Project HYPE 2021 Parent & Camper Guide

Project HYPE, located at Valley Oak Park – 1150 Eastern Ave. Sacramento 95864, is an eight (8) week health and wellness program that offers a wide variety of fun filled games and activities for children ages 8-13. HYPE runs Monday-Friday 8am-12:30pm from June 14th-August 6th. During our program, campers will take part in a variety of team building activities and games while learning some of the many components to a healthy lifestyle. This guide is written to help both parents and attending campers know what to expect from a week at Project HYPE. Please contact staff if you have any further questions regarding camp.

What Parents Can Expect:

Registration Information: Registration is available ONLINE or at the MORPD District Office by appointment only, at 3344 Mission Ave 8:30am-4pm. You may schedule an appointment to make your payment by calling 916-488-2890. For more information about the wait list call Brandon Stoakley, Recreation Coordinator at 916-570-2806 or bstoakley@morpd.com.

Participant Drop-Off and Pick-Up: Participants are to be dropped off by the snack bar of Valley Oak Park on Eastern Avenue at 8am. Parents must stay until participants have had their temperature taken and are checked in. Participants are to be picked up at the same location at 12:30pm. The Program Team Lead will be at the signs to direct participants to their Camp Leader for the week.

Daily Sign In & Sign Out: Parents will check in/out digitally with a program lead when they arrive to site. Parents will not be allowed to contact to leaders directly unless there is an issue or concern that they cannot speak to the program lead about. Program leads will be wearing a mask during check in and out.

Staff and Volunteers: There will be first aid and CPR trained staff on site during the hours of camp. HYPE Leaders are responsible for their groups and are supported by volunteers. Our volunteers include students from Sacramento State Nursing Program, teen Youth Mentors, and other professionals providing specialized sport/fitness training. The Program Team Lead, will be onsite every day.

Parent Contact: There are no phones on site at camp. If parents need to reach their children, please call Brandon Stoakley Recreation Coordinator at (916) 570-2806 and staff will relay messages out to camp. Staff may need to contact parents in either emergency or situations concerning behavior. (See page 3: 'Behavior' section)

Weather/Rain Outs: Each day, staff will monitor weather for concerns like extreme heat and poor air quality. Most cases, we will address these issues by hosting camp activities in shady/cooler areas only, and providing LOTS of ice water for the kids. If heat or air quality reaches dangerous levels, staff may need to make alternate plans for camp and we would contact all parents to notify of the changed plans. In the unlikely event of heavy rain, program will be cancelled for that day. Please call Brandon Stoakley Recreation Coordinator at (916) 570-2806 if you are unsure about program cancellation.

Sunscreen: Parents are expected to apply and provide sunscreen for their children. To further help protect participants from damage caused by the sun, spray sunscreen will be provided on site for self-application purposes. Staff is prohibited from the physical application of sunscreen to program participants.

Safety Inspections: Valley Oak Park is a public park with guests and activities taking place around the program. HYPE staff conducts daily safety inspections each morning and make every effort to ensure a safe setting for the program. All safety concerns are reported to park maintenance staff and the Sheriff's Department if necessary.

Mission Oaks Recreation & Park District

Project HYPE
HEALTHY YOUTH FOR PHYSICAL EXCELLENCE
EST. 2009

What Campers Can Expect:

Week 1: June 14th Sacramento Sports Week

Week 2: June 21st You Are What You Eat

Week 3: June 28th Team USA Week

Week 4: July 5th Sports Around the Globe

Week 5: July 12th 60% of You

Week 6: July 19th Drop & Give Me Zen

Week 7: July 26th Olympic Games

Week 8: August 2nd Going Green

What to Wear: Participants will be taking part in heavy physical activity in an outdoor setting throughout the day. Kids are encouraged to wear athletic clothing. Shorts and t-shirts are suggested

Footwear: All participants **must** wear closed toed shoes. Participants will run, walk and jog each day. Bare feet, sandals or any kind of water shoes are unacceptable. Participants wearing inappropriate footwear will not be able to participate in the activities.

Bathrooms: Participants are escorted to and from the bathrooms by Recreation Leaders.

Lunch: Please send your child with a lunch and a reusable water bottle**.** Project HYPE is a program that focuses on all aspects of a healthy life including food, nutritional lunches are highly recommended. We will have a short snack time in the middle of the day and lunch right before pick-up. Participants should bring lunch that does not need to be refrigerated or heated up. Participants are not allowed to chew gum or eat candy during program. Any camper allergies need to be listed on ePact that will be given out by the Program Team Lead the first week of camp. Participants are not allowed to share food.

Personal Games, Toys, and Books: Participants may not bring toys or games from home to play at camp. If brought out, any toys or games brought to camp will be kept in storage until a parent or guardian arrives. The District is not responsible for lost or stolen personal items.

Playground Equipment: Project HYPE is centered around various sports, games, and activities. The playground will **ONLY** be used if HYPE Leaders indicate so.

COVID-19 FAQ's:

Groups- Camp will run in small groups of 10 participants and 1-2 Leaders. Groups will not be allowed to interact with each other. We will group children in age cohorts and will try to make accommodations for siblings. However, no requests can be made to group kids based on friendships (due to safety measures in place)

Sick Policy: Any participants with lice, chicken pox, the flu, or any other contagious disease are not allowed at program sites and will be sent home. They may only return with a written note of clearance from their Doctor.

Check in/out- Parents will check in/out digitally with a program lead when they arrive to site. Parents will not be allowed to contact to leaders directly unless there is an issue or concern that they cannot speak to the program lead about. Program leads will be wearing a mask during check in and out.

Masks- Staff will wear masks at all time. Participants will be required to wear a mask when they are not able to maintain 6 ft of separation.

Disinfecting: Site areas will be disinfected each morning before campers arrive, supplies are designated to each group and will disinfected and cleaned after use.

Bathroom trips- Groups will be assigned times for bathroom trips so no two groups will be in the bathroom area at any time. Bathrooms will be disinfected and cleaned before camp and then after each group uses them.

Behavior: All program participants are always expected to behave appropriately. This includes following instructions from staff, listening and participating in games and activities, respecting all others at camp (kids and staff), using good language, and acting in a safe manner. Bad behavior is normally handled with verbal warnings, Behavior Reports, parent contact and, if needed, the camper will be sent home. Violence is almost always a cause for immediate removal from program, and it is at the discretion of the staff to determine the nature of behavior intervention.

Our Behavior Reports are the way we keep track of behavior at camp. There are 3 categories for Behavior Reports; Yellow, Orange, or Red. If a participant has continued behavior problems, the reports can accumulate into the next level of behavior consequences. For example, 3 Yellows in 1 Week = Orange. However, any participant can end up in an Orange or Red category based on their individual actions. It is not always based off behavior progression, it can be administered upon the action of the participant at time of offense.

YELLOW

- 3 Yellows in 1 Week = 1 Orange
- Parent/Guardian Initial at End of Day Pick-Up

ORANGE

- 2 Oranges in 1 Week = 1 Red
- Phone Call Home at Time of Event & Parent/Guardian Initial at End of Day Pick-Up

RED

- 3 Reds During Summer = Removed from Program
    - We have the right to remove any participant at any point once they reach the Red category, even if it is a first offense. **Any participant removed from program is not eligible for a refund.**
- Phone Call Home at Time of Event for Immediate Pick-Up from Program & Parent/Guardian Initial at Time of Pick-Up

Contact: The Project HYPE Program Team Lead, will be available at drop-off and pick-up and can assist with program questions, concerns, and feedback. For registration questions, please come call Brandon Stoakley, the Recreation Coordinator at 916-570-2806 or email at bstoakley@morpd.com. You can also visit us online at morpd.com.