

PLAYERS HEALTH

PARENT & ATHLETE CAMP SAFETY GUIDEBOOK





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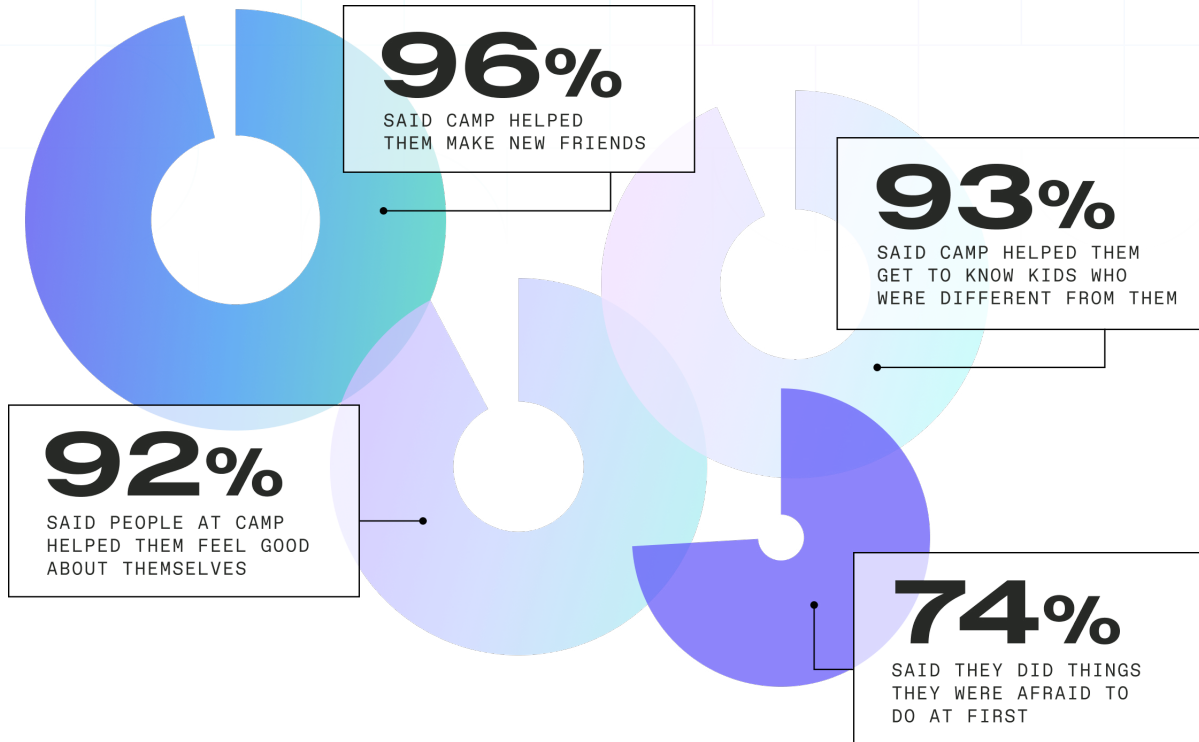
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A LETTER FROM PLAYERS HEALTH

Dear parents and guardians,

Picking the right summer camps can be a daunting task for caretakers. The good news is that camp can be a great experience for your child.

According to research done by the American Camp Association (ACA):



At sports camps kids not only learn technical and tactical skills, but also independence, new activities, leadership skills, compassion, and how to make new friends.

A simple Google search will reveal a crowded marketplace vying for your dollars and your child's participation. We've put this guide together to help you make safe and informed choices about your child's camp selection.

You'll find tips on selecting camps, how to assess if they provide safe environments, how to have conversations about camp with your children, and quick guides to safety protocols at each step.

We wish you and your children a safe and fun summer full of new camp adventures and experiences!

Sincerely,

The Players Health team

www.playershealth.com

SELECTING A CAMP

RESEARCH

Do some preliminary research. Use Google. Ask around. Chances are someone in your network has experienced this camp before.

NOSE AROUND THE WEBSITE

Camps' websites should have LOTS of information about its operations. Look for schedules of the day(s), policies and procedures, how to report incidents, who is on staff, what to bring, how to contact them etc.

EXPECT COMMUNICATION

Prior to camp, you should expect lots of communication. You should feel as though you can prepare your athlete adequately prior to arrival. If you do not, this is a red flag.

LOOK FOR GOOD MATCHES

Find camps where the offerings match what your child's interests and skill level are.

For example, if they want to learn advanced skills and the camp is more focused on beginner levels, keep looking.

SHOP AROUND

Compare costs for camps offering similar programming at comparable facilities and the length of the camp. Most sports camps will be 4-5 days unless your child is younger than 5.

EVALUATE THE FACILITY

Visit in-person, talk to past camper families, or use the internet to check if the facilities are well maintained and large enough for the number of participants attending.

BE CURIOUS ABOUT RATIOS

Ask about the ratios of campers to staff dedicated to campers. (See table)

Also ask about the number of medical personnel and athletic trainers on-site.

CAMPER AGE	# OF STAFF : OVERNIGHT CAMPERS	# OF STAFF : DAY CAMPERS
5 years and under	1:5	1:6
6-8 years	1:6	1:8
9-14 years	1:8	1:10
15-18 years	1:10	1:12

LOOK FOR THE 4 ANCHORS OF ATHLETE SAFETY

To keep athletes as safe as possible, all organizations running camp activities for minors should have the four anchors of athlete safety established in their programs. See page 5 to review the four anchors of athlete safety.

SELECTING A CAMP

LOOK FOR THE 4 ANCHORS OF ATHLETE SAFETY

There are four key anchors of athlete safety that the camp you select should have in place. Here is what to look for:

ANCHOR 1: POLICIES AND PROCEDURES

- Is it clear to you what the camp's policies are for prohibited conduct, one-on-one interactions, heat acclimation/stroke, concussion and return to play are?
- Can you easily find these policies on the camp's website, or will the camp distribute them to you?
- Is there a Code of Conduct for all involved (coaches, staff, and campers)?

This could also contain the prohibited conduct policy, which would outline all behaviors not welcomed at that camp. These typically include sexual abuse, sexual harassment, child abuse, physical or emotional misconduct, bullying, hazing or harassment.

ANCHOR 2: EDUCATION

- Staff should have experience and training not only with the sport or camp activity, but also working with children. Abuse prevention training is non-negotiable.
- Staff should also be trained in policy and procedure and emergency protocols.
- You should ask what training(s) staff must undergo.

ANCHOR 3: COMPLIANCE

- Are those working with your camper background checked and have they completed the required abuse prevention, concussion training and cardiac arrest training?
- Does the camp have all of its required licensing?

TIP: For overnight camps look for ACA Accreditation

ANCHOR 4: INCIDENT REPORTING AND INVESTIGATIONS

- Does the camp clearly outline how to report an incident you hear about that either directly or indirectly affects your camper?
- Is this information on the camp's website?

PARENT/GUARDIAN

CAMP CONVERSATIONS

Conversations to have with your camper so they have a safe and positive experience:

BEFORE CAMP

- Personal safety is the top priority. Be safe above all things. Just because someone else is doing something does not mean you need to.
- Follow the rules.
- Listen to staff.
- Don't be alone or just 1-on-1 with a camp leader. Always buddy up with a fellow camper.
- Be nice to others. It may be someone else's first time and camp can be a source of anxiety for some children.
- Include others. Don't be cliquy.
- Try your hardest and don't be afraid to try something new.
- Ensure you eat and drink enough and rest when given rest time.



PARENT/GUARDIAN

CAMP CONVERSATIONS

Conversations you should have with your child during camp so your camper knows what to do if something isn't right:

DURING CAMP

- Express to your child that no matter what it is, they can tell you.
- Write down and tell your child how to contact you with any information that something feels “off” to them.

It is not recommended that you send your child to a camp that does not allow for any communication home to parent/guardians.

- Ensure they know to tell an adult they can trust if something does happen that concerns them.
- If you have information from the camp about how to report an incident, share it with your child.



PARENT/GUARDIAN

CAMP CONVERSATIONS

Whether your child is at a day-camp or checking in from an overnight camp, here are conversation starters to get a sense of the safety level at the camp and whether there are areas of concern:

AFTER CAMP

- Was the camp fun? Why or why not?
- What was the most fun you had at camp?
- Who was your favorite coach/leader? And why?
- What was the best thing you learned?
- Did anything make you uncomfortable?
- Would you want to go back? Why or why not?



DAILY CAMP ACTIVITIES QUICK TIP GUIDE

DAY CAMPS

FOR PARENTS

PRIOR TO CAMP

Ensure you are provided with a detailed itinerary with times of all the activities your child will be participating in throughout each day.

Talk with your child and let them know they can tell you anything that happens, good or bad.

MORNING DROP-OFF

Ensure either 2 adults or at least 2 other children are present before leaving your child.

GROUP CHECK-INS

Remind your child they should not wander off without telling a coach/counselor where they are going.

BATHROOMS

If your child has any outstanding issues making them require a bathroom more often than most children, ensure the administration knows and that the information is relayed to the coach/counselor.

HAZING/BULLYING/INCLUSION

Talk with your child about being inclusive and kind to others. Discuss that even if they know other children at the camp, they try to include other children who may not know someone else. Talk with your child about being nice to someone who looks like they're having a bad day. Let's operate with more love, kindness, and inclusion this summer.

LUNCH

Talk with your child about being open to meeting new people during the down times at camp like lunch.

PICK-UP

Have your ID or camp issued identifier handy and follow all rules at pick-up.

EARLY PICK-UP

If you must pick up your child early, bring your ID and follow the camp's protocol outlined for checking your child out early.

DAILY CAMP ACTIVITIES QUICK TIP GUIDE

OVERNIGHT CAMPS

FOR PARENTS

PRIOR TO DROP OFF

Ensure you are provided with a detailed itinerary with times of all the activities your child will be participating in throughout each day.

Talk with your child and let them know they can tell you anything that happens, good or bad. While the camp may have certain rules around contacting parents/guardians, ensure your child knows that they have rights to contact their parent if anything happens that does not feel good to them. Age guidance for overnight camp is 9+.

CHECK-IN/DROP-OFF

Ensure either 2 adults are present or at least 2 other children are there before you leaving your child.

ON-FIELD SESSIONS

Remind your child they should not wander off without telling a coach/counselor where they are going and that they should buddy up when walking to all field sessions as some campuses may be very big.

BATHROOMS

If your child has any outstanding issues where they require a bathroom more often than most children, ensure the administration knows and that the information is relayed to the coach/counselor.

DINING HALLS

Speak with your child about how the first day of camp may be hard for them if they are alone OR hard for another camper who is alone and doesn't have a friend attending camp. Encourage them to be kind and inclusive and to sit with someone they do not know. Also provide them with the guidance that how they behave at your table is how they should behave at camp.

DORMS

Talk with your child about following the rules as they relate to the dorms or housing. Let them know they should expect 2 counselors available on their floor at any hour that they can go to with any and all issues. Talk with your child about being kind to all campers and that bullying, hazing and harassment are not allowed. Talk with your child about being properly dressed at all times; even when sharing a room, they should get dressed in a bathroom stall to prevent anyone from being uncomfortable.

DAILY CAMP ACTIVITIES QUICK TIP GUIDE

OVERNIGHT CAMPS

FOR PARENTS

CAMP STORE/CANTEEN

Talk with your child about the camp store and ensuring they visit the store following the established guidelines and times. Some stores don't allow for cash but deduct from a certain limit you put on your child's account - discuss this with them if relevant. Also ensure that they walk to the store with a buddy.

WALKING WITHIN CAMPUS

Talk with your child about buddying up while walking to all the different components of camp. Let them know they should never be walking alone, and they should only be visiting parts of the campus as designated by the camp officials. Talk with your child about staying on designated paths and not creating short-cuts.

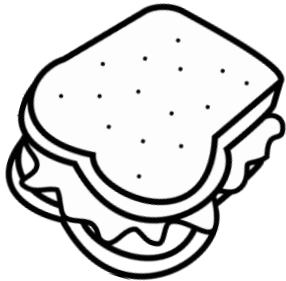
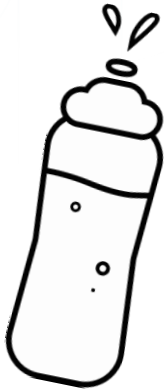
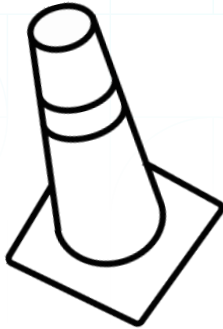
LAST DAY/PICK-UP

Have your ID or camp issued identifier handy and follow all rules at pick-up.



KID'S GUIDE TO

HAVING FUN & STAYING SAFE AT CAMP



BE SAFE ABOVE ALL THINGS

BUDDY UP

Don't go anywhere alone, don't be one-on-one with any adults if you can't be seen.

BE NICE AND INCLUDE OTHERS.

KNOW WHAT'S OFF-LIMITS

Follow the rules.

Listen to your leaders.

Just because someone else is doing something does not mean you need to.

TAKE CARE OF YOURSELF

Stay hydrated and use sunscreen.

Eat enough and rest when you are given time to rest.

Keep yourself clean. (Some activities are messy, and that's ok. Just make sure you wash up regularly!)

TRY YOUR HARDEST

DON'T BE AFRAID TO TRY SOMETHING NEW

SPEAK UP

Tell an adult you trust if something happens that does not feel safe or concerns you.



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