

SOKOL CHILDREN'S CAMPING

Children's Camping will start the Sunday after July 4th each year. This year Children's Camping will start on Sunday, July 9th, through Sunday, July 16th, 2023 @ 10:00 a.m. and July 16th, through Sunday, July 23rd, @ 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.

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. (Space permitting-will 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. 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. Day campers who are not picked up by 6:00 PM will not participate in activities beyond 6:00 PM.
-----------	--

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 6th – 9am to 1pm

June 3rd – 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

Counselor Expectations and Responsibilities

Sokol Children's Camping is run entirely by volunteers. In order to provide the highest level of programming and safety for our Camp, we ask that each potential Counselor or Counselor in Training (CIT) complete an application that will be reviewed and approved for selection before the camping period. If you have an interest in volunteering as a Camp Counselor or CIT, please submit the required forms by the deadline to be considered for selection.

COUNSELOR EXPECTATIONS

- Counselors will be at least 18 years of age, a Sokol Member in good standing, can pass a background check, SafeSport Certification, possess a high school diploma or GED, and have one year of experience supervising and working with children (explain in depth in your application).
- Preferred by not Required Qualifications: Previous Sokol Camper, counseling or teaching experience, CPR certification, first aid skills, and training
- Counselors in Training possess the minimum qualifications but lack the year of experience supervising and working with children.

- Counselors in Training will work under the supervision of the Camp Director and Counselors. CITs are not to be alone with campers at any time.
- Counselors will possess the ability and willingness to plan, prepare and lead activities as assigned
- Counselors/CITs will be available to assist other staff members in the execution of their activities
- Counselors will supervise and mentor all Counselors in Training
- Counselors/CITs will set an example for campers and fellow staff members and provide an environment free from physical and verbal intimidation. The use of physical force is inadmissible except in extreme circumstances.
- Counselors/CITs must be able to communicate with the wide age range and skill levels of all campers
- Counselors/CITs will be available to be on-site for the duration of the Camping period, beginning at 4:30 PM Sunday, and concluding at 10:30 AM the following Sunday, unless otherwise assigned
- Counselors/CITs will submit information for a background check through the Family Care Safety Registry
- Counselors/CITs will be awake and present before morning wake up call each day and will be available through the nightly staff meeting (10:30 PM)
- Counselors/CITs will be able to supervise and assist camper's daily responsibilities including but not limited to hygiene needs and camp chores
- Counselors/CITs will supervise camper behavior and interactions and be aware of any potential safety or disciplinary issues and respond accordingly

- ☐ Counselors/CiTs will be knowledgeable about and willing to enforce all Camp Rules and Regulations
- ☐ Counselors/CiTs will work cooperatively with other staff members and volunteers
- ☐ Counselors/CiTs will assist in the kitchen if Head Cook deems necessary
- ☐ Counselors/CiTs will make every effort to attend any pre-camp meetings/calls
- ☐ Counselors/CiTs who are related to campers will not give special preference, perks, or attention to their relatives during the camping period.
- ☐ The use of alcohol and drugs is prohibited at any time while Sokol Children's Camping is in session. Use of any kind will result in expulsion from Sokol Children's Camping.

Special Consideration if an Applicant wishes to counsel but does not meet all of the minimum requirements:

A Sokol Member in good standing must recommend the Applicant, Applicant must explain their qualifications in depth and provide any additional information that the Camping Director should consider if they lack any of the above indication requirements. Passing the background check and SafeSport Certification is non-negotiable.

Please keep this page, complete and submit the following pages by April 1st for consideration. Applications will be reviewed and those accepted will be notified by May 15th. Submission of this application does not guarantee a position as a 2023 Counselor or CiT. Depending on the number of volunteers accepted, some part-time positions may be offered. In this event, you would be required to be present for the times assigned to you.

Sokol Children's Camping

Counselor / Counselor in Training Application

Name _____ **Age on July 9, 2023** _____

Residential Address _____

Phone Number _____ **Email** _____

An average day at Sokol Camp may include any number of the following items as well as some not listed. As a Counselor/Counselor in Training, you will be expected to take part in or supervise camper activities including chores, sports, crafts, swimming, games, meals. If you feel that for any reason you may not be able perform any expectations, please speak to the Camp Director prior to submitting your application.

- Being on your feet all day
- Limited sleep time
- 24 hours / day responsibility
- Scheduled meal / sleep times
- Temperatures in excess of 90 degrees
- Exposure to Nature (bugs / bites, sun, grass / poison ivy, etc)
- Walking up/down the driveway to the gate up to 2 / day
- Limited phone access / minimal personal down time

Are you currently certified in (check all that apply, must be able to provide copy of license if asked)

- First Aid
- CPR
- Lifeguard
- First Responder
- Other _____

Why do you want to be a Sokol Camp Counselor?

Please list previous camp counseling experience (Sokol and non-Sokol)

Please list any other experience working with children that would be beneficial in a camp setting

Identify any special skills that make you uniquely qualified to be a counselor (play instrument, knowledge of a specific hobby/topic, tree/plant identification, etc.)

What do you think our campers should get out of attending Sokol Camp?

What are two things you would change about Sokol Camp (if you have been previously involved) and what steps would you take to make these changes happen?

Think of yourself in the role of a Camp Counselor/CIT. Identify Four Strengths that will benefit you as a Counselor and 4 areas that Need Improvement.

Strengths	_____	Weaknesses	_____
	_____		_____
	_____		_____
	_____		_____

How will the Campers describe you to their parents when they get home from Camp?

All Camp Volunteers must pass a background check with the Family Care Safety Registry.

Scenarios - please read the following situations and answer how you would handle each instance.

A Camper is getting ready for bed and can't find her shampoo. What do you do?

You are with a group of 20 campers for an activity in the back field and notice that you are missing a camper and you did not give them permission to leave the activity. What do you do?

You disagree with how a fellow counselor is handling a situation and feel you could do a better job. How do you proceed?

When supervising upstairs cleanup, you notice that a Camper has a cell phone charging under their cot. What do you do?

How would you handle a child who is repeatedly misbehaving and refusing to follow instructions?

What do you do if you have a homesick camper who wants to go home?

By signing this agreement and pending selection of my application, I acknowledge and accept this volunteer position. I understand and agree that any action on my part that contradicts this agreement or the rules and regulations for the Camp will be grounds for termination of my volunteer position. If I accept this position and become unable to **fulfill** my responsibilities, I will notify the Camp Director immediately.

Applicant's Name: _____ Signature _____ Date: _____

Sokol Children's Camping Volunteer Information and Registration

Dear Volunteers,

Thank you! Thank you! Thank you! Without you, there would be no Sokol Children's Camping!

In order to provide the highest level of programming and safety for campers and fellow volunteers we will be using the Missouri Family Care Safety Registry (FCSR) to process background screenings for **all** volunteers - cooks, night watch, counselors, counselors **in** training, as well as a bank of alternate volunteers for last minute needs. No exceptions will be made!

The FCSR searches the following databases:

- State criminal history records maintained by the Missouri State Highway Patrol
- Sex Offender Registry maintained by the Missouri State Highway Patrol
- Child abuse/neglect records maintained by the Missouri Department of Social Services
- The employee disqualification list maintained by the Missouri Department of Health and Senior Services
- The employee disqualification registry maintained by the Missouri Department of Mental Health
- Child-care facility licensure records maintained by the Missouri Department of Health and Senior Services
- Foster parent licensure records maintained by the Missouri Department of Social Services

Please complete the *attached* FCSR Worker Registration and return it with your other required paperwork.

Failure to complete the form and return it with camper registration will result in not being allowed to volunteer at camp and cashing of your camp deposit check.

If two members of the same family might volunteer (ex: both parents night watching on the same night), both are required to complete the form and have a background screening completed. No exceptions **will** be made.

You DO NOT need to include the \$ 13 payment listed on the form in order to volunteer.

We are aware that volunteers may have already registered with FCSR. We still need a completed form from you in order to process your background screening. Everyone volunteering will be processed through FCSR, no other background screening documentation is wanted/needed.

Sokol **will** receive a copy of your results directly and you **will** receive a duplicate from the state for your records.

If you have any questions regarding the background screening, please feel free to contact Cheryl Kalbac at kalbacs@sbcglobal.net.

This year, in order to better protect your private information, we have added another option for background screenings. All background screenings will be processed through the FCSR as they have been in previous years, but you now have the option to run your own background screening and forward the results. Please review the attached Worker Registration Form in order to protect your personal information, we are not collecting this form, but all the blacked-out information will be needed upon phone call to FCSR or with Leslie Echterhoff.

All camp counselor background screenings are Due by April 1st but appreciated earlier.

Option 1

I have volunteered at Sokol Children's camp in the past 5 years and would like to run my own background check.

Directions - Call the Family Care Safety Registry at (866) 422-6872. Hours: M-F 8a - 3pm. Press 0. Tell them that you are running the background screening on yourself. They will ask for your Social Security Number and Date of Birth(?) FORWARD EMAILED RESULTS TO LECHTERWHITE@GMAIL.COM.

You may only request your own +background check (you cannot run your family member's background screening.) Feel free to call Leslie at 314-608-5196 if you have any issues/questions with this.

Option 2

I have volunteered at Sokol Children's camp in the last 5 years and would like Leslie to run my background check via a phone call with her.

Text or call Leslie at 314-608-5196. I will run your background screening while we are on the phone together. (A text first will be helpful, so we can make sure we are both available for the phone call.)

Option 3

I have never volunteered at Sokol Children's Camp or have not done so in the past 5 years.

Text or call Leslie at 314-608-5196. It will require a phone call (A text first will be helpful, so we can make sure we are both available for the phone call.) We will get you registered with the FCSR and process your background check.

In an effort to hope for the best and plan for the worst during camping this year, I have prepared the following volunteer emergency information form. This document will only be used in case of a serious medical emergency and will accompany you to the hospital. Please be as thorough as you prefer. If for the sake of privacy, you would prefer to seal the form in a separate envelope labeled "(Name) Emergency Form," please feel free to do so. I will only open your envelope should an emergency occur. I will shred all forms at the end of the week. Thank you!

~Michelle Goldacker, BSN, RN

Sokol Children's Camping *Volunteer* Emergency Information Form

Name: _____ Date of Birth: _____

Height: _____ Weight: _____

Allergies & Reactions: _____

Please let camp staff know if you have a severe or anaphylactic allergy and are sealing this form in an envelope!

Medical Conditions/History: _____

Medications/Dose: _____

Medical Insurance Provider: _____ Policy Number: _____

Primary Care Physician Name: _____ Phone Number: _____

In Case of Emergency, please contact:

Name: _____ Relationship: _____

Phone Number: _____ Alternate Phone Number: _____

Name: _____ Relationship: _____

Phone Number: _____ Alternate Phone Number: _____

SOKOL ST. LOUIS WAIVER OF LIABILITY & MEDICAL RELEASE FORM

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.

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 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.

Signature of Volunteer: _____

Printed names of Volunteer: _____

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 _____