

Varsity Out of School Recreation Program
PLEASE READ CAREFULLY

1. ITEMS TO BE BROUGHT EVERYDAY

Every child registered must bring the following items with them EVERYDAY!!

SUN PROTECTION

*****HAT** (to protect from sunstroke)

*****SUNSCREEN** (to protect from burns and skin cancer) Parents are to apply sunscreen before the child arrives or supervise the child awhile he applies it. Send lotion for reapplication throughout the day.

*****APPROPRIATE FOOTWEAR** must be worn at all times in the building. Please also consider the activity that day. Floppy sandals are very difficult for the children when long walks occur.

*****EXTRA CLOTHES** Change of clothes for all weather conditions. Please supply your child with extra shorts, shirts, pants and sweatshirt. The weather in Calgary is unpredictable as you may well know.

*****BATHING SUIT AND TOWELS** are required everyday, and may be left @ the center if not needed on trip.

*****BACKPACKS** are needed to carry items for out-trips. It is very difficult for a child to carry his or her own items in a plastic bag. These bags rip and tear very easily and can frustrate a child and staff when they break. The children will be responsible to carry their own supplies. Please make it as portable as possible.

Please bring your own **SUNSCREEN, HATS & WATER**. If your child does not have a water bottle we shall charge \$3.00 per bottle

PLEASE REMEMBER TO BRING THESE ITEMS EVERYDAY.

2. PICK-UP/DROP OFF

You must bring your child downstairs and sign he/she in/out with time and initials for their own safety. This is a good time to read notices of events and to note any changes. The Summer Out-Of-School Program is open from 7:30a.m-5:30p.m. weekdays. Any child not picked up prior to closing 5:30p.m. will be charged \$1.00 per minute/per child.

3. OUT-TRIPS

On days that we will be leaving the center, the bus will be departing at a pre-schedule time. Weekly schedules will be posted on the information board which will include the times we will be leaving and any last minute changes. **IF YOU ARE NOT HERE WHEN THE BUS IS READY TO LEAVE, WE WILL NOT WAIT, NO EXCEPTIONS.** If there are any changes to the out-trips a notice will be posted on the bulletin board in our room. **IT IS YOUR RESPONSIBILITY TO BE INFORMED.**

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4. FOOD AND BEVERAGES

WE DO NOT SUPPLY ANY FOOD OR BEVERAGE UNLESS OTHERWISE SPECIFIED.

Each child must bring one **NUTRITIOUS** lunch, two snacks and lots to drink as children can get very hungry and thirsty during the day. We have a microwave at the center but there will not be a microwave on our out-trips so please.

DO NOT SEND MICROWAVEABLE FOODS ON OUT-TRIPS.

Let's try to make this a successful fun, safe summer. I believe with everybody's co-operation it could be the best summer yet.

Watch for notices, newsflashes and special requests.

DON'T GET LEFT BEHIND.

IMPORTANT

WATER, WATER, WATER: For the comfort and safety of your child please send a filled water bottle every day.

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