



PENINSULA FAMILY YMCA SUMMER CAMP 2019 REGISTRATION FORM

One form per child. Please fill out both sides.

Camper's Name: _____ Date of Birth: ___/___/___

Parent/Guardian E-mail: _____ Membership ID: _____

Parent/Guardian #1

Name: _____

Primary Phone: _____

Secondary Phone: _____

Parent/Guardian #2

Name: _____

Primary Phone: _____

The following people (in addition to the people listed above) are authorized to pick-up my child:

Authorized Pick-Up #1 Name: _____

Authorized Pick-Up #1 Phone: _____

Authorized Pick-Up #2 Name: _____

Authorized Pick-Up #2 Phone: _____

Emergency Contacts

Emergency Contact #1 Name: _____

Emergency Contact #1 Phone: _____

Emergency Contact #2 Name: _____

Emergency Contact #2 Phone: _____

Allergies and/or medications that we should be aware of while caring for your child:

Is there anything else we should be aware of regarding your child?

Total Number of Sessions: _____ for a total balance due of \$ _____
for all session (only the \$35 non-refundable deposit is due at registration, the balance is due 2-weeks before each session.)

Non-Refundable Deposit(s): \$35 x _____ number of camp session(s) = \$ _____
due at registration. (\$10 per session if applying for YMCA Financial Assistance.)

Schedule automatic payments. Online or at the membership desk schedule camp balances due to automatically debit from your account on the due date (generally 2-weeks before camp) or on a different preferred date of your choosing before the due date.

Annual Giving Campaign Contribution (optional): \$ _____
Your tax deductible contribution helps send a child to camp!

**Today's
Total
Payment:**

\$ _____

FOR YMCA STAFF USE ONLY

Full Balance of Camp: \$	Deposit Paid: \$	Balance of Camp after Deposit Scheduled: <input type="checkbox"/> Yes	Member Also Applied for Financial Assistance: <input type="checkbox"/> Yes	Staff & Date Registration Processed:
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SUMMER CAMP REGISTRATION SESSION SELECTION

Camper's Name: _____ Date of Birth: ___/___/___

CAMP SELECTION

Entering Grades K-1

- Session 1: Traditional
- Session 1A (1 Day): Traditional
- Session 2: Specialty- Dance
- Session 2: Sports- Sampler
- Session 2: Traditional
- Session 3: Specialty- LEGO (Harry Potter)
- Session 3: Sports- Soccer
- Session 3: Traditional
- Session 4: Specialty- Spy Academy
- Session 4: Sports- Splash
- Session 4: Traditional
- Session 5: Specialty- YRangers (Coast Critters)
- Session 5: Sports- Basketball
- Session 5: Traditional
- Session 6: Specialty- Cooking
- Session 6: Sports- Soccer
- Session 6: Traditional
- Session 7: Specialty- Cooking
- Session 7: Sports- Baseball
- Session 7: Traditional
- Session 8: Specialty- LEGO (Star Wars)
- Session 8: Sports- Basketball
- Session 8: Traditional
- Session 9: Traditional
- Session 9A (1 Day): Traditional

Entering Grades 2-3

- Session 1: Traditional
- Session 1A (1 Day): Traditional
- Session 2: Specialty- Dance (Grade 2)
- Session 2: Specialty- Horse Camp (Grade 3)
- Session 2: Sports- Sampler
- Session 2: Traditional
- Session 2: YBike
- Session 3: Specialty- LEGO (Harry Potter)
- Session 3: Sports- Soccer
- Session 3: Traditional
- Session 4: Specialty- Spy Academy
- Session 4: Sports- Splash (Grade 2)
- Session 4: Sports- Flag Football (Grade 3)
- Session 4: Traditional
- Session 4: YBike
- Session 5: Specialty- YRangers (Coast Critters) (Grade 2)
- Session 5: Specialty- YRangers (Survival Skills) (Grade 3)
- Session 5: Sports- Basketball
- Session 5: Traditional
- Session 6: Specialty- Cooking
- Session 6: Sports- Soccer (Grade 2)
- Session 6: Sports- Splash (Grade 3)
- Session 6: Traditional
- Session 7: Specialty- Cooking
- Session 7: Sports- Baseball
- Session 7: Traditional
- Session 8: Specialty- LEGO (Star Wars)
- Session 8: Sports- Basketball
- Session 8: Traditional
- Session 9: Traditional
- Session 9A (1 Day): Traditional

Entering Grades 4-5

- Session 1: Traditional
- Session 1A (1 Day): Traditional
- Session 2: Specialty- Horse Camp
- Session 2: Sports- Sampler
- Session 2: Traditional
- Session 3: Specialty- LEGO (Harry Potter)
- Session 3: Sports- Soccer
- Session 3: Traditional
- Session 4: Specialty- Spy Academy
- Session 4: Sports- Flag Football
- Session 4: Traditional
- Session 5: Specialty- YRangers (Survival Skills)
- Session 5: Sports- Basketball
- Session 5: Traditional
- Session 5: YBike
- Session 6: Specialty- Cooking
- Session 6: Sports- Splash
- Session 6: Traditional
- Session 6: YBike
- Session 7: Specialty- Cooking
- Session 7: Sports- Baseball
- Session 7: Traditional
- Session 8: Specialty- LEGO (Star Wars)
- Session 8: Sports- Basketball
- Session 8: Traditional
- Session 9: Traditional
- Session 9A (1 Day): Traditional

Entering Grades 6-8

- Session 1: Movin' On- Bay Area Adventures
- Session 1A (1 Day): Movin' On- Bay Area Adventure
- Session 2: Movin' On- Thingamajig
- Session 3: Movin' On- Splash
- Session 4: Movin' On- YDecathalon
- Session 5: Movin' On- YRangers
- Session 6: Movin' On- Game Show Mania
- Session 7: Movin' On- Camp Champs
- Session 7: YBike
- Session 8: Movin' On- Top Chef Challenge
- Session 7: YBike
- Session 9: Movin' On- Best of the Best
- Session 9A (1 Day): Movin' On- Best of the Best

Entering Grades 9-10: Counselor-In-Training

- Session 2: Training Week
- Session 3: Field Work
- Session 4: Field Work
- Session 5: Field Work
- Session 6: Field Work
- Session 7: Field Work
- Session 8: Field Work
- Session 9: Field Work

*Session 2 required for any additional CIT session registrations.

CAMP SWIM LESSONS

Grades K-5	Discoverers, Adventurers, Explorers, and Sports Camps only.	<input type="checkbox"/> Session 1	<input type="checkbox"/> Session 5	<input type="checkbox"/> Session 8
Tuesdays & Thursdays	(Swim lessons not available for Splash Camp.)	<input type="checkbox"/> Session 2	<input type="checkbox"/> Session 6	<input type="checkbox"/> Session 9
10:00am - 10:30am		<input type="checkbox"/> Session 4	<input type="checkbox"/> Session 7	



Agreements/Waivers

YMCA SF AGREEMENT

IN CONSIDERATION of being permitted to utilize the facilities, services and programs of the YMCA (or for my children to so participate) for any purpose, including, but not limited to observation or use of facilities or equipment, or participation in any off-site program affiliated with the YMCA, the undersigned, for himself or herself and such participating children and any personal representatives, heirs, and next of kin, hereby acknowledges, agrees and represents that he or she has, or immediately upon entering or participating will, inspect and carefully consider such premises and facilities or the affiliated program. It is further warranted that such entry into the YMCA for observation or use of any facilities or equipment or participation in such affiliated program constitutes an acknowledgment that such premises and all facilities and equipment therein and such affiliated program have been inspected and carefully considered and that the undersigned finds and accepts same as being safe and reasonably suited for the purpose of such observation, use or participation by the undersigned and such children.

IN FURTHER CONSIDERATION OF BEING PERMITTED TO ENTER THE YMCA FOR ANY PURPOSE INCLUDING, BUT NOT LIMITED TO OBSERVATION OR USE OF FACILITIES OR EQUIPMENT, OR PARTICIPATION IN ANY OFF-SITE PROGRAM AFFILIATED WITH THE YMCA, THE UNDERSIGNED HEREBY AGREES TO THE FOLLOWING:

1. THE UNDERSIGNED, ON HIS OR HER BEHALF AND BEHALF OF SUCH CHILDREN, HEREBY RELEASES, WAIVES, DISCHARGES AND COVENANTS NOT TO SUE the YMCA, its directors, officers, employees, and agents (hereinafter referred to as ?releases?) from all liability to the undersigned or such children and all his personal representatives, assigns, heirs, and next of kin for any loss or damage, and any claim or demands therefor on account of injury to the person or property or resulting in death of the undersigned, whether caused by the negligence of the releases or otherwise while the undersigned or such children is in, upon, or about the premises or any facilities or equipment therein or participating in any program affiliated with the YMCA.
2. THE UNDERSIGNED HEREBY AGREES TO INDEMNIFY AND SAVE AND HOLD HARMLESS the releases and each of them from any loss, liability, damage or cost they may incur due to the presence of the undersigned or such children in, upon or about the YMCA premises or in any way observing or using any facilities or equipment of the YMCA or participating in any program affiliated with the YMCA whether caused by the negligence of the releases or otherwise.
3. THE UNDERSIGNED HEREBY ASSUMES FULL RESPONSIBILITY FOR AND RISK OF BODILY INJURY, DEATH OR PROPERTY DAMAGE to the undersigned or such children due to negligence of releases or otherwise while in, about or upon the premises of the YMCA and/or while using the premises or any facilities or equipment thereon or participating in any program affiliated with the YMCA.
4. THE UNDERSIGNED HEREBY GIVES PERMISSION for the YMCA of San Francisco, or any of its branches, to use any photographs or video footage taken of the undersigned and/or the undersigned's children participating in YMCA of San Francisco activities in future YMCA promotional purposes, without additional release or authorization. THE UNDERSIGNED further expressly agrees that the foregoing RELEASE, WAIVER AND INDEMNITY AGREEMENT is intended to be as broad and inclusive as is permitted by the law of the State of California and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

THE UNDERSIGNED HAS READ AND VOLUNTARILY SIGNS THE RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT, and further agrees that no oral representations, statements or inducement apart from the foregoing written agreement have been made.

CANCELLATION POLICY

CAMP SWIM LESSON CANCELLATION:

Deposits are non-refundable and non-transferable. No credits, refunds, or transfers are allowed within 14 days of the start of the program. If you wish to make a change or cancel your registration prior to the 14 day deadline, you may choose one of the following:

1. A transfer to another YMCA program (registration must be available)
2. A check/credit card/EFT refund.

CAMP CANCELLATION:

No credits, refunds, or transfers are allowed within 14 days of the start of session. If you wish to cancel your registration prior to the 14 day deadline, you may choose one of the following:

1. A transfer to another YMCA program (registration must be available)
2. A check/credit card/EFT refund (\$35 session deposit is non-refundable).

By signing your name, you are agreeing to the terms in the agreements above:

Signature: _____

CONCUSSION Information Sheet



This sheet has information to help protect your children or teens from concussion or other serious brain injury. Use this information at your children's or teens' games and practices to learn how to spot a concussion and what to do if a concussion occurs.

What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

How Can I Help Keep My Children or Teens Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
 - › Work with their coach to teach ways to lower the chances of getting a concussion.
 - › Talk with your children or teens about concussion and ask if they have concerns about reporting a concussion. Talk with them about their concerns; emphasize the importance of reporting concussions and taking time to recover from one.
 - › Ensure that they follow their coach's rules for safety and the rules of the sport.
 - › Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. However, there is no "concussion-proof" helmet. So, even with a helmet, it is important for children and teens to avoid hits to the head.



Plan ahead. What do you want your child or teen to know about concussion?

How Can I Spot a Possible Concussion?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just "don't feel right" after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

Signs Observed by Parents or Coaches

- Appears dazed or stunned.
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (*even briefly*).
- Shows mood, behavior, or personality changes.
- Can't recall events *prior to or after* a hit or fall.

Symptoms Reported by Children and Teens

- Headache or "pressure" in head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.
- Just not "feeling right," or "feeling down."

Talk with your children and teens about concussion. Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions aren't serious or worry that if they report a concussion they will lose their position on the team or look weak. Be sure to remind them that *it's better to miss one game than the whole season.*

To learn more, go to www.cdc.gov/HEADSUP



Centers for Disease
Control and Prevention
National Center for Injury
Prevention and Control

What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other.
- Drowsiness or inability to wake up.
- A headache that gets worse and does not go away.
- Slurred speech, weakness, numbness, or decreased coordination.
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching).
- Unusual behavior, increased confusion, restlessness, or agitation.
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously.

What Should I Do If My Child or Teen Has a Possible Concussion?

As a parent, if you think your child or teen may have a concussion, you should:

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a health care provider and only return to play with permission from a health care provider who is experienced in evaluating for concussion.
3. Ask your child's or teen's health care provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a health care provider should assess a child or teen for a possible concussion. Concussion signs and symptoms often show up soon after the injury. But you may not know how serious the concussion is at first, and some symptoms may not show up for hours or days.

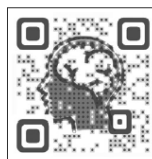
The brain needs time to heal after a concussion. A child's or teen's

Concussions affect each child and teen differently. While most children and teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your children's or teens' health care provider if their concussion symptoms do not go away or if they get worse after they return to their regular activities.



return to school and sports should be a gradual process that is carefully managed and monitored by a health care provider.

Children and teens who continue to play while having concussion symptoms or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious and can affect a child or teen for a lifetime. It can even be fatal.



To learn more, go to www.cdc.gov/HEADSUP

You can also download the CDC HEADS UP app to get concussion information at your fingertips. Just scan the QR code pictured at left with your smartphone.

Revised 5/2015

Discuss the risks of concussion and other serious brain injury with your child or teen and have each person sign below.

Detach the section below and keep this information sheet to use at your children's or teens' games and practices to help protect them from concussion or other serious brain injury.

I learned about concussion and talked with my parent or coach about what to do if I have a concussion or other serious brain injury.

Camper Name Printed: _____ Date: _____

Camper Signature: _____

I have read this fact sheet for parents on concussion with my child or teen and talked about what to do if they have a concussion or other serious brain injury.

Primary Parent/Guardian Name Printed: _____ Date: _____

Primary Parent/Guardian Name Signature: _____