



SPORTS XPLOSION CAMP GUARDIAN/CAMPER GUIDE 2025

Welcome:

Welcome to the Des Plaines Park District Summer Sports Camp Program! We have designed this program to include a variety of activities in a safe supervised environment. Our program helps campers get active, have fun, and be healthy! Our dedication and well-trained Summer Sports Camp staff members encourage and promote physical activities that will help boost self-image and self-confidence. We provide an environment for youth to socialize and create new friendships. This booklet provides important general camp information. If you are looking for information about specific camp, you'll find it in the Summer Camp Guide and the Spectrum Program Guide. Both are available in our facilities, and on our website: www.DPParks.org.

Participant Information Medical Form:

It is imperative that you turn in our Participant Medical Contact Form. This form, along with all other pertinent information can be found on the Park District Website: www.DPParks.org. This form needs to be completed and returned on the first day of camp. This information is held in the strictest confidence. Please note: if we do not have this information on file your camper will NOT be able to attend camp. Please remember to attach and recent photo.

Registration Information:

The summer camp season runs Monday, June 9 - Friday, August 15 in one-week sessions. All campers must be register and paid in full by the Thursday before the first day of the new session of camp. If your camper is not on the roster or attendance sheet, please show proof of receipt to the camp director/assistant director. If we do not have proof of payment, you may be sent to our administrative offices for further follow up.

Pick Up and Drop Off Policies:

Before Care doors open at 6:55am and After Care ends at 6:00pm. Sports Care doors open at 8:45am (no earlier) and camp ends at 3:00pm.

Curbside drop off and pick up. Only campers will exit/enter the car during these times. Drop off/pick up information specific to each location is listed below. A map for all Prairie Lakes camps can be found at www.DPParks.org/summer-camp.

Sports Explosion I & II: Enter from Thacker St. Follow the circle drive to the front of the building. Follow the signs to the front of the building to wait in cue and meet staff.

It is your responsibility to pick your camper up on time. For example, if camp ends at 3:00pm, you will need to pick up your camper by 3:00pm. Please indicate on the Participant Information Medical Form who is authorized to pick up your camper from camp. If someone else is coming to pick up your camper, and is not listed as an authorized adult, guardians must submit in writing who will be picking up the camper.

Campers will not be permitted to leave the program during the day or at the end of the program to walk home, unless we have written permission from the guardian.

Late Pick up Policies:

It is imperative that your camper is picked up on time, as our staff needs this time to prepare for the next day. There will be a 5-minute grace period at the end of camp. Once the 5-minute grace period has elapsed, there will be an additional \$5.00 charge for every 5 minutes you are late in picking up your camper (example: Camp ends at 3pm and camper is picked up at 3:21. You will be expected to pay a \$15.00 late fee). This fee must be paid at camp by cash or check before your camper comes to camp the next day. The policy applies to before and after care as well.

Camp Cancellations:

Rain or shine camp is held. The Park District may cancel and camp session if that program has not reached the minimum enrollment.

What Campers should wear and bring to Camp:

Campers should wear comfortable, old, durable, play clothing appropriate for weather conditions. Labeling of clothing is highly recommended. We are not responsible for clothing or items brought to camp. Campers will need a labeled non-refrigerated snack and lunch with them daily. A water bottle and sunscreen are required (please label). A small day-pack will keep belongings organized. Swim wear and towels are needed on designated water activity days. To foster values and appropriateness, The Park District reserves the right to ask campers to change their clothes if they are deemed inappropriate. This includes, but is not limited to, short shorts, baggy pants worn below the hip, shirts with vulgar or rude messages, and clothing that is too revealing. Campers are to wear sneakers or closed-back footwear. NO open backed sandals, flip-flops or clogs. Sandals may be brought to camp to be work at the pool or water parks.

Cell Phones:

Campers may have cell phones with them at camp, but we ask that they stay in backpacks or in a secure place. We are not responsible for lost or stolen cell phones. Phone calls and text messages cannot be made without staff permission. If a phone is used without permission, it will be taken and held by staff until the end of the day.

Lost and found:

If your camper should lose something at camp, please send a note describing the item and we will do our best to locate it. Unclaimed lost and found items are donated to charity at the end of each season.

Health and Safety:

Your camper's health & safety is our number one concern. While we focus on prevention, First Aid and CPR certified staff is always on site. Our buildings have basic first aid kits; in the event of a more serious injury or accident we always call paramedics. It is required that all campers have the required immunization shots, including tetanus. Staff appreciate being notified in advance of any allergies, e.g., peanuts, bee stings. The Des Plaines Park District DOES NOT provide health, medical, or accident insurance for its participants.

Medication:

If Park District staff will be required to administer medication to a participant during program hours, the guardian/guardian must complete these forms and return them to the Recreation Supervisor or Day Camp Director 1) Permission To Dispense Medication / Waiver and Release of All Claims form; 2) Medication Dispensing Information form; and if applicable, 3) the Waiver and Release of All Claims form for Use of Inhaler or Auto-Injector. All medication must be delivered to the camp Director on-site at camp in the original prescription bottle or in is to be given. **Please contact the Des Plaines Park District if you are in need of the Medication Waiver, Release of Claims of Dispensing Information forms. All forms are available on our website www.DPParks.org.* Des Plaines Park District Camp Staff are not allowed to administer any diabetic medication, injections, or check and camper's blood sugar levels.

Illness:

If your camper becomes ill while at camp, a guardian will be notified. If a guardian is unavailable, the emergency contacts will be called. If your camper is ill or has a fever, we discourage their participation at camp. Your camper should not return to camp until they have been fever free for 24 hours. If you learn that your camper has a contracted a contagious disease, please notify the Camp Director, the Assistant Director or the Park District office as soon as possible.

Sun Policy:

Due to certain activities that take place outside, campers are vulnerable to sun exposure. We try to have the campers in the shade or in the gym whenever the sun, or heat, is at its peak. **Campers will need to be able to apply their sunscreen themselves, so please provide them with a product that they are able to use/apply easily, without assistance.** We also remind campers to reapply and use the sunscreen you send. To minimize sun exposure without compromising program goals, we request the following help in preparing your camper for camp.

- Wear sun protective clothing, including a hat.
- Wear a pair of durable sunglasses.
- Use sunscreen that protects a UVA and UVB rays, is waterproof, and is SPF 15 or higher.
- For extra protection, apply zinc or titanium, block to ears, nose and cheeks.

Communication with Camp Staff:

We appreciate open communication with guardians to avoid any misunderstanding about the goals of our camp program. Each camp will have guardian communication log that we encourage families to use when relaying on important information. We will do our best to address your concerns and to resolve them in a fair and prompt manner. Your cooperation and support is greatly appreciated in regards to this matter. *Please fill out our Day Camp Evaluation at the end of each session or at the end of the summer. Your feedback is important to us! If you have ANY difficulty communicating with the Park District Summer Camp Staff, we encourage you to contact Luke Weismann, Athletic Supervisor at 847-391-5711 or Luke.Weismann@dpparks.org.

Camp Trip Schedules:

Summer long trips schedules are listed below. At the beginning of each week, guardians can pick up a hard copy of the trip schedule, along with special reminders about what campers should bring to camp.

Field Trip Schedule:

6/13: Santa's Village
6/20: Prairie Lakes Aquatic Center
6/27: Bowlero – Mount Prospect
7/2: None (holiday - short week)
7/9: Chicago Dogs Game
7/15: Mini Golf
7/25: Bowlero – Mount Prospect
8/1: Prairie Lakes Aquatic Center
8/8: Mini Golf
8/15: Prairie Lakes Aquatic Center

Code of Conduct and Camper Guidelines:

Campers are expected to behave appropriately while participating in any Park District program and while in any park District facility. The following guidelines have been developed to make Des Plaines Park District programs safe and enjoyable for all. Additional rules, policies, and guidelines may be developed as deemed necessary by staff. A firm, positive approach is used regarding discipline. Staff will periodically review rules with participants. If inappropriate behavior occurs, a prompt resolution will be sought that is specific to each individual's situation. The Des Plaines Park District reserves the right to dismiss a participant or facility user whose behavior endangers their own safety or the safety of the staff.

- Talk in pleasant manner: no foul language or put-downs. Topics of conversation are to be appropriate for a public setting.
- Respect other campers, staff members, their belongings, our facilities, and the natural environment.
- Refrain from disparaging remarks, including comments against an individual's race, ethnic background, religion, physical appearance, gender orientation, or disabling conditions.
- Treat all equipment and supplies with proper care and respect
- Remain with your group and a Park District staff member at all times, unless directed to do otherwise.
- Protect your feet by always wearing closed toed shoes; gym shoes are required at camp.

- Do not display any aggressive behavior, including hitting, punching, slapping, kicking and biting.
- Refrain from threatening or causing bodily harm to yourself, other participants, or Park District Staff.
- Hazing and bullying is strictly prohibited.
- BE SAFE. Follow camp rules at all times.

What should NOT be brought to Camp: If these items are found at camp, parents can pick them up from the Camp Director or Assistant Director at the time of pick up. Please check your campers' backpack regularly to make sure they have what they need each day and nothing that is listed below:

- Electronic games and devices (besides when being told)
- Money for Vending machines or concessions
- Music players (MP3 players or iPods)
- Trading/Pokémon Cards
- Toys, or anything with monetary or sentimental value
- Weapons of any kind, including toy weapons (this will result in an immediate suspension escalating to expulsion)

Equal Access:

No participant shall, on the basis of race, creed, sexual orientation, gender orientation, national origin, or disability be denied equal access to programs, activities, services, or benefits or be limited in the exercise of any right, privilege, advantage, or opportunity. It is the objective of the Des Plaines Park District to provide a positive leisure experience for all participants, thus requiring certain rules to ensure safety and enjoyment.

Des Plaines Park District Anti-Harassment Policy Prohibited Conduct:

Racial, ethnic, or religious slurs or other verbal or physical conduct relating to the following areas are prohibited: race, color, religion, national origin, ancestry, gender, orientation, physical appearance, socioeconomic status, or disability. Sexual harassment, such as unwelcome sexual advance, request for favors, or conduct of sexual nature is also prohibited. Harassment by fellow participants, staff or outsiders coming into contact with participants will not be accepted. Conduct that is not acceptable includes: creating an intimidating, hostile or offensive program environment; interfering with a participant's program experience, or adversely affecting the program experience. Some examples of prohibited contact include: epithets, slurs, negative stereotyping, threats, intimidation, hostile, or violent acts, posting or distribution of hostile written or graphic material, verbal or physical conduct toward an individual because of race, color, religion, national origin, ancestry, gender, gender orientation, physical appearance, socioeconomic status or disability. Sexually harassing conduct such as offensive jokes, language, graphic or verbal commentary and obscene comments or gestures are also prohibited.

Disciplinary Procedures:

For minor offenses, campers will receive a verbal warning, and may be issued a brief timeout from an activity. For repeated problems and those of a more serious nature, the camper will be reported to the Recreation Supervisor and the guardian will be notified. All incidents will be documented in a Des Plaines Park District Conduct Report and kept on file. Depending on the severity of the offense expulsion without refund may result. The Des Plaines Park District Behavioral Policy (A-24) is on our website: www.DPParks.org.

If participant engages in the harassment of another participant:

- He or she subject to a one to three day suspension for a first offense, at the discretion of the Park District, based on the severity of the circumstances.
- The Park District reserves the right to take other action to address and prevent harassment, including expelling a participant for either a first time offense or repeated acts of harassment.
- If an investigation results in finding that an individual has made a false or frivolous accusations of harassment, the accuser will be subject to the same disciplinary action as noted above. The District will not be under any obligation to refund any funds when a participant is suspended or expelled.

Behavior Guidelines

A behavior management agreement is being added to the required Summer Camp forms. Prior to the first day of camp this must be signed and on file. While we have always enforced firm behavior guidelines for our programs, it will be necessary for us to adapt those guidelines this year. Campers who are not able to respect and adhere to the social distancing guidelines will be removed from the program after 2 warnings. These measures are to protect the health and safety of all campers and staff.

Special Needs / ADA Accommodations:

It is the guardian/legal guardian's responsibility to notify the Park District of any physical, mental or emotional condition(s) that might require special attention by our staff. If your camper needs special accommodations to participate in our camp program, notify the Recreation Supervisor in a timely manner. Please understand that the failure to provide timely and appropriate notice of a special need and/or request for reasonable accommodation may result in a delay in registration. When feasible and appropriate, the Park District asks that requests for reasonable accommodation be made at least two weeks in advance of any activity or program. Your confidentiality will be respected. With proper notification we can work with the guardian, camper, and staff to be prepared to assure for the best possible conditions for a positive camp experience.

The Des Plaines Park District welcomes participation in all program and activities by individuals with disabilities and special needs. The Park Districts committed to inclusion and providing public recreation services in the most integrated setting in which interaction between people with and without disabilities is provided to the maximum extent feasible. The Park District works cooperatively with the Maine-Niles Special Recreation Association to facilitate successful participation for participants who register for inclusive programming. Kindly understand that the Park District does not provide certain personal services, such as toileting services, rectal administration of medication, or traditional syringe injections.

Summer Camp refund Policy:

- \$35.00 processing fee is non-refundable and non-transferable.
- Refund requests received and DATE STAMPED by 5/1/25 incur a \$15.00 retention fee per camp session.
- Refund requests received and DATE STAMPED between 5/30/25 and the Thursday before the starts of the specific camp session incur a \$30.00 retention fee per camp session.
- All refund requests received and DATE STAMPED on or after the Friday before the start of the specific camp session will result in a \$60.00 retention fee per camp

sessions

- Full refund requests will only be honored if the request is due to a medical condition or enrollment into the Iroquois Community School. A doctor's note or Iroquois School acceptance letter must accompany the request.

Transfer Fees:

There will be a \$5.00 transfer fee if you transfer your camper from one camp to another. The transfer fee is not charged if you have been placed on a waitlist.

Important Contact Information:

Please visit our Des Plaines Park District website, summer camp section for individual camp information. www.dpparks.org. Supervisor information below:

Sports Xplosion Camps:

Luke Weismann

847-391-5711

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