

# Summer Day CAMP @MERKEL 2022

## PARENT HANDBOOK

*Dwight Merkel Sports Complex  
5701 N. Assembly Rd.  
Spokane, WA 99205*

**SEEK**  
Scholarships Available  
[spokane parks.org/scholarships](http://spokane parks.org/scholarships)



**1 week | Ages 7-11** A great summer camp should be a fun place where kids can explore a variety of activities, discover new interests, make friends, and feel confident to try something new. Activities include traditional camp games, arts and crafts, sports, BMX, skate park activities, plus a variety of outdoor adventures.

**Dwight Merkel Sports Complex – 5701 N Assembly.**  
**Starting 6/20/22 – 9:00am - 4:00pm**

### Super Heroes Assemble!

With great power comes great responsibility! This is an exciting week for campers to explore, discover, and experiment with their own superpowers. Games and activities are designed to inspire and challenge campers to exercise and express exceptional creativity, problem-solving skills, and leadership. **Field trips: Riverfront Park and Ice Age Floods Playground.**

### Surviving the Zombie Apocalypse!

**CAMPER FAVORITE** – The zombies are back! Will you survive? Join with camp staff and participants for a camp-wide survival challenge at Merkel! Teams will play strategy games, engage in a variety of problem-solving collaborations, and learn from survival experts! This week campers will delve deeper into leadership, strategy, and communication. **Field trips: Swimming Pool, and Public Libraries.**

### Mad Science at Merkel!

Are you a fan of the Backyard Scientist? Then this camp is for you! Camp staff and participants will engage in fun games and activities designed to develop observation skills, intellectual curiosity, resourcefulness, analytical predictions, problem solving, and much more! Explore the infinite possibilities by discovering that science is all around us! **Field trips: Mobius Discovery Center, and Ice Age Floods Playground.**

### The Amazing Summer Race!

Team up with camp staff and other participants for a challenge course all over Merkel! Groups will play games to promote collaboration, creativity, and problem-solving skills. Come and make new friends, hone your teamwork skills, and have a blast scavenger hunting and geocaching. **Field trips: Riverfront Park, Ice Age Floods Playground, and Swimming Pool.**

### Final Summer Bash!

As we celebrate the end of a great Summer Day Camp season, we will relive our favorite games and activities of each weekly theme of the summer packaged in one final week! We will do superhero stuff on Monday, survive another zombie apocalypse on Tuesday, do some mad scientific discoveries on Wednesday, race in amazing fashion around Merkel on Thursday... and if there is any gas left in the tank, we will celebrate the end of the Summer on Friday! **Field trips: Riverfront Park, and Ice Age Floods Playground.**

10550	Super Heroes Assemble!	6/20-6/24	\$179
10551	Surviving the Zombie Apocalypse!	6/27-7/1	\$179
10552	Mad Science at Merkel!	7/5-7/8	\$143 (4 days)
10553	The Amazing Summer Race! Super	7/11-7/15	\$179
10554	Heroes Assemble!	7/18-7/22	\$179
10555	Surviving the Zombie Apocalypse!	7/25-7/29	\$179
10556	Mad Science at Merkel!	8/1-8/5	\$179
10557	The Final Summer Bash!	8/8-8/12	\$179

## Welcome to the



We are thrilled to welcome you and your families to our summer day camp! We believe that a great summer day camp should be a fun place where kids can explore a variety of activities, discover new interests, make friends, and feel confident to try something new.

## Our Team

We understand that parents expect peace of mind once their children are left in the care of our camp staff.

In order to provide a safe environment for your children, we go through a detailed hiring process to ensure that each counselor is the right fit for our camp culture, your child's age group, as well as making sure staff members are properly trained.

Our staff members are at least 18 years of age, have completed CPR/First Aid training, background checks, and drug screens.

The 2022 Summer Day Camp @ Merkel will be lead daily by Erica Van Gelder, a Junior at GU School of Nursing, and second year staff.

The camp is programmed and managed by the Supervisor for Wellness, Enrichment, and Youth Sports at Spokane Parks and Recreation. Contact info below:

Adriano Eva  
aeva@spokanecity.org

Desk: 509.625.6625  
Cell: 509.844.8896

## Camp Schedule

On Mondays, Wednesdays, and Fridays (no-field trip days) we will follow the schedule below. The schedule may vary based on camper interests, facilities availability, and/or inclement weather.

### 9:00 AM – Check In

Rules and Safety Reminders.

### Expectations / Ice Breakers / Camp Games

### 9:30 AM – BMX Park

Bike safety and lessons *OR*

### 9:30 AM – Skate Park

Rollerblades, skateboards and scooters

### 10:30 AM – Snack Time

### 11:00 AM – Various Games/Splash Pad

### 12:00 PM – Lunch Time

### 1:00 PM – Theme of the Week!

Campers will participate in various events, games, and other fun activities related to the theme of the week.

### 3:00 PM – Afternoon Snack Time

### 3:30 PM – Journaling Time

### 4:00 PM – Check Out

## Field Trip Days

New this year, each week has been assigned two field trip destinations. On Tuesdays and Thursdays, our camp will visit some of our favorite locations in Spokane: Riverfront Park, the Ice Age Floods Playground, Mobius Discovery Center, the public libraries, and the public swimming pool.

Parents will receive specific information about CHECK IN and CHECK OUT for those days.



## Location, Hours, Check-In & Pick-Up Info

### Before First Day of Camp

- All required forms should be completed and submitted electronically to the Recreation Supervisor before the first day of camp.
- Please sign forms electronically and return them to [aeva@spokanecity.org](mailto:aeva@spokanecity.org).
- Alternatively, camp staff will have forms at check-in if any forms are needed.

### Check-in

- Check-in will start at 9:00 AM. Campers may NOT be dropped off and left unattended before check-in procedures are completed.
- On the first day of the camp, staff will verify if all required forms have been digitally submitted previously. In case the form was not previously submitted, staff will assist with hard copies of needed forms.
- **On field trip days (Tuesdays and Thursdays), Check In and Pick Up will take place at specific locations (not at Merkel). Detailed information will be sent to parents.**

### Pick-up

- Camp activities end at 4:00 PM , when Pick Up procedures start.
- For camper safety, only parents or guardians whose information has been previously submitted in the Pick-Up Authorization Form will be able to pick up the camper. In case someone other than an authorized person attempts to pick-up:
  - › Staff will contact the parent or guardian over the phone for verbal authorization
  - › Picture ID must be presented
  - › Staff will document the name of the person

### Location

- The Dwight Merkel Sports Complex is located at 5701 N. Assembly Ave, Spokane, WA, 99205.
- The check-in shelter is located on the south side of the Dwight Merkel Sports Complex, by the artificial turf sports fields.



### Late Pick-up Policy

Campers must be picked up no later than 4:00 PM. The rule is strictly enforced . Our policy for late pick up is as follows:

- A \$25 late fee will be issued for pick-up after 4:20 PM
- The late fee must be paid in full before your child may return to the camp
- We reserve the right to cancel participants attendance to camp in case of persistent tardiness for pick up



## Getting Ready for Camp!

### What To Bring To Camp

- Lunch and plenty of snacks
- Backpack (with child's name written on it)
- Water bottle (with child's name written on it)
- Sunscreen (with child's name written on it)
- Bike (please give it a tune-up prior to camp)
- Scooter / skateboard

### Things To Keep At Home

- Any items considered dangerous (knives, guns, weapons, fireworks, matches, lighters, etc.)
- Money, jewelry, and/or expensive articles
- Tablets, iPods, gaming devices, etc.
- **CELL PHONES:** While at camp, all cell phones will stay in backpacks. They may be used to communicate with parents at staff's discretion.

### Personal Belongings

The staff will work with campers to ensure they learn to take responsibility for their personal items. Please make sure that lunch boxes, jackets, backpacks, etc. are labeled in permanent marker with the child's first and last name.

### Dress Code

Campers should come appropriately dressed for the weather to ensure participation in all activities without restriction.

- No flip-flops please. Wear socks and closed-toe shoes for comfort and safety.
- In the mornings it may still be a bit cool so bringing a sweatshirt is recommended.
- Clothing may not display inappropriate language, violence, or lewdness.



### BMX And Skateboarding

The use of helmet is mandatory for both activities. Also, long sleeve shirt, and pants are strongly encouraged for both activities; alternatively, they can wear knee pads and elbow pads. Wrist guards are also recommended. It is a good idea to write your child's name on all equipment that they bring to camp.

### Equipment

- Participants may bring their bikes, skateboards and/or scooters. (They will be safely stored at Merkel for the week).
- Helmets are required for participation. Knee and elbow pads are recommended.
- BMX helmets are provided by the Parks Department.

**Many participants come to camp with unsafe bikes (no breaks, flat tires, etc). A safety check and basic maintenance will be performed before going to the BMX track. Unsafe bikes will not be allowed on the track.**

**To ensure greater safety and a better experience, we highly recommended that you take the bike to a local bike shop for inspection and maintenance.**



## Lunches and Snacks

The Summer Day Camp @ Merkel does not provide lunches or snacks. We ask that campers come to camp each day with a healthy and nutritious morning and afternoon snack. Good nutrition is essential for effective learning each day and better behavior. We have snack breaks scheduled so that kids can rest and re-fuel. Lunch is scheduled for 12PM.

## Snack Ideas

- Cut up apples or pears
- Sliced cheese, string cheese or mini cheeses
- Bananas, small, peel-able oranges
- Raisins
- Fruit cups
- Frozen yogurt tubes
- Carrots, sugar snap peas, cucumbers
- Trail mix
- Plain popcorn
- Pretzels
- Baked chips
- Granola bars or cereal bars
- Dry cereal
- Almond butter or peanut butter mini-sandwiches

## Lunch Ideas

- Sandwiches on whole grain bread
- Sliced cheese or deli meats with a variety of crackers
- Fruit: bananas, apples, oranges, berries
- Veggies: Carrot sticks, sliced cucumbers, red peppers

## Drink Ideas

- Juice boxes, either flavored water, or 100% juice
- Small bottles of Gatorade
- Water bottle (free refills all day at camp)

## Additional Resources

<https://www.familyfreshmeals.com/2016/07/over-30-summer-camp-lunchbox-ideas.html>

<https://www.100daysofrealfood.com/lunch-and-snack-ideas-for-camp/>



## Other Sugestions

Please make sure to pack your child's lunch in a small cooler with ice packs to help keep it cool.

Campers will drink a lot of water at day camp. Please label all water bottles. We plan for plenty of opportunities to refill their bottles throughout the day.



## Behavior Management Plan

### Our Approach

A caring and positive approach will be taken regarding discipline. Camp staff will reinforce appropriate behavior through positive, firm statements, and redirection of activity. In order to provide a safe and enjoyable play environment for all participants, the Department of Parks and Recreation reserves the right to dismiss any child from camp.

- Positive reinforcement/reasonable expectations
- Logical/natural consequences
- Redirection and diversion

**First Offense:** A disciplinary incident report form will be given to the parent/guardian at the end of the day. A behavior management plan is discussed. Change of behavior is expected for the following day.

**Second Offense:** Recreation Supervisor speaks to parent/ guardian. One day suspension is likely.

**Third Offense:** Dismissal from program and prorated credit given to parent/ guardian.

### Basic Behavioral Expectations

- Respect to camp counselors and other campers
- Following camp rules
- Following directions of Camp Counselors



### Unacceptable Behavior

- Threat of physical harm to others or themselves
- Physical or Verbal Assault
- Bullying
- Stealing
- Weapons, Drugs, Tobacco
- Destruction of Property
- Sexual Misconduct
- Refusal to Cooperate
- Leaving Designated Area
- Leaving the group

**I read and understood these policies and explained them/read them to my child prior to the start of camp. We understand and commit to abide by the terms of this Behavior Management Plan.**

**Parent or Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_**





# Pick Up Authorization Form

All persons listed on this form will be required to show personal identification when picking up the camp participant(s). Appropriate custody/legal paperwork must be attached if a relative is NOT allowed to pick up a child.

Camp Participant: \_\_\_\_\_ Age: \_\_\_\_\_

Camp Participant: \_\_\_\_\_ Age: \_\_\_\_\_

Camp Participant: \_\_\_\_\_ Age: \_\_\_\_\_

Camp Participant: \_\_\_\_\_ Age: \_\_\_\_\_

**Parent(s), Guardian(s) and others listed below have permission to pick up the above Summer Camp Participants:**

**AUTHORIZED Name:** \_\_\_\_\_

Contact's Best Daytime Phone Number: \_\_\_\_\_

Relationship to the child? \_\_\_\_\_

**AUTHORIZED Name:** \_\_\_\_\_

Contact's Best Daytime Phone Number: \_\_\_\_\_

Relationship to the child? \_\_\_\_\_

**AUTHORIZED Name:** \_\_\_\_\_

Contact's Best Daytime Phone Number: \_\_\_\_\_

Relationship to the child? \_\_\_\_\_

**AUTHORIZED Name:** \_\_\_\_\_

Contact's Best Daytime Phone Number: \_\_\_\_\_

Relationship to the child? \_\_\_\_\_

**NOT AUTHORIZED Name:** \_\_\_\_\_

I have read and understand the Late Camper Policy.

Parent or Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_





## Camper Medical Information

Participant's name \_\_\_\_\_ DOB \_\_\_\_\_ ☐ Male ☐ Female

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Phone \_\_\_\_\_

Emergency Contact Name	Relationship	Day Phone	Evening Phone

Family Physician: \_\_\_\_\_ Phone: \_\_\_\_\_

Insurance Company: \_\_\_\_\_ ID Number: \_\_\_\_\_

### Only Complete this Section if Medication is to be Taken During Camp

- Campers will be assisted in self-medicating themselves.
- Only medications prescribed by a medical doctor will be permitted during the program.
- Medications must be reported on this form and kept up to date.
- Information on prescription dosage must be attached to the medication.
- All medication must be received in its original container. Send only the daily dosage.
- Do not leave medication in the possession of your child. Hand the medication directly to the Camp staff at check-in.

**WAIVER OF LIABILITY:** I understand that personnel from Parks & Recreation will administer only the prescribed medication mentioned in this Medication Information Form. I hereby waive any and all claims against the City of Spokane, which includes the City of Spokane Parks & Recreation Division; any employees; and all their respective insurance companies, successors in interest, commercial & corporate sponsors, affiliates, agents, employees, representatives, assignees, officers, directors, and shareholders (each a "Released Party"), and agree to hold Released Parties harmless from any and all liability which may arise in connection with Participant's use of medication. BY SIGNING ON BEHALF OF A MINOR OR OTHER PARTICIPANT, I REPRESENT THAT I AM AUTHORIZED TO SIGN ON PARTICIPANT'S BEHALF and/or I AM THE PARENT OR LEGAL GUARDIAN OF THE MINOR PARTICIPANT and acknowledge that Participant is bound by all the terms of this Agreement.

Parent / Guardian: \_\_\_\_\_ Signature \_\_\_\_\_

### Instructions about Medication

Name of Medication \_\_\_\_\_

Time (s) Camper will take it \_\_\_\_\_

Dosage \_\_\_\_\_

### Additional Information



# Assumption of Risk and Waiver of Liability

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people. The City of Spokane Parks and Recreation Department (SPRD) has created new protocols and put in place preventative measures to reduce the spread of COVID-19; however, SPRD cannot guarantee that you or your child(ren) will not become infected with COVID-19. Further, attending any program may increase yours and your child(ren)s' risk of contracting COVID-19.

.....

By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my child(ren) and I may be exposed to or infected by COVID-19 by attending SPRD programs, activities, or events, and that such exposure or infection may result in personal injury, illness, permanent disability, and/or death. I understand that the risk of becoming exposed to or infected by COVID-19 from participation in SPRD programs may result from the actions, omissions, or negligence of myself and others, including, but not limited to, SPRD employees, volunteers, and program participants and their families. I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child(ren) or myself including, but not limited to, personal injury, disability, death, illness, damage, loss, claim, liability, or expense of any kind that I or my child(ren) may experience or incur in connection with my or my child(ren)s' attendance at SPRD programs. On my behalf, and on behalf of my child(ren), I hereby release, covenant not to sue, discharge, and hold harmless SPRD, City of Spokane, and their officials, employees, agents, and representatives, from and against any and all liability, claims, demands, actions, causes of action, damages, and expenses arising or in any way related to my or my child(ren)s' attendance at SPRD programs. I understand and agree that this release and covenant not to sue includes, but is not limited to, any claims related to COVID-19 based on the actions, omissions, or negligence of SPRD, City of Spokane, or their officials, employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any SPRD program.

_____	_____
Signature of Parent/Guardian	Date

_____	_____
Print Name of Parent/Guardian	Participant Name

