



DIScover Summer Camp 2021 Parent Handbook

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DANVERS INDOOR SPORTS CONTACT INFORMATION

Facility Address:

Danvers Indoor Sports
150R Andover St.
Danvers, MA 01923

Office Phone:

978-777-7529

Camp Directors:

Anthony Carter Anthony@danversindoorsports.com
Sandy Mahoney Sandy@danversindoorsports.com

About DIS:

Danvers Indoor Sports is a state-of-the-art indoor sports facility and includes 8 turf fields, 4 basketball courts, concession areas, arcade games, party/event rental space, on-site fitness center, conference room and more! DIS is dedicated to providing clients of all ages a safe environment in which to be active year-round.



Hello!

We are grateful and excited that you have chosen DIScover Summer Camp and think you made the right choice! Our staff is filled with enthusiasm, experience, athleticism and we are looking forward to an amazing summer with our DIScover campers.

During summer 2020, we had to pivot and make changes to our summer programming and implement new guidelines. We are so proud of our Directors and Coaches for successfully running seven fun filled weeks of sports clinics!

We believe Danvers Indoor Sports is the perfect place for your child to experience a summer filled with learning new skills through activities and games, how to work as part of a team and good sportsmanship all while building friendships and having lots of fun!

It is my pleasure to welcome you to DIScover Summer Camp 2021– let the adventure begin!

*Sincerely,
Anthony Carter*

STAFF INFORMATION

All camp staff members are recruited through our Camp Director and follow a qualifying process in order to ensure the safety and development of each child. DIScover Summer Camp is licensed by the Massachusetts Board of Health and the Town of Danvers. All staff employed by the camp meet the requirements set forth by the previously mentioned institutions.

In addition, each staff person and volunteer shall have a background free of conduct that bears adversely upon his or her ability to provide for the safety and well being of the campers. Upon review of both CORI and SORI checks, the Camp Director shall determine whether each staff person's and volunteer's conduct will disqualify that person from employment or service at the camp. Upon further request, parents of campers have the right to know camp policies, procedures in regard to this.

CAMPERS

GENERAL

DIScover Summer Camp is an indoor summer recreational day camp for children ages 5-12; and 13-15 years old. Decisions regarding a camper's attendance will be made by the Camp Director and Danvers Indoor Sports senior management. Please fully fill out all forms in our Camper Forms packet so that our staff can be educated about your camper. This helps us provide the best possible experience for your child!

NON-DISCRIMINATION POLICY:

Danvers Indoor Sports and DIScover Summer Camp does not discriminate on any basis. DIS provides recreation and summer camp opportunities to all people regardless of religion, race, sex, marital status, disability, cultural heritage, political beliefs, national origin or sexual orientation.

CHILDREN WITH SPECIAL NEEDS/DIABILITIES:

Danvers Indoor Sports will request and review information given by the parent related to the child's participation in the program. Identification of specific accommodations required to meet the needs of the child, which would include a change or modification in the child's participation in regular activities, would be reviewed. In addition, identification of any special equipment, materials, ramps or aids will be discussed. If such accommodations will cause undue financial burden on Danvers Indoor Sports, the parent will be notified in writing. Every effort will be made to accommodate each camper. Please inform us of any special circumstances that may influence your child at camp.

CITs

Our Coach In Training Program (CIT). CIT campers are ages 13 through 15 who are interested in learning about leadership and are ready to take on more responsibility at DIScover Summer Camp. These campers will have daily training with the DIScover Camp Senior Staff through conversations and group challenges focused on leadership, inclusion, communication and teamwork. These training sessions will prepare them to assist the DIScover Coaches in the afternoon of each camp day where they will shadow and assist a Coach. CIT campers will have a 50% discount for the camp week they attend.

DAILY RULES

SCHEDULE

Our DIScover Summer Camp staff will lead all games and activities with help from the Camp Director, Assistant Camp Director and CITs (when applicable). Sports and games equipment will be provided and campers should not bring their own ball/equipment.

Hand Washing / Hand Sanitizing Policy

Campers must regularly wash their hands with soap and water or sanitize their hands for at least 20 seconds during the following:(1) Upon entry into and exit from program space; (2) When coming in to the program space from outside activities; (3) Before and after eating; (4) After sneezing, coughing or nose blowing; (5) After toileting and diapering; (6) Before handling food; (7) After assisting children with handwashing; (8) Before and after administration of medication.

CHECK IN / SIGN OUT POLICY

Drop off: All campers will be checked in with the Camp Director/Senior Staff in Building Two. Please park, and enter Building Two through the main entrance of Building Two. This entrance can be found by taking the first right in the rotary if coming from the direction of Mass Trans. This is also the entrance that is straight ahead when entering from Route 114. Campers will have their temperature check and parents will have to fill out the drop off questionnaire form upon arrival. Any child found to have any symptoms will not be allowed into the camp. Individuals who decline to complete the screening questionnaire or have temperature checked will not be permitted to enter the program space. Please do not drop off your camper at the entrance, our check in policy is in place for the safety of the campers.

Pickup: All campers will be picked up with the Camp Director/Senior Staff in Building Two. Please park and come in to sign out your camper. **We will need a physical signature in order to release your camper to you.** See the policy regarding who can pickup in the sections titled "Communications".

ELECTIVES

We are very excited to announce the Electives program at camp this year. At the beginning of each week, children will get to choose special activities to participate in based on their interests. These activities will vary from day to day and week to week, but will be led by our DIScover coaches as well as some special guests.

SAMPLE SCHEDULE

8am – Extended Care begins
9am – Drop off & Free play
9:30am – Camp Starts – Welcome Announcements
9:45am – Warm Up Tag Game
10am – Sports Game
10:30am – Snack
11am – Team Building Challenge
11:30am – Large Group Game
12pm – Lunch
12:30pm – Free play
1pm – Electives
2pm – Card and Board Games
2:30pm – Game of the Day
3pm – Sign Out & Extended Care begins
4pm – Extended Care ends

THEME WEEKS

Each week will have a specific theme that the majority of activities will be based around! We encourage campers to wear theme specific clothes on certain days, and we will do our best to communicate on pickup when those days are happening!! Check out the list below for which themes are happening while your camper is at DIScover Summer Camp!

- Pre Week: June 14 - June 18
 - DIScover Football Camp
- Week 1: June 21- June 25
 - DIScover Basketball Camp
- Week 2: June 28- July 02:
 - DIScover Football Camp
- Week 3: July 5- July 9:
- Week 4: July 12- July 16
 - DIScover Football Camp
- Week 5: July 19- July 23:
- Week 6: July 26- July 30:
 - DIScover Football Camp

- Week 7: August 2- August 6:
- Week 8: August 9 - August 13:
 - DIScover Football camp
- Week 9: August 16- August 20:
 - DIScover Basketball Camp
- Week 10: August 23- August 27

BUDDY POLICY

At DIScover Summer Camp, one of our goals is to provide a safe and fun experience for your child. Campers will be under the supervision of the camp counselors at all times, and are not allowed to leave the group without asking permission from the camp counselor first. In order to ensure that campers are safe when taking bathroom or water breaks, we follow and enforce the buddy policy. Any time that a camper asks a counselor to take a break they **MUST** have a buddy. This procedure will be reiterated throughout the camp week, but please make sure that the camper understands this prior to coming to camp.

DISCIPLINE POLICY

We will operate on a three-step discipline basis. The three steps are as follows: 1. Camper will sit out of game/activity for 10 minutes. At end of 10 minutes, counselor will discuss with camper about what they did and what they will do next time to correct their behavior. 2. Camper will be brought to Director's office and will discuss wrongdoing. Director will issue a final warning to camper. Parent/Guardian will be informed of the situation. 3. Parent/Guardian will be contacted, and camper will be sent home.

At the counselor's and/or Camp Director's discretion, a camper may be disciplined according to these three steps for any misbehavior or insubordination. The three steps can be usurped if attitude/incident is severe and camper has to be sent home immediately.

Corporal punishment, including spanking, is prohibited. No camper shall be subjected to crude or severe punishment, humiliation, or verbal abuse. No camper shall be denied food or shelter as a form of punishment. No child shall be punished for soiling, wetting or not using the toilet.

Parents of campers have the right to speak with the Camp Director at any time regarding staff behavior or camper issues.

COMMUNICATIONS

GENERAL

Parent input is very important to us. Please contact the Camp Director at 978-777-7529 (ask for Anthony or email at Anthony@danversindoorsports.com) if you have any concerns or important information. The Camp Director can make

arrangements for individual conferences with staff at your request. Please make these requests with the Camp Director and not the individual camp staff. We want ALL children to have an awesome experience at DIScover Summer Camp. We encourage new parents and campers to come to DIS for a tour!

COMMUNICATION OF IMPORTANT INFORMATION

Please fill out the Personal History Form so that camp staff can get a full picture of who your child is before camp even starts! If anything is happening at home that will influence and/or affect the camper's experience and/or disposition at camp, please feel free to discuss it with the Camp Director. All information will be confidential. Our goal for to have a positive, safe and fun experience at camp, and that information will help us achieve our goal.

DROP OFF AND PICK UP

Drop-off and pick-up location will be the main entrance of Building 2. This building is the furthest to the right when pulling into DIS parking lot. Parents or legal guardians **MUST** check in with supervising Camp Director upon drop off and pick up. **NO CHILD MAY BE PICKED UP DURING OR AT THE END OF CAMP BY ANYONE OTHER THAN HIS/HER PARENT OR THE PEOPLE LISTED ON THE CHILD RELEASE FORM UNLESS PREVIOUS ARRANGEMENTS HAVE BEEN MADE BY THE PARENTS, **IN WRITING**, WITH THE CAMP DIRECTOR. THIS IS FOR YOUR CHILD'S SAFETY.**

USE OF PICTURES & VIDEO FOR PUBLICITY

During the camp program, staff members and/or professional photographers will take photos & videos for electronic and print newsletters and general marketing purposes that may include your child/children. Parents/Guardians may refuse any or all use of those photos and videos related to specific campers, provided a written request is received by the Camp Director prior to the start of camp.

LATE POLICY

It is essential that parents/guardians be on time to pick up campers. If a parent is more than 10 minutes late to pick up their child, they will be billed the extra \$10 for the hour of aftercare. If you will be late to pick up your child, please call the 978-777-7529 to notify the Camp Director. We suggest having all parents establish a back up procedure so that a camper can be picked up consistently on time.

EXTENDED CARE POLICY

To ensure proper supervision, extended care is contracted time, NOT a drop in center. Extended hours begin at 8am and end at 4pm. These hours are set, no exceptions will be made. We reserve the right to terminate any extended care contract for continued lateness. Registration must be prior to the start of camp. If

your extended care procedure needs to be altered or added on, please notify the Camp Director immediately.

Fees for extended care are \$10 per hour. If temporary or “day specific” extended care is needed and the space is available, for example one day or one week, please notify the Camp Director immediately via email or phone.

ABSENTEEISM

We ask that parents please notify the Camp Director when your child/children are going to be absent or late on a regularly scheduled day. Camp fees are based on preregistration and refunds are not given due to absenteeism.

SCHEDULE CHANGES, WITHDRAWALS & TERMINATION

As stated on the registration form, no refunds will be made unless a child is withdrawn after June 27, 2020 for medical reasons with doctor’s note. All special requests will be considered by the Camp Director who will make the final decision.

OTHER COMMUNICATIONS

Please call Danvers Indoor Sports at 978-777-7529 and ask to speak with the Camp Director if you have any questions, comments or concerns about your child. Please do not ask for the staff working directly with your child. The counselors and other staff will be reached on your behalf. The Director and/or staff that is addressed will respond to written notes or emails as soon as possible.

FEEES

All camp fees are payable by June 1, 2021 unless other arrangements have been made. The camp registration is not complete until the fee is paid, therefore a child may not participate unless the fee is paid.

Refunds

Full refunds will only be given to families that have a medical reason for missing camp as well as a doctors medical note. If the camper misses a day of camp for any other reasons, their accounts will be credited for the day and can be used to participate in any age appropriate programs or leagues within the facility as long as they let Coach Anthony know 48 hours ahead of time. If needed, contact anthony@danversindoorsports.com for prorated days or half day options.

WHAT NOT TO BRING

- **Electronics (IPods, Tablets, Cell Phones etc.)**
- **Gum**
- **Balls from home (Soccer, Basketball etc.)**
- **Trading Cards**
- **Toys from home**

There will be no electronics (cell phones, mp3 players, Ipods, Ipads, tablets etc), or gum allowed at camp. Cell phones for older campers can be off and kept in their backpacks until after camp. There will be no action figures or trading cards. Upon first sight, counselors will ask campers to put them away. Upon second sight, they will be put in the office for the rest of the day.

CLOTHING

What your child wears to camp is extremely important! A camp shirt will be included in the price of camp. Camp shirt must be worn every Friday, unless they are in costume for the Theme Day. Clothing must be appropriate and comfortable for active play and games. **SNEAKERS MUST BE WORN EVERYDAY**, no open toed shoes or shoes that are not safe for active play. Sneakers must be worn on the courts and fields at all times. Masks are required at all times. Campers will be distanced during mask breaks, water breaks, snack and lunch. All clothing and backpack should be labeled with the child's name. DIS is not responsible for any lost or stolen items. Anything that is forgotten or misplaced will be located at the DIScover lost and found located in Building Two's main office or behind Field One in Building One.

SUGGESTED DAILY PACKING LIST

- Mask
- Backpack
- Packed, non-refrigerated nut-free lunch
- Sneakers
- Water Bottle
- Extra set of clothes at bottom of backpack (tee shirt, shorts, underwear, socks)
- A positive and fun attitude!

FOOD & FOOD ALLERGIES

ALLERGIES

DIScover Summer Camp is a nut free camp. Please do not send any snack or sandwiches that include nuts. This is due to children having severe nut allergies. If your child has any dietary allergies or restrictions, please indicate this on the medical forms.

WATER

Please send your child to camp with a water bottle. We will have water breaks throughout the day and it will be refilled.

SNACK

Please pack at least one snack for your campers. Campers will be encouraged to have their snack before lunch and can also have anything left from their lunch during Card & Board Game time.

LUNCH

Please send your child to camp with a bagged lunch unless you are otherwise informed. Lunch will not be served! Remember we are a nut-free camp so pack accordingly! Masks are required at all times. Campers will be distanced during mask breaks, water breaks, snack and lunch.

HEALTH CARE

MEDICAL FORMS

It is important to DIS that all children coming to camp are in good health and are free from contagious or infectious diseases of any kind. Each camper will have to have proof of current immunizations from their physician and fill out a health record form before attending camp. If Medication needs to be administered at camp, an authorization form must be filled out. All necessary forms can be found

on our website (www.danversindoorsports.com/summercamp.html). All paperwork must be turned into the camp staff before June 1, 2021.

PLAN FOR MILDLY ILL CAMPERS

A child determined to be ill will be brought to the main office of DIS. There, the child's temperature will be taken and symptoms will be assessed by the Health Care Supervisor. The child's parent or legal guardian will be contacted if necessary. Medication such as Advil or Tylenol can be given to the child from its original container with written instructions from his/her prescribing physician and written permission from parent or legal guardian.

MEDICATION ADMINISTRATION

If your child must receive medication while at DIScover Summer Camp, the following procedure must be met:

1. Medication will only be administered per written order of the child's parents or legal guardian, and will be administered by the Camp Health Care Supervisor.
2. Medication must be passed from parent to camp staff; no child may carry medication.
3. Medication may only be taken from original container.
4. Parents or legal guardians must complete and sign the Medication Authorization Form. This can be found in the Camp Forms Packet at www.danversindoorsports.com/summercamp.html
5. Medication must be clearly labeled with child's name, doctor's name and written instructions.
6. Medication will be kept in a locked cabinet in the main office or in a refrigerator in the main office if necessary.
7. Unused medicine will be returned to the parents, but if that is not possible it will be destroyed. A log will be kept of destroyed medication.
8. A medical log will be kept for the camp that reflects all the medication that was given, to whom it was given, who gave it, and how much was given.
9. Non-prescription medication will be administered, from their original container, with written permission from a parent or legal guardian.

This camp will not dispense medication unless the above procedure is met. This is the Massachusetts' Board of Health policy that we must follow with no exceptions.

PROCEDURE FOR EMERGENCY CARE

If the injury is slight, the Camp Health Care Supervisor will administer first aid to the child. The CHCS will then document the injury or illness in the camp medical

log and also fill out the incident report form. The CHCS will be responsible for notifying parents or legal guardians of the injury via phone or in person at pickup.

If an individual requires immediate hospital care, after calling 911, the CHCS will contact the camper's parents/legal guardians immediately that the camper is being taken to the hospital in an ambulance. If parents/legal guardians are not reachable, CHCS will contact those on the emergency medical contact form, followed by a call to the child's doctor. The camper's file, which includes any medical documents/information will be shared with the emergency personnel.

HEAD LICE

We ask that all parents check their children's heads for evidence of lice before coming to camp begins. We also suggest that parents check their children's heads periodically during the summer to help prevent major outbreaks. The camp has a "No nit policy", where any child who has nits (lice eggs) on their head will be sent home from camp.

CONTAGIOUS ILLNESS

If your child shows any signs of a contagious illness, the health care supervisor will contact a parent who will then have two hours to pick the child up. If the parent is unable to pickup the child or we cannot reach the parent, we will contact the other two contacts on the Emergency Contact Form.

If your child is too sick to participate in ANY of our schedule activities, he/she should stay home until they are well enough to participate fully. Included in these parameters are conditions such as diarrhea, vomiting and fever. Any and all contagious diseases and viruses need to be reported immediately so that we can inform all other families about potential exposure. A few examples are: chicken pox, measles, mumps, scarlet fever, whooping cough, or strep throat.

RE-ENTERING CAMP FOLLOWING AN ILLNESS

If a child is absent due to a contagious illness, the child will only be allowed back into the program after the following: they have been on an antibiotic for 24 hours; they have been fever free for 24 hours; and when appropriate, a written note from the child's physician to the camp. We ask that you use your best judgment and err on the side of caution. If your child is not able to **fully** participate in camp they should not be attending camp.

COVID 19: Procedures and Protocols

Masks are required at all times. Campers will be distanced during mask breaks, water breaks, snack and lunch. Please visit <https://danversindoorsports.com/dis-reopening/> to view our control plan, safety standards, positive case reporting, information and more.

Please check website regularly as we will update when Massachusetts and/or DIS guidelines change.

OTHER DISCOVER PROGRAMS

Please visit www.danversindoorsports.com and click DIScover Youth Programs to find more information about our Youth Sports Programs, School Vacation Camps, Afterschool Classes, Drop In Days and Special Events! DIScover Youth Programs has offerings for all ages and skill levels. If you have questions, please contact Anthony@danversindoorsports.com.

Thank you for investing the time to work through the Parent Handbook. If you have any questions, do not hesitate to contact Anthony@danversindoorsports.com.

Meningococcal Disease and Camp Attendees: Commonly Asked Questions

What is meningococcal disease?

Meningococcal disease is caused by infection with bacteria called *Neisseria meningitidis*. These bacteria can infect the tissue (the "meninges") that surrounds the brain and spinal cord and cause meningitis, or they may infect the blood or other organs of the body. Symptoms of meningococcal disease can include fever, severe and constant headache, stiff neck or neck pain, nausea and vomiting, and rash. In the US, about 350-550 people get meningococcal disease each year and 10-15% die despite receiving antibiotic treatment. Of those who survive, about 10-20% may lose limbs, become hard of hearing or deaf, have problems with their nervous system, including long term neurologic problems, or have seizures or strokes.

How is meningococcal disease spread?

These bacteria are passed from person-to-person through saliva (spit). You must be in close contact with an infected person's saliva in order for the bacteria to spread. Close contact includes activities such as kissing, sharing water bottles, sharing eating/drinking utensils or sharing cigarettes with someone who is infected; or being within 3-6 feet of someone who is infected and is coughing and sneezing.

Who is most at risk for getting meningococcal disease?

People who travel to certain parts of the world where the disease is very common, microbiologists, people with HIV infection and those exposed to meningococcal disease during an outbreak are at risk for meningococcal disease. Children and adults with damaged or removed spleens or persistent complement component deficiency (an inherited immune disorder) are at risk. Adolescents, and people who live in certain settings such as college freshmen living in dormitories and military recruits are at greater risk of disease from some of the serotypes.

Are camp attendees at increased risk for meningococcal disease?

Children attending day or residential camps are **not** considered to be at an increased risk for meningococcal disease because of their participation.

Is there a vaccine against meningococcal disease?

Yes, there are 2 different meningococcal vaccines. Quadrivalent meningococcal conjugate vaccine (Menactra and Menveo) protects against 4 serotypes (A, C, W and Y) of meningococcal disease. Meningococcal serogroup B vaccine (Bexsero and Trumenba) protects against serogroup B meningococcal disease, for age 10 and older.

Should my child or adolescent receive meningococcal vaccine?

That depends. Meningococcal conjugate vaccine (Menactra and Menveo) is routinely recommended at age 11-12 years with a booster at age 16. In addition, this vaccine may be recommended for children with certain high-risk health conditions, such as those described above. Otherwise, meningococcal vaccine is **not** recommended for attendance at camps.

Meningococcal serogroup B vaccine (Bexsero and Trumenba) is recommended for people with certain relatively rare high-risk health conditions (examples: persons with a damaged spleen or whose spleen has been removed, those with persistent complement component deficiency (an inherited disorder), and people who may have been exposed during an outbreak). Adolescents and young adults (16 through 23 years of age) who do not have high risk conditions **may** be vaccinated with a serogroup B meningococcal vaccine, preferably at 16 through 18 years of age, to provide short term protection for most strains of serogroup B meningococcal disease. Parents of adolescents and children who are at higher risk of infection, because of certain medical conditions or other circumstances, should discuss vaccination with their child's healthcare provider.

How can I protect my child or adolescent from getting meningococcal disease?

The best protection against meningococcal disease and many other infectious diseases is thorough and frequent handwashing, respiratory hygiene and cough etiquette. Individuals should:

1. wash their hands often, especially after using the toilet and before eating or preparing food (hands should be washed with soap and water or an alcohol-based hand gel or rub may be used if hands are not visibly dirty);
2. cover their nose and mouth with a tissue when coughing or sneezing and discard the tissue in a trash can; or if they don't have a tissue, cough or sneeze into their upper sleeve.
3. not share food, drinks or eating utensils with other people, especially if they are ill.
4. contact their healthcare provider immediately if they have symptoms of meningitis.

If your child is exposed to someone with meningococcal disease, antibiotics may be recommended to keep your child from getting sick.

You can obtain more information about meningococcal disease or vaccination from your healthcare provider, your local Board of Health (listed in the phone book under government), or the Massachusetts Department of Public Health Division of Epidemiology and Immunization at (617) 983-6800 or on the MDPH website at www.mass.gov/dph.

Provided by the Massachusetts Department of Public Health in accordance with M.G.L. c.111, s.219 and 105 CMR 430.157(C).

Massachusetts Department of Public Health, Division of Epidemiology and Immunization, 305 South Street, Jamaica Plain, MA 02130 Updated March 201