



UNIVERSITY OF ALBERTA GREEN & GOLD SPORT SYSTEM

Green & Gold Summer Camps 2018 – Parent Information Guide

This guide will provide detailed information that applies to all of our Green & Gold Sport Camps. Additional information is available on our website, uab.ca/sportsystem.

Important Forms

- **Informed Consent Waiver Form (required)**
- **Visual Rights Consent Form**
- **EpiPen (consent to use if required)**

FORMS MUST BE COMPLETED AND SUBMITTED PRIOR TO CHILDREN PARTICIPATING IN CAMP ACTIVITIES. PARENTS WILL BE ABLE TO COMPLETE THE FORMS DURING SIGN-IN ON THE FIRST DAY OF CAMP.

Forms can be found at uab.ca/sportsystem (under the Registration tab). Completed forms can be returned in person to the Customer Service Centre in the Van Vliet Complex, the Customer Service Desk in the Saville Community Sports Centre or emailed to activityreg@ualberta.ca. Forms must be emailed or dropped off by noon on the Friday prior to the first day of your child's camp. Following that, forms must be returned at sign-in on the first day of camp.

Camp Locations

North Campus – Van Vliet Complex – 116 St and 89 Ave – Drop Off/Pick Up: Gym 1-220

North Campus – Lister Field – 84 Ave and 117 St – Drop Off/Pick Up: On Field

South Campus – Saville Community Sports Centre – 11610 65 Ave – Drop Off/Pick Up: North gyms

Redtail Landing Golf Club – Located on the grounds of the Edmonton International Airport – Drop Off/Pick Up: Gym 1-220 in the Van Vliet Complex

About Our Camps

The Faculty of Kinesiology, Sport, and Recreation is pleased to offer a wide range of Green & Gold Sport Camps. These camps are part of a comprehensive Athlete Pathway that makes it possible for our participants to explore, engage, and ultimately excel in sport. All aspects of our Athlete Pathway, including our Summer Camps, have been designed to align with the Long-Term Athlete Development (LTAD) framework, which has become the official model for athlete development in Canada.

We believe strongly that all camp participants benefit from multi-sport exposure which we provide through our AIM Program. These sessions will include instruction in a variety of sports and activities meant to improve fundamental movement skills and overall athleticism while incorporating familiar playground games for fitness and fun. If you have any questions about our camp philosophy, please contact us at sports@ualberta.ca.

Sign-In Procedures

Camp participants will begin their day at the Pick Up/Drop Off location associated with their camp location (see above). A parent or guardian must accompany camp participants to sign them in on the first day of camp. Drop off begins at 8:30am. All children must be at the sign in area by 8:45am. On the first day of camp, please arrive early as there are a number of administrative steps to complete.

Late Arrivals and Absences

If you are late arriving at camp, proceed to the Pick Up/Drop Off location associated with their camp location (see above). If your child's group has already departed for their first activity, camp staff will make arrangements to have your child join their group. If you cannot locate a camp staff member, proceed to the nearest Customer Service Desk. If possible, please call us at 780-492-2231 (North Campus) or 780-492-1000 (South Campus) to let us know if your child will be late or absent.

Sign-Out Procedures

Sign-out will occur from 4:15pm to 4:30pm (or 12:00pm to 12:15pm for half-day Active-Start Camps). Each child must be signed out by the person indicated on the sign-in sheet, or by one authorized to do so at the time of registration. If you would like your child to sign themselves out after camp, please bring a letter on the first day of camp and give it to the camp staff at sign-in. If you indicated that your child would be able to sign him/herself out at the time of registration, you will be asked to verify. Camp participants who sign themselves out can do so starting at 4:15pm unless otherwise stipulated in the letter. Supervision will be provided until 4:30pm.

Early Departure

Advanced notice must be given in writing to the camp staff at sign-in or sign-out, at least one day prior to accommodate an early departure. All early departures (before 4:15pm) are handled by a member of our staff.

Soccer Camp Sign-In and Sign-Out

Soccer camps will take place at Lister Field on the University of Alberta's North Campus. In case of inclement weather, camp participants should still be dropped off at the field unless otherwise notified. Participants should be ready to play in all weather conditions. The camp will be moved indoors when necessary.

Penalties For Late Pick Up

If your child is not picked up by 4:30pm and prior notice has not been given, a warning will be issued. Repeated instances of late pick up may result in removal from the camp with refund for the remaining days. Consideration will be given to parents who have children taking part in different Green & Gold Sport Camps in multiple locations.

Transportation

Participants in golf camps will be transported via bus to Redtail Landing Golf course for their golf instruction. Drop off and pick up will always be at the Van Vliet Complex.

Essential Items

- Athletic clothing suitable for indoor and outdoor activities
- Running shoes (indoor and outdoor)
- Bathing suit and towel (for camps with swimming and/or water activity)
- A water bottle labeled with your child's name
- Sunscreen
- Bug spray
- Backpack/gym bag
- Lunch and snacks (nut-free)

Weather

All of our camps take place outdoors either exclusively or periodically and may be affected by weather conditions. Camp participants should be prepared to play in all weather conditions, particularly for camps that are based outdoors (soccer, football, track and field, golf). Camps will be moved indoors at the discretion of our staff when necessary and every effort will be made to provide a fun camp experience during these instances. Drop off and pick up will take place at the stated location except in cases of extreme weather.

Clothing and Footwear

Children should come to camp prepared for a full day of activity. For each day, children should have: athletic footwear (running shoes or cross trainers), appropriate attire for physical activity as well as outdoor attire including a hat. Participants in soccer, football and track and field camps must also bring a pair of indoor running shoes for gym activities.

Water Bottle

Water is a vital component when physically active. Parents are asked to send a water bottle each day, labeled with your child's name. Water fountains are easily accessible throughout our facilities and bottles can be refilled when needed.

Sunscreen/Bug spray

Most of our camps will involve some form of outdoor activities throughout the week, even those based indoors. Please ensure children are prepared for the elements.

Gym Bag/Backpack

A backpack, gym or book bag is recommended for your child's belongings. Please label the bag (on the outside of the bag) with your child's name and include all of their necessities (i.e. medications, clothes, etc.).

Lunch and Snacks

Lunch begins at 12:00pm each day. Lunches should be brought in small coolers, lunch boxes or bags. Please label your child's lunch container clearly. We have a nut-free policy for all food brought to camps. Please provide your child with a nut-free morning and afternoon snack each day. Packed lunches and snacks are essential as campers will not be able to purchase food.

Swimming Sessions

For multi-sport camps with a swimming component, information will be provided on Monday about when the swimming sessions will take place. Swimming sessions will not be scheduled on the first day of the camp week. Please pack a swimsuit and towel on swimming days. Please pack a plastic bag to store wet swimsuits and towels for the rest of the day.

Sport Equipment

Camp participants should bring their own sport-specific equipment whenever possible. A limited amount of sport-specific equipment will be available to use for some camps (golf, tennis, curling). Balls (i.e. basketball, volleyball, soccer, tennis) will be provided.

- Hockey camp participants must provide all their own equipment (i.e. helmets, sticks, skates, pads).
- Soccer camp participants must provide all their own equipment (cleats, shin pads, soccer

- socks) and bring a pair of indoor shoes.
- Curling camp participants must bring warm clothing and clean footwear. Curling participants in the FUNdamentals and Learn-to-Train stages must also bring a CSA approved helmet.

Medications

Camp staff members cannot administer or provide your child with any medications during camp. Please plan accordingly. EpiPen are excluded from this policy if the EpiPen consent form is completed and the camp participant is not able to administer the EpiPen themselves.

Accidents and Emergencies

In the case of an emergency or accident involving your child, you will be contacted following notification of the appropriate emergency personnel. All members of the camp staff have current CPR and Emergency First Aid certifications and have also been trained in emergency procedures at all locations.

Illness

If your child becomes ill while at camp, you will be notified as soon as possible. We do not have a registered nurse on staff. We may ask you to remove your child from the program for the day. To avoid risk of infecting others, please do not bring children to camp if they are ill.

Security Precautions

If necessary we reserve the right for Summer Camp Staff to search a child's belongings (with another staff member present) for the safety of the child as well as the other participants.

Valuables

Valuable items should not be brought to camp under any circumstances. Items such as collector cards, hand-held video games, money, MP3 players, cell phones, etc... should be left at home as we cannot guarantee the security of these items. Our staff will do everything possible to ensure that personal possessions and sport equipment is stored securely when not in use, however be advised that Green & Gold Sport Camps and our staff are not responsible for any lost or stolen items.

Discipline

Camp staff, coordinators and directors will work to quickly resolve any conflicts and keep your child involved in the activities. On occasion, it may be necessary to give the camper a chance to re-group with a time out. However, if the negative behaviour persists, conflicts cannot be resolved, or the situation becomes severe, you, or your designated emergency contact will be contacted to pick up your child. Persistent discipline difficulties with a child may result in their being expelled from the program. The Faculty of Kinesiology, Sport, and Recreation reserves the right to have participants removed from a camp. Partial refunds will be applied.

Bullying

Bullying will not be tolerated. We believe that every camper should have the opportunity to participate and receive instruction in a variety of physical activities, delivered in a fun, social and safe environment, free from harassment. We work hard to ensure that campers gain self-confidence, make new friends and leave with great memories. Our goal is to promote healthy active living. Therefore, our staff will act to address incidents of bullying and promote excellent communication between coaches, campers and parents. If you have any questions or concerns during your child's time in camp, please contact us immediately at sports@ualberta.ca or call 780-492-2231.

Parking

Parking permits for Green & Gold Sport Camps will be provided prior to the first day of camp participation. Permits entitle parents to park for 30 minutes during the following periods: 8:00am-9:00am, 11:30am-12:30pm, and 4:00pm-5:00pm. Permits must be displayed on the dash of your vehicle. Park and ride is not permitted.

South Campus (Saville Community Sports Centre): For participants in camps based out of the Saville Community Sports Centre, parents may park in the Saville Community Sports Centre parking lot (Lot J) during the specified pick up and drop off times. Please ensure your parking permit is displayed.

North Campus Locations: For participants in soccer camps at Lister Field, parents may park in the Jubilee Surface Lot (highlighted in the map below) and proceed to Lister Hall Field. Please be advised there is construction in the area, so please allow for enough time to reach the field.



For participants in all other (excluding soccer) camps on North Campus, parents may park in the Stadium Car Park or metered parking on 89 Ave (highlighted in the map below).



Contact Information

To contact your child during camp, or to reach camp staff urgently, call the Customer Service Centre at 780-492-2231 for camps on North Campus and the Customer Service Desk at 780-492-1000 for camps on South Campus. Messages will be relayed promptly.

For more information and copies of all camp forms, please visit our website: uab.ca/sportssystem

For questions and comments, please call or 780-492-2231 or email: sports@ualberta.ca.