

# SOKOL CHILDREN'S CAMPING

Children's Camping will start the Sunday after July 4<sup>th</sup> each year. This year Children's Camping will start on Sunday, July 9<sup>th</sup>, through Sunday, July 16<sup>th</sup>, 2023 @ 10:00 a.m. and July 16<sup>th</sup>, through Sunday, July 23<sup>rd</sup>, @ 10:00 a.m. Campers must be between ages 5 and 16 during the time of camping. All camping fees listed below are payable at the time of registration.

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## Weekly Rates:

\$150	Child of Sokol members that attends gymnastics classes. Parents must be Sokol members for at least six months.
\$200	Child of Sokol members that does not attend gymnastics. Parents must be Sokol members for at least 6 months.
\$300	Child of non-members. ( <b>Space permitting-will</b> be placed on a waiting list and may be offered opportunity to camp after Sokol member registration officially closes.)

Rates include all meals for one week, Monday morning through Sunday morning. Parents are responsible for their children by 10:00 AM on Sunday. Parents should not pick up campers before 9:00 AM on Sunday morning so that each child has the time to eat breakfast and complete their chores before leaving.

## Day Campers

\$ 30/day	Day campers (ages 3-8 whose parents are volunteering at camp that day) Day Campers should arrive at camp between 6:30 and 7:30 AM and be picked up between 5:00 PM and 6:00 PM. Day Campers must be able to attend to their own bathroom needs. <b>Day camper registration forms also need to be completed within deadlines. Day campers who are not dropped off within the timeline will not be allowed to stay.</b> <b>Day campers who are not picked up by 6:00 PM will not participate in activities beyond 6:00 PM.</b>
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## Early-Bird Discount for Sokol Members:

- Campers will receive a \$ 20 discount off their weekly rate when their completed forms/fees are submitted within the first 60 days that registration opens.
- Campers may use this discount once per year.
- Each camper in a family can receive the Early-Bird discount if their forms/fees are submitted within the first 60 days of registration. (There is no limit to the number of family members for which this will apply.)

### Referral Discount for Sokol Members

- Campers may receive a \$ 20 refund off their weekly rate when they recruit a non-member first-time camper.
- Referred camper must write the referring camper's name on the registration form.
- The referred camper must be a non-member.
- Campers will receive a maximum of one referral refund per week (regardless of the number of non-members they refer).
- Campers may not use this discount on as previous Sokol camper (day or overnight) or Sokol Member

### Mandatory Camping Workdays

Report to Sokol Camp at 9:00 AM - Lunch is provided and work concludes mid-afternoon

#### **Dates**

**May 6<sup>th</sup> – 9am to 1pm**

**June 3<sup>rd</sup> – 9am to 1pm**

All member families must attend one workday. If you do not attend, your deposit will be forfeited.

### **REGISTRATION CLOSES on June 10, 2023.**

After June 10, 2023, a \$50 per child, late fee will be assessed for any outstanding forms and monies.

### **No registrations will be accepted after June 15, 2023. NO EXCEPTIONS. ALL MONIES AND FORMS ARE DUE AT THIS TIME.**

Following the close of registration, confirmation letters will be emailed to each family.

### **PARENTAL REQUIREMENTS/EXPECTATIONS**

1. Children's Camping is run completely by volunteers. All member families will submit a \$ 100 check dated August 1, 2023. This check will serve as a work deposit and will be returned upon completion of mandatory camping workday **AND** required volunteering day during the camping period by signing up to counsel, cook, or night watch. All volunteers will be expected to comply with expectations for their roles at camp and will follow instruction of senior staff members in charge. If a family does not complete their requirements, the deposit check will be cashed on August 1, 2023.
2. Parents will instruct their children on proper behavior. The camper agreement will be signed by the camper and the parent before camping. Failure to comply with registration requirements or camping regulations will result in dismissal without refund and at the expense of the parent. The Director and Staff have the final ruling in determining if behavior warrants dismissal.
3. All campers are to be signed in and out of the Camp beginning with a formal sign-in process at 5:00 PM Sunday before line up. If you pick up your child at any time during the week, they must be signed out with a Counselor before they can leave and signed back in upon their return. Campers will also be signed out at the conclusion of camp between 9:00 AM and 1 0:00 AM Sunday. Failure to comply will result in the camper being sent home at the expense of the parent.
4. **NO VISITORS** will be allowed during the camping period. If you need to come to the camp for any reason during the camping period, previous arrangements must be made with the Camping

Director. This includes picking up/dropping off a camper, delivering medication/clothing, etc. If you are coming to Camp to volunteer, you are expected to abide by the scheduled times for your position.

5. ALL campers will submit a completed health history information form. Information including but not limited to conditions such as ADHD, allergies, psychological diagnoses, and past or chronic injuries should be included on the form. Failure to disclose information will result in dismissal.
6. Any medication that is to be administered during the camping period will be brought in its **original packaging with a prescription label, completed medical form, and documentation from a physician** stating possible side effects, etc. Campers will not be allowed to medicate themselves - this includes Tylenol, Midol, Allergy Medication, etc. Failure to comply will result in dismissal.
7. The Staff reserves the right to request additional information about any camper's medical conditions including but not limited to specific documentation releasing the camper to attend. If the Staff does not feel adequately equipped to handle the medical situation of any camper, the camper may be asked to leave the camp or make other arrangements.
8. If a child is sent home due to illness, they may not return to Camp until fever-free for at least 24 hours. Campers showing symptoms of illness may be sent home at the discretion of the Staff. Parents will be responsible for arranging transportation. Temperature will be taken upon return.
9. If a camper must leave the Camp, they can be picked up at any mealtime but may not return until the following morning between 6:30 AM and 7:30 AM. After a second absence, the child will not be allowed to return. If a child needs to leave, prior notice must be given to the staff on Sunday before line up. All campers must be always signed in and out of the Camp with a Counselor. Do not drop your child off at the top of the drive and pull away without signing them back in with a member of the Staff.

## **RULES AND REGULATIONS IN EFFECT DURING THE CAMPING PERIOD**

**THE FOLLOWING RULES AND REGULATIONS WILL BE ENFORCED BY THE COUNSELORS. THE GYMNASTIC ASSOCIATION SOKOL WILL NOT BE RESPONSIBLE FOR ANYTHING LOST OR STOLEN DURING THE CAMPING PERIOD.**

1. Roll Call will take place promptly at 6:00 PM on Sunday. All campers must be present at this time. Sign in will begin at 5:00 PM. **All Campers are to be signed in by a parent/guardian at this time.**
2. Cot assignments will be posted Sunday afternoon. The oldest campers will be on the porches and the younger campers will be in the interior rooms.

3. The daily schedule will be as follows:

Wake up	7:00	AM
Campers dressed and ready	7:30	AM
Breakfast	8:00	AM
Lunch	12:00	PM
Dinner	5:00	PM
Bedtime		
(younger campers)	~8:30	PM
(older campers)	~10:30	PM

4. There will be no loud talking in sleeping quarters following lights out. Once the lights are out, campers are to remain in their own beds unless going to the bathroom.
5. Campers will not be allowed to use cell phones during camping. Counselors will confiscate any cell phones that are found. Cell phones will be locked in a lockbox until parent pick up. The Camp Staff highly recommends that campers should not have their phones during camping. The Camping Director has final discretion on consequences if a camper's cell phone is found, up to being sent home early
6. Electronic games (PSP, Nintendo DS, etc.) and iPods/MP3 players should not be brought to Camp. Counselors will confiscate any electronic devices that are found. If a camper wants to bring an MP3 player for use at the Dance, they may turn it in to a staff member at the beginning of the week and they will be allowed to use it during approved time.
7. No weapons of any kind are allowed at Camp.
8. All campers must be capable of attending to their own bathroom needs.
9. Daily showers will be scheduled for each camper.
10. Attire should be appropriate for physical activity. No tube tops/halter tops, etc. should be worn. Appropriate sleepwear should also be brought to camp. (Is it appropriate attire for an outdoor assembly in case of emergency?)
11. Swimwear should be modest and in good taste for swimming/diving/jumping and other water activities (water balloon, relays on field, etc.).
  - Swimsuits should fully cover every intimate body part in its entirety.
  - Please consider camp activities when choosing swimwear - activities include but are not limited to running, jumping, bending.
  - Undergarments are not appropriate swimwear.
  - No strapless swimsuits, tube one-piece swimsuits or Men's/Boy's speedos.
  - If a camper's swimsuit is deemed to be not appropriate, parents will be asked to deliver an appropriate swimsuit at the mailbox. Until the appropriate swimsuit arrives, a swim shirt/shorts will be worn.
- Volunteers:** All volunteers are expected to comply with swimsuit policy updates listed above.
12. Campers will clean their sleeping area, bathrooms, cabanas, and stairs each day.
13. Campers will eat what is served for meals.
14. No chewing gum is allowed at Camp. No coolers with soda or drinks are allowed. Any snacks or drinks that are found will be confiscated. This is in the interest of cleanliness (cleaning up after

themselves or things melting in the heat), prevention of bugs, and safety of other campers (potential allergy interactions).

15. No smoking, alcohol, or drug use by campers will be allowed under any circumstances. This will result in immediate expulsion from Camp. This includes the possession of any lighters, matches or other similar smoking paraphernalia.
16. No fireworks are allowed on the grounds.
17. The Camp Staff reserves the right to conduct a search of camper's possessions if deemed necessary.
18. Children should ask permission before using athletic or any other equipment and keep away from all machinery.
19. Camp Boundaries are as follows:

No one is allowed on the Rock Garden, on top of the rocks, or on any roofs. No one is to go past any of the playing fields.

No one should be at the playground without a counselor.

No one is to be in the upstairs sleeping quarters during the day unless given permission.

Boys will use the east stairway and girls will use the west stairway.

Boys and girls will not be allowed in the sleeping quarters of the opposite sex.

Access to the Lodge building will be limited to restrooms and craft area during daytime hours.

Campers are not to be in the kitchen or dining room area unless the current activity requires.

20. Swimming Pool Rules are as follows:

No one is to be in the pool area without a counselor.

Everyone will go to the pool area during swimming time, even if they do not wish to swim.

No one will leave the pool area without permission.

Running in the pool area, throwing/pushing into the pool and other horseplay will not be permitted.

Campers must swim the length of the pool twice to be allowed into the deep water.

If a camper needs/wants anything special for swim time (life jacket, floaties, goggles,

earplugs, etc.) they need to be provided by the family and should have their name or initials written on them.

# Sokol Children's Camping 2023

## New Info

### **Cell Phone Policy**

Campers will not be allowed to use cell phones during camping. Counselors will confiscate any cell phones that are found. Cell phones will be locked in a lockbox until parent pick up. The Camp Staff highly recommends that campers should not have their phones during camping. The Camping Director has final discretion on consequences if a camper's cell phone is found, up to being sent home early.

### **SwimSuit Policy**

Swimwear should be modest and in good taste for swimming/diving/jumping and other water activities (water balloon, relays on field, etc).

- Swimsuits should fully cover every intimate body part in its entirety.
- Please consider camp activities when choosing swimwear - activities include but are not limited to running, jumping, bending.
- Undergarments are not appropriate swimwear.
- No strapless swimsuits, tube one-piece swimsuits or Men's/Boy's speedos.
- If a camper's swimsuit is deemed to be not appropriate, parents will be asked to deliver an appropriate swimsuit at the mailbox. Until the appropriate swimsuit arrives, a swim shirt/shorts will be worn.

**Volunteers:** All volunteers are expected to comply with swimsuit policy updates listed above.

(My camper and) I have read and understand the above policies.

Camper's Name (If Applicable) \_\_\_\_\_

Date \_\_\_\_\_

Parent / Guardian / Volunteer \_\_\_\_\_

Date \_\_\_\_\_



# Sokol Children's Camping Camper Health Information

**IN THE EVENT OF MEDICAL EMERGENCY, THIS INFORMATION WILL ACCOMPANY  
YOUR CAMPER TO THE HOSPITAL - PLEASE ANSWER ACCURATELY AND  
COMPLETELY**

Camper's Name \_\_\_\_\_ Age \_\_\_\_\_ Weight \_\_\_\_\_ Height \_\_\_\_\_

Physician's Name \_\_\_\_\_

Policy Number \_\_\_\_\_

Phone Number \_\_\_\_\_

Policy Holder's Name \_\_\_\_\_

Health Insurance Carrier \_\_\_\_\_

Policy Holder's DOB \_\_\_\_\_

Will your child be taking medication during Camping 2023?

Yes

No

Please list medication name and reason given:

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**ALLERGIES:**

This Camper is **Alergic** to:

This Camper has **no known** Allergies.

- Food
- Medication
- Environmental (insect stings/hay fever/etc)
- Other

Please describe what camper is allergic to, reaction, and treatment:

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**PHYSICAL HEALTH HISTORY:**

- |   |  |
|---|--|
| <input type="checkbox"/> Asthma                                   | <input type="checkbox"/> Lice  |
| <input type="checkbox"/> Bed Wetting                              | <input type="checkbox"/> Mono (in the last 12 months)                                  |
| <input type="checkbox"/> Bleeding, Clotting                       | <input type="checkbox"/> Nosebleeds  |
| <input type="checkbox"/> Chest Pain, Dizzy Spells, Passing Out    | <input type="checkbox"/> Orthodontic Appliance Required                                |
| <input type="checkbox"/> Diabetes                                 | <input type="checkbox"/> Seizures, Convulsions   |
| <input type="checkbox"/> Diarrhea, Constipation                   | <input type="checkbox"/> Short of Breath, Wheezing                                     |
| <input type="checkbox"/> Glasses, Contacts, or Protective Eyewear | <input type="checkbox"/> Abnormal Menstrual History/Complications                      |
| <input type="checkbox"/> Head aches                               | <input type="checkbox"/> Joint Problems (ankles, back, knees, etc.)                    |
| <input type="checkbox"/> Head Injury                              | <input type="checkbox"/> Other Issues  |
| <input type="checkbox"/> Heart Murmur                             | <input type="checkbox"/> Skin Problems (itching, rash)                                 |
| <input type="checkbox"/> High Blood Pressure                      | <input type="checkbox"/> Sleep Walking/terrors/other disturbances                      |
| <input type="checkbox"/> Immunodeficiency/HIV/AIDS                | <input type="checkbox"/> Other - What have we not listed? Please go into detail below. |
| <input type="checkbox"/> Knocked Unconscious                      |  |

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**MENTAL HEALTH HISTORY:**

- ADD / ADHD / Other Behavior Disorders
- Anorexia, Bulimia, Other Eating Disorders
- Depression / Anxiety
- Other - What have we not listed? Please go into detail below:

Please explain any checked responses, referencing the history checked above in each explanation. Use the back of page if needed.

Please indicate any medications taken in the last year.

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Has your camper had a significant life event that continues to affect the camper's life? (History of abuse, death of loved one, family change, adoption, survival of disaster, etc.)

- Yes  No

Please Explain:

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What have we forgotten to ask about your camper? Please provide any additional information about the camper's health, well-being, and daily routine that you think it is important for the staff to know and/or may affect camper's ability to fully participate in camp. (Strict dietary restrictions, extreme fear of severe weather, separation anxiety, etc.)

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I give my permission for staff to give my camper the following as needed:

Benadryl Tablet

- Yes
- No

Benadryl Ointment/Spray

- Yes
- No

Hydrocortisone Ointment

- Yes
- No

Acetaminophen

- Yes
- No

Tums / Generic

- Yes
- No

Ibuprofen

- Yes
- No

Other: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

All information included in this form is complete and accurate. I understand failure to disclose information about my camper's health may result in restriction of activity or in extreme cases, removal from camp. In signing this form, I authorize the staff of Sokol Camp to act in the best interest of my camper in case of illness or injury. I understand this may include transportation to and treatment by hospital staff.

Parent/Guardian Name (print) \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

# Sokol Children's Camping

## **Camper Agreement**

1. All camp activities are mandatory. If you are sick and unable to participate, you must inform the camp director. Injuries should be reported to a counselor.
2. Campers will not be allowed into the quarters of the opposite sex.
3. Smoking, vaping and use of any other tobacco e-cigarettes or paraphernalia (lighters, matches) will not be permitted.
4. Camper's cell phones are not allowed during the camping period. If a camper chooses to keep their phone and is caught using it, they may be sent home.
5. The use of alcohol or any other drugs is not allowed during the camping period.
6. Campers are not allowed to operate any motor vehicles during the camping period. Any campers with personal vehicles at Camp, will turn in their keys to Director to be locked up for the week.
7. Directions of counselors and any other staff should be always followed.
8. Campers will not be allowed to leave the camp area without permission from and accompaniment of a counselor/staff.
9. Campers will not be allowed to self-medicate. All medications will be turned in to the Staff and administered by the Nurse or assigned Staff member only.
10. All campers are required to be signed in and out of camp by their parent/guardian beginning with lineup on Sunday and concluding with dismissal the following week.
11. Campers are not to be in the pool area without the supervision of a counselor.
12. Equipment should only be used with permission of a counselor.
13. Campers understand the swimwear policy and will comply.
14. Campers understand that any snacks will be confiscated.

Violations of any of the above policies may result in automatic dismissal from the camp without refund.

**My camper and I have read and understand the *above* policies.**

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Camper's Signature

Date

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Parent/Guardian

Date

Signed agreement must be returned by May 1, 2023

**SOKOL ST. LOUIS WAIVER OF LIABILITY & MEDICAL RELEASE FORM**

As the parent or legal guardian of (camper's name) \_\_\_\_\_  
I hereby give consent for my camper to participate in the program offered by Sokol St. Louis. I recognize that potentially severe injuries, including but not limited to sprains, strains, broken bones, permanent paralysis, or death, can occur in any activity. I understand and accept that risk.

I further understand that while the payment of the registration fee and membership dues constitute a part of the consideration due to Sokol St. Louis, an additional and important part of the consideration due to Sokol St. Louis and the Children's Camping Program is this signed release form.

Therefore, in consideration for allowing my child to use Sokol St. Louis's equipment and facilities, I hereby forever release Sokol St. Louis, its owners, officers, instructors, counselors, coaches and volunteers from all liabilities and for any and all damages and injuries suffered by my child while under the instruction, supervision or control of Sokol St. Louis, its officers, instructors, counselors, coaches, or volunteers.

As the parent or legal guardian of the aforementioned person, I hereby agree to personally provide for the possible future medical expenses which may be incurred by my child as a result of any injury sustained while participating at, for, or under the direction of Sokol St. Louis. This acknowledgment of risk and waiver of liability, having been read thoroughly and understood completely, is signed voluntarily as to its content and intent.

Release, waive, discharge and covenant not to sue **THE AMERICAN-CZECH EDUCATIONAL CENTER, GYMNASTIC ASSOCIATION SOKOL, SOKOL ST. LOUIS, or its affiliated clubs**, their respective administrators, directors, agents, coaches, and other members of the organization, other participants, sponsoring agencies, sponsors, and if applicable, owners and leasers of premises used to conduct the event, all of which are hereinafter referred to as "releasees", from any and all liability to each of the undersigned, his or hers and next of kin for any and all claims, demands, losses, or damages on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the releasees or otherwise.

Subject to the provisions of this Agreement, each signing party has remised, released and forever discharge and by these presents, does himself and herself and his or her heirs, legal representatives, executors, administrators and assigns remise, release and forever discharge Gymnastic Association Sokol of all cause or causes of action, claims, rights or demands whatsoever in law or in equity, which said party hereto ever had or now has or may have against Gymnastic Association Sokol.

Parent or Guardian (Signature/Relationship) \_\_\_\_\_(Date)

Parent or Guardian (Signature/Relationship) \_\_\_\_\_(Date)

Printed names of parent or guardian: \_\_\_\_\_

Printed names of participant: \_\_\_\_\_