



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

A GREAT PLACE TO LEARN & PLAY

2025-2026 Recreational Program Family Handbook



John A. Davis YMCA
8881 Dallas St. La Mesa, Ca 91942 | 619-464-9622

YMCA CONTACT INFORMATION

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Dear YMCA Family,

Welcome to our YMCA of San Diego County Child & Youth Development Recreational Program. The Y is the largest and oldest provider of youth development services in San Diego County, with a long history of providing a real, positive impact in the lives of youth. We are dedicated to strengthening families as a community resource that nurtures the potential in children.

Our focus is to ensure a fun, enjoyable experience for your child, where they gain new knowledge, skills and abilities, in a safe and secure environment.

This handbook is your guide to this program. It explains operations, policies and procedures, safety precautions, activities, and communication standards. If you have a question that is not covered in this handbook, please contact your program's leadership.

Our excellent quality staff are background cleared through the Department of Justice and trained in CPR, First Aid, and Child Abuse Prevention to ensure the safety of your child.

We look forward to helping your child grow to their fullest potential and to building lasting relationships with your child, your family, and our community.

Sincerely,

Kaylene Shake
Program Director II
Davis Family YMCA

OUR MISSION

The YMCA of San Diego County is dedicated to improving the quality of human life and to help all people realize their fullest potential as children of God through the development of spirit, mind and body.

Children will experience the YMCA Mission by participating in activities that:

- Develop SPIRIT by developing self-control, a willingness to volunteer and help others, the ability to stand up to peer pressure, valuing differences in others, making new friends, and finding a place where they belong.
- Develop MIND by gaining new knowledge, skills and abilities, being motivated to learn, assisting with homework, doing better in school, discovering what can be achieved, being open to new experiences, and ultimately pursuing interests they are passionate about.
- Develop BODY by leading a balanced and healthy lifestyle, serving healthy snacks, being physically active, eating more fruits and vegetables, and staying away from drugs and alcohol.

OUR PHILOSOPHY

The YMCA Child & Youth Development Programs respect the values and diversity each family holds, and we care for each child with warmth and compassion assuring that each child is safe and secure. We represent ourselves as positive adult role models and embrace strong, positive self-image through all our activities. We believe children are strong, capable learners who learn best through social and environmental interactions. Our staff members provide opportunities that stimulate each child's physical, social, intellectual, and emotional development. Our curriculum is used to plan for children's experiences, but also allows for adaptations and modifications to best meet the needs of all children.

YMCA Child and Youth Development Goals

It is our goal to provide all children with a safe and secure environment, one in which they feel a sense of belonging, make friends, have strong relationships with staff, and most of all, a place they can have a fun, enjoyable experience.

- To help develop and demonstrate the YMCA's values of Caring, Honesty, Respect and Responsibility.

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- To increase physical activity and self-control.
- To strengthen interpersonal and social skills.
- To stand up to peer pressure and value the differences in others.
- To be motivated to learn and do better in school.
- To pursue an interest they are passionate about and discover what they can achieve.
- To support and strengthen families, focusing on:
 - Improving communications between you and your child.
 - Connecting you to other families.
 - Giving people an opportunity to give back and support their neighbor.

OPERATING INFORMATION

HOURS OF OPERATION

Program hours of operation are specific to each program and based on facility and school district schedules. The Mission Valley YMCA offers recreational programs at the following locations:

<u>Location</u>	<u>Operating Hours</u>
Dailard Elementary	M,T,TH,F 2:10 PM-6:00 PM
6425 Cibola Rd.	Wed/Min Day 12:10PM-6:00 PM
San Diego, CA 92120	
Site Phone: (619) 789-9970	

For additional schools serviced, program locations, program types, and the local YMCA branch location that services them:

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- On-Line: www.ymcasd.org
- YMCA Childcare Resource and Referral: 1 (800) 481-2151

MINIMUM DAYS

For many schools, there are days when the children are released from school early (minimum days). In addition, schools may have minimum days on other various dates. On all days our after-school programs run from the time of school dismissal until the program closing time, regardless of dismissal time for the day.

HOLIDAYS

YMCA Recreational Program only operates on days when school is in session. For days when school is not in session there often are alternate care and/or day camp options at an additional fee. Please look for opportunities to register separately for these programs.

All programs are closed on the following holidays:

- New Year's Day
- Memorial Day
- Fourth of July
- Labor Day
- Thanksgiving & the day after Thanksgiving
- Christmas Day

ENROLLMENT

REGISTRATION

A completed registration is required prior to attending our programs. You can begin the registration process at www.ymcasd.org/programs/child-care/before-and-after-school/recreational-and-specialty-enrichment/. Once your registration materials and payment are completed and processed it may take up to three business days before your child can start in the program. We will inform you of the specific timeline at the time of registration completion. For general questions you can call us at (858) 514-4411.

PAPERWORK & FORMS

All forms and documents must be on file prior to starting the program and updated yearly. In addition, personal information (e.g. phone number, address, emergency contact, etc.) must be kept up to date throughout the year.

CONFIDENTIALITY

The YMCA keeps all personal information internal and does not distribute this information to any third-party organizations.

In addition, law enforcement personnel may request the information listed in your child's file and may privately interview your child if necessary.

Please note, that the enrolling parent/guardian is the only person who is authorized to view, change enrollment information, and add or remove authorized pick-up information unless they indicate on the registration form that the additional parent/guardian or another authorized person may also do so. If additional persons are authorized, the enrolling parent/guardian retains the final decision making authority.

The YMCA does not release attendance or other program documentation without the consent of the enrolling parent or a court order. In addition, providing this information takes time and effort and may also require a fee for services and copying charges.

FEES & PAYMENT CALCULATIONS

The enrolling parent/guardian is responsible for all fees related to your child's participation including any co-pays, family fees, registration fees, and late pick-up fees. This includes families who receive assistance financially from the YMCA or third-party agencies (e.g. CDA, CRS, NACCRRRA). These also include all gaps in financial coverage by these agencies and the costs of the program.

Payments are processed by bank draft or credit card draft. Unpaid program fees, recurring non-sufficient funds (NSF), and/or returned payments will be cause for suspended enrollment and/or disenrollment from the program.

In an effort to provide a convenient and consistent monthly amount for families, our monthly fee calculations are based on the program service costs for the entire year/school year and averaged across all the weeks/months of service. Because of

this, the days of service may vary week to week/month to month and, therefore, there are no credits or refunds for shorter weeks/months. Weekly rates are billed monthly.

SCHOLARSHIPS

The YMCA provides scholarships for families who qualify. Applications are available through your local YMCA branch. These opportunities are made available through generous donations from participants, members, and community residents. If you are interested in donating or volunteering with raising funds to help families in need, simply contact any YMCA staff member. We are proud to be able to provide people with the opportunity to give back and support their neighbors.

CREDITS & REFUNDS

When you enroll your child, you are reserving space, time, staffing, and provisions, whether or not your child attends. We do not make adjustments in the monthly fees for absence, illness, vacations, isolations/quarantines, or non-participation.

WITHDRAWAL & CHANGES TO ENROLLMENT

Participants desiring to withdraw from the program need to provide ten business days written notification to the Business Administrator. Parents/guardians are responsible for the full (non-prorated) monthly program fee if a written notice is not received.

Changes in schedules or days of attendance also require a notification of ten business days to the Program Director to make the changes to your account. Approvals of changes in schedules or days are subject to availability.

SPECIAL NEEDS CONSIDERATIONS

The YMCA of San Diego County values the differences in all people within our association and the communities we serve. We want all children to be able to fully participate in our programs and realize that, in order to do so, some youth may need additional supports and assistance beyond what is standard within our programs. If you believe that your child may need additional supports, assistance, or accommodations in order to successfully participate in our YMCA Recreational Program, please contact the Program Director prior to enrollment. It is through this communication and partnership that we can plan together for what can reasonably be provided and the timeline to do so.

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PROGRAM DEPARTURE

SAFETY PROCEDURES & STANDARDS

In order to ensure a safe experience for all students, please be aware of the following:

Our program is a license-exempt, recreational program. As a recreational program, the Y does not assume full responsibility for care of children and parents/guardians remain responsible for their student(s). This means students may choose not to attend our program and/or leave the program at any time. To ensure safety, we ask that families communicate in advance if you are planning for your child to not attend. Parents/guardians must communicate in advance and in writing to program staff if/when a student will be leaving on their own. This must include the time of departure, the location the student will be going to, and ensure the student's safety; taking into account their age, location, travel type and distance, and time of day.

Once a student leaves our program they must head to a specific, pre-determined destination (i.e. home, sports practice, parent pick-up). It is the parent's responsibility to ensure their child is going to a safe location. Additionally, students may not loiter on the school or YMCA grounds after or instead of attending the program. YMCA staff are not responsible for children who do not check in to the program, nor once they check out of the program.

Only pre-authorized adults will be allowed to pick up children from the program. The registering parent/guardian is the primary adult authorized to make changes to student information, including authorization for pick up. Parents/guardians/authorized adults should be prepared to show ID at all times.

Our program does not restrict a child's ability to leave on their own. Therefore, it is each parent's responsibility to discuss their expectations with their child and ensure that their child complies. The Program will not accept responsibility for students that leave the program unsupervised and in breach of these safety standards.

If a student chooses to leave without prior notice, our staff will contact the parent/guardian to inform them. Students are welcome and encouraged to stay for the duration of the program until picked up by an authorized adult.

Violation of these standards and procedures by an adult or student may result in suspension or discontinuation of services.

LATE PICK UP

In the event a child is picked up after the program's closing time, a late fee of \$1 per minute after the program closing time will be assessed. Please do not pay in cash at this time. Instead, you will be asked to sign a form indicating the pickup time. This amount will be added to your YMCA account for billing.

When a child has been left after closing time, families can expect the following to occur:

1. We will attempt to make contact with all persons authorized to pick your child up from the program, starting with the parent/guardians.
2. Children left for over 30 minutes after the program closing time may be turned over to the local authorities.
3. The YMCA may terminate enrollment when a family is late picking up their child after the program closes on multiple occasions or a single excessive occasion.

EXTRACURRICULAR ACTIVITIES

Children often lead very busy lives, with multiple interests that happen before, during or directly after their YMCA program time. In order to ensure their safe transition, please note the following information and requirements:

If the YMCA Recreational Program is located at a school site and your child participates in extracurricular activities on the school campus:

Attending activities prior to their YMCA program requires written parent permission that includes days and times, expected arrival time to our program, type of activity, and names of authorized escorts to and from the activity (ask for a Kids Going Places Log to utilize the Y's pre-made form). Children will be checked in to the YMCA program at the time of arrival from the activity.

During extracurricular activities your child will not be with their YMCA staff.

If the YMCA Recreational Program is located at or near your local YMCA branch and your child participates in extracurricular activities offered by their local YMCA:

Attending other YMCA activities prior to the YMCA Recreational Program requires written parent permission that includes days and times, expected arrival time to our program, type of activity, and names of authorized escorts to and from the activity (ask for a Kids Going Places Log to utilize the Y's pre-made form). Children will be checked in to the YMCA program at the time of arrival from the activity.

Unfortunately, due to legal requirements, we are unable to allow children to attend other YMCA activities once they have checked into the YMCA Recreational Program.

There are times when our programs have the ability to add programming to the YMCA Recreational Program in collaboration with our other YMCA departments. In these cases, the programming is conveniently offered as part of the YMCA Recreational Program and, therefore, your child will still be with their regular YMCA staff and no check-in or check-out transition will be necessary.

DAILY ABSENCES

If your child is going to be absent, it is important that you notify the program. In the event that your call goes to voicemail, please leave us a message. If you do not notify us of your child's absence, the YMCA may attempt to contact you to verify the absence.

FAMILY & PROGRAM COMMUNICATION

Excellent communication between staff and parents is essential in providing quality support for your child. We provide multiple avenues for communication regarding your child, as well as, feedback for our programs. These can include: newsletters, activity calendars, parent advisory committees, bulletin boards, in person communication at drop-off and pick-up, surveys, email, and special events. It is through these methods that we keep our families informed of their child's progress, achievements and daily activities.

CONCERNS & FEEDBACK

The YMCA of San Diego County is dedicated to developing and maintaining high levels of service to families participating in the YMCA Recreational Program. We want to hear from you if we have and/or if we have not accomplished this goal. Any of our YMCA staff are available to assist you with your concerns or questions and will work with you to find a resolution. In the event that a concern is not resolved to your satisfaction, you may contact your Site Supervisor or the Program Director. You have the right to share concerns without the fear of retaliation. All concerns will be investigated and addressed with the appropriate parties.

As part of our continual improvement process, we have an annual survey for parents as a tool to help us know what we are doing well, as well as, to improve the quality and support within our programs. Please look forward to this confidential survey coming out in the Fall and again in the Spring. We look forward to you providing us your honest feedback.

Parents who wish to make a report anonymously may do so through the following measures: Hotline reports can be made online at www.ethicshotline.org/YMCASDC or by calling the toll-free line 855-MY-YMCA-S (855-699-6227). The Hotline is completely confidential and the reporter can remain anonymous.

PROGRAM VISITATION & VOLUNTEERING

We are committed to providing a family-friendly environment. You are welcome to visit and observe the program at any time. Please simply check in at the program first. We ask, however, that you resist the urge to engage with the children and disrupt their routines. Opportunities for engaged family involvement will include family events, volunteering and/or Annual Campaign to raise funds for scholarships.

We welcome all parents/guardians to become volunteers in our program. This equips you with the opportunity to assist, interact with, and engage the students within the program. To volunteer, please speak with your program's leadership as you will need to complete the YMCA of San Diego County Volunteer Application. In addition, as with staff, the YMCA requires a volunteer to be background checked.

CURRICULUM & ACTIVITIES

Our YMCA Recreational Programs are staffed at a ratio of 1 staff for a maximum of 14 children in accordance with YMCA guidelines.

Our curriculum is centered in helping children gain new knowledge, skills and abilities, building their confidence, and discovering what they can achieve. We do this through an organized curriculum, as well as, in helping them build friendships where they feel a sense of belonging in the program. The YMCA has three major areas of focus:

Youth Development: we engage youth in activities that promote learning. YMCA activities include and encourage problem solving and reasoning skills. We work with youth to be open to new experiences and pursue interests they are passionate about.

Healthy Living: we serve healthy snacks and focus on health and wellness by involving youth in activities that keep them physically active, engaging in outdoor moderate to vigorous physical activities, and teaching youth about healthy eating habits such as eating more fruits and vegetables.

Social Responsibility: our activities encourage making friends, conflict resolution skills, standing up to peer pressure, valuing differences in others, and creating opportunities to achieve, regardless of ability. In a fun and enjoyable environment we enhance self-esteem, gain greater self-control, and a willingness to volunteer and help others.

There are seven core components that our curriculum focuses on:

1. Arts and Humanities: drama, art, music, and poetry.
2. Character Development: demonstrating caring, honesty, respect, and responsibility.
3. Health, Wellness and Fitness: becoming physically active, eating more fruits and vegetables, leading a more balanced lifestyle.
4. Literacy: reading, writing, speaking, and critical thinking.
5. Science and Technology: biology, environmental awareness, and problem-solving skills.
6. Service Learning: civic awareness, volunteering and helping others, valuing diversity, and leadership skills.
7. Social Competence and Conflict Resolution: strategies to deal with conflict, positive interactions, self-control, and socialization.

A variety of instructional techniques are used to move students progressively toward stronger understanding, gaining confidence, and ultimately, a greater motivation to learn.

the framework prescribes seven core areas, Y staff, parent advisory committees and the participants themselves are encouraged to collaborate. This collaboration works to design a well-balanced curriculum that meets the needs of children and families.

The specific activities associated with the core components generally take place in one, or several, of the following contexts, each of which is balanced throughout the day and week.

- **Child Directed:** Participants have the option of choosing from several self-directed interest areas. These can include: art, dramatic play, manipulatives, science, literacy, math, music & movement, and outdoor play.
- **Small & Large Group:** Staff directed activities challenge the children to work together. These types of activities include: reading circles, indoor & outdoor games, arts & crafts, and service learning projects.
- **Lunch & Snack:** In most programs where lunch takes place, children will need to bring their own lunch each day. As part of healthy living and eating standards, a nutritious snack containing a fruit or vegetable is served daily within the program. If your child has specific dietary needs or restrictions, please reference the program's snack calendar for days when you may want to provide your own snack.
- **Rest Time:** A quiet rest time is provided in some of our younger school-age programs. You may be asked to provide a pillow and/or linens if your child attends a program where rest times are taken. Children are expected to relax quietly during this time.

With the exception of rest time, each of these components can take place in either outdoor and indoor environments.

HOMEWORK SUPPORT

In an effort to help create additional opportunities at home for valuable family time activities, our YMCA Recreational Programs offer children an opportunity to complete their homework with daily homework support. Our staff are available to provide assistance and basic tutoring. However, students with excessive homework assignments and/or in need of more intensive tutoring may not complete their homework during the allotted program time.

Our philosophy of developing the spirit, mind, and body drives our belief that daily participation in each of the program curriculum areas is vital to developing well rounded, healthy children. Therefore, the time allotted to homework each day, is limited.

We understand that not all families wish for their children to complete their homework in the program, and would rather have them work on it at home. This is a wonderful way for you to connect with what your child is learning. We ask that your child come prepared to engage in a low active, non-disruptive, activity during the daily homework support time.

Upon starting the program, we may ask families to complete one of our Homework Contracts with their child. This ensures that your child understands your expectations for how they use the allotted homework time, as well as, informs our team members on how to best support your child.

Homework support is not available at schools that do not assign homework and/or on days when no homework is assigned.

CHILDREN'S ATTIRE

Attire should be appropriate for a child's environment and allow participation in a wide range of activities. As many of our activities are outdoors and highly active, close toed shoes are highly recommended, as well as clothing appropriate for the ambient weather. Additionally, based on our daily activities, children may be exposed to materials such as dirt, paint, markers, etc. that can soil clothing.

PERSONAL BELONGINGS

The YMCA will provide a designated place for your child's belongings during the program. However, personal belongings are the responsibility of the child. The YMCA is not responsible for lost, damaged, or stolen items.

Please discourage your child from bringing toys, games and electronics that are not required for homework completion. The YMCA provides toys and games for the children's use. Toys brought from home often cause problems with other participants or end up lost or broken. Electronics including phones, gaming devices, and personal tablets should always be left at home.

LOST & FOUND

If your child loses an item, please ask a YMCA staff member to direct you to the lost and found location. Each program maintains a designated area for lost items. Please note that the YMCA is not responsible for these items. Items left for longer than one month may be donated to another charitable organization.

BABYSITTING & OUT OF PROGRAM CONTACT

We hope that you and your child are excited about and have excellent relationships with their YMCA staff members. Please understand that, outside of working hours, YMCA staff may not interact or otherwise have intentional contact with children they meet through YMCA programs, including activities such as baby-sitting or going to birthday parties.

POSITIVE GUIDANCE

Each program has basic standards which all children are expected to follow. They may be adjusted or reworded slightly at your child's specific program to align with the school's rules, but will include the following elements:

- Show respect for yourself, others, staff, materials, and the environment.
- Be safe and kind in your actions.
- Use honest, kind words and speak for yourself.
- Follow the directions of YMCA staff members.

We understand that children are not always successful in demonstrating these standards and that being a child is a learning process that involves understanding, practicing, and testing different types of behaviors and decisions. We strive to help guide children into becoming caring, honest, respectful, and responsible individuals. Our strategies focus on children learning to become self-sufficient, have self-control, and be responsible for themselves.

GENERAL STANDARDS

Guidance focuses on the expected, appropriate behavior, rather than on the negative, inappropriate behavior.

- Guidance is a process of teaching, learning, and positive reinforcement.
- Developmentally appropriate guidelines are established for the children.
- Limits are set to foster caring, honest, respectful, responsible, and self-sufficient behaviors.
- Positive Guidance is integrated into the overall plan of the program.
- Staff members treat each child with respect and dignity.
- Consequences are developmentally appropriate and designed to teach: belittlement and corporal punishment are never allowed.
- Behavioral concerns of individuals are not discussed with other parents.

CONSEQUENCE SEQUENCE

For minor concerns, staff members will work with individual children to create learning opportunities. Potential strategies may include:

- Reasoning and education.
- Redirection to another activity.
- Taking a break from the current activity.
- Being provided time to think or calm.
- Having a conversation with staff or other students about their decision making process.
- Follow-up behaviors to rectify the situation.
- Revisiting the rules and standards of the program.
- Discussing the YMCA core values of Caring, Honesty, Respect and Responsibility.

Unfortunately, not all behaviors are minor. When the above steps are ineffective in redirecting behavior, the following steps may be taken:

- A parent/guardian will be called.
- The child may be sent home for the day.
- A family conference to discuss and create a strategies for success plan.
- For unacceptable or continuous behaviors, the child may be suspended for a pre-determined length of time.
- Behavior that is continually disruptive, unacceptable, and/or dangerous may result in termination from the program.

It is our goal to inform families of all major behavior challenges within the program. We do this in an effort to share our experiences and learn best strategies from each other as partners with families, working toward the success of each child.

The YMCA works as a partner with the school your child attends. When a child is sent home or suspended from school, they may not attend the Y program on those days. No credit or refunds for the program will be given.

UNACCEPTABLE BEHAVIORS

- Causing harm to oneself, other youth, staff, or property.
- Threats of harm to oneself or others.
- Continuous inability to adhere to program guidelines.
- Willfully leaving program boundaries.

PARENT/GUARDIAN CONDUCT

It is important that all adults present around children in YMCA programs act as role models for the children. The YMCA of San Diego County believes that all persons deserve to be treated with respect, in a safe environment.

The YMCA of San Diego County Parent/Guardian Code of Conduct details acceptable conduct as required of all parents, guardians, family members, and authorized pick-ups. The complete Code of Conduct is posted at the program location and is available upon request.

Persons entering the program are expected to:

- Ensure the safety of all children by following all guidelines as outlined in this Family Handbook.
- Act in the best interest of the children, staff, and other families.
- Allow YMCA staff to handle all disciplinary situations with children who are not your own.
- Respect the confidentiality of the children, staff, and other families.
- Refrain from the use of profane, insulting, harassing or otherwise offensive language.
- Refrain from harassing, threatening, or offensive behavior.
- Refrain from entering the program area under the influence drugs or alcohol.
- Refrain from smoking and vaping or using alcohol or drugs in or around the program area.

Individuals who do not abide by the Code of Conduct may lose the privilege of entering the program space and/or dropping-off/picking-up children from the program and their child may be removed from the program.

In the event that a staff member suspects a person picking up a child of being under the influence of drugs or alcohol, they will contact the local authorities.

CUSTODIAL CHALLENGES

YMCA staff are dedicated to providing excellent experiences for the children we have the honor of serving. However, staff are not responsible for mediating custodial disputes in relation to the children. For children in these circumstances:

- Please do not provide the YMCA or YMCA staff with custodial or court documentation.
- YMCA staff will monitor authorized pick-ups as determined by the registering parent/guardian and only allow pick-ups that are authorized. It is up to the individuals involved to honor court determined authorizations, agreed upon dates, and times.
- Understand that parents/guardians are solely responsible for following any court decisions or agreements. YMCA staff are not to provide enforcement nor monitoring of these decisions beyond listed authorizations.
- Any perceived indiscretions in relation to court decisions or agreements need to be addressed with the proper authorities, not YMCA staff members.
- Parents/guardians are expected to work together to ensure the implementation of a plan that allows YMCA staff to remain uninvolved and able focus on program operation.

Placing YMCA staff in a situation where they are requested or expected to enforce or monitor custodial challenges may result in suspension and/or termination from the program.

TERMINATION

The YMCA does not make it a regular practice to suspend or remove children from our programs. However, the YMCA reserves the right to do so if a child's behavior is not conducive to the safety and wellbeing of themselves, other children, or staff. The YMCA also reserves the right to terminate services for breach of standards,

financial components, or inappropriate behavior of parents, guardians, or persons dropping-off and/or picking-up children from the program.

The YMCA may immediately terminate a child's enrollment for any of the following reasons, including but not limited to:

- Non-payment, late-payment, or NSF payment of program fees.
- Failure to adhere to the check-in and/or check-out procedures.
- Parent/guardian is late picking up their child after the program closes on multiple occasions or a single excessive occasion.
- Consistent failure to notify the YMCA that your child will be absent (after-school programs).
- Behavior that is continually disruptive or dangerous to others, themselves, or staff.
- Refusal to attend family conference meetings for continuously disruptive behaviors.
- Behavior that is destructive to property.
- Any single incident that is deemed by the Program Director to be dangerous, harmful or disruptive.
- Enrollment forms that are inaccurate and/or not up to date, including incorrect emergency names and phone numbers.
- Failure to adhere to the Parent/Guardian code of conduct.
- Failure to adhere to county and/or state health and safety regulations as adopted by the YMCA.
- Involving YMCA staff in custodial disputes.

HEALTH & SAFETY

The health and safety of each of the children and staff is the primary focus of each of our programs. The wellness of each individual should be considered prior to all other needs and conveniences. Please familiarize yourself with the following sections and help us keep everyone safe and healthy.

MEDICATIONS

Children needing to take medications during program operation need to have their medication stored and administered by YMCA staff members.

Any medication needing to be administered during program hours must:

- Be accompanied by a YMCA Medication Release form, available at your program.

- Be brought to the program in its original prescription container clearly labeled with:
 - the child's first and last names.
 - the date that either the prescription was filled or the recommendation was obtained from the child's licensed health care provider.
 - the name of the licensed health care provider.
 - the expiration date of the medication or the period of use of the medication.
 - the manufacturer's instructions or the original prescription label that details the name and strength of the medication.
 - the instructions on how to administer and store the medication.
- All information must be legible for it to be accepted.
- Types of medication listed under Incidental Medical Services must also meet additional requirements.

YMCA staff members are not allowed to administer any over-the counter medication such as aspirin, cough medicine, or Benadryl without it being accompanied by either a prescription or doctor's order. It must also include written instructions and dosage provided by the child's physician. Nor are children allowed to self-administer or carry medication on them (or in their belongings) while in the program.

ILLNESS & EXCLUSION

If your child becomes ill during program hours, he or she will be isolated from the other participants and you will be contacted to pick up within one hour of notification. The YMCA is not equipped to handle ill children beyond securing their immediate comfort. Please be sure to keep the YMCA informed of any changes in your work or emergency phone numbers. If you cannot be reached, we will contact someone you have authorized.

For your child's comfort and wellbeing, as well as, the safety of staff and the other children, children need to stay home if they:

- have a fever over 100° F or had one during the previous 24 hours
- have a cold with heavy nasal discharge
- have a constant cough
- have contagious symptoms (an active cold, sore throat, vomiting, sniffles, coughs, fever, rash, diarrhea, etc...)

If a child is sent home from school for illness, they may not attend the YMCA Recreational Program on that day. In addition, children who do not attend school on a given day may not attend the YMCA Recreational Program that afternoon.

Should there be an outbreak of a communicable disease, parents will be notified in writing and the center will be properly treated. Our priority is the safety and well-being of all children in our program. We will make every effort to treat the facility by the next business day, however major or more complicated outbreaks may require a period of non-operation in order to ensure the safety of the children.

Parents can help to prevent the spread of communicable diseases by conducting routine screenings, and when ill, keeping the child home until cleared by a physician.

SUNSCREEN

We highly recommend taking appropriate precautions to protect your child from the sun. Many of the program activities will take place outdoors and appropriate protection is necessary to keep children safe.

We recommend:

- Wearing appropriate clothing based on the weather conditions: hats, long sleeves, long pants.
- Applying sunscreen to your child prior to attending.
- Providing sunscreen to be kept at the program and signing the Sunscreen Permission waiver for staff to be able to administer and/or apply it to your child.

LICE

School-age children who are found to have lice during the school day must be picked up from school at school dismissal and will need to be excluded from the YMCA program for that day. They will be allowed to return to our program the next day, once they have been treated.

When a child is identified as having live head lice during YMCA program hours, the child will be isolated from the other children and you will be contacted for pickup within an hour of notification. They will be allowed to return to our program the next day, once they have been treated.

INJURIES

All YMCA staff members are trained in first aid and CPR. Each of our program areas and/or staff members are equipped with basic first aid kits. In the event of a minor injury, our staff will provide the basic care necessary for your child. You will be notified of your child's injury with either a written "ouch" slip and/or a conversation with our staff at pick-up time.

If the injury is serious, first aid will be administered and the parents/guardians will be contacted immediately to assist in deciding an appropriate course of action.

If the injury is life threatening, EMS (911) will be contacted, parents will be notified, and a staff member will accompany EMS and the child to the hospital with the appropriate personal documentation. YMCA staff may not transport program participants in personal vehicles. Please note: all expenses for emergency medical care are the responsibility of the child's parent or guardian.

Anytime a participant hits his/her head, a parent or guardian will be contacted and YMCA concussion protocols will be followed, as appropriate for the circumstances.

EMERGENCIES

Emergency drills such as fire, earthquake, and lockdown are scheduled regularly to ensure the staff and children are prepared in the event of an emergency. In the case of an actual emergency, parents/guardians will be notified of their child's well-being as soon as possible. If your child's site must evacuate due to an emergency, participants will go to the site listed on the "Emergency Disaster Plan" located on the parent board at each site. Check our websites at www.ymcasd.org during natural disasters for updated information on YMCA branch emergency care.

In the event of a site lockdown, parents/guardians will have to wait until the lockdown is lifted by the authorities prior to being allowed to pick their children up from the program.

Please understand that during an emergency, our first priority is caring for the children and ensuring their safety. Therefore, though it is our goal to keep everyone as informed as possible, individual communication to each of the parents/guardians may not be immediately forthcoming.

There will be no refunds or credit given for closures due to emergencies or natural disasters.

CHILD ABUSE PREVENTION

The YMCA of San Diego County values all children and makes their safety a priority. Section 11166 of the California Penal Code requires any Child Custodian (includes teachers, after school workers, administrators, foster parents and group home personnel), medical practitioner, or employee of a child protection agency who has knowledge of or observes a child or suspects the child has been a victim of child abuse, to report the known or suspected instance of abuse to a protective agency immediately. A phone call and written report will be filed within 36 hours of receiving the information concerning the incident.

If you suspect abuse, call the Child Protective Services Child Abuse Hotline at (800) 344-6000.

We thank you for trusting the YMCA with the education, guidance, and growth of your child. We look forward to providing an enriching, safe, and supportive environment where your child will create lasting friendships, achieve great things, and truly belong.

For more information on the YMCA of San Diego County
and our programs please visit:

www.ymcasd.org