



PARENT HANDBOOK SUMMER 2024



WELCOME TO GAME ON! SPORTS 4 GIRLS NORTHERN UTAH

Welcome Parents and Families!

Welcome to Game On! Sports 4 Girls Northern Utah!! Our committed management team and camp staff is poised to make this our best summer yet.

This handbook includes Game On! Sports 4 Girls policies and information that we feel will be helpful to make your daughter's camp experience the best it can be. Please note that you will be notified of any changes made to policies, procedures, or general information. We urge you to read through this handbook thoroughly and discuss with your daughter(s) so everyone is prepared for a smooth transition into the camp season.

If at any time you have questions or concerns, please feel free to reach out to any member of the management team or your Camp Director for assistance. We are here for you.

Our commitment - we will not only listen, we will hear you!

Ready, set, GAME ON!

Sincerely,
The Game On! Sports 4 Girls Northern Utah Team

OUR GAME ON! MISSION -
MAKE EACH NEW DAY EVEN MORE EXCITING,
SPECIAL AND FUN THAN THE LAST!



CAMP LOCATION AND CONTACT INFO

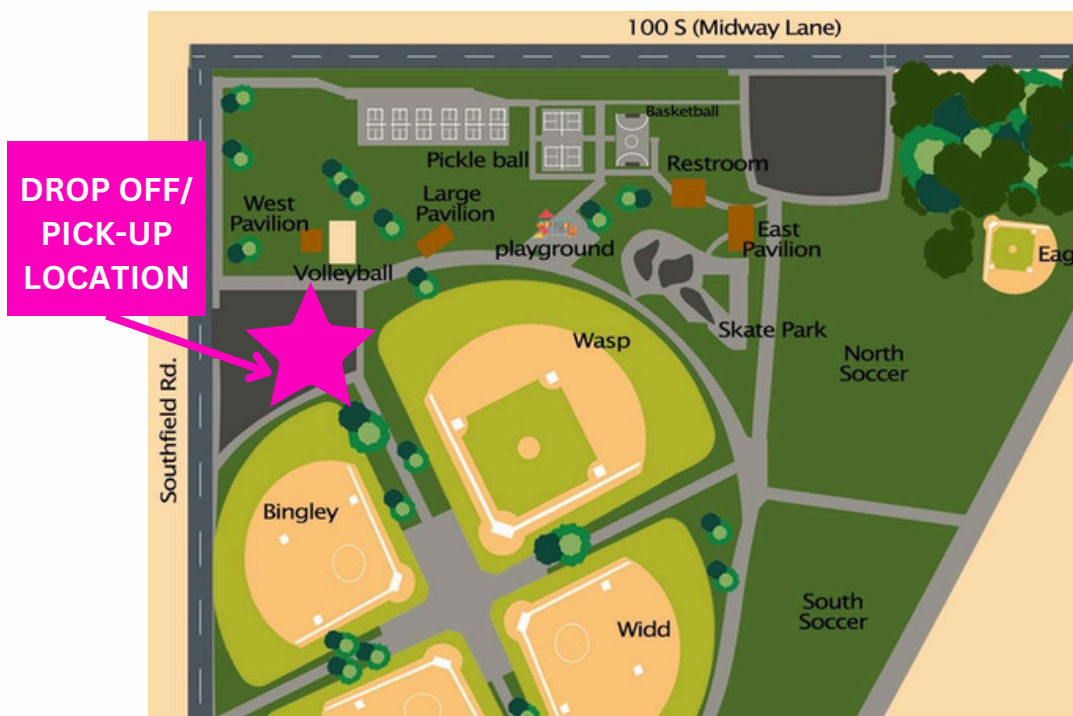
CAMP LOCATION: June 3-14

Southfield Park

853 W. 100 S., Heber City, UT 84032

(Corner of Southfield Road and Midway Lane)

Please look for Game On! Sports 4 Girls signage and staff for drop-off and pick-up.



CAMP CONTACT INFORMATION

During Camp Hours

Camp Office: 435-200-3444

The camp office will be open from 8:00 am until 5:00 pm Monday through Friday.

After Camp Hours or Weekends

Please leave a message at 435-200-3444 and someone will return your call as quickly as possible.

You are also welcome to email us anytime at nothernutah@gameonsports4girls.com.

CAMP LOCATION AND CONTACT INFO

GAME ON! SPORTS 4 GIRLS MANAGEMENT TEAM & CAMP STAFF

Utah Staff

Elyssa Brock, Licensee Owner & Camp Director, Game On! Sports 4 Girls - Northern Utah
Sydnie Martindale, Assistant Camp Director (week of June 10)

Additional Camp Staff

Game On! Sports 4 Girls strives to hire the highest quality staff, all of whom are athletes and role models and share the passion to empower young girls.

GAME ON! SPORTS 4 GIRLS MISSION

To harness the power of sports to shape the strong girls that become the valued teammates and high achievers of tomorrow.

- To inspire or enhance a lifelong appreciation for a healthy lifestyle, including sports & fitness
- To empower/build confidence through sports
- To promote skill development for all levels through quality instruction and fun
- To teach and promote solid life skills & core values through sports
- To inspire our campers and their families to support our women's collegiate and professional sports teams through education and experience

STAY CONNECTED WITH GAME ON! SPORTS 4 GIRLS

Website

Visit www.gameonsports4girlsnorthernutah.com/summer-camp-heber-city for up-to-date news, photos, videos, camper highlights and additional important information (such as this handbook).

Social Media Sites

Stay informed with our daily camp updates and photos on Facebook, Instagram, and SmugMug, as well as educational and inspirational videos, articles, blog posts, and more!

- Facebook - <https://www.facebook.com/GameOnSports4GirlsNorthernUtah>
- Instagram - <https://www.instagram.com/gameonsports4girlsnorthernutah/>
- SmugMug (Photos) - <https://gameonsports4girlsnorthernutah.smugmug.com/>
 - Password to view photos: GirlStrong

CAMP PARTICIPATION

ELIGIBILITY REQUIREMENTS

Game On! Sports 4 Girls is for EVERY GIRL, regardless of skill level, between K (age 5) and 8th grade (age 14).

REGISTRATION

Registration is handled by Wasatch County Parks & Recreation. If you have questions about your registration, please reach out to Kylee Geary at kgeary@wasatch.utah.gov or 435-657-3240.

STATEMENT OF DIVERSITY/NON-DISCRIMINATION

Game On! Sports 4 Girls does not discriminate on the basis of race, religion, national and/or ethnic origin, marital status, sexual orientation, body type, physical ability, gender expression, or other individual identities in the administration of any of its programming or admissions policy. All camp activities will promote and maintain the personal and emotional safety of all campers and staff.

CHILDREN WITH SPECIAL NEEDS

Game On! Sports 4 Girls supports the goals of the Americans with Disabilities Act. Please contact us at the management office to discuss if your child may require special accommodations.

DEVELOPMENTALLY APPROPRIATE PROGRAMMING

We strive to teach sports at the appropriate skill level and to include programming fit for their stage of development.

ACTIVITIES

Feel free to call the camp office for a rundown on the day's schedule. All activities are age appropriate and for the fun and enjoyment of our campers. Depending on the camp location, activities may include, but are not limited to, basketball, volleyball, softball, tennis, lacrosse, soccer, field hockey, flag/touch football, ultimate frisbee, field and gym games, creative and motivational projects and age-appropriate conversations that are important in the development of girls such as nutrition, resiliency, inclusion vs. exclusion, respect, leadership, etc. If your child cannot participate in a scheduled activity, or you do not wish for them to do so, please notify the Camp Director or management team so alternative accommodations can be made.

SAMPLE DAY & CAMPER BELONGINGS

SAMPLE DAY AT CAMP

- 9:00 a.m. – Spirited Welcome! All Camp Games & Drop Off
- 9:15 – 9:55 a.m. – Core Sport Rotation #1
- 10:00 – 10:15 a.m. – Refuel with snack
- 10:20 – 11:00 a.m. – Core Sport Rotation #2
- 11:05 – 11:45 a.m. – Core Sport Rotation #3
- 11:55 a.m. – 12:30 p.m. – Refuel with lunch
- 12:35 – 12:45 p.m. – Team Time/Healthier4Me
- 12:50 – 1:35 p.m. – Optional Activity #1 (menu changes daily)
- 1:40 – 2:25 p.m. – Optional Activity #2 (menu changes daily)
- 2:25 – 3:00 p.m. – Minute to Win It/Psych Up for Tomorrow/Pack Up & Pick Up

CAMPER BELONGINGS

Campers are encouraged to bring a backpack or bag to hold their belongings. Camper belongings will be individually stored in a secure area or what we call the “locker room”. Please ensure that ALL items are labeled with the camper’s first and last name.

WHAT TO BRING

- Athletic Shoes/Closed Toed Shoes
- Water Bottle
- Sunblock
- Bug Spray
- Lunch and Snacks (must be nut-free)
- For longer hair: headband or hair tie
- Hat (optional, but recommended)
- Appropriate layers for weather
- Towel
- Change of clothes (including sock and underwear)
- Bathing suit (optional)
 - We recommend a change of clothes & bathing suits because we play many water games throughout the day to stay cool including water balloon fights, slip-n-slides, and more!
- Personal sports equipment such as softball glove, tennis racquet, lacrosse stick, etc. (optional)

****PLEASE LABEL EVERYTHING WITH CAMPER’S FIRST AND LAST NAME!****

WHAT TO LEAVE AT HOME

- Cleats
- Chewing gum
- Cell Phones
- Other electronic devices
- Valuables
- Money
- Toys

CAMPER BELONGINGS & COVID POLICIES

Game On! Sports 4 Girls will not be held responsible for any lost or stolen articles. Please keep valuables, including money and electronics, at home.

DRESS CODE

Girls should come dressed and ready for an active day. We suggest comfortable clothes that allow movement and are weather appropriate. It is very important that girls wear shoes that will safely allow them to run, jump, kick balls, etc. We strongly suggest running or athletic shoes and socks to prevent blistering. Please no sandals, flip-flops, boots, or open toed shoes etc.

COVID POLICIES

MASKS OPTIONAL

In order to comply with state COVID-19 health guidelines, all participants have the option to have a mask with them and be accessible at camp. While they are not required to wear them at all times, all campers will have the option to wear one. All coaches will have the choice to wear them as well.

All campers are asked to stay home if they have any COVID related symptoms, if anyone near them tests positive for COVID, or if they test positive for COVID. We will be following the CDC recommendation and ask the camper to stay home for 5 days from the day they test positive. Parents are required to let Game On! know if this situation arises. At any time these rules can change; we will communicate with the parents if any changes are made.

FOOD POLICIES & PERSONAL HYGIENE/SUN PROTECTION

FOOD POLICIES & INFORMATION

Due to the various dietary needs of each family and camper, it is in the best interest to have campers bring their own lunches and snacks.

Game On! Sports 4 Girls maintains a strict NUT-FREE environment. No nuts of any kind, please, including peanut butter. If you need ideas on nut-free lunches, snacks, or treats, please contact us for suggestions. If a camper snack or lunch has nuts we will have to replace it with a nut-free option.

We also request that campers DO NOT SHARE their food under any circumstances due to possible cross-contamination or allergic reactions. Please discuss this with your camper.

Sorry but snacks and lunches will not be refrigerated.

PERSONAL HYGIENE

Campers and staff will be following strict hygiene rules and procedures at all times as demanded by Game On! Sports 4 Girls and recommended by the CDC and other experts.

SUN/HEAT PROTECTION

Heat and sun safety are very important to us. Camp staff will continuously monitor campers to make sure they are hydrated and protected. All activities will be held outdoors with limited sun coverage. Water and food breaks will be taken under a pavilion and/or a pop-up tent and taken frequently.

Sunscreen: Please make sure your camper has sunscreen applied before arriving at camp each morning, and send sunblock in their bag for reapplication throughout the day. If your camper is unable to apply their own sunblock, a member of the Game On! Sports 4 Girls staff will assist them.

Water: We pay special attention to keeping our campers hydrated, and encourage them to drink water throughout the day. Please make sure your camper comes each day with a labeled water bottle filled with cold water. Water refill stations will be conveniently located around camp.

Hats: While hats are not required, they are recommended for additional sun protection.

ATTENDANCE POLICIES & PROCEDURES

ARRIVAL/DROP OFF/SIGN IN

Please follow all Game On! Sports 4 Girls signage to the appropriate drop-off and pick-up points. The designated drop-off and pick-up points are also mapped out on page 3.

DISMISSAL/PICK UP/SIGN OUT

All campers must be signed out by an AUTHORIZED pickup. Photo I.D.'s will be checked before releasing a camper. Regular camp hours are 9:00 a.m. to 3:00 p.m. Participants need to be picked up by 3:15 pm. In the interest of full safety for your camper, we will not release your child to someone who is not on your authorized pickup list. If you need to add someone to your list, contact northernutah@gameonsports4girls.com.

IDENTIFYING WHERE CHILDREN ARE AT ALL TIMES

Camp staff will directly supervise all campers during camp hours. They will identify the campers in their groups and take attendance at each rotation. Please stress to your camper the importance of remaining with camp staff at all times.

MISSING CHILD

In the unlikely event that a camper cannot be accounted for after repeated calls, we will reach out to all staff to begin a search. We will then employ a human-chain type of search through all camp areas and a sight search from camp vehicles. We will also contact campus or host site security if available or even the local police department for professional help. Final authority for all decisions will rest with owners and directors, including when to contact the police.

ABSENCES & CHANGES IN SCHEDULE

We ask that parents notify camp staff as soon as possible if their camper will be absent or if there is a change to your schedule. Please see page 3 for camp contact information.

CUSTODY, SECURITY & CONFIDENTIALITY

If there is a restraining order or custody restrictions concerning your camper(s), we must have a current copy on file in our camp office. Please discuss any special circumstances with the Camp Director. Our policy is not to release information about your child to anyone who is not on your emergency authorization list. We will contact you if anyone who we are not familiar with or who is not listed in your account tries to gain information about and/or pick up your camper.

INCENTIVE PROGRAMS

INCENTIVE PROGRAMS

While campers are motivated to EARN the awards described below, note that out of all the rewards we offer, our biggest emphasis is on the reward of personal progress/ advancement and the pride that goes with. We make a BIG DEAL out of the slightest bit of progress, helping campers to learn and feel deep down that heart-thumping sense of pride. We hope in the end that this feeling of accomplishment outweighs any award they earn.

Challenge Course Fridays

- Fun challenges to measure camper's own personal growth sport by sport
- We need your help emphasizing the following:
 - 1) Campers should stand proud of their own progress and refrain from comparing their level of accomplishment to friends or teammates
 - 2) Campers should respect each other's different levels of experience & skill
 - 3) Campers should congratulate others for their personal successes

Character Ribbons

- Awards for behavior and attitude that goes above & beyond
 - Sportsmanship, Leadership, Effort, and GirlStrong

Campers of the Week or C.O.W.

- Award for all-around attitude/behavior that goes above and beyond & serves as a model for all to follow
 - This is awarded to only 2-3 campers

BEHAVIOR/DISCIPLINE POLICIES & PROCEDURES

BEHAVIOR/DISCIPLINE POLICIES & PROCEDURES

To make camp a positive experience for everyone, we ask that all campers strive to keep themselves and others safe, act respectfully to staff, and to treat Game On! Sports 4 Girls equipment and our host facility with the utmost care and respect.

Inappropriate or disruptive behavior includes, but is not limited to: damaging/stealing property; throwing objects; leaving any area without permission; disrespectful, abusive, harassing behavior and inappropriate language; racism, hitting, bullying, roughing, or physical abuse.

If a camper interferes with the quality of care or is putting the safety of other campers or staff at risk, the Camp Director will create an incident report and contact the camper's parent/guardian immediately. When behavior presents a safety concern, Game On! Sports 4 Girls reserves the right to skip steps in the disciplinary process as described below. Every effort will be made to help put an end to the problematic behavior, but it is the camper who is ultimately responsible for her conduct. Staff will document all behavior incidents.

Each camper will be given two verbal warnings about their behavior, except when her actions pose a safety concern. Game On! Sports 4 Girls does not use emotional, verbal or physical abuse as forms of punishment, nor do we permit withholding food or the use of corporal punishment at camp.

Camp staff will discuss behavior issues with the camper in question, and will use redirection, positive reinforcement, and time away as forms of guidance to correct behavior.

If the behavior continues following two verbal warnings, an incident report will be completed on the third occurrence with notes on the first two as well. This third incident will more than likely warrant a call to the camper's parent/guardian. If the behavior continues after this discussion, the parent/guardian will be contacted and asked to pick up the camper.

If the undesired behavior continues to be a problem, a conference will be held with the Camp Director. Game On! Sports 4 Girls reserves the right to dismiss any campers whose behavior poses an ongoing disruption or safety concern. There will be NO REFUND and fees will be forfeited in the case of a dismissal due to poor behavior.

MEDICAL POLICIES & PROCEDURES

ACCIDENTS & INJURIES

To help prevent accidents and injuries, safety rules will be reviewed with all campers and staff regularly. All full-time Game On! Sports 4 Girls staff are certified in adult and pediatric First Aid and CPR.

In the case of a severe injury that requires medical attention, camp staff will call emergency responders first, followed by the parent or legal guardian. In the event of a hospital transport, whenever possible, a Camp Director or full-time team member will meet the parents and child at the hospital.

ILLNESS

If a camper arrives at camp ill or becomes ill while at camp, staff will isolate them from others and call the parent/guardian to have their child picked up. Staff will provide water and a place to rest until an authorized person arrives for pick up.

STORING AND ADMINISTERING MEDICATION

Medication refers to skin creams, lip balms, over the counter drugs, prescription drugs, homeopathic and alternative medicine, vitamins, and some health drinks, vitamin water and foods. Please check with your director before bringing medication to camp. Parents are welcome to come to camp and talk to our Camp Director about their daughter's medications.

- All medication must be in a labeled plastic bag with your camper's photo and detailed instructions including dosage, frequency, and any other details we should know.
- Medication must be in its original container.
- Medication must be given directly to the Camp Director.
- We cannot keep more than one week's supply of medication.
- We can only accept non-perishable medications.
- If your camper takes prescription medication which is mood/behavior altering, she **MUST** be administered her medication before entering the camp premises. Unless medication has been administered, she will not be permitted onto campgrounds.

Note that refrigeration is not available to store medications. Prescription medication will be stored in a locked bag and remain in the custody of our Camp Director. These medications will not travel with your camper throughout the camp day - medication should never be on a camper's person or in their belongings. (Medications that seem harmless may cause allergic reactions or injury to other campers.) The only possible exception to this rule may be Epi-pens and inhalers, but only after discussion and agreement between a parent/guardian, the Camp Director and the camper's coach. Note also that if your daughter takes medication that cannot be given by mouth or applied to the skin, we may be unable to administer.

EMERGENCY PROCEDURES

FACILITY EMERGENCIES

- Evacuation routes are posted at each site and are the responsibility of the host site.
- Internal/External Threats: Lockdown procedures will be implemented for internal threats. Lockout procedures will be implemented for external threats.

TORNADO, HAIL & WEATHER-RELATED EMERGENCIES

- If severe weather threatens, campers are to stay in one place.
- Staff will remain updated to the extent possible.
- Staff and campers will move to a designated safe place.
- Face to name attendance will be taken.
- Local security or law enforcement will be called to check out building damage.
- In case of a natural disaster, the campers will follow the host site's disaster plan.

ACTIVE SHOOTER

- The District's facilities often house large groups of people, making them attractive to a shooter seeking to inflict large scale harm. Victims are selected at random and the event is unpredictable and evolves quickly. Those in the vicinity must make rapid decisions based on the situation at hand.
- Procedure:
 - If possible, AVOID the shooter – get yourself and those around you away as quickly as possible.
 - Staff will have an escape route and plan in mind.
 - Deny – if you can't flee, obstruct or deny the shooter from accessing your area; relocate if needed.
 - Defend – if all else fails
 - Call 911 as soon as it is safe to do so; provide as much information on the shooter(s) as you can
 - When law enforcement arrives: remain calm, follow instructions, keep hands raised and spread wide

OTHER PROCEDURES

MEDIA POLICY

Occasionally, campers may view short videos or clips that align with a sport, theme or topic we are discussing that week. If you have concerns or questions about these videos/clips, please contact the Camp Director or Assistant Camp Director.

Game On! Sports 4 Girls staff may take photos or video of campers for educational, promotional or special project purposes, unless you notify us otherwise during the registration process. If you have concerns, please discuss this with the Camp Director and provide any new exceptions in writing.

CONCERNS & COMPLAINT PROCEDURE

It is very important to us that we maintain an open line of communication with our camp families. If you have a question or concern about Game On! Sports 4 Girls or any of its programming, please feel free to address with the Camp Director. It is expected that all parties involved will remain professional and respectful when discussing difficult issues that may arise so as to resolve them as effectively as possible.

If the Camp Director and parent or guardian are unable to address an issue to everyone's satisfaction, either party may ask for a supervisor or member of the management team to become involved.

REPORTING CHILD ABUSE & NEGLECT

State law requires anyone who works with children to report possible signs of child abuse or neglect. Some examples are (including but not limited to) suspected verbal abuse, physical abuse, sexual abuse, lack of basic care in the areas of personal hygiene or nutrition, or leaving a child alone or in the care of another child under the age of twelve. After a report is made, it is up to the proper authorities to investigate. A report should be seen as cause for concern, not accusation. Game On! Sports 4 Girls, including all representatives and agents, are not permitted to discuss the situation with parents before making a report.

GAME ON! SPORTS 4 GIRLS CAMP SONG

(Sung to the tune of "You're a Grand Old Flag")

We're the Game On! Girls,
We're on top of the world,
On the team, on the field, on the court
Hey! Its non-stop fun, 'Til camp is done.
You name it, we'll play any sport.
Scoring points all day, Making friends on the way,
Its; the best time we've ever known.

So get ready now, get set, Game On!
It's the camp we can call our own.

GAME ON!

It's the camp we can call our own.

GAME ON!



GAME ON! SPORTS 4 GIRLS PLEDGE



ONLINE GAME ON! STORE

One Stop Shop for Everything Game On!



 ADD TO CART



gameonutah.itemorder.com/shop/home/