
Emergency Action Plan

Electricity Outage: The Kidz Spot has back up lights that will come on in case of a power outage. Please pick up your child as soon as possible from the gym or Kidz Spot. Children tend to get upset and anxious when the lights go out.

Fire Alarm: During a fire alarm, all children attending Kidz Spot/Kidz Gym will exit the building through the nearest exit and will meet at the bottom of the parking lot. You may pick up your child from that location only after staff has had a chance to account for ALL the children in their care.

Tornado Warning: In the event of a tornado warning, the children will be moved to the female locker room. You may join your child there and will be asked to stay until the warning is over.

Snow Days: When it snows and you are uncertain which programs will continue to be held please call 540-775-9622 and listen to the automated messages in its entirety to find out about canceled classes, closed programs, and late openings.

Releasing Children: No child will be released to anyone other than the person who signed the child into the program. If you lose your sign in sticker, please be aware that a photo id may be requested to ensure your child's safety.

Supporting Kidz Spot Services

Donations: All snacks which are supplied to the children while in Kidz Spot care are snacks which have been donated by our members. Please help support the program through donations of goldfish, cheerios, animal crackers, and pretzels. We cannot accept any products that contain peanuts or nuts of any kind.

Other supplies that are used on a daily basis are tissues, wipes, size AA, D and C batteries, and hand sanitizer. Kidz Spot also accepts toy, book, craft supplies, and DVD donations as well. These donations can help make a huge difference in the happiness and comfort of all our members' children. We appreciate your support.

Spring Yard Sale: The YMCA Yard Sale is our annual fundraiser which benefits the Kidz Spot programs. It is usually held the first weekend in June. The yard sale participants purchase parking lot spaces to sell their items. The funds raised through selling those spaces go directly to the Kidz Spot programs so that we can purchase needed equipment and supplies. Please consider selling your unwanted items at our yard sale to support our program which serves our members' children.

Raffle Baskets and Fundraisers: At various times throughout the year we may hold raffles and fundraisers to help support specific supply item needs. We greatly appreciate your support in this raffles and sales. The items purchased are used directly by the children who utilize our services.



Kidz Spot Programs

YMCA Nursery Service Information

Kidz Spot Services are FREE to YMCA members.

Kidz Spot Hours:

**Monday–Thursday: 9:00am – 1:00pm
4:00pm–9:00pm**

**Friday: 9:00am–1:00pm
4:00–7:00pm**

Saturday: 9:00am–1:00pm

Morning Kidz Gym Hours:

Monday – Friday 9:00am – 12:00pm*

Ages 3 years – 12 years

Evening Kidz Club Hours:

Monday –Thursday

5:30pm – 7:30pm*

Ages Kindergarten–12 years

* program area may close early depending on the number of participants

**Rappahannock Area YMCA
King George Branch
10545 Kings Highway
King George, VA 22485
540-775-9622
www.family-ymca.org**

Procedures for Utilizing Kidz Spot Services

Please follow the sign-in/out procedures when dropping children off at the Kidz Spot/Kidz Gym. Kidz Spot services are FREE for YMCA members. Participants may use the Kidz Spot/Kidz Gym at a cost of \$6.00 per child. Please present your receipt to the staff when signing your child in.

There is **a 3 hour time limit**, so please be prompt in picking up your child. If your child has any special needs or circumstances, please be sure to fill them in under special instructions on the "sign-in" form and inform the staff.

We would very much appreciate that all children be brought to the restroom and diapers be changed before entering the program areas so that we can try to avoid interrupting your workout and limit trips to the bathroom for staff.

Please remember that children are actively playing while in our care and we would appreciate if all children wear proper foot attire in order to prevent any unnecessary injuries. Sneakers are required for playing in the gym programs.

Once your child is in the care of the Kidz Spot staff you may **NOT** leave the building. The staff must be able to reach you if your child needs you.

Members may only sign in their **OWN** children to utilize Kidz Spot, Kidz Gym, and Kidz Club services at any time.

Discipline

The YMCA believes in providing a positive and orderly environment for children. We encourage and direct behavior positively toward established standards of conduct. If self-control fails, disciplinary action must be taken to protect and preserve the right of everyone in the program. The general discipline policy of the YMCA Kidz Spot follows the standards set forth by the Virginia Code (Standard 7.22-7.32) The following steps or situations have been incorporated to develop a positive approach to helping children learn and exhibit appropriate Kidz Spot behavior.

- Children are expected to adhere to the Kidz Spot guidelines including sharing, listening, following directions and helping clean up. (age appropriate)
- Proper manners are encouraged.
- For most disruptions, children are given warnings and the staff person will try and redirect the child to another activity. If inappropriate behavior continues the child will be given an opportunity to think about their behavior and the situation, followed by a discussion with a staff member.

If improper behavior persists, an incident report will be written and parents will be notified to pick up the child. If repeated instances of improper behavior continue after the child returns to the program, the YMCA reserves the right to dismiss the child from the Kidz Spot programs.

Illness

Children who show signs of illness should stay at home. If your child shows signs of illness while in our care, you will be asked to remove the child from the Kidz Spot/Kidz Gym immediately.

Some guidelines for keeping your child at home include:

- **Fever:** 100 degrees or greater
- **Rubella:** until six days after an onset of a rash
- **Diarrhea:** Frequent, runny, watery stool
- **Vomiting:** Two or more times in a 24 hour period
- **Conjunctivitis:** Eye drainage of yellow or green. The child must be on an antibiotic treatment for at least 24 hours before he or she can enter Kidz Spot.
- **Impetigo:** Skin lesions draining a yellow discharge.
- **Chicken pox:** Contagious until all lesions have dried and have scabbed over (10-14 days from start of first lesion.)
- **Strep Throat:** Must be on antibiotic treatment for at least 24 hours before he/she can enter Kidz Spot.
- **Cough:** Productive of colored sputum with a fever
- **Common Cold:** Cold with fever. If your child has a cold with clear, yellow or green drainage accompanied with a fever, they will not be permitted to enter Kidz Spot.

Please do not bring your child to the Kidz Spot/Kidz Gym programs until they have been symptom free for at least 24 hours.

Mary had a little lamb, she also had the flu.
And when she left her child care, the others had it too.
So anytime your child is sick, please keep them home with you.
Then the children in our care will be happier and healthier too!

~author unknown