



# GENERAL INFORMATION

## A MESSAGE FROM HOOD TO COAST RACE SERIES

Hood To Coast Race Series is committed to providing a fun, safe, and memorable experience for our campers. We believe that MOVEMENT can create social connection, environmental awareness, and improved mental and physical health. We look forward to engaging your child in active games throughout the week with an emphasis on learning and practicing good habits and sportsmanship. Our program is designed to provide a supportive, lively environment for your child to enjoy. We'll see you at camp!



## INCLUSION STATEMENT

Hood To Coast believes that every child deserves the opportunity to learn, grow, and have fun in a supportive and inclusive environment. We are dedicated to creating a safe and welcoming environment for all campers, regardless of race, ethnicity, gender, sexual orientation, ability, or religion. We are committed to celebrating diversity and promoting respect, kindness, and understanding among our campers and staff.

## BEHAVIORAL EXPECTATIONS

To create a positive environment for all participants, HTC Kids Series Camp requires safe, positive, and appropriate behavior. If a camper engages in behavior deemed inappropriate by HTC Staff, then HTC staff, in cooperation with the parents or guardians, will identify strategies to ensure that behavior does not become disruptive or a safety threat. Any behavior that HTC Staff identifies as a safety threat or behavior causing significant risk to the participant, other participants, or staff, will result in immediate suspension from camp.

## CANCELLATION POLICY

Requests to cancel registration for full refund or credit must be made at least two weeks (14 days) prior to the start date of camp. If a request is made between seven days and 13 days prior to the start date of camp, a 50% refund will be issued. If a cancellation is made under 7 days prior to the start date of camp, no refund will be issued.

## WEATHER POLICY

HTC Kids Series Camp will not be canceled due to light or moderate rain showers. However, in the case of extreme or dangerous weather conditions, HTC may cancel or postpone the program for the safety of the participants. In the rare event of a cancellation, you will be contacted and your child will be supervised until they are able to be picked up. HTC Kids Series Camp cannot provide refunds for cancellations or postponements that are weather-related.

# SAFETY & MEDICAL

## SAFETY INFORMATION

If your child isn't feeling well, please notify camp staff if your child will be staying home or missing a day. HTC Kids Series Camp requires that any child or staff member with **one of the following symptoms** should not participate in camp:

- Fever of 100° F or higher
- New or unusual cough
- Shortness of breath or difficulty breathing
- Chills
- New loss of taste or smell

HTC requires that any child or staff member with **two or more of the following symptoms** should not participate in camp:

- Runny nose or congestion
- Sore throat
- Body aches/sore muscles
- Fatigue
- Headache
- Nausea or vomiting
- Diarrhea

If your child develops symptoms while at camp, HTC staff will contact parents or guardians to pick up their child. Staff members will monitor the child's condition until the parent or guardian arrives.

## MEDICAL NEEDS/MEDICATION ADMINISTRATION

Medications must be delivered in original prescription containers with a maximum limit. Parents must inform HTC staff of the dosage and time the medication should be dispensed. Over-the-counter medications must also include a dosage label. Staff will keep a log of medications dispensed to your child.

## EMERGENCIES/FIRST AID

HTC staff will do everything possible to avoid accidents through close supervision, safe practices, and consistent behavioral support and discipline. In the event of any accident requiring more serious care, our staff will attend to the camper's needs, call the camper's emergency contacts and inform emergency personnel if necessary. HTC Kids Series Camp will have staff on-site who have current certificates in First Aid, CPR, and AED.

# PICK UP & DROP OFF

## ARRIVAL/DEPARTURE FROM CAMP

### **Arrival at camp:**

Parents, guardians, or caregivers are to drop off and pick-up the participant at the designated location. Enter the park at 8515 SW Tualatin Rd, Tualatin OR 97062, and follow the signage for the drop-off loop towards the Van Raden Community Center. Staff will receive your child to ensure safety. You will receive an email prior to camp detailing this information. Children must be escorted to camp by a previously identified parent, guardian, or caregiver, and received by a HTC staff member.

### **Departure from camp:**

Authorized parents, guardians, or caregivers are to pick-up the participant at the designated location. Program staff will check the photo ID of any person picking up the participant(s) to verify they are authorized for pick-up. Individuals not authorized to pick up participants will not be allowed to sign out children, and parents/guardians will be contacted.



## PRE-CARE AND AFTER-CARE

### **Early Arrival (Pre-Care):**

Hood To Coast Kids Series Camp will offer pre-care at no additional cost to participants from 8am-9am, Tuesday - Friday. Upon registering, please indicate whether you would like to enroll your child in pre-care. Pre-care will be safe and monitored, but will not include any programming or curriculum.

### **Late Pick-Up (After-Care):**

Hood To Coast Kids Series Camp will offer after-care at no additional cost to participants from 4pm - 5pm, Tuesday - Friday. Upon registering, please indicate whether you would like to enroll your child in after-care. After-care will be safe and monitored, but will not include any programming or curriculum.



# SUPPLIES TO BRING

## SUPPLY LIST

- **Lunch and Snacks:** Send your participant to camp with a lunch that does not require refrigeration or a microwave. We ask that you avoid sending your child to camp with peanut-based products to accommodate our campers with severe allergies. Please also provide two (2) snacks for the morning and afternoon based on your child's needs.
- **Sunscreen:** Please apply sunscreen to your child prior to their arrival at camp. Staff will instruct participants to reapply throughout the day. If a participant has any allergies or requires a specific sunscreen, please inform HTC Staff in the registration process.
- **Water:** Please send your child with water and a water bottle each day at camp. Campers will have access to refill their water throughout the day on-site.
- **Valuables:** Please do not bring personal belongings and valuables to camp. This includes electronics, cell phones, toys, etc. HTC is not liable for any lost personal items.
- **Dress Code:** please have your child dress in athletic-play clothes and closed-toe shoes each day of camp. We recommend labeling the tags of all removable clothing with your child's full name. Weather permitting, campers should have appropriate clothing for all outdoor activities - including running/sports games/water activities/art activities, etc.



# NEXT-LEVEL NUTRITION

14 GRAMS OF PROTEIN  
40% LESS SUGAR\*



DAY-CHANGING DAIRY

\*Per 8oz serving compared to regular reduced fat milk and regular reduced fat chocolate milk.