

UC SAN DIEGO RECREATION
KNOCK AROUND DAY CAMP

'09

PARENT HANDBOOK



UC SAN DIEGO
RECREATION



Welcome to Knock Around 2009.

Knock Around Camp Director:	Derek Noack (The Rock)
Knock Around Day Camp Coordinator:	Pooka
Leadership Camp Coordinator:	Dot
Beach Camp Coordinator:	Roo
Returning Counselors:	Wake, Tater Tot, ER and Pebbles

All Camp questions can be directed to KnockAround Director, Derek Noack, dnoack@ucsd.edu
Prior to June 15, call (858)534-3911. Starting June 15, call (858)534-5675.

KNOCK AROUND CAMP

PARENT HANDBOOK

Dear Camp Parents,

Welcome to Knock Around 2009! We are happy to have your kid(s) participating in our 19th year of Knock Around Camp. We hope you enjoy our program. Here are a few important things you need to know about camp.

Mission

We are committed to providing a high quality day camp for children. We strive to keep campers well entertained and supervised while they are immersed in a variety of activities.

Who's Who at Camp?

Director: Derek Noack (The Rock)
Knock Around Day Camp Coordinator: Vanessa Davis (Pooka)

Camp Staff:

All counselors are UCSD students or recent graduates or are working towards their teaching credentials. All staff have experience working with children. They are all CPR & First Aid Certified and have been through Camp training. They are dedicated to ensuring that each camper has a fun, positive, and memorable summer here at UCSD.

You will receive an information flyer on the first day of camp introducing you to the whole staff!

Other things you need to know

Emergency Phone #: If you have an emergency and must pick up your child, please call the Knock Around main office, (858) 534-5675. This phone will be in use starting June 15. Prior to that call Derek Noack at (858) 534-3911.

Forms: Please fill out the 3 forms on pages, 9, 10, 11, and bring them with you the first day of camp. Your camper will not be allowed at camp without the following forms completed and turned in.

- 1) Emergency Information
- 2) University waiver
- 3) Rock Climbing waiver

Drop Off & Pick Up: Drop-off and Pick-up are in the parking area next to the Main Gym and Natatorium. Please see map. Drop-off will begin at 7:45a.m., no earlier, and go until 8:45a.m. If you show up late, please bring your camper to the office to be checked in. Pick-up is from 4:30p.m. until 4:45p.m. (After 4:45p.m. we consider you late, unless you are enrolled in After Camp Care. Otherwise, there will be a late fee charged anytime you arrive after 4:45p.m. to pick up your child.)

The late fee charges will be as follows: 4:45-5:00p.m.= \$5/child 5:01-5:15p.m.= \$10/child 5:16p.m.+ = \$30/child

**You will pay the appropriate amount directly to the counselor who stayed late with your child. Please pay the counselor in cash or check at pick up or the next morning at drop off.

Sign In & Out: Any one in charge of camper drop-off/pick up must sign the Knock Around camper in and out with the counselor on a daily basis. If you are carpooling please let us know so we will be able to identify correct rides. Please identify on the emergency form the people to whom we can release your child. If the information on the emergency form should change throughout the session your child is enrolled, please inform us in writing. If you are going to pick up early or drop off late please arrange this with your child's counselor ahead of time. Special notes will be left on clipboard, so please pay attention to them. Leadership Camp participants can sign themselves and siblings in and out.

After Camp Care: This is an additional fee of \$30/session. Campers must be enrolled in After Camp Care in order to take advantage of it. After Camp Care will be held in the drop off/pick up spot. If you have questions, please ask The Rock or a counselor. ACC campers must be picked up by 5:30p.m. or a late fee of \$5 per 5 minutes will be applied.

Absent or Late Drop-Off/Early Pick Up:

- If you are late dropping off please locate your camper's group and sign them in with the counselor, or bring them to the camp office.
- If you will be late on a regular basis please let us know.
- If you will be picking up your child early from camp, please tell your counselor in the morning when you drop off, so we are aware of it and can tell you where to find your group.

Swimming: Please be aware that this is FREE swim time, not swimming lessons! Please send your child with goggles, towel, and swim suit every day! If campers do not participate in swimming there will be other activities for them to do outside of the pool. Campers are required to take a swim test before they can swim in the deep end. The swim test consists of swimming the width of the pool, there and back strongly, and treading water for one minute. We understand that some campers don't know how to swim. If your child does not know how to swim please let us know on the emergency form. There will be three counselors in the shallow end to help those who need it and there are risers placed in the shallow end for non-swimmers to stand on. There are also 2 lifeguards at the pool during this open swim hour for the safety of the kids. Recreation Classes offer swim lessons for kids throughout the summer, if you are interested.

Medication: If your child needs medication dispensed while at camp, let his or her counselor know. Please note your child's medication needs on the emergency form. The following is necessary for us to dispense any medication:

1. The medication needs to be brought to the camp counselor in the original container. Please do not leave it in your child's bag.
2. The medication must be noted on the original Emergency Information Form or accompanied by a signed note with specific directions.

Visitors: We do not allow drop-in visitors to camp. All campers must be registered to attend. If parents/relatives want to visit at lunch, please let the counselors know in the morning so they know who to expect.

Discipline: Please go over camp discipline with your child. If a discipline problem arises with a camper we use a "three strikes" rule. First the counselor deals with the camper and gives a warning when the incident occurs and explains why the child is being given a warning. After the third warning the camper is sent to the Camp Director to discuss the problem. If a discipline problem still occurs, the parent will be contacted and apprised of the situation. Knock Around Camp reserves the right to dismiss campers whose disruptive behavior can not be resolved.

Lunch & Snack: Please send your child to camp with a lunch and drink. Send non perishable items, as we are unable to refrigerate or microwave lunches. We do not allow campers to buy food on campus once they are under our supervision. We will supply campers with a small snack after swim time in the afternoon.

We would appreciate kids having a healthy breakfast before coming to camp, which will give them the energy needed until lunch.

What to bring: You will need to send your child to camp each day with the following items:

- * A healthy lunch with a drink
- * Swim suit, goggles (with name) & towel every day
- * Sunscreen/hat
- * **DO NOT BRING TOYS OR ELECTRONIC DEVICES TO CAMP!!!** No Magic, Yugioh, or Pokemon Cards at Camp.

Any items that are brought at the camper's own risk and may be taken away by counselors.

What to wear: Send your child in appropriate camp clothes. We will be very active so skirts and dresses are not suggested. Every child must wear closed toe athletic style shoes. **NO SANDALS OR OPEN TOED SHOES!!** Send your child with sunscreen already applied for the day. There will be more available from the counselors during the day.

Please label everything. Sweaters and sweatshirts are often left behind when the weather gets warmer throughout the day. All Lost & Found can be picked up in the Knock Around Home Base. All belongings are the responsibility of the camper, not the staff. We do our best to get belongings back to their owners – but can only do so if items are labeled.

Camp Parties: We will have “End of Session” parties on the last Friday of each session. We ask that parents contribute something small and healthy, i.e., juice drinks, fruits, vegetables, cookies, baked goods, etc.

Theme Days: Every Friday the Camp has a special dress up day. All campers are encouraged to come to camp dressed in theme attire. Here is our summer theme schedule:

Session I	June 19	Crazy Hair Day
Session II	June 26	Sports Day
	July 3	Superhero Day
Session III	July 10	Shirt Day
	July 17	Sunglasses and Hat Day
Session IV	July 24	Beach Day
	July 31	Western Day
Session V	August 7	Pirate Day
	August 14	Neon/Bright Color Day
Session VI	August 21	Martian Day
Session VII	August 28	Twin Day

KA Schedules: You will find a copy of the Knock Around Schedule in this Handbook. The specific hours of each group activities will vary. You will find out which group your camper is in on the first day of camp. At times, there are changes to this schedule and we will keep you posted throughout the session.

Group 1 – Youngest Campers; Group 2 – Middle Campers; Group 3 – Older Campers

Refunds:

Once you have signed up your child for a session, we are counting on that camper to be there. If you decide to cancel a session you must contact Derek Noack, dnoack@ucsd.edu, (858) 534-3911 or at the camp office, (858) 534-5675, after June 15. Refunds and Credits will only be issued if you contact Derek Noack two weeks before the first day of the camp session. You will be charged a \$40/session fee per child if you drop out after registering.

Illness/Injury: If your child becomes ill during camp hours, a Knock Around staff member will try to contact you. It is very important that we have all phone numbers and pager/cell phone numbers where we can reach you.

If your child is injured during camp, we will take all necessary steps to ensure correct medical attention is received. If you are unable to be reached in a medical emergency, your child will be transported to the hospital by an ambulance and the next available emergency contact person will be contacted.

Please let the Camp staff know if there has been a change in a work, home, or emergency number.

Please make a note that the UCSD tax ID number is 95-600-6144. Use this for your taxes next April.

Knock Around Camp Rules:

Please help the Camp staff by reviewing these rules with your children before camp. Camp is fun! These rules are for everyone's safety and well being at camp.

1. Buddy System. Campers are to have a buddy at all times. This makes it easier to keep track of everyone. If the campers need to leave the group for any reason, they must ask counselor for permission and take a buddy. Bathroom trips can be taken with a buddy and permission.
2. Campers must always stay in view of the counselors unless given permission to leave with a buddy.
3. No name calling or foul language.
4. No hitting, kicking, or spitting. Keep hands and feet to yourself.
5. No picking up sticks, rocks, or branches. No throwing things except equipment used in a game.
6. Pick up after yourselves; especially after lunch. Trash goes to the trash cans.
7. No camper is allowed in Home Base without a counselor or special permission.
8. Keep Home Base tidy. Use cubbies for all your belongings.
9. Everyone must share equipment.
10. No gum at camp.
11. No eating at any time other than at lunch or snack time.
12. Never cross a street or go into a parking lot unless a counselor is with you and has said it is ok.
13. Always listen to your counselor.
14. Leave toys, electronic games, and walkmans at home. (cards and books okay at certain specified times)
15. Tell a counselor when there is a problem or if something makes you unhappy.
16. Treat other campers, counselors and belongings with respect.
17. Do not use soda or candy machines.
18. Have fun and help others to have fun here at camp.
19. Always remember the "Golden Rule"! Treat others the way you would like to be treated.
20. No Magic, Yugioh, or Pokemon Cards at Camp.

Lunch Time Rules

1. All trash must be picked up before we can go swimming, as minutes will be taken off swimming.
2. No throwing water, drinks, or food.
3. Eat your own food; no sharing unless with a sibling.
4. Stay within the boundaries and in sight of a counselor at all times. If you are not sure of the boundaries, please ask your counselors.
5. No hanging on soccer goal nets or volleyball nets.

Gymnastics Rules

1. Listen to Gym instructors.
2. Shoes and socks must be taken off and left at door.
3. Stay off all equipment until instructor okays use of it.
4. All campers must stretch together in order to participate in gymnastics activities.

Pool Rules

1. You may not enter the water until the lifeguard and counselors give an OK.
2. **No running on deck** or in the locker rooms.
3. You must take a swim test before being allowed in the deep end. If you pass the test you will be issued a wrist band.
4. You must be wearing your wrist band on your wrist to go in the deep end. If you have a wrist band, you are not allowed on the risers.
5. No hanging on counselors.
6. Before you jump off the diving board you must wait for the camper in front of you to swim to the side first.
7. You must wait for a counselor before entering the locker rooms.
8. No flips or backwards dives.

Camp is a fun and exciting place for the kids and we expect campers to follow the rules so that we keep the atmosphere fun and safe for all campers. If you have any questions, feel free to ask any of the counselors or Derek Noack, Camps Director.

Knock Around Schedule

At times, there are changes to this schedule and we will keep you posted throughout the session. The locations are listed at the bottom of the schedule so you know where to find your group. The following is a typical group schedule for a two-week session.

Week 1

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9am	Camp intro	Arts & crafts	Rock climbing	Arts & crafts	Special event
10am	Group bonding, banner, cups	Free time	Rock climbing	Free time	Special event
11am	All camp game	Gymnastics	Free time	Gymnastics	Special event

Week 2

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9am	All camp game	Arts & crafts	Kazaam! Hour	Arts & crafts	Skit practice
10am	Special performer	Free time	Skit practice	Skit practice	Skit performance & talent show
11am	Special performer	Gymnastics	Global kids	Gymnastics	All camp game

The skit performances will now be held starting @ 10:30am on the second Friday of every session. Our Special Events and Special Performers will vary by session.

Daily Schedule

Time	
7:45-9am	Drop Off
9am-12noon	Group Activities (see above)
12noon-1:30pm	Lunch
1:30-1:45pm	Lunch Clean up
1:45-2pm	Change for Swim
2-2:45pm	Free Swim
2:45-3:15pm	Snack
3:15-4:15pm	Free time in the Rec Gym/games/balls, coloring, crafts, etc.
4:15-4:30pm	Clean up and get stuff to go home
4:30-4:45pm	Pick up
4:45-5:30pm	Extended Camp Care

Where activities are held:

Drop off and pick up - In the cul-de-sac by the Natatorium and Main Gym. Call for directions, (858) 534-4037. See enclosed map.

Gymnastics - South Balcony on third floor of Main Gym

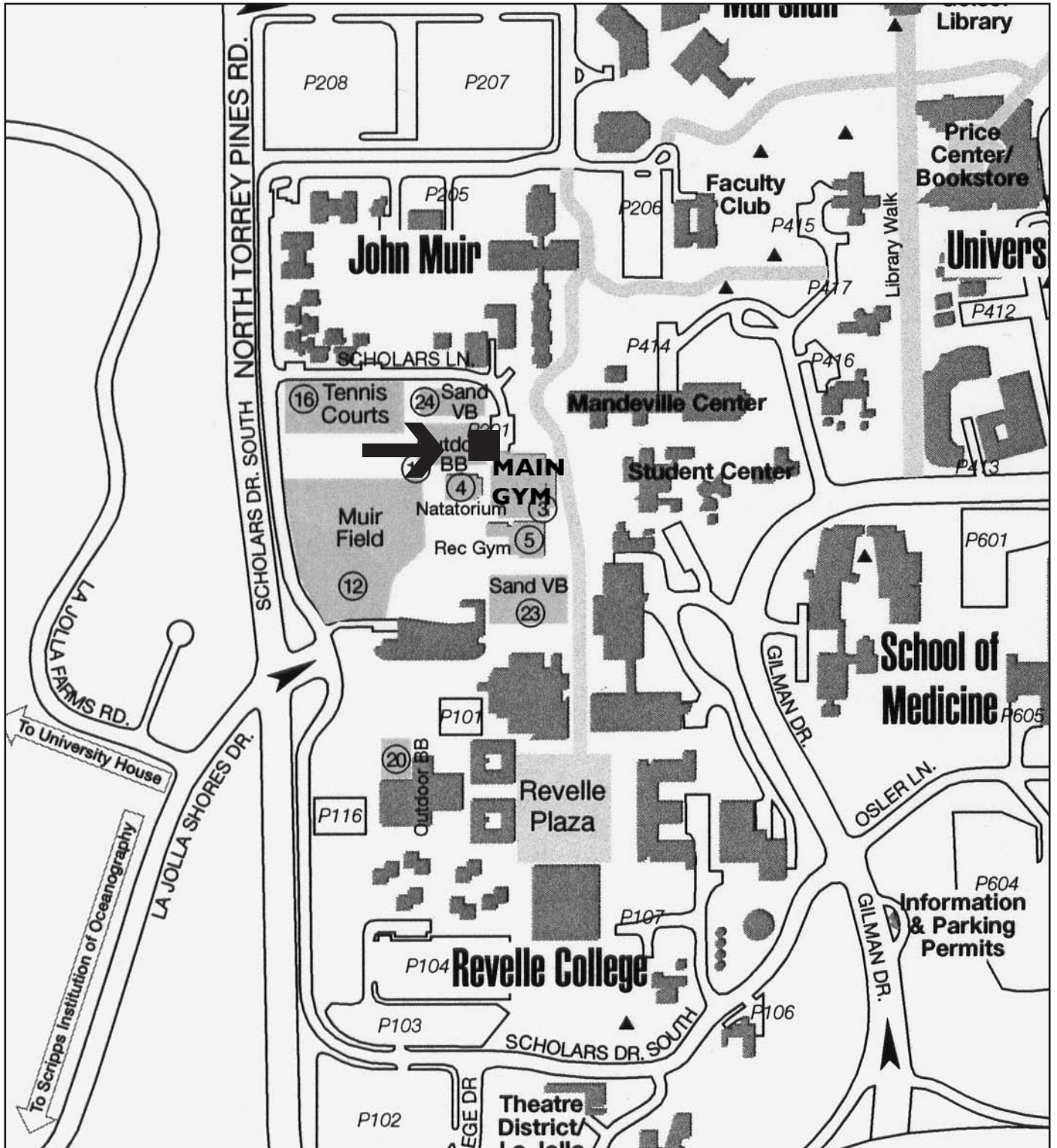
Kazaam/Global Kids/Arts and Crafts - Rec Conference Room in Rec Gym next to the Main Gym

Open Swim - Natatorium

Climbing Wall - Canyonview Pool Facility

Lunch - Muir Field

Map to Camp



Drop off and pick up at parking lot by the Main Gym (see arrow on map)
Knock Around Office and Home Base located in the Rec Gym (see #5 on map.)

KNOCK AROUND CAMP

DESCRIPTION AND REQUIREMENTS

The Knock Around Camp is a coed, non-competitive, full-day activities camp designed for children ages 5-11, who are interested in exploring the campus environment and participating in activities that use many of the resources uniquely available on campus.

Children are introduced to fun and stimulating activities designed to assist with the camp's overall objectives of promoting cultural awareness, teamwork, self-esteem, leadership and friendship. Campers will meaningfully participate and communicate through play and discussion during the camp's daily activities.

The blend of scheduled activities with free-play time gives the children an opportunity to learn new skills and develop game strategy, creative thinking, positive social interactions, and then practice them in their own creative way in a nurturing, extended-family type of environment.

In order to participate in the Knock Around Summer Camp Program, all campers must meet the following minimum requirements:

All campers MUST

- be 5 years of age prior to the first day of session of attendance.
- be potty trained.
- have the ability to understand and abide by camp rules.
- have the ability to understand & follow direction.
- have the ability to participate safely and effectively in a variety of physical & instructional activities.
- have the ability to pay attention without being disruptive.
- understand consequences of inappropriate behavior.
- have the ability to feed themselves.
- have the ability to dress themselves with minimal assistance.
- have the ability to interact with peer group in a civil manner.
- have the ability to understand basic safety issues.
- understand how to respect others and their personal belongings.
- be able to communicate needs to camp staff.

CAMP EMERGENCY INFORMATION FORM

Please check the Camp session(s) you are registering for:

Leadership Camp: I II III IV V VI Knock Around Camp: I II III IV V VI

Beach Camp: I II

*Note: Please complete separate form for each child

▼ Child Information

PLEASE PRINT IN INK

CHILD'S NAME	
BIRTHDATE (MO/DAY/YR)	AGE GRADE IN FALL <input type="checkbox"/> FEMALE <input type="checkbox"/> MALE
HOME ADDRESS	
CITY/STATE/ZIP	
PARENT'S NAME(S)	
WORK PHONE (MOTHER)	(FATHER)
HOME PHONE	CAN YOUR CHILD SWIM? <input type="checkbox"/> YES <input type="checkbox"/> NO

▼ Affiliation to UCSD

STAFF <u> </u> FACULTY <u> </u> STUDENT <u> </u> COMMUNITY <u> </u>

▼ Parent/Guardian Authorization

I, the undersigned parent having legal custody/guardianship of _____ ("said minor") give permission for said minor to attend any Knock Around Camp program activities supervised by the authorized Knock Around camp staff and attest that said minor is physically able and mentally prepared to participate in all activities as described in program brochures. I hereby voluntarily and knowingly assume all risks and dangers inherent and incidental to the activities for which I have given my permission and thereby will not hold the UCSD Recreation Dept. liable for any injuries incurred during these activities. I hereby authorize the UCSD Recreation Dept. and Knock Around Camp staff as agent for the undersigned, the consent with respect of said minor to any x-ray treatment, and hospital care which is deemed advisable by, and is to be rendered under the licensed under the general or special supervision of any physician and surgeon licensed under the provisions of the Medical Practice act on the medical staff of any hospital. It is understood that this authorization is given in advance of any specific diagnosis, treatment or hospital care being required but is given to provide authority to the above described agent to give specific consent to any and all such diagnosis, treatment or hospital care which a physician, meeting the requirements of this authorization, may, in the exercise of his/her best judgement, deem advisable. I understand that UCSD Recreation Dept. is not responsible for payments incurred due to said medical care. I further acknowledge that I have read the description and requirements for camp eligibility and have registered my child with the understanding that he/she meets these minimum requirements.

DATE _____
SIGNATURE _____

CHECK ONE:

PARENT LEGAL GUARDIAN PERSON HAVING LEGAL CUSTODY

▼ Miscellaneous Information

REQUIRED BY STATE LAW NAME OF HEALTH INSURANCE CO.
POLICY NUMBER
FAMILY DOCTOR
ADDRESS
PHONE #

▼ Health Record

VACCINES (APPROXIMATE DATE IMMUNIZED)	DISEASES
DPT	CHICKEN POX
TETANUS	MUMPS
ORAL POLIO	MEASLES
MUMPS	GERMAN MEASLES
RUBELLA	
LIST ALLERGIES, SERIOUS INJURIES, DISEASES, OPERATIONS AND ANY RESTRICTIONS ON PHYSICAL ACTIVITY:	

▼ Medication Administration

IF YOUR CHILD IS ON ANY MEDICATION, PLEASE LIST:	
MEDICATION	DOSAGE
ANY SPECIFIC INSTRUCTIONS RELATED TO CARING FOR YOUR CHILD _____	

▼ Emergency Information

AUTHORIZED PERSONS, OTHER THAN PARENTS, TO BE CALLED IN CASE OF AN EMERGENCY:

NAME	PHONE #	RELATIONSHIP

▼ Child Release Authorization

PERSONS AUTHORIZED TO PICK UP CHILD FROM THE FACILITIES:

NAME	PHONE #	RELATIONSHIP

Child in custody of:

both parents mother only father only other

Special circumstances _____

BRING COMPLETED FORMS TO CHECK-IN TABLE ON THE FIRST DAY OF CAMP.

OFFICE USE ONLY
Member Number _____

Participant's Name (Please Print) _____ Member Number _____
Last First

UNIVERSITY OF CALIFORNIA, SAN DIEGO
Activities & Programs
Waiver of Liability, Assumption of Risk, and Indemnity Agreement

Waiver: In consideration of being permitted to participate in any way in activities indicated on the reverse side of this form, hereinafter called "Activities & Programs", I, for myself, my heirs, personal representatives or assigns, do hereby release, waive, discharge, and covenant not to sue The Regents of the University of California, its officers, employees, and agents from liability from any and all claims including the negligence of The Regents of the University of California, its officers, employees and agents, resulting in personal injury, accidents or illnesses (including death), and property loss arising from, but not limited to, participation in The Activities.

Signature of Participant Date Signature of Parent/Guardian of Minor Date

Assumption of Risks: Participation in "Activities & Programs", carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. The specific risks vary from one Activities to another, but the risks range from 1) minor injuries such as scratches, bruises, and sprains 2) major injuries such as eye injury or loss of sight, joint or back injuries, heart attacks, and concussions to 3) catastrophic injuries including paralysis and death.

I have read the previous paragraphs and I know, understand, and appreciate these and other risks that are inherent in The Activities. I hereby assert that my participation is voluntary and that I knowingly assume all such risks.

Indemnification and Hold Harmless: I also agree to INDEMNIFY AND HOLD The Regents of the University of California HARMLESS from any and all claims, actions, suits, procedures, costs, expenses, damages and liabilities, including attorney's fees brought as a result of my involvement in The Activities and to reimburse them for any such expenses incurred.

Severability: The undersigned further expressly agrees that the foregoing waiver and assumption of risks agreement is intended to be as broad and inclusive as is permitted by the law of the State of California and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

Acknowledgment of Understanding: I have read this waiver of liability, assumption of risk, and indemnity agreement, fully understand its terms, and understand that I am giving up substantial rights, including my right to sue. I acknowledge that I am signing the agreement freely and voluntarily, and intend by my signature to be a complete and unconditional release of all liability to the greatest extent allowed by law.

Signature of Participant Date Signature of Parent/Guardian of Minor Date

Participant's Age (if minor): _____

Any questions regarding this waiver should be directed to UCSD Risk Management (858) 534-3820



Waiver, Release and Indemnity Agreement

NOTICE: By signing this agreement you give up your right to bring a court action to cover compensation or obtain any other remedy for any injury to yourself or your property or for your death, however, caused arising out of your use of the Outback Climbing Center now or any time in the future.

Acknowledgment of Risk

I hereby acknowledge and agree that the sport of rockclimbing and the use of the Outback Climbing Center located in he Canyonview Pool Complex (hereinafter referred to as the climbing wall) has inherent risks. I have full knowledge of the nature and extent of all the risks associated with rockclimbing and the use of the climbing wall, including but not limited to:

1. All manner of injury resulting from falling off the climbing wall and impacting against rock faces and projections, whether permanently or temporarily in place, or the floor.
2. Rope abrasion, entanglement and other injuries resulting form activities on or near the climbing wall such as, but not limited to climbing, belaying, rappelling, lowering on rope, rescue systems (including failed rescue attempts) and any other rope techniques.
3. Injuries resulting from falling climbers or dropped items, such as but not limited to ropes or climbing hardware.
4. Cuts and abrasions resulting from skin contact with the climbing wall.
5. Failure of ropes, slings, harnesses, climbing hardware, anchor points, or any part of the cimbing wall structure.

I further acknowledge that the above list is not inclusive of all possible risks and does not limit this release and covenant not to sue.

Release, indemnification and covenant not to sue

In consideration of my use of the climbing wall, I _____, the undersigned hereby voluntarily release, waive, discharge and relinquish any and all actions or case of action for personal injury, property damage or wrongful death occurring to me arising as a result of engaging or receiving instructions in said activity or any activities incidental thereto wherever or however the same may occur and for whatever period said activities to instructions may continue, and the Undersigned does for him/herself ad for his/her estate, and agrees that under no circumstances will he/she or his/her heirs executors, administrators and assigns prosecute, present any claim for personal injury, property damage or wrongful death against THE REGENTS OF THE UNIVERSITY OF CALIFORNIA or any of its officers, agents, servants, or employees for any of said causes of action, whether the same shall arise by the negligence of any of said persons, or otherwise. IT IS THE INTENTION OF (NAME) _____ by this instrument, to exempt and relieve THE REGENTS OF THE UNIVERSITY OF CALIFORNIA he/she shall indemnify and save harmless the same THE REGENTS OF THE UNIVERSITY OF CALIFORNIA from nay and all claims or causes of action by whomever or wherever made or presented for personal injuries, property damage or wrongful death.

The Undersigned acknowledges that he/she has read the foregoing two paragraphs, has been fully and completely advised of the potential dangers incidental to engaging in this activity and is fully aware of the legal consequences of signing the within instrument.

Signed:

Climbing Wall User’s Signature

Climbing Wall User’s Name (Print Clearly)

Date

Signature of Parent/Guardian

Print (Sign, print and date if user is under 19)

Date