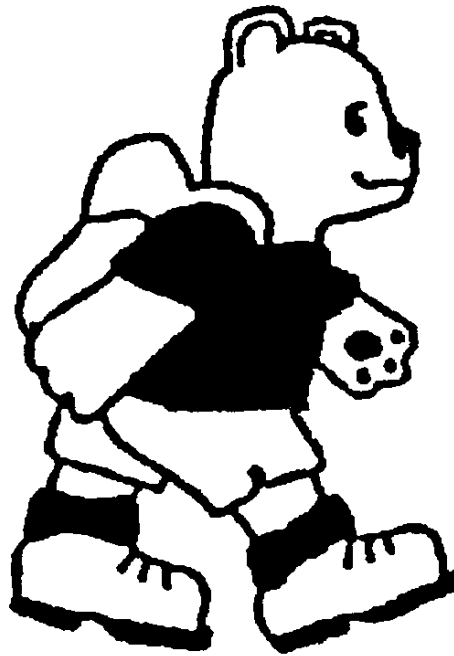


FULTON-EL CAMINO PARK AND RECREATION DISTRICT  
2201 COTTAGE WAY  
SACRAMENTO, CA 95825  
916-927-3802

# ADVENTURE CLUB 2025



## **Parent Handbook**

FULTON-EL CAMINO RECREATION AND PARK DISTRICT

2201 Cottage Way  
Sacramento, CA 95825  
916-927-3802  
[www.fecrpd.com](http://www.fecrpd.com)

ADVENTURE CLUB

Make way for summer!!! We are back again with our successful summer camp, the F.E.C. Adventure Club. Our outstanding leaders are eager to beat attacks of summer boredom by planning games, sports, arts and crafts and a **BIG** dose of **FUN!!** Additionally, we will be planning special swimming days, Thursday **FUN** Days, and occasional field trips. 5–12-year-old campers will participate in daily outdoor activities. **REMINDER: F.E.C. Adventure Club is an outdoor themed day camp. Most activities take place outdoors.**

STAFF

Our Adventure Club staff is made up of recreation leaders who are experienced and well trained. The staff has been carefully selected to work with your child(ren). All of the leaders are fun, warm and caring individuals. Your child(ren)'s safety is always our leaders first concern. Each of our leaders bring their own individuality and specialty to the program. This, in turn, makes the program specialized and different each year.

PROGRAM HOURS

F.E.C. Adventure Club offers full day options for your child(ren). Your child(ren) can sign up for a whole day from 7:30 am-5:30 pm Monday through Friday. Please make sure to have your child picked up **NO LATER** than 5:30 pm. **A late fee will be charged to parents late in picking up their child(ren).** For more information see the after 5:30 pm contract described in this packet.

WHERE TO MEET UPON ARRIVAL

Adventure Club participants meet at Cottage Center. Please remember there are other activities taking place at this site and your child(ren) should go straight to the designated meeting point so they do not disrupt others. Parents must walk children into Cottage Center and sign them in.

The Adventure Club program will be offered at Cottage Park, 3097 Cottage Way. The Cottage Center phone number is 916-487-8435.

THINK SAFETY

## ARRIVAL/DEPARTURE PROCEDURES

As a parent/guardian of an Adventure Club participant, you are responsible for their arrival and departure at the park site. Parents will be required to sign their child(ren) in upon arrival at the program as well as sign them out upon departure. If you have special requests of our leaders for your child(ren), you need to speak to a leader to ensure the information gets on the communication log. If your child(ren) will be arriving/departing on his/her own, the district must have a note signed by a parent/guardian on file. All notes must include the following: \*NOTE -**Child Action** may not walk in or leave on their own, we need a parent signature and sign in and out time logged daily.

1. Child(ren)s Name
2. Means of transportation
3. Time child(ren) will arrive at the program
4. Time child(ren) is allowed to leave the program
5. Date the note is good for
6. Today's date and signature of parent/guardian

The District is extremely strict about letting children depart on their own. All notes will be kept on file throughout the summer. **The District and Adventure Club Leaders are not responsible for the well being of the participants in transit to and from the program.**

## ABSENTS

If your child(ren) will not be attending the program on any given day, please notify the staff by calling **916-487-8435** before their scheduled arrival, 7:00 am for all day. Cottage Center has an answering machine available on site. Due to the nature of our program, our staff will be expecting your child(ren) daily unless otherwise notified. **Save the staff from worry and telephoning by having the courtesy to contact them regarding absenteeism.**

## AFTER 5:30 PM CONTRACT

A late fee of \$25.00 for every 15 minutes that your child(ren) is late in being picked up will be assessed. The first late charge will begin at 5:30pm and continue up to 6:30pm. After the first 1/2 hour, the Emergency Contact Person will be contacted to come and pick up your child(ren). After the first hour, the Sheriff will be contacted to come and pick up your child(ren).

## LUNCH TIME

We are asking that you send a bottle of water to be refilled throughout the day. Occasionally, we will have snacks for special events. Lunch is scheduled from 12:00 am to 12:30 pm. Please have your child(ren) bring his/her lunch every day. We ask that you not sign up for Swim Lessons at 12:00 or 12:30 staff will not be able to walk children at Lunch Time, in addition your child will miss lunch. We have two designated snack times for your child(ren), one in the morning at 10:00 am and one in the afternoon at 3:00 pm. Please send snacks with your child(ren) they will need them. The district **will not** provide snacks at this time.

## MONEY

Adventure Club participants should not bring money or other items of value to the site, unless they purchase a snack from the snack box. The Adventure Club Leaders will not be responsible for the loss of any item. Concessions sold at the pool **will not** be available for purchase by Adventure Club participants.

Occasionally, our field trips might present the opportunity for participants to spend extra money. This is completely at the discretion of the Adventure Club participant parents.

## SWIMMING

Swimming days will be offered on Friday's from 1:00- 4:00 pm. A permission slip must be on file for your child(ren) to participate in these special swimming days.

## SUN/SKIN CANCER RISK

Current research shows that the risk of melanoma and other skin cancers is on the rise. The sun can be very intense during the summer months, even on cloudy days. It would be very wise for you to send sunscreen with your child(ren) to apply throughout the regular Adventure Club Day and especially during swim time. The reflection of the sun off the pool water increases the intensity of the harmful UV rays. If you do send sunscreen and you would like to make sure that your child(ren) uses it, please write a note to that effect. The leaders will make sure your child(ren) uses protection.

Additionally, it would be advantageous for your child(ren) to wear some kind of hat or head covering to Adventure Club every day.

## **REMEMBER, PROTECTED SKIN STAYS HEALTHY!!**

## MEDICATION

If by chance your child(ren) is taking medication and needs to take some at Adventure Club, please give the medication in original container and fill out our Med sheet of explanation to the staff. The note will explain what your child(ren) is taking, the dosage, and how often they need to take it while in our care. It is important that the staff be aware of your child(ren)'s need for medication. Please leave a note in the medication section of your child(ren)'s registration form if your child is taking any medication.

## ADVENTURES AWAY

Part of our Adventure Club activities include occasional adventures to places throughout the Sacramento area. Transportation will be by District Van unless otherwise noted. In the past, we have visited places such as Chuck E. Cheese, Foothill Skate, Folsom Zoo, the Movies, Golfland SunSplash and many other fun and exciting places. Permission slips are passed out at the beginning of the week and must be returned by the indicated deadline date prior to the event. **Additional fees are usually required for these events.**

## CLOTHING & VALUABLES

Children enrolled in the Adventure Club program will be participating in a wide variety of activities throughout the summer, therefore, participants should wear comfortable play clothes. **DO NOT** send your child(ren) to the program with good clothes in which to play. **All participants MUST wear shoes (closed toes and heels) at all times, no sandals or flip flops permitted.** **(flip flops may be worn at the pool).** To avoid any ownership problems, please label any item brought from home such as backpacks, towels, shirts, etc. Please discourage your child(ren) from bringing any expensive toys, electronic games, radios, or other valuables to the playground site. A Lost and Found Box will be kept throughout the summer. Check with one of the Adventure Club Leaders for the location of the Lost and Found box.

**NOTE:** The Fulton-El Camino Recreation and Park District is not responsible for anything that is lost, stolen or damaged.

## GENERAL RULES

1. No hitting, kicking, pushing, running, biting, jumping, sliding, yelling, or anything that may be dangerous to yourself or others.
2. Respect peers, leaders, and lifeguards.
3. Follow instructions.
4. Use appropriate language.
5. You must wear close-toed and heeled shoes.
6. Keep personal items in the backpack and cubbies so they are not lost.
7. Do not bring toys or from home.
8. Be neat and tidy, put things back the way they were found.
9. No playing in the bathrooms.
10. Lunch and snacks will be done at specific times, do not take out food unless told to do so.
11. Do not share food with others. Exception is siblings.
12. Use the Buddy System.
13. No Glass

### Inside Rules

1. Do not open the front doors.
2. Do not pass the red tape.
3. Do not tip chairs.
4. Stay 3 squares away from restrooms.
5. Be respectful of the building.

### Outside Rules

\*Staff will place signs in the window before going outside.\*

1. Must stay in bounds (no passing the trees).
2. You can only play on the grass if a teacher is present.
3. No Creek.
4. No pulling on trees or picking grass.
5. No sticks.
6. No jumping off swings or play structure.
7. No chasing games on the playground.
8. No climbing on top of the playground monkey bars.
9. No standing on tires swing.

### ILLNESSES

If your child(ren) become ill while attending the program, you will be notified and asked to arrange for your child(ren) to be picked up as soon as possible. Please **do not** bring your child(ren) to the program if he/she has any apparent illness (fever, rash, sore throat, migraines, etc.). If your child(ren) has been exposed to any contagious childhood diseases such as mumps, measles, chicken pox, lice, etc., please apprise our staff immediately. Your help is greatly appreciated.

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**F.E.C. ADVENTURE CLUB**  
**SWIM PERMISSION SLIP**

I, \_\_\_\_\_, give my child(ren), \_\_\_\_\_,

Permission to public swim at Cottage Pool with the F.E.C. Adventure Club on Fridays from 1:00 to 4:00 pm. I understand that he/she will be under the supervision of the Adventure Club Staff.

**AGREEMENT, WAIVER, AND RELEASE**

In consideration for being permitted by the Fulton-El Camino Recreation and Park District to participate in Public Swim, I hereby waive, release and discharge any and all claims for damages for personal injury, death or property damage which I may have, or which may hereafter accrue to me, as a result of participation in said activity. This release is intended to discharge in advance the Fulton-El Camino Recreation and Park District (its officers, employees, and agents) from any and all liability arising out of or connected in any way with my participation in said activity, even though that liability may arise out of negligence or carelessness on the part of the persons or entities mentioned above. It is understood that this activity involves an element of risk and danger of accidents and knowing those risks I hereby assume those risks. It is further agreed that this waiver, release and assumption of risk is to be binding on my heirs and assigns. I agree to indemnify and to hold the above persons or entities free and harmless from any loss, liability, cost, damage or expense which they may incur as the result of my death or any injury or property damage that I may sustain while participating in said activity.

PARENTAL CONSENT: (to be completed and signed by parent/guardian, if applicant is under 18 years of age)

I hereby consent that my son/daughter, \_\_\_\_\_, participate in the above activity, and I hereby execute the above Agreement, Waiver and Release on his/her behalf. I state that said minor is physically able to participate in said activity. I hereby agree to indemnify and hold the persons and entities mentioned above free and harmless from any loss, liability, damage, cost, or expense which they may incur as a result of the death or any injury or property damage that said minor may sustain while participating in said activity.

**I HAVE CAREFULLY READ THIS AGREEMENT, WAIVER AND RELEASE AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN MYSELF AND THE FULTON-EL CAMINO RECREATION AND PARK DISTRICT AND I SIGN IT OF MY FREE WILL.**

\_\_\_\_\_  
Signature of Participant  
(Parent or legal guardian if under age 18)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Name (Printed)

FULTON-EL CAMINO RECREATION AND PARK DISTRICT  
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ADVENTURE CLUB SUMMER CAMP EMERGENCY INFORMATION

June 16, 2025 – August 1, 2025 (7:30am-5:30pm)

Child's Last Name: \_\_\_\_\_

Parent's Name: (Mother)\_\_\_\_\_ (Father)\_\_\_\_\_

(If parent's last name is different please note)

Phone: (H)\_\_\_\_\_ (MW)\_\_\_\_\_ (FW)\_\_\_\_\_

Employer Name:(MW)\_\_\_\_\_ (FW)\_\_\_\_\_

Address: \_\_\_\_\_

Number & Street

City

ZIP

Email: \_\_\_\_\_

Child's First Name	Sex	Birthdate	Age	School

**EMERGENCY INFORMATION**

Doctor \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

Hospital \_\_\_\_\_ If Kaiser # \_\_\_\_\_

Name of Medical Insurance, if any \_\_\_\_\_

Child's Allergies/Medical Conditions: \_\_\_\_\_

Medications: \_\_\_\_\_

**IF PARENTS CANNOT BE CONTACTED IN AN EMERGENCY, PLEASE CALL:**

NAME \_\_\_\_\_

PHONE(H) \_\_\_\_\_ PHONE (W) \_\_\_\_\_

ADDRESS \_\_\_\_\_



Name of persons other than parents/guardians who are authorized to pick up your child from program.

Note: Notification by parents or guardian must be given in case someone other than persons listed will be picking up child.

### AGREEMENT, WAIVER AND RELEASE

In consideration for being permitted by the Fulton-El Camino Recreation and Park District to participate in the Adventure Club Summer Camp, I hereby waive, release and discharge any and all claims for damages for personal injury, death or property damage which I may have, or which may hereafter accrue to me, as a result of participation in said activity. This release is intended to discharge in advance the Fulton-El Camino Recreation and Park District (its officers, employees and agents) from any and all liability arising out of or connected in any way with my participation in said activity, even though that liability may arise out of negligence or carelessness on the part of the persons or entities mentioned above. It is understood that this activity involves an element of risk and danger of accidents and knowing those risks I hereby assume those risks. It is further agreed that this waiver, release and assumption of risk is to be binding on my heirs and assigns. I agree to indemnify and to hold the above persons or entities free and harmless from any loss, liability, cost, damage or expense which they may incur as the result of my death or any injury or property damage that I may sustain while participating in said activity.

PARENTAL CONSENT:(To be completed and signed by parent/guardian, if applicant is under 18 years of age)

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**I HAVE CAREFULLY READ THIS AGREEMENT, WAIVER AND RELEASE AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN MYSELF AND THE FULTON-EL CAMINO RECREATION AND PARK DISTRICT AND I SIGN IT OF MY FREE WILL.**

**\*\*FOR OFFICE USE ONLY\*\***

RECEIPT #	AMOUNT	DATE

\_\_\_\_\_  
Signature of Parent  
(Parent or Legal Guardian if under age 18)

\_\_\_\_\_  
(DATE)

\_\_\_\_\_  
NAME (PRINTED)

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**Adventure Club Summer Camp**

June 16, 2025 – August 1, 2025 (7:30am-5:30pm)

**After 5:30pm Contract**

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I, \_\_\_\_\_, have read the above statement and agree to pay the late fees as stated above.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date