themed games and crafts, free play time, as well as fun outdoor activities like nature walks, water games, scavenger hunts, and more!

You must come in to sign your children in and out every day.

Children may be dropped off:

- Between 8am - 8:30am for full day and morning camps.
- At 12:30pm for afternoon camps.

Children are to be picked up:

- Between 4pm - 4:30pm for afternoon and full day camps.
- At 12pm for morning camps.

If a child is not picked up by 12:05 (morning camps) or 4:35pm (afternoon or full day camps), an additional charge of \$1/minute will be charged to the family account.

Waiver - All children who have not submitted a waiver since July 1 of this year, will need one filled out. You can find it here: [WAIVER](#). It is an online waiver and does not need to be printed. Please complete this before check-in to streamline the process.

Field Trips - If you signed up for the optional field trips - they happen on Thursdays. Either the afternoon or most of the day, depending on the activity. Children will have ID bracelets and will travel by bus. Extra coaches will be in attendance for field trips.

What to Bring

- Full day: Lunch & 2 snacks, water bottle, hat & SPRAY sunscreen.
- Half Day: Snack, water bottle, hat, SPRAY sunscreen & bug spray.
- We provide Pizza for lunch on Fridays! (For full day Campers only).
- Please send EXTRA snacks. The children are moving a lot and will be VERY hungry!
- Please send a bathing suit or extra clothes and a towel in case we have some water play (or bathroom accidents).
- Children can wear gymnastics appropriate clothing (t-shirt, tank top, joggers, shorts or leggings). Please apply sunscreen to your children before you drop them off, and pack SPRAY sunscreen for reapplying.
- Please label water bottles.

CAMPER RULES

- Stay with your group at all times, unless you have permission from your coach.
- Respect all fellow campers, coaches, and other gym users.
- Be courteous with the words you use. Inappropriate language will not be tolerated. Campers in violation of this rule will be expected to tell their parents the word or words used.
- Keep your hands and feet to yourself at all times.
- Be respectful of others' belongings. Do not take anything that is not yours.
- Respect your environment and the gym by throwing away or recycling all waste and returning equipment to the proper place after use.
- Do not bring toys or valuables to camp. We are not responsible for lost/broken items that are brought from home.
- Phone calls/text messages are to be made only in the event of an emergency and are only to be made on the gym phone.
- Most importantly: always follow the Golden Rule - treat others as you wish to be treated.

FIELD TRIP RULES

- All campers must wear ID bracelets and the AGC camp t-shirt (provided) while on field trips.
- When the bus stops, stay seated until a coach opens the door and gives you permission to get off the bus.
- When riding on the bus, you must remain seated at all times.
- Be respectful of the public and stay with your group.

GENERAL RULES

- Always be with a buddy.
- Never go anywhere alone.
- Tell the coach if you need to go somewhere (i.e. restroom, grab an item, etc.)
- Be sure to stay within the camp boundaries.
- No running in lobby areas.
- Wear sunscreen.
- Always be considerate of others.
- Keep bathrooms clean and toilets flushed.

ITEMS NOT ALLOWED AT CAMP:

- Toys from home
- Handheld video games
- Cell phones/Smart Watches - If brought from home, these must stay in backpacks. Smart watches can get lost in our foam pit.

CONDUCT & DISCIPLINE POLICY

Altadore Gymnastic Club promotes learning and respect in a safe environment; we have a strict no- bullying policy.

Examples of inappropriate behavior include (but are not limited to):

- Inappropriate action/behavior: Abusive language and/or inappropriate gestures/actions directed toward participants, staff, or other persons.
- Harm to others: Physically assaulting another person (participants, staff or other persons), including striking, pushing, shoving, spitting, proximity intimidation and/or grabbing; or other attempt or threat to physically injure another person.
- Harm to self: Physically harming/injuring self or attempting or threatening to do so.
- Misuse/Damage of property: Improper care or misuse of items that belong to the city, site location or items belonging to another person.
- Stealing: Removing property belonging to others, the gym, or other facilities without permission.
- Non-compliance with rules: Non-compliance with program and facility rules.

If a participant's behaviors are disruptive, staff will redirect the camper and give a verbal warning identifying inappropriate behavior and possible consequences should the behavior continue. If the child continues to be disruptive, the following progressive discipline steps will be used to get a child back on track with the code of conduct policy:

1. 1st Infraction: If inappropriate behavior continues, a staff member will have the participant go to a "quiet time" to reflect on their actions for five to ten minutes prior to rejoining the group. The staff member will reiterate the desired behavior and consequences should the behavior continue.
2. 2nd Infraction: If inappropriate behavior continues to occur or becomes more serious, Staff will inform the Camp Lead of the inappropriate behavior and the Camp Lead will call the participant's guardian to discuss a course of action; consequences may result in time away from Altadore Gymnastic Club. An Athlete Observation form will also be sent home.
3. Suspension: The steps listed above are used to correct behavior in most cases. If these steps are unsuccessful, a participant may be suspended or expelled from the program.

Please note that these steps are used as a guideline. Exact responses to behaviors are situational and depend on the severity of the inappropriate behavior. The participant may be asked to leave the program for the remainder of the day at the discretion of the Recreational Program Director at any point and time.

SUPPORTING EVERY CAMPER: SHARING YOUR CHILD'S NEEDS

At Altadore Gymnastic Club, we are committed to creating a supportive and inclusive environment where every camper can thrive. To ensure we provide the best possible experience for your child, it is essential that we are aware of any extra support they may need or any specific diagnoses they have received.

Why We Need This Information

Understanding your child's unique needs allows us to:

- Provide appropriate accommodations and support.
- Tailor our activities to ensure they are inclusive and enjoyable for all campers.
- Train our staff to handle any situations that may arise with confidence and care.

What to Share

Please inform us if your child has:

- Any medical diagnoses (e.g., asthma, diabetes, allergies).
- Developmental or learning disabilities (e.g., autism spectrum disorder, ADHD, dyslexia).
- Emotional or behavioral concerns (e.g., anxiety, depression, sensory sensitivities).
- Any other conditions or needs that may require special attention or accommodations.

How to Share

Email emma@altadoregym.com or call Carol between 8am-3pm: 403-720-2711 ext 1.

Confidentiality

Please rest assured that all information you provide will be kept confidential and will only be shared with camp staff on a need-to-know basis to ensure your child's safety and well-being.



Other Questions? Please email emma@altadoregym.com