



Day Camp hours are 9:00 a.m. – 3:00 p.m., Monday – Friday

Kelley Elementary School

501 Ridgewood Road Southington, CT 06489

All site phone numbers will be emailed out this spring.

General Information

Please bring the following to camp each day:

Lunch in a Ziploc bag labeled with camper's name

Refillable water bottle (not disposable)

Sunscreen

Insect Repellant

A change of clothing (optional)

After Care Program

After care is available until **5:00 p.m.** for parents who need it. There will be plenty of activities during after care, but large scale activities are limited during this time.

Before Care Program

Before care is available beginning at **7:45 a.m.** for parents who need it. Activities are informal during this time.

Camp Clothing

Campers should dress in athletic wear and be prepared for outdoor play. All campers must wear sneakers with socks. Please send an extra set of clothing (shorts/shirt) each day in case they are needed or in case you want your child to change after water games.

We encourage you to label your camper's belongings. Labeled items will be returned to their owners. Unmarked items will be placed in the lost and found and will be held until one week after camp closes for the season.

Camp will make every effort to supply all camp athletic equipment. If campers choose to bring in their own equipment, please label it with their name. FAST Camp is not responsible for lost or stolen items.

Camper Attendance

Periodically through the day groups will meet by grade for attendance. It is not required to let us know of absences in advance but it is welcomed!

Illness/Injury

The First Aid Director will contact parents for the following: illness involving fever and/or vomiting, unresolved asthma attacks; injuries requiring stitches or resulting in broken bones, and head injuries. You will need to pick up your camper at the Camp's Health Center.

You will also be contacted if your child sustains a bee sting or a tick bite, although your camper may choose to continue their day at camp.

- Concussions – a concussion is a type of traumatic brain injury that is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Concussions can be caused from a fall or a collision with an object or even another camper.
- Signs of Concussions include:
 - Confusion/disorientation/irritability
 - Aggressive behavior
 - Lack of concentration
 - Repeatedly asking the same questions
 - Drowsiness
 - Slow and clumsy movements

- Loss of consciousness
- Slurred speech
- Memory problems
- Trouble with balance
- Symptoms of Concussions include:
 - Headache / dizziness
 - Nausea / vomiting
 - Ringing in ears
 - Blurred vision
 - Feeling groggy

Campers showing any signs of a concussion will be removed from activities. You will be notified and be required to take your camper to a doctor for medical clearance before returning to regular camp activities.

Insect Repellent

Although we will not be in the woods, ticks are a common problem. Please send insect repellent with your camper each day. We will encourage campers to reapply if necessary.

Lunch

Please send a lunch and a drink to camp each day. The State of Connecticut requires that all lunches be refrigerated. Please send your camper's lunch in a **Ziploc style bag** labeled with their name.

At Kelley Elementary: Please do not send insulated lunch boxes, glass containers, or coolers.

At Rec Park: Please use insulated lunch boxes or a non-perishable lunch.

At Mount Southington: You can use either option!

If your camper forgets to bring a lunch, you will be notified by the camp office, and the camp will provide a lunch for your camper.

Medications

All medications (prescription and over the counter) must be supplied by the family and require a medication administration form filled out by your camper's doctor. These medications will be stored in the Health Center and returned at the end of the week.

If a medication is listed on your child's health form and is for use during camp or in case of emergency, **you must** supply camp with the medication.

PLEASE NOTE: **state law requires the label be attached to the inhaler or pen.** Ask your pharmacist to do this. If medications arrive without the proper documentation, they will be sent home. The First Aid Director cannot administer medication without the appropriate documentation.

Photos

Photos from camp will appear on the website and camp Facebook/Instagram page.

Physicals

The Health Examination must be filled out by your doctor and should be completed within the last 36 months of camp. FAST has provided a form that must be filled out. The only other acceptable forms will be an identical version.

Snack/Water

Camp will provide a frozen treat each day. Water is available throughout the day so campers can refill their water bottles. We recommend bringing a bottle labeled with your camper's name. Disposable bottles often end up in the trash and are easily lost. Please help us by encouraging your camper to drink plenty of water while at camp.

Sunscreen

Please apply sunscreen prior to arrival at camp each day. Camp staff will remind your camper to reapply throughout the day.

Weather/Cancellations

Camp is open rain or shine. We will provide appropriate activities for all types of weather conditions. In the event of severe weather, FAST Camp may decide to issue a RAIN DAY PASS. RAIN DAYS are called at FAST Camp's discretion. This will allow you to keep your camper home and use it another day during the summer. There is no refund if you choose not to use the pass.

CAMP FORMS

HEALTH Forms must be sent in by JUNE 1st, 2020 via:

Scan and email: Brendan@fast-camps.com or nurse@fast-camps.com

Fax: (833) 302-3278

Medication Administration Forms (one per medication) – completed by physician and parent must accompany your camper to camp and be given to the Director of First Aid along with the appropriate **UNEXPIRED** medication.