



## Summer Camp FAQ's

Please carefully review the following camp information prior to your camper's first day. We are taking additional precautions during this time of COVID-19 so taking note of our updated procedures and the supplies we ask you send along with your camper will be very important. A "camp supplies" checklist is provided at the bottom of this document for a quick reference.

### Do I need to sign my child in and out of camp?

- Yes, be sure to sign your child in and out of camp each day with the time and your name.
- During this time of COVID-19, we will ask that parents do not come into the gym for drop off or pick up so that we can help minimize exposure and practice social distancing. We will also be staggering drop off and pick up times to minimize the number of people coming and going at any given time. Keep an eye out for an email as we get closer with your designated drop off and pick up time.
- Check-In: If your child does not already have a mask, we will gladly provide one at check-in for him or her to wear. After signing your child in at our check-in tent, we will temperature check your child and have him or her wash her hands at our outdoor sink before heading into the gym with one of our escorts.
- Pick-Up: *A valid photo I.D. must be presented at pick-up to verify identity.*
  - Only the individuals noted on your Camp Registration form will be authorized to pick up your child unless you submit a written notice to the office stating otherwise. Authorized individuals need to present a valid photo I.D. and know the safe pick-up password indicated on your registration form.
  - After being authorized for pick up, you will receive a slip of paper with your child's name saying that you are authorized to pick up the child. From there, one of our escorts will bring your child to you outside and will exchange your child for the authorized pick up slip of paper.
- Please **call or text us** (352) 340-1180 or **email** [frontdesk@balance180.org](mailto:frontdesk@balance180.org) if you ever need to pick up your child early, if you are running late, or if you need to get a hold of us for any reason during camp hours. If you call, kindly leave a message if you do not get an answer and we will give you a call back as soon as we can.

### What should my child wear to camp?

- Please have your child wear athletic shorts (no zippers, snaps, or buttons) and a t-shirt that is not too baggy. Girls are welcome to wear a leotard. Socks and shoes should be removed before camp begins.
- Please have your child's hair pulled back out of his or her face.
- At this time, we are asking that all campers wear a mask during camp hours with the exception of during snack time, water breaks, and some socially distant activities.
- One of our crafts this year will be to decorate a t-shirt that we will wear on Friday for FUN FRIDAY!

### **What should my child bring for camp?**

- Quiet activities: Prior to the camp day officially starting at 9:00 AM, we will have quiet activities. Please pack your child some quiet activities such as blocks, coloring books, reading books, small toys, etc. We will have some activities available but are trying to minimize shared items.
- Change of clothes: All children should be potty trained but should bring a change of clothes just in case.
- Craft supplies: Please send your child with scissors, crayons, markers, and a bottle of liquid glue in a storage container so that we do not have to share these supplies during craft time ("Craft Packs" will be available for purchase if needed). The rest of the craft supplies will be provided.
- Sunscreen: There will be days when we do outside activities for up to 20-30 minutes. We will not be in the direct sun for the entire duration. We will have spray sunscreen available, but you are welcome to pack your child with his or her own sunscreen due to preference or skin sensitivities.
- We will have your child store his or her belongings in one of our cubbies during camp hours.
- Please label all clothing items, snack containers, water bottles, sunscreen containers, etc. with your child's name.

### **Should I pack a lunch, snack, or water bottle?**

- We will provide one snack and drink during the morning session. We will not have lunch during camp hours. You are welcome to send your child with a snack (no nuts, please as we do have campers with nut allergies) if you would prefer or in addition to what we provide. Snacks we provide include things like pre-packaged Goldfish, animal crackers, pretzels, etc. and drinks will be water bottles and juice boxes.
- Please make sure you have notified us of any allergies your child has on our Camp Registration Form or Getting to Know Your Camper Form. We will do our best to accommodate allergies, but you are welcome to pack your child with a snack that meets his or her needs if you would prefer.
- We will not be able to refrigerate or microwave any snack items, so please plan accordingly.
- All campers need to bring a water bottle with them. We will have the water bottle filler feature of our water fountains turned on for refills but will not have the kids drink from the faucet to avoid spreading germs. Only water will be allowed in the gym training area. Will be very important for the kids to stay hydrated.

### **What is Fun Friday you ask?**

- We will always close out the week of camp with a "Fun Friday" event and performance. We will take pictures and videos to share with you!
- We will send home a slip prior to Friday with any special attire to wear or accessories to bring along for Fun Friday!

### **What additional precautions is Balance 180 taking during COVID-19?**

- Class size/occupancy: We will have the campers divided into smaller groups and spread out through our entire 11,400 sf gym (Blue Gym and Green Gym) to be able to maintain generous distancing.
- Safety: Frequent hand sanitizing, social distancing, and having camper and our staff and volunteers wear a face mask as we get started will be important.
- Activities: Camp activities and lesson plans have be modified to be sensitive to the new conditions under which we are training.

As we are incorporating new safety procedures into our classes we are asking our campers to follow a few new rules when in the gym that are important to keeping themselves and others around them safe. We know it is challenging for the kids to resist running up to friends for hugs and to avoid taking off their face masks. We are asking you to please discuss these new guidelines with your camper before coming for your first day to make a smooth transition.

Thank you for joining us for Balance 180 Summer Camp 2020. We are so excited to see you!

# SUMMER CAMP CHECKLIST

- ATHLETIC ATTIRE AND FACE MASK
- CHANGE OF CLOTHES
- WATER BOTTLE
- QUIET ACTIVITIES-  
BLOCKS, COLORING  
BOOKS, READING BOOKS,  
SMALL TOYS, ETC.
- CRAFT SUPPLIES-  
SCISSORS, CRAYONS, AND  
MARKERS, AND LIQUID  
GLUE
- SPRAY SUNCREEN
- SNACK IF YOU WOULD  
PREFER TO BRING YOUR  
OWN (NO NUTS, PLEASE)

