

Parent's Manual

Club U Summer Camps



Youth Education
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Welcome to Club U

We are so excited to have you with our programs this summer! Club U Summer Camp always aims to provide outstanding educational and social programming during the summer for all of our campers, but it takes a village, right? Please read through the information provided below to give you the richest understanding of Club U Camps and how you can help us create a smooth and fruitful summer experience.

What to expect at Club U

Club U and Club U Varsity follow similar schedules each week with varying activities. Please take a moment to look over the sample weekly itinerary below to see what a week of camp is like.

Club U Weekly Schedule Sample:

Day	Activites	Special Notes
<i>Monday</i>	<i>All day: Full Camp Field Trip</i>	Complete Youth Education Waiver and Health Form!
<i>Tuesday</i>	<i>Morning: Camper Electives Afternoon: Swimming <u>OR</u> group activities</i>	Bring a swimsuit and complete weekly waivers!
<i>Wednesday</i>	<i>Morning: Camper Elective Afternoon: Full Camp Activity</i>	Complete weekly waivers!
<i>Thursday</i>	<i>Morning: Camper Electives Afternoon: Swimming <u>OR</u> group activities</i>	Bring a swimsuit and complete weekly waivers!
<i>Friday</i>	<i>All day: Full Camp Field Trip</i>	Extra sunscreen, water, and comfortable closed-toed shoes!

Club U Varsity Weekly Schedule:

Day	Activites	Special Notes
<i>Monday</i>	Swimming and Games	Complete Youth Education Waiver and Health Form, Bring swimsuit!
<i>Tuesday</i>	Service Learning Trip	Complete waivers, wear comfortable shoes!
<i>Wednesday</i>	Varsity Field Trip	Complete Weekly Waivers!
<i>Thursday</i>	Guest Lecture/Campers Decide	Choices provided
<i>Friday</i>	Full Camp Field Trip	Extra sunscreen, water, and comfortable closed-toed shoes!

Arrival, Departure, and Parking

Arrival

Club U, Varsity, and Leaders in Training meet on the University of Utah Campus at the center of Presidents Circle (200 South University Street). Please arrive at camp between 8:00 and 8:15 AM. We will be located by the flagpole with large Club U signs. If you are going to be late, please call the Youth Education Office (801-581-6984) and let us know.

Mondays are particularly hectic and busy, so make sure to arrive on time and ready to go! We want to get campers organized and participating as quickly as possible.

*In the event of severe weather like rain, Club U will meet in the Naval Sciences Gym on the University of Utah Campus. Parents will be notified of such a change via email. For a map to Naval Sciences, click [here](#).

At check in, you will be required to have completed your [Youth Education](#) and [Health](#) Forms. After that, your camper will be directed to their counselor group.

Youth Education
801-581-6984
youth@continue.utah.edu

If you want your camper to be in a group with one of their friends, please submit a buddy request no later than the end of the day on the Thursday BEFORE your camp starts. Please note that we limit each camper to ONE buddy request per week.

Departure

Please pick up your campers between 3:00 and 3:15 PM at the center of Presidents Circle (same as drop off). If your camper is not picked up by 3:15 PM, they will be moved to Club U Lounge aftercare. If your camper is not already registered for aftercare, you will be retroactively charged. If you need to pick up your camper early, please call the Youth Education Office (801-581-6984), and we will coordinate a pick up time and location. If you want to allow other adults to pick up your camper, or if your camper can check themselves out, please complete the following form: [Pick Up / Check Out Form](#)

Parking

Parking will be available and free to parents at the meters around Presidents Circle from 8:00-8:30 AM for drop off, and from 2:45-3:15 PM for pick up. If you are parked during these times at the paid meters, you will not be ticketed by the University of Utah. Club U will not be responsible for any tickets administered to parents.



Club U Behavior Expectations

To ensure that camp is fun and safe for all campers, there are some guidelines that students and parents need to be aware of. Please be sure to review these with your child before camp starts.

1. **Follow Directions the First Time-** Club U has a lot of programming that depends on strict timing in some cases. The faster that campers can follow directions given by their leaders, the faster we can move on to the next fun activity!
2. **Show Respect with Your Words and Body-** The camp experience is meant to be a time for growth and friendship. Our staff take pride in ensuring the physical and emotional safety of our campers. Any camper that cannot



treat their fellow campers, Club U Staff, or the University of Utah Campus with the proper respect will be dealt with fairly and accordingly.

3. **Think: Safety first!** Club U staff do everything in their power to effectively supervise campers during the day, but we are also counting on campers to exercise good judgement themselves. Please talk with you camper about doing their part to stay with their group, as well as exercising good judgment overall.
4. **Be an incredible Club U Camper!** Club U campers had consistently held a reputation of being some of the most well behaved, polite, and courteous visitors at local attractions during the summer, lets keep the accolades rolling in!

Health Procedures

All Club U Staff members are certified in Cardiopulmonary Resuscitation (CPR) as well as First Aide. Certification was obtained through Save A Heart Utah. In addition, lounge counselors have current food handlers certifications. Designated staff members are certified as lifeguards through the American Red Cross.

Parents or Guardians will be contacted by the Youth Education Office in the event of any of the following situations:

- If your camper needs to visit their physician.
- If your camper needs to go to the local Emergency Room.
- If your camper's behavior is inappropriate or is creating unsafe environments in camp.
- If Club U Staff member requires more information on your campers health, such as medication directions.

Campers and their guardians are required to complete the [Youth Education Health Form](#) before attending their first day of camp. Parents will be contacted if more information is required to ensure the safest experience for your camper.

Medication: Please note your campers specific medication needs in the Youth Education Health Form. Include name of medication, prescribed dosage, and any special instructions. Upon check-in please give all medication, clearly and correctly labeled, to one of the camp coordinators. Medication will be stored under lock and, for prescription medication, given under the directions of a licensed provider or, for OTC medications, per signed instructions from a parent/guardian.

In the case of emergency medication (Epinephrine or Inhaler), the device should remain with the camper at all times, and camp staff will need to be informed of specific medical needs.

Health of Camp

At Club U, we want to create the healthiest environment possible. If your child is showing any signs of illness, please keep them home from camp and contact the Youth Education Office (801-581-6984). In addition, your camper will be in close contact with many other campers, and counselors. It is important to always remind your camper to wash their hands!

Camper Health

Concussions

The University of Utah has a strict concussion protocol that Club U will be closely following. In any event that a camper may have suffered a concussion, they will be removed from camp.

For more information, please view the [University of Utah's Concussion Protocol Page](#).

Emergency Contact Procedure

In the event that an emergency takes place during camp, parents and emergency contacts will be immediately called by the Youth Education Office (801-581-6984). Examples of these emergencies include natural disasters, and dangerous situations on campus.

For more information, please view the [University of Utah's Emergency Procedure Page](#).

Sun, Heat, Water

At Club U, Campers are involved in many activities that take place outside during the summer. This means that it can get extremely hot and sunny! It is essential that your camper stays hydrated and wears sunscreen. We recommend bringing AT LEAST 1 liter of water (which can be refilled at camp). Campers should arrive to camp with sunscreen applied, and should bring additional sunscreen for reapplication throughout the day.

Special Needs

In the event that you or your camper need special accomodation during camp, please contact the Youth Education Office (801-581-6984) at the University of Utah. At Club U, we aim to provide a fulfilling and meaningful experience for all of our campers. If your camper requires special assistance, please let us know PRIOR to attending your first week of camp. We are happy to schedule a time to meet and discuss details surrounding your specific needs.

Lounge

Students registered for the Club U Lounge can be picked up anytime between 3:30-6:00 PM. Students will be provided with a small snack at this time. Aftercare is indoors in the [Life Sciences building](#) room 107 on Mondays, Wednesdays, and Fridays (and inclement weather days). Students will spend Tuesdays and Thursdays on the lawns of presidents circle, or the space adjacent to the LS Building.

Electives

Each week on Tuesday, Wednesday, and Thursday mornings, campers will participate in an activity of their choice. Students will select ONE elective set (3 days of activities) that they will participate in for those days. You can sign up in the following ways:

- Register online: Link will be available in the weekly parent email.
 - Online registration will be available starting at 9:00 PM the Thursday before camp starts. Electives open at 9 PM in order to ensure equal elective opportunity for all parents and campers.

- Call the Youth Education Office (801-581-6984) or send us an email (youth@continue.utah.edu) if you are unable to access electives online.
- Sign up on Monday morning during check in.
 - Note: Electives are signed up for on a first-come-first-serve basis. Electives generally fill up quickly through the online system. If you are signing up on Mondays, activity choices will be limited to what is available.

What to Bring to Camp:

Campers will need to bring the following items every day to camp to make it the best experience for them. Please label all items with your child's name.

- Club U T-Shirt*
- Backpack
- 1-liter Water Bottle
- Healthy lunch and snacks
- Closed-toed Shoes
- Sunscreen
- Hat and sunglasses (optional)
- Swim Gear (check day)



*T-Shirts are provided on the first day of each camp week

*Club U is not responsible for items that are lost or stolen at camp

Prohibited Items

Club U programs are substance free for all participants and staff. The use, possession, or suspicion of possession or impairment of any illicit substance or alcohol can result in dismissal from Club U programs and referral to the appropriate authorities. Please leave the following items at home:

- Drugs/Alcohol/Tobacco products
- Weapons
- Animals - Please leave animals in car with proper ventilation during drop off and pick up times to ensure the safety of our campers and your animals

Cell Phones and Electronics

Cell phones and Gizmos

Club U's programming is intended to bring children together in shared experiences that strengthen bonds of friendship and encourage an inclusive environment. Cell phones- particularly smartphones, can undermine the efforts undertaken by staff and administration.

Club U does recognize that advancing technologies are now a part of our daily lives and are a tool with which families stay connected to coordinate pickups. However there are real dangers associated with unchecked use of these technologies- cyberbullying, sexting, and digital conversations that take place out of sight and sound of parents and camp counselors. Camp is about creating genuine connections between individuals face to face - not through the screen of a digital device.

Smartphone Cameras

Again, there are very real dangers associated with the ease with which photographs can be distributed for purposes other than capturing fun times and new friends. Club U counselors have cameras for such purposes and can lend campers use of the camera. These cameras lack the functionality for immediate sharing and the images have to be downloaded prior to sharing. Cameras (digital and analog) are welcomed at camp so long as they cannot immediately share with others.



Game systems

We've got games.... Plenty of games... games that involve people.... Real people who are right here with you to enjoy a shared experience! If you prefer to play video games, that's fine.... Just do so outside of Club U!

Lost & Found

All items left at camp will be held in the [Life Sciences building](#). We will hold items for up to 4 weeks after camp season ends, following that period, all items will be donated to Deseret Industries or other charitable organizations.

Personal Property Policy

Club U recommends that all personal property items are clearly labeled with name and contact information. Club U assumes no responsibility for lost, stolen, or damaged personal property items.

Contact Information

For general questions, please call:

Youth Education Office: 540 Arapeen Drive #210

Phone: 801-581-6984

Email: youth@continue.utah.edu

For day-to-day questions such as pick up or drop off, please call:

Club U Office Manager: Michaela West

Phone: 801-587-7920

Email: michaela.west@utah.edu

For specific concerns and sensitive matters, please call:

Camp Director: Garner Cox

Phone: 801-581-6146

Email: garner.cox@utah.edu

Club U Map

