



2021 Summer Camp CASLO Handbook

Cheney's Adventurous Summer Learning Opportunity



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Camp CASLO

Welcome and Introduction

Welcome to Camp CASLO, Cheney's Adventurous Summer Learning Opportunity. We know that you have options and we appreciate you choosing our program. Since 2007, we have been operating in this community, serving children and families with high-quality enrichment programs. We are pleased to welcome you as part of our community.

CASLO exists so that children in Cheney and surrounding areas thrive in the summer at a level that justifies the resources invested. In CASLO:

- Children will have a sense of belonging through supportive relationships with peers and adults.
- Children will value themselves and explore personal interests.
- Children will develop life skills consistent with their abilities.

Handbook Intentions

This handbook is intended to be a guide in answering questions regarding program practices and policies. Within this handbook, CASLO will be using the term "parents." Cheney Parks & Recreation realizes that families are varied, and the use of the word parent(s) refers to the adult(s) who are responsible for the child(ren). Cheney Parks & Recreation values all families and the diverse homes our children come from.

If you have any questions regarding CASLO policies and practices, please seek clarification by contacting the Parks and Recreation office. It is important that families understand the parameters within which our programs operate. Cheney Parks & Recreation reserves the right to change current policies and practices. Changes to policies will be communicated to parents.

Camp CASLO

Whom We Serve

We serve the children of Cheney and surrounding areas. Our goal is to offer a fun, enriching and educational summer experience for all of our campers. Every summer we talk with the campers to learn what they enjoyed and what they thought didn't go over so well. We use this information to plan out the exciting summer activities that make CASLO a place where kids truly thrive! Aside from the ideas from our campers, parents and staff, we do our best to plan the activities to be developmentally appropriate for our campers. We plan the activities for campers entering kindergarten (five years old) through fifth grade (twelve years old).

Nondiscrimination

We are looking forward to learning with you and your child(ren)! Cheney Parks & Recreation does not discriminate against children or parents on the basis of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parent status, sexual orientation or source of income. We welcome diversity in all Cheney Parks & Recreation programs where children learn to appreciate individual differences.

Inclusion and Accommodations

We are excited to have campers from different cultures and backgrounds join us for the summer. As part of our program diversity, customs and celebrations from a variety of cultures are welcomed and included. Please talk with the camp supervisor if you have a custom or holiday to share with the group and help us on our quest to be conscious citizens of the United States and the world.

We want to have a great summer with all of our campers, with an emphasis on the word "ALL." Cheney Parks & Recreation is an inclusive organization. We will do our best to reasonably accommodate as many campers as we can.

CASLO is committed to serving children with differing abilities.

- Our staff is expected to make every effort to provide reasonable modifications that will accommodate the needs of our campers within the physical limitations of our program sites, the availability of program resources and within our camper-to-staff ratios.
- All campers are required to have the ability to independently use the restroom.
- We begin to learn about the differing needs of our campers before camp even starts, using information gathered from our registration materials.
 - If registration forms indicate that a camper has special needs or health concerns, we will review it and work directly with parents to determine any necessary accommodations and create a plan that will help us to best meet the needs of the camper and the program, to help ensure a fun, enriching and successful summer.
 - The accommodation plan will be shared with the program staff as necessary.

Camp CASLO

What to Expect

Personal Property

Please make sure to label all items clearly with your camper's name. Campers are discouraged from bringing items beyond what is needed for the camp day. Cheney Parks & Recreation is not responsible for lost, stolen or damaged personal property, including clothing and electronics. Weapons, drugs, tobacco products and alcohol are not permitted at Cheney Parks & Recreation, programs or properties.

What to Bring/Wear

More information regarding what to bring (or not bring) to camp will be provided through the introductory letter; however, we will cover a few important items here:

Appropriate Clothing

Watch the weather forecast and check the weekly welcome letter for the activities of the day to make sure that your camper is dressed appropriately whether it be for rain or heat. Campers will be running/moving around a lot and making more than a few messes. Please send your camper in appropriate clothing for messy activities. It's recommended that you send an extra set of clothing for your camper.

Footwear

Appropriate footwear for camp includes gym shoes with socks or sandals with a heel strap. **Please, do NOT send your camper to camp wearing flip flop sandals.** Flip flop footwear does not stay on, often breaks, and can cause injury. If your camper wears flip flops top camp, they may be barred from participating in certain activities for their safety.

Breakfast and Snacks

Breakfast, morning snack and afternoon snack will be provided to campers each day. Breakfast and snacks will meet the guidelines established by the USDA's Child and Adult Care Food Program (CACFP). This program reimburses after school programs and summer camps for nutritious meals and snacks served to all children while under our care. If your child has food allergies or intolerances, please let CASLO staff know by addressing it on the registration form. **THERE ARE NO PEANUTS OR PEANUT PRODUCTS ALLOWED AT CASLO.**

Lunch

CASLO does not provide lunch to children. Please send your child with a non-refrigerated lunch each day. Please refrain from sending candy or soda. If you would like to provide a special snack or treat for all CASLO participants, please contact the Recreation Director to confirm the day, how many children to prepare a snack for and whether or not there are any food allergies.

Field Trips

All children will receive one t-shirt regardless of how many days/weeks they attend camp. Camp t-shirts MUST be worn on field trips. There will only be walking field trips to businesses and parks in Cheney this year.

Pool Days

Swimming suits, sunscreen and towels should be brought to camp on swimming pool days as well as days with on-site camp aquatic activities.

Cell Phones

CASLO does not allow campers to use their personal cell phones when participating in our programs. Campers carrying cell phones will be asked to place them in their backpack during program time. No exceptions. If there is an emergency and your camper needs to use a phone, staff will carry program cell phones with them at all times.

Personal Electronic Devices

CASLO does not allow campers to use their personal electronic devices (iPod, MP3 players, game systems, etc.) when participating in our programs. Campers with personal electronic devices will be asked to place them in their backpacks. No exceptions.

Camp CASLO

Child Abuse and Neglect

CASLO recognizes the serious local, state and national problems associated with child abuse and neglect. As an organization, Cheney Parks & Recreation recognizes its legal responsibility for reporting suspected cases of child abuse to the properly constituted state, county, or local authorities. Staff are in a unique position to identify potential cases of abuse or neglect of children. Through recognition and understanding of a problem, knowledge of reporting procedures, and participation in staff development programs on the subject of child abuse and neglect, staff will act responsibly in these situations.

Mandated Reporters

Staff are all mandated reporters. This means that our staff are legally required to report knowledge or reasonable suspicion of child abuse or neglect. Guidelines for reporting suspected child abuse and neglect are printed in the staff manuals and provided to each staff member. CASLO has adopted guidelines based on legal requirements and moral commitments which provide direction for the program staff to help in identifying and reporting cases of suspected child abuse and neglect.

It is the policy of Cheney Parks & Recreation to keep records of reported suspected child abuse and neglect confidential.

- CASLO staff will accuse no individual when reporting suspected child abuse or neglect.
- Cheney Parks and Recreation and summer staff do not investigate abuse reports.
- CASLO staff CANNOT wait until a suspicion has been confirmed before reporting.
- If a CASLO staff member or volunteer is suspected or accused of child abuse or neglect, the incident will be reported immediately and go directly to the county department of social services.
- Procedures and expectations for reporting an incident in which a staff member may be involved are the same as for all other incidents.

Any changes to this policy will be made, as necessary, to be current with changes or revisions to state statutes.

Camp CASLO **Confidentiality**

At CASLO, we strive to provide the best possible program for our campers. We ask for a lot of information; however, we will keep all camper and parent information confidential unless a signed release is obtained and used only for the purpose of guarding the health and safety of our campers. All staff with access to children's records are trained to not discuss and/or disclose personal information regarding the children and parents. It is our goal to protect our campers and parents' rights to confidentiality.

Photo Release Policy

By registering for CASLO, you authorize permission for your child's photo to be taken and possibly published in brochures, displays, or other printed material and on our websites, Cheney Parks & Recreation social media sites, or Cheney Parks & Recreation group emails for purposes of promoting the programs used in future marketing material and posts on our social media accounts. Parents understand that children's names are not used when their images are displayed on our website, social media, or in widely distributed print materials. Parents may request, in writing, removal of their child's image from Cheney Parks & Recreation websites, in which case his/her image will be removed no later than seven days from receipt of the request. Email image removal requests or other comments and concerns about photos to kashe@cityofcheney.org.

Camp CASLO

Parent Involvement

Cheney Parks & Recreation believes that it's best to work as a team in partnership with parents to meet the needs of each camper. We encourage parents to take an active role in their camper's summer experience. During registration, parents are asked to review all program policies and procedures, and to contact the Recreation Director for clarification or with any questions. Once a camper has confirmed enrollment, parents are welcome to visit program sites at any time unless access is denied by court order. Additional information concerning Cheney Parks & Recreation programs and events can be accessed on our website, <https://www.cityofcheney.org/177/Parks-Recreation>.

Parent Concerns

If there are any concerns about the camp program, parents are encouraged to communicate their concerns to the camp supervisor. If the resolution presented by the camp supervisor is unsatisfactory, please direct any concerns to the Recreation Director.

Surveys

Surveys will be distributed throughout the summer. Please take the time to fill out the survey, which will be emailed. This is one of the ways that we are able to receive direct feedback on our programs.

We want to know if we are meeting the goals and expectations of parents and campers. This information is used to improve Cheney Parks & Recreation's ability to meet the needs of our campers and parents involved in summer programs. The information gathered is also used for the development of staff and leadership personnel within Cheney Parks & Recreation, and to be used for ongoing program evaluation.

We welcome all comments and concerns. Hearing them helps us to improve our programs and services.

Camp CASLO

Health and Safety

Health History and Emergency Care Plan

When registering camper(s) and prior to the first day of attendance, parents must provide a completed health history and emergency care plan form. This information must be updated at least annually to ensure that information such as current health conditions are up-to-date. Completed health history and emergency care plan forms are kept on-site and accompany the campers throughout the day.

Program Preparedness

Cheney Parks & Recreation has developed policies, procedures, and practices which work to reduce and eliminate risk elements in CASLO. The following practices will help to support CASLO in its preparedness goals:

- Completed health history and emergency care plan forms are available on site and will travel with the groups of campers and their group leader.
- Cheney Parks & Recreation will comply with state guidelines regarding CPR and first aid training for staff.
- First aid kits will be kept stocked and available on site at all times.
- Each staff member will receive training on universal precautions regarding the use and disposal of personal protective equipment and the handling of bodily fluids. Staff will be current in their first aid training and will know where supplies are kept.
- The camp supervisor will serve as the on-site health supervisor.
- Accommodation plans for campers with special health concerns will be kept confidential beyond being shared and accessible to all staff assigned to care for that camper through the on-site registration binder.
- Each program will have communication devices (cell phones and two-way radios) that will allow staff to communicate within the program and in an emergency inside and outside of the program space.
- If needed, campers will be offered time and space to rest.

When we leave our main camp site to go elsewhere, such as on a field trip or to the playground, staff will leave a sign posted to let others know where campers are. Please look for these signs if you come into our program area and we're not there.

Illness

No one likes to be sick during the summer, but it does happen from time to time. While we are working with campers, we stay vigilant for any signs of illness. If a camper arrives at camp ill or becomes ill during the camp day, we'll take the following steps:

- A staff member will spend some time with the camper to assess the nature of the problem.
- If the camper is obviously ill or uncomfortable, staff will contact the camper's parents.
- The camper will rest in the Parks & Recreation office, isolated from the other campers, while waiting for his or her parent to pick him or her up.
- Parents of ill campers are encouraged to come as soon as possible.
- If the parent cannot be reached, staff may call an emergency contact to come and pick up the camper if appropriate (provided that the emergency contact is an authorized pick-up person).

Campers with any of the following conditions may NOT attend or remain at camp. Campers should be symptom-free for 24 hours before returning to camp and may require a physician's note stating that the condition is not contagious and/or a risk to others and that the camper may return to camp.

- Fever: having a temperature of 100°F/38°C or greater
- Diarrhea: five or more loose, watery stools within 24 hours
- Vomiting
- Sore throat/difficulty swallowing
- Undiagnosed rash or spots on skin
- Lice or nits
- Severe itching
- Mouth sores
- Cloudy eye discharge
- Uncontrolled coughing
- Difficulty breathing, wheezing

We understand that it's difficult when your camper becomes ill and parents are at work. We'll do our best to care for our ill campers at the program. Please also understand that bringing a sick camper to the program can jeopardize the health of other campers and staff. We encourage parents to make back-up arrangements to care for ill campers if they are unable to leave work.

Some chronic and seasonal conditions may resemble colds or eye infections; please provide a note from the camper's physician that explains the condition, or let us know when going through the registration process.

Injuries and Accident Response

Cheney Parks & Recreation is committed to the prevention of and preparation for events that could impact the safety of our campers. CASLO summer staff are trained in CPR and first aid prior to the start of summer programs.

Injury Response

Staff will administer first aid to the camper. Superficial wounds (scrapes, etc.) will be cleaned with soap and water, and covered with a bandage. Staff will notify the parents of the injury and first aid at pick-up.

- In the event of an injury to the head or any injury that may require additional medical attention, the parents will be notified immediately.
- If the parents are unable to be reached, staff will contact the emergency contact person as specified on the registration form.
- If staff are unable to connect with parents and emergency contacts, staff will monitor the camper. If additional or immediate medical attention is required, staff will call 911.

Serious Injury Response

In the event of a serious injury or life-threatening emergency, staff will contact 911 emergency services immediately. Staff will notify parents of the injury and follow their instructions.

Accident Reporting

- Parents will be informed of minor injuries, with a copy of a completed accident report.
- Parents will need to sign the form before they leave with their child. Parents may request a copy of the form after it has been signed.
- The camp director will review log entries with site staff on a weekly basis to look for trends, and work on plans to help manage risk and minimize future injuries.

Medication Management

We want our campers to have a fun and safe summer. For some, that means receiving their medications on time during the camp day. Medications may only be administered by a parent or adult authorized by the parent, or self-administered by the child. Staff are NOT permitted to administer any type of medication.

Medication Use and Storage Policy

Cheney Parks & Recreation and Camp CASLO do not store any medications.

Camp CASLO

Emergency Procedures

Planning for Evacuation

Camp staff will create plans for evacuation in case of fire or other emergency situations. It is the responsibility of the camp supervisor to see that evacuation plans are complete and in place.

Planning for Evacuation in the Event of Fire

The camp supervisor will ensure that fire evacuation plans are practiced every week and that these practices include exits from all the various rooms that the camp may use during program hours.

During orientation, the staff will be trained in the use of the fire extinguisher as well as in how to evacuate campers in case of an emergency. Documentation of these practice drills will be made on a fire and safety checklist.

Planning for Severe Weather

CASLO will remain indoors if the air quality reaches the Unhealthy level on the Current Air Quality Index posted on the Spokane Regional Clean Air Agency website at <https://www.spokanecleanair.org/current-air-quality>.

CASLO will remain indoors for inclement weather.

Sunscreen and Insect Repellent

We like to spend as much time outdoors as we can, especially during the summer. To help campers enjoy our time together in the great outdoors, please send them with sunscreen and bug spray. We will have No-Ad sunscreen available in the case that children forget their own sunscreen. Staff will help campers apply sunscreen when needed.

Nutrition

Throughout the day campers will stop and refuel from time to time. We will serve a nut-free breakfast and snack to every camper in the morning and in the afternoon. We work within the guidelines suggested by the U.S. Department of Agriculture (USDA). We also encourage parents to follow these guidelines when providing lunch or an alternate snack for your camper due to medical or dietary restrictions. Snacks are chosen and provided in appropriate portion for the age of the campers.

Our routine around snack time will vary based on the age level of the campers. Campers will have opportunities that will encourage self-serving, helping with set-up and clean-up, and an emphasis on the use of table manners. Cheney Parks & Recreation will not utilize withholding of food as a disciplinary strategy.

Food Allergies

It is vitally important that any and all allergies to food be communicated during the registration process. Based on the health history and the emergency care plan form, accommodation plans, if needed, will be created to fit the individual needs of our campers. Parents are responsible for providing the items necessary for the accommodation plan.

Special Diets (Excluding Food Allergies)

Parents are responsible for providing all food if the camper requires a specialty menu (vegetarian, Kosher, etc.).

Hygiene

Campers will get dirty at camp. Because of this, campers and staff will wash their hands with soap and water after using the restroom, before eating or preparing snacks, and at any other times deemed necessary. Staff will serve food in clean bowls, plates and cups or on fresh napkins and paper towels. Food will not be eaten on bare tables and/or floors. If toys and other equipment become soiled, they will be cleaned prior to being used. Any soiled clothing or clothing too wet to be comfortably worn will be placed in a bag and set aside for parents at pick-up.

Animals

CASLO does not allow privately owned animals on our program premises. When picking up or dropping off campers, parents may not bring pets into the program site or to areas where campers are playing outside. For educational or display purposes, local farms or the Humane Society may bring in animals if they provide evidence of general liability insurance and Cheney Parks & Recreation is named as an additionally insured on their policy. Parents will be notified in advance of any animals being brought into camp. Any unintentional contact with animals will be handled by staff. Staff may ask the person in control of the animal to remove it from the area where the campers are playing (on-site or off-site), and will explain our animal policy. If the animal is not removed from the program area, staff will either move campers inside or to another area to continue their play. In cases of loose or stray animals, staff will bring campers inside and (if necessary) contact animal control.

Bites

In the unlikely event that an animal bites a camper, 911 will be called since we need to verify rabies shots. Staff will provide first aid and will document the bite.

Field Trips

We love going out on field trips. Sometimes these trips have animal petting areas. If our campers come into contact with animals on field trips, campers will be closely supervised and will wash their hands with soap and water, before and after contact with the animals. If soap and water is not present, children will use hand sanitizer. All field trips for 2021 will be walking field trips to locations within the Cheney area.

Camp CASLO

Staffing

Supervision and Staffing

In order to have a great summer, we hire engaging staff to work with our campers. Cheney Parks & Recreation takes pride in ensuring that our staff are presented with enrichment opportunities and plenty of training to prepare them for the summer.

Ratios and Regulations

CASLO ratios are 1:10 for all age levels. Our policy is that a child will never be one-on-one with staff. There will always be at least two staff members present. All staff are certified in CPR, first aid, Bloodborne Pathogens and Food Handler's Permit.

Staff Training and Site Orientation

Our camp staff receive training prior to camp starting, which will include the following topics:

- Camp policies
- Confidentiality
- Child abuse and neglect recognition and reporting
- Camper health and wellness
 - Health observation and precautions
 - Infectious disease control
- Summer camp swimming procedures
 - Tracking and supervision of campers while swimming
- Field trip procedures
- Emergency training
 - First aid and CPR
 - Fire, including fire extinguisher use
 - Unauthorized intruder
- Camper supervision and tracking regulations and procedures
- Identification of potential hazards and how to protect campers from these hazards
- Sharing of a camper's specific health care needs, including campers with disabilities
- Camper management techniques, including working with campers who are crying or distressed
- Missing camper response procedure
- Job responsibilities and job descriptions
- Documentation
- Schedule of activities at camp
- Required attendance at staff meetings
- Telephone procedures, including finding the closest phone

Staff and Camper Involvement Outside of Camp Time

We hire and train our summer staff to provide a safe and nurturing experience for campers. Cheney Parks & Recreation does not condone or encourage contact between campers and staff after camp or outside of camp. Outside-of-camp contact includes the following:

- Phone calls
- Email
- Texting
- Instant messaging
- Social network sites
- Personal websites
- Blogs

We recommend that camp staff are not invited to join your family for social activities. Program staff are not permitted to transport campers to or from our programs in their personal vehicles.

Staff are not permitted to be listed as an authorized pick-up person, even with parent permission.

Camp CASLO

Discipline Policy and Procedures

Our number one goal is to provide a safe, caring, and respectful environment for all of our participants. We strive to achieve this through positive role modeling by our staff, recognizing and praising good citizenship, ongoing dialogue with parents/guardians, promoting good sportsmanship, and maintaining clear, consistent rules that apply to each individual program.

In the event a participant is struggling with adapting to our safe, caring, and respectful environment, the following disciplinary procedures will be in place.

Processes and Consequences for Minimally Disruptive Behavior

Minimally disruptive behavior includes teasing, name calling, over-competitiveness, bullying, arguing, not following directions, disregarding program rules, etc. The following steps will be taken:

- Verbal reminder given.
- Participant rehearses appropriate behavior.
- Staff gives consequences related to the misbehavior that will reinforce the preferred behavior in that situation (e.g., apology, time out, loss of privileges, parental contact).

Processes and Consequences for Moderate Disruptive Behavior

Moderate disruptive behavior includes a second incident of the above behaviors, as well as swearing, “simple” noncompliance with staff, etc. The following steps will be taken:

- Verbal warning given.
- Participant rehearses appropriate behavior. Meets with Site Supervisor to further process incident. Discussion takes place how best to deal with similar situations.
- Consequences will be given to further reinforce the preferred behavior (apology, loss of privileges, time out, etc.).
- Conference (phone or in person) to notify parent/guardian about problem. Further consequences may be discussed if behavior is not changed (suspension from program, loss of certain privileges, etc.).
- Recreation Director is contacted. May further process incident.

Processes and Consequences for Severe Disruptive Behavior

Severe disruptive behavior includes repeated incidences of above behaviors, as well as provoked physical aggression, serious noncompliance with staff, etc. The following steps will be taken:

- Participant is immediately removed from the setting. Processes incident with the Camp Supervisor. Participant does an appropriate time-out.
- Site Supervisor will meet with participant to process incident.
- Parent/guardian contacted. Meeting with parent/guardian, child, Site Supervisor, and Recreation Coordinator must take place that day. Depending on severity of incident, meeting may be required before child is allowed back into the program.
- Consequences appropriate to the misbehavior are determined by the Site Supervisor, Recreation Coordinator, and/or Recreation Director (e.g., restitution, suspension from program, removal from program, etc.).
- Recreation Director will be informed and may participate in the process.
- In the case of provoked physical aggression, the first offense will result in a week suspension from the program. If there is one more incident after the participant is allowed back, the participant will be expelled from CASLO and possibly any future programs. No refunds are allowed for suspensions or expulsions.

The police may be contacted in the following circumstances; parents will be notified immediately. Removal from program will result/possible suspension from further programs may occur. No refunds.

- Participant engages in unprovoked aggression (intensity of aggression is considered) that results in an injury.
- Participant physically assaults a staff member.
- Participant needs to be physically restrained.
- Participant brings a weapon.
- Participant commits vandalism.
- Participant is under the influence or possesses alcohol or illegal drugs.
- Participant leaves the program grounds.

Camp CASLO

Field Trips, Transportation, and Aquatic Policies

Field Trips

THERE WILL ONLY BE WALKING FIELD TRIPS FOR THE 2021 CAMP SEASON.

Every week we will go on a field trip to a location that coincides with the weekly theme. Field trip information including dates, arrival and departure times, and destination will be included in the weekly welcome letter.

If a field trip needs to be changed due to weather concerns, construction, facility closure, etc., an email will be sent to parents as soon as the trip is confirmed to change. On all field trips, staff will carry first aid supplies, attendance and registration information, and a program cell phone.

Transportation

Our preferred means of transporting campers are through the Cheney Parks & Recreation van, bus, or Cheney school district busses.

Vehicle Standards

Any vehicle transporting our campers must be:

- Licensed in accordance with the laws of the State of Washington
- Insured with appropriate levels of automobile liability coverage
- Clean, uncluttered, and free of obstructions on the floor, aisles, and seats
- Fully enclosed

Regular Transportation

- The driver must hold a valid Washington State driver's license.
- The driver must be at least 18 years old.
- All bus and transportation rules will be discussed with the campers.
- If available, seat belts must be worn.
- Campers will not roughhouse, argue, or be loud, etc. on the bus.
- If necessary, the driver will stop the vehicle until an acceptable driving atmosphere is achieved.
- Campers will never be left unattended.

Aquatic Policy

If your child requires a lifejacket, he or she must bring their own with their name on it. Children who require a lifejacket but fail to bring one will have to swim in the wading pool. We do not have extra lifejackets to loan. All campers will be briefed on pool rules by a lifeguard each time they come to the pool. Staff will join the children in the pool as well as circle the deck to ensure swimming safety.

Swim Lessons

CASLO Staff are available to take your child to and from **morning** swim lessons. Swim lessons are an additional cost of \$51.50 per two-week session. **NOTE:** Your child may miss a swim lesson due to field trips. Lessons will not be prorated due to field trips.

If your child is signed up for morning swim lessons, please let the staff know, as they will coordinate getting them to and from their lesson. If we have a field trip scheduled for the week your child is registered for swim lessons, they will miss that day of lessons. Your child will be safely transported to and from the pool each day with other campers and CASLO staff.

Swim Lesson Levels

- **Tadpole (Parent/Infant, Ages 6 months - 2 years)**

Parents must get in the water with their child and participate in helping them become comfortable with being in the water.

- **Preschool Ages 3-5**

Guppy (Pre 1). Students will become comfortable in water. Students will learn to get their face wet, listen to their instructors, and transition off the tot dock safely.

Goldfish (Pre 2). Students will become more independent in water. Students will be able to fully submerge, enter/exit pool without support, and willingly TRY new skills unsupported.

Clownfish (Pre 3). Students will learn independent swimming skills and techniques. Students required to float/glide unsupported, exhale through nose while submerged, jump into deep water, front crawl 2 yards.

Starfish (Pre 4). Ongoing transitional class designed to adapt to students' aquatic abilities. Students will learn to tread water for 30 seconds, transition directly to 25-yard front crawl, retrieve an object from a 3-foot depth, and transition comfortably to deep end of lap pool.

- **Levels 1 – 6**

Level 1. Students will become comfortable in water. Students must pass the following: (1) enter water independently, spider-man crawl 5 yards, submerge 3 times, and exit water; and (2) front glide 2 body lengths, roll to back, float 3 seconds, and recover to vertical (supported).

Level 2. Students will become independent in water. Students must float/glide without assistance, swim using front crawl for 5 body lengths, jump into pool, surface, and back float/return to wall.

Level 3. Students will begin working on strokes, including front crawl with rhythmic breathing, diving, and treading water. Because of focus on proper breathing, students often take this class more than once.

Level 4. Students will expand stroke development, building on front crawl and elementary backstroke. Breaststroke introduced. Students will enter water from an elevated height.

Level 5. Stroke refinement for front/back crawl, breaststroke, and dolphin kick. Surface diving and shallow angle dives will be introduced.

Level 6. Refine strokes, butterfly introduced, paddles, fins, pace clocks starting blocks introduced. First Aid, rescue equipment, entries and rescue skills introduced. Successful completion required to participate in the Jr. Lifeguard Program.

Camp CASLO

Enrollment Processes and Policies

Required Information for Enrollment

When registering your camper for summer programs, we will be asking for quite a bit of detailed information. This is done to ensure that we have the information needed to provide high-quality care, safety of our campers, and to protect the privacy of parents' information.

Here's how to register your child for Camp CASLO:

- Complete the [registration form](https://www.cityofcheney.org/189/ECHO-and-CASLO) on our website, <https://www.cityofcheney.org/189/ECHO-and-CASLO>. The form **MUST** be completed in its entirety. All questions must be answered. If a question doesn't pertain to your child, please write "n/a," but do **NOT** leave any fields blank. If any field is left blank your application will be considered incomplete and your child will not be able to register for CASLO.
- **AFTER** you have submitted the form, call 509-498-9250 to enroll your child. Submitting the form does **NOT** enroll your child in CASLO. You **MUST** call us to enroll.

All required information must be received with complete information and have enrollment confirmed by Cheney Parks & Recreation before campers may attend CASLO. A new registration form must be completed every year.

Payment

Payment **MUST** be received **one week PRIOR** to when your child attends CASLO. No exceptions. Children will not be admitted to camp without prior payment.

Sign-In/Out Identification

In order to keep our campers safe and to make sure that they're going home with authorized adults, staff will ask to see the photo I.D. of the person picking up the camper until the staff is familiar with the pick-up person to know them on sight. Please have your photo I.D. available when picking up and make sure to tell anyone who is authorized the same.

Sign-In

Please make sure to sign-in your camper(s) as soon as you arrive at camp. Campers must be signed in to camp by parents or other authorized persons at least 18 years of age or older.

Sign-Out

At the end of the day, or whenever it's time for campers to leave camp and the supervision of the camp staff, please make sure to sign out of camp. Parents and other authorized persons at least 18

years of age or older may pick up the camper and sign them out. There will be a clipboard that will require the time the child is picked up and initials of the authorized pick-up person.

Early Drop-Off and Late Pick-Up

It's important to respect the start and end times of the camp program. We are not able or staffed to accept campers into our program until 6:30 a.m. Likewise, we must have all campers picked up by 6:00 p.m. If, for any reason, a parent is not able to pick up his/her child by 6:00 p.m., the parent must arrange for an alternate pick-up plan for their child. Please call the Recreation Director to inform them of any changes.

- If a child is not picked up by 6:15 p.m., the Camp Supervisor will call the emergency pick-up listed on your application. Late pick-up fees need to be paid before your child may return to camp the next day.
- If the Camp Supervisor has been unable to successfully reach any name or numbers on the application by 6:30 p.m., the police will be called to assist with locating an authorized person to pick up the child.
- Children will only be released to those persons listed on the registration form as authorized person to pick up. Any other person coming to pick up a child must have a note signed by the parents and must be someone the child recognizes.

Late Pick-Up Fees

Since our staff are only on payroll until 6:00 p.m., we have adopted the following policy:

- All children must be picked up no later than 6:00 p.m.
- The parent of any child who has not been picked up by 6:00 p.m. will be charged \$16.50 per five (5) minutes.
- You will be given a bill that must be paid before your child may return to camp the next day, or within five (5) business days, whichever comes first.
- **If this is a continued occurrence of more than three (3) times during the course of the summer, Cheney Parks & Recreation may choose to remove your child from the program.**

Unexpected Absences

An unexpected absence happens when a camper is absent without notification from their parents. If a camper does not arrive at camp within 15 minutes of their scheduled arrival time and staff has not received a message that the camper will be late or absent, camp staff will contact parents via phone. No refunds will be given if a camper does not show up at camp without proper prior notification to Cheney Parks & Recreation. If there is a change in your camper's attendance, please remember to call Cheney Parks & Recreation at 509-498-9250. This will help to conserve valuable staff time and ensure the safety of our campers. Cheney Parks & Recreation is responsible for campers only during the time they are checked in to the camp.

Cancellation and Change Policies

Parents or an account holder will need to notify Cheney Parks & Recreation in advance to cancel or change camper enrollment anytime throughout the summer. Notice must be received by Cheney Parks & Recreation no later than the end of the business day Friday (5:00 p.m.), six business days prior to the day or week being cancelled or changed. If notice is not received on time, parents will be liable for the remainder of the fee(s), and no refunds will be given.

Weather Policy and Air Quality

Thankfully, in Cheney we don't experience much bad weather for most of the summer. However, we have had to deal with wildfire smoke. We will follow the Spokane Regional Clean Air Agency Current Air Quality Index, which can be found at <https://www.spokanecleanair.org/current-air-quality>. If the air quality index is 150 (Unhealthy) or above, campers will remain inside at the Wren Pierson Community Center.

Temperature

We will follow the following heat index recommendations:

- Below 80 – Chance of heat illness is low, but still possible. Continue with normally scheduled activities.
- 80-85 – Add additional water breaks.
- 85-90 – Add additional water breaks.
- Above 90 – Chance of heat illness is greatly enhanced. Watch all children closely, add additional water breaks, and shorten outside exposure time if necessary.

Camp CASLO

Payment and Fees

Rates

WEEK	DATES	THEME	REGISTRATION FEES	REGISTRATION & PAYMENT DUE BY 5PM
1	June 21-25	Cars	\$174	6/17/2021
2	June 28-July 2	Pets	\$174	6/24/2021
3	July 5-9	Wild West	\$174	7/1/2021
4	July 12-16	Out of this World	\$174	7/8/2021
5	July 19-23	Fantastic Farms	\$174	7/15/2021
6	July 26-30	Hidden Treasures	\$174	7/22/2021
7	August 2-6	Waterworks	\$174	7/29/2021
8	August 9-13	Ultimate Games	\$174	8/5/2021
9	August 16-20	Summer Memories	\$174	8/12/2021
Daily Rate	June 21-August 20	Week dependent	\$44	Thursday of week before attendance

Payment Options

Cheney Parks & Recreation is happy to receive payments by cash, check, and credit or debit card. Checks should be made payable to City of Cheney. Unfortunately, at this time we do not have automatic withdrawal available.

Cheney Outreach Center

Tuition help might be possible through the Cheney Outreach Center. Please contact them to find out if you qualify. The Cheney Outreach Center office is open on Mondays 4:00 – 6:30 p.m. and on Wednesdays 8:30 a.m. – 2:00 p.m. Resident and income guidelines apply. Call ahead to learn what documents will be needed. Their number is 509-235-8900.

Camp CASLO Contact Us

<https://www.cityofcheney.org/177/Parks-Recreation>

Cheney Parks & Recreation Office

615 4th Street

Cheney, WA 99004

P: 509-498-9250

E: lbridges@cityofcheney.org

Recreation Director

Kelly McGinley Ashe

P: 509-498-9290

E: kashe@cityofcheney.org

Recreation Coordinator

Alyssa Gonzalez

P: 509-498-9251

E: agonzalez@cityofcheney.org

Camp Supervisor

P: 509-939-4386

CASLO Leaders Ages 5-7

P: 509-844-2820

CASLO Leaders Ages 8-12

P: 509-998-6433

Camp CASLO

COVID-19 Policies

Introduction

The objective of this guide is to inform guardians of campers of the protocol we have developed and procedures outlined by the Center for Disease Control (CDC), National Recreation and Parks Association (NRPA), and the Spokane Regional Health District (SRHD) to ensure the safety of all participants and staff from COVID-19. Cheney Parks and Recreation is dedicated to providing quality programming that is first and foremost safe for everyone involved. The decision to open Camp CASLO was not taken lightly. The CDC's Camp Decision Tool and Considerations for Youth and Summer Camps, in addition to SRHD Guidelines and the American Camp Association's Field Guide for Camps on Implementation of CDC Guidance were utilized in determining whether to open and operate camp during a COVID-19 pandemic. The Camp Decision Tool can be found here: <https://www.nrpa.org/siteassets/path-to-recovery-framework-camp-tool-nrpa.pdf>, the CDC Considerations for Youth and Summer Camps can be found here: <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/summer-camps.html>, and the State of Washington's COVID-19 website can be found here: <https://coronavirus.wa.gov/>

There will be changes to the way Camp CASLO is normally run, but we think you'll find that the time and care taken to programming exciting, educational, social, physical and fun activities still remains the same, if not better.

Communications

As in previous years, the CASLO Supervisor will be in regular contact with campers, parents/guardians and staff. A weekly email will be sent to each family that will include the measures we're taking to clean and disinfect camp, explain upcoming activities, notifications on any changes, and let communicate any COVID-19 related information.

The CASLO Supervisor will be able to answer questions related to current events as they related to COVID-19 pandemic, policies and procedures CASLO has implemented related to the COVID-19 pandemic, and controls the camp has implemented in response to the COVID-19 pandemic. The Recreation Director will also be available for any questions or concerns.

Participants' families will receive information on handwashing, cough etiquette, symptoms associated with COVID-19, how to stop the spread of germs, and social distancing.

Prior to Camp

Communication with campers will be sent via email or hard-copy depending on registering in person or over-the-phone.

- Documentation containing rules and guidelines for campers will be distributed
- We will work to identify if any campers are high risk for complications related to COVID-19, and will encourage and support them to take additional precautionary measures, including consulting with their healthcare provider.
- Parents/Guardians will need to sign a waiver allowing CASLO staff to take campers' temperature upon arrival to camp, before entering the building.

During Camp

Campers will participate in small group trainings and demonstrations on behaviors and precautions they should abide by to prevent the spread of COVID-19, including:

- How and when to effectively wash and sanitize hands
- How to practice social distancing in various settings (classrooms, outdoors, etc.)
- Which symptoms to look out for and when to report them and to whom
- When to stay home
- Coughing etiquette
- Other camp-specific policies and guidelines

Conversation

Campers will be encouraged to talk to staff about how they are feeling and to ask questions. Our staff will remain calm and reassuring. They will strive to be a source of comfort. Staff will talk to campers about how the virus can spread and how to prevent it from spreading. Staff will tell children what we are doing to ensure their safety.

Signage

Relevant signs from the CDC, World Health Organization (WHO), and SRHD will be posted in appropriate areas (bathrooms, dining areas, classrooms, hallways, etc.) to encourage behaviors that mitigate the spread of disease. They will include:

- Handwashing
- Cough Etiquette
- Symptoms associated with COVID-19
- Stop the Spread of Germs
- Social Distancing

Maintaining Healthy Operations

Screening Procedures

If a camper or staff is suspected to have COVID-19 based on the above assessment, a face mask will be placed on the individual. The camper or staffer will be isolated. Parents will be notified immediately and asked to pick up their child. The SRHD will be notified. Staff will be sent home immediately. Campers and staff are not permitted to return until confirmation of diagnosis can be made. If tested positive, the camper and their household will remain home until it is determined they are cleared of infectious risk. The area where the camper or staffer was in will be thoroughly disinfected.

- Campers will be asked daily if they have any COVID-19 symptoms:
 - Have you experienced a cough, shortness of breath or difficulty breathing, fever, sore throat, chills, a new loss of taste or smell, muscle or body aches, nausea, vomiting, diarrhea, congestion or runny nose not related to seasonal allergies, and unusual fatigue.
 - Does anyone in your household have any of the above symptoms?
 - Has your child been in close contact with anyone with suspected or confirmed COVID-19?
 - Has your child had any medication to reduce a fever before coming to care?
- If the answer to all of the above questions is “no”, the camper will be checked for signs of being sick, such as flushed cheeks and tiredness. If a “yes” answer is given to any of the above questions your camper will not be permitted to attend camp
- Every day, campers’ temperature will be taken upon arrive, before entering the building. Any temperatures over 100.4 will be sent home.

When to Wash or Disinfect Hands

- Before eating
- Upon entering the building in the morning or coming in from outside play
- After being in contact with someone who may have been sick
- After touching frequently touched surfaces (railings, doorknobs, counters, etc.)
- After using the restroom
- After using common items, such as sports equipment, craft supplies, etc.
- After coughing, sneezing, or blowing your nose.

How to Wash your Hands

1. Wet your hands with clean, running water.
2. Lather your hands by running them together with soap. Make sure to lather the back of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds (about the time it takes to sing “Happy Birthday” twice)
4. Rinse your hands well under clean, running water
5. Dry your hands using a clean paper towel or an air dryer

How to use Alcohol Based Hand Sanitizer

We will encourage the use of soap and water over hand sanitizer, but when we are outside and not within immediate reach of running water and soap, we will utilize hand sanitizer that has greater than 60% ethanol or greater than 70% isopropanol.

1. Apply the product to the palm of one hand
2. Rub your hands together. Make sure the sanitizer comes into contact with the back of your hands, palms, between your fingers and fingertips.
3. Continue to rub your hands together until your hands are dry (about 20 seconds).

Social Distancing

For camps, the CDC encourages social distancing through increased spacing, small groups and limited mixing between groups. We will follow these protocols by separating campers into age groups in four separate classrooms. Classroom 1 will contain 5-6 year olds, Classroom 2 will contain 7-8 year olds, Classroom 3 will contain 9-10 year olds and Classroom 4 will contain 11-12 year olds. If registration numbers are low, we might consider combining Classrooms. Classrooms will have no more than 10 campers and 2 staff. If we enter into Phase 3 or 4 we will increase the classroom size to 20 campers and 2 staff. Camp CASLO will follow the guidance of the Governor and/or the Spokane Regional Health District should the social distancing guidelines change.

Personal Protective Equipment (PPE)

Campers and staff are required to wear masks while inside and required to wear masks outside when social distancing is not possible. We will spend most of our time socially distanced outside to minimize mask wearing and optimize fun!

Pool & Field Trips

Due to an inability to social distance at the Cheney Outdoor Pool and on field trips, especially during transportation, we will not be offering these services this year. All field trips and pool days are cancelled, but will be replaced with exciting, educational, and fun programming.

Food Service and Meals

All CASLO staff are required to obtain their Washington State Food Handlers’ Certification. Staff will follow state health guidelines when preparing breakfast and snacks. Hands will be washed before putting on gloves and after removing them. Staff will be required to wear face masks when preparing food. All meals will be served in individual classrooms or outside to follow social distancing guidelines. Meals will be “grab-n-go”

style. Breakfast and snacks will be served with disposable dishes and utensils and will be thrown away as soon as your camper is finished eating. Children are required to bring a lunch and water bottle every day. CASLO does not provide lunch.

- Wash hands with soap and water for 20 seconds or use alcohol-based hand sanitizer containing at least 60% alcohol before each meal.
- When retrieving food, avoid touching items and putting them back.
- When in line, maintain physical distance and increase spacing between yourself and others.
- Use utensils rather than hands as much as possible to eat.

Cleaning and Disinfecting

To minimize transfer of coronavirus at camp, increased and enhanced cleaning measures have been implemented. Staff will wear gloves and face masks when disinfecting. They will ensure proper ventilation and that children are clear of the area. We will use Lysol disinfectant spray, Lysol disinfectant wipes and 64 Ful-Trole 64 Disinfectant Cleaner. More information can be found here: <http://multi-clean.com/wp-content/uploads/2014/07/64Ful-TroleSDS.pdf>

Communal Spaces

Communal spaces will be disinfected at each shift change (four times a day).

Shared Items

While limiting the use of shared items, they will be cleaned and disinfected between each use. Items will be assigned when possible to reduce the quantity of shared items.

Frequently Touched Surfaces

Staff will be cleaning and disinfecting frequently touched surfaces and common spaces once an hour. That includes, door knobs, countertops, desks, drinking fountains, hand railings, and faucets.

Transportation to and from Camp

Drop-Off

Only one parent/guardian can drop their camper off, and it is recommended that it be the same parent/guardian each time. When dropping your camper off, please maintain social distancing if there is more than one camper being dropped off at the same time. Please stay close to or inside your vehicle until it is clear to drop off your camper. All drop-offs will occur outside of the facility. Please be as brief as possible when saying goodbye. Other campers will be waiting to be dropped off. Upon arrival your camper will:

- Be asked daily if have they have experienced a cough, shortness of breath or difficulty breathing, fever, sore throat, or have lost their sense of taste or smell.
- Have their temperature taken. If it is above 100.4 they will not be permitted to attend camp until their fever is back to normal and they show no signs of COVID-19.
- Be instructed to wash their hands upon entering the facility.
- Have their bag disinfected by a staff person upon arrival.

Pick-Up

Only one parent/guardian can pick-up their camper, and it is recommended that it is the same parent/guardian each time. When you arrive, please call the camp phone at 509-939-4386. A staff member will bring your child out to the parking lot and have you sign your camper out. Encourage your child to wash their hands for at least 20 seconds upon return home.

Camp Specific Information

Schedule

Camp hours are 6:30am – 6:00pm. Camp will take place at Hagelin Park, which is located at 711 Cedar St., Cheney, WA, 99004. Drop-off and pick-up will be at the shelter in the park.

Camp CASLO

COVID-19 Warning & Disclaimer

Camp CASLO has developed policies and procedures for camp operations based on state and local health departments and CDC guidelines. However, COVID-19 is an extremely contagious virus that spreads easily through person-to-person contact. Federal and state authorities recommend social distancing as a means to prevent the spread of the virus. COVID-19 can lead to severe illness, personal injury, permanent disability, and death. Participating in camp programs or accessing Camp CASLO facilities could increase the risk of contracting COVID-19. Cheney Parks and Recreation and Camp CASLO in no way warrants that COVID-19 infection will not occur through participation in camp programs or accessing Cheney Parks and Recreation facilities.

I agree to follow the following procedures established by Cheney Parks and Recreation Department. Please initial below:

___ I will alert Camp CASLO if camper or anyone in campers household has potential symptoms of COVID-19, such as fever, shortness of breath or persistent dry cough, in the 72 hours prior to the start of camp or during the camp session. I understand that Camp CASLO will deny admission to campers meeting any of these criteria.

___ I will alert Camp CASLO if anyone in campers' household is diagnosed with COVID-19. I understand that Camp CASLO will deny admission to campers meeting this criteria.

___ I understand that camp may need to close on short notice due to government order, child or staff illness, or other emergency. Notification will be sent via email with follow up messaging via phone. I will maintain access to communication throughout the camp session.

___ I can return to the camp within one hour of being notified by phone if the child must be picked up.

___ I will take camper(s) temperature each morning prior to camp drop off and alert staff if the camper has a fever (temperature of 100.4° or higher). I understand that if a child has a fever of 100.4 or higher they will be denied admission to camp.

___ I agree to allow Camp CASLO staff to take my child's temperature daily using a touch free thermometer.

___ I understand if camper has taken any fever reducing medications such acetaminophen or ibuprofen in the past 24 hours they may not attend camp.

___ I will allow and talk to my child about wearing a mask at all times indoors and all times outdoors when social distancing is not possible.

Printed Name

Signature

Date