



# Summer Adventure Camp FAQs

## What will my child be doing in camp each day?

Your child will participate in a wide variety of fun, fitness-based activities including swimming, wall climbing, indoor/outdoor sports, teambuilding games/activities, local fieldtrips and arts-n-crafts. Camp weeks will be themed based.

## Will my child be swimming during their camp week?

Yes, Children will have an opportunity to go into the pool with a counselor, the rest of their group, and an on-duty lifeguard every Tuesday and Thursday of each camp week. There will be outdoor water-based games as well.

## What should my child bring to camp each day?

Each child should bring a backpack containing a swimsuit, towel, cooler bag lunch to keep foods chilled, 2 healthy snacks, a refillable water bottle, swim goggles (if needed), athletic shoes and socks, sun block, and a change of clothes.



## What should my child leave at home?

Please have your child restrain from bringing/wearing the follow to camp: Heely's, sandals, Croc shoes, skirts, and valuable belongings such as cell phones, Apple watches etc. RushCopley Healthplex and its employees are not responsible for misplaced or stolen items.

## Will my child be able to go to the Kids Active Club after Summer Camp?

No, Participants who utilize any full day camp (8 a.m. to 5 p.m.) will not be permitted to use Kids Active Club on the same day as the full day camp.

## Are weekly special events and field trips included in the weekly summer camp cost?

Yes. Weekly in-house special events and off-site field trips are included in the Summer Adventure Camp weekly fee.

## Could you tell me more about your Camp Counselors?

Our Camp Counselors are trained in CPR, First Aid, camper behavior management, emergency procedures, water safety and how to conduct camp activities including age appropriate games and activities for all ages. Camp counselors are college age and have previous experience working with children.

## What is your camper to counselor ratios?

Our camp counselor to camper ratios are 1:10

## What happens if it rains on the day of an outdoor fieldtrip?

At the first sign of inclement weather, campers will be brought indoors and into safety. Rainy day field trip ideas will be considered for those camp days with a scheduled outdoor field trip. If we are unable to attend a scheduled outdoor fieldtrip we will do our best to schedule a fun day indoors to either another fieldtrip location or at the Rush Copley Healthplex. Parents will be notified at camp drop-off.

## If my child has to take medication while at camp, what should I do?

Medications cannot be administered by camp staff. Your child can administer the medication on their own while a staff member will monitor and document when medication was taken. In case of an emergency, camp staff can administer an Epi-Pen, inhaler or diabetes medication. Please speak to the Camp Coordinator for more information and required medication forms.



Rush Copley Healthplex Fitness Center