

CIRCUS CAMP

PARK DISTRICT OF OAK PARK



SPEND SOME TIME UPSIDE DOWN THIS SUMMER

Upside down, right side up, and everything in between! Circus camp offers everything from the static trapeze to Spanish web to silks and unicycles. Each day under the “big top” focuses on specific apparatus skills, daily strengthening and stretching activities, clowning skills, juggling and balancing skills. Twice a week we’ll kick back and relax at Rehm Pool. The Circus Performance Camp will have an end of the season show and the Circus Camps will offer a breakfast showcase of skills.

NOT YOUR ORDINARY STAFF

Circus Camp Director - Rachel Dubrow

Rachel currently instructs static trapeze classes for the park district and coaches our Circus Team. In her free time she performs on the weekends with a circus troop - Forms in Motion. She has been dancing from the time she could walk and is skilled in gymnastics, comedy, and clowning. She enjoys challenging the students abilities and has recently added a double trapeze act to the show.

HOW TO PREPARE FOR THE CIRCUS DAY

- Bring a reusable water bottle.
- Pack a healthy snack (or two) plus a healthy lunch.
- Please do not send milk or mayonnaise-based products, as we will not have access to a refrigerator. Due to severe allergies, please do not send peanut based products (including peanut butter), or any other tree-nut based products.
- Please apply sunscreen prior to arriving at camp. Park District staff will not apply sunscreen, but will encourage and supervise the application by campers.
- Proper dress for circus skills is very important.
 - Shoes - sturdy shoes with a closed toes. No flip flops or crocs.
 - Clothing - campers should be able to move, and stretch comfortably in their clothing. Jeans and baggy clothes limit their success.
 - Hair - long hair and bangs should be tied or clipped back.
- Bring a swimsuit and towel on pool days - Mondays & Thursdays
- The circus day is filled with a lot of upside time and clowning around. Please don't send any electronic equipment (including cell phones) or



EMERGENCY INFORMATION FORMS

So that staff can be prepared on the first day of camp, a participant emergency form must be filled out and returned to the Park District main office at 218 Madison by 5:00p.m. on the Thursday before camp begins. **Please be aware that your child will not be allowed into camp without an emergency form completed by a parent or guardian by the first day of camp.** All required forms are available online at www.oakparkparks.com

HELP KEEP ALL CAMPERS HEALTHY

For the benefit of everyone attending our camps, we require that any campers suspected of having (or have been diagnosed as having) a contagious illness stay home from camp.

- Fever of 100.5 or higher
- Persistent, deep, or hard cough
- Runny nose with green or yellow discharge
- Vomiting/diarrhea - (camper must be symptom-free for 24 hours to return to camp)
- Contagious infestations or infections such as lice, ringworm, unexplained rashes, scabies, impetigo, or pinkeye

CAMPER ABSENCES

If your child will miss camp for any reason, please contact the Circus Camp Coordinator. If we do not hear from you by phone or written note, your child will be marked absent and we will make every attempt to contact you by phone.

SIGN-IN/SIGN OUT PROCEDURES

- Parents are responsible for signing their child both in and out of camp at the designated pick up and drop off locations.
- Sign-in procedures will begin at the scheduled camp start time. No children will be allowed into camp early.
- Parents and/or guardians are required to show a picture ID to staff until staff become familiar with those authorized to pick campers up.
- Campers who walk or bike must have written permission in advance from a parent or guardian. **Children must be at least 10 years of age to sign themselves in and out of camp.**
- A late fee will be billed to you for each occurrence that children are picked-up late:

1-15 minutes =	\$10	16-30 minutes =	\$20
31-45 minutes =	\$30	46= minutes =	\$40

CAMPER RESPONSIBILITIES

We want camp to be a great experience for everyone involved. In order for this to happen, everyone needs to play a role in creating a positive and safe environment. Campers have a responsibility to help with this as well including:

- Showing respect to all campers, staff, equipment, and facilities
- Only using appropriate, kind, and positive language with others
- Using caution when participating in activities to avoid causing bodily harm to participants or staff

Consequences for not following these or any other rules developed for specific camps will be shared with the campers each session. In order for this to be successful, the Park District asks for parents' support in enforcing these guidelines. Staff will address each incident with the camper (and parent if the situation requires) in a positive and fair manner meant to help teach campers how to make better choices. The Park District reserves the right to dismiss a camper whose behavior endangers the well-being of themselves or the camp and no refunds are issued in these circumstances.



The Park District of Oak Park works cooperatively with the West Suburban Special Recreation Association (WSSRA) to integrate campers with disabilities into recreational programs. Inclusion aides may be present at camp to work one-on-one with a specific camper. These aides only intervene in necessary circumstances. If you feel that your camper would benefit from additional assistance at camp, be sure to communicate the necessary information to the Camp Director.

If your child will need special accommodations and you have not yet spoken to Park District staff or the Inclusion Coordinator from from WSSRA regarding assistance, **PLEASE DO SO IMMEDIATELY!** There is a 2-week minimum notice required by WSSRA for proper staffing and training purposes.