

### How to Register

To register for either of our summer camps (July 6-10 and August 10-14), you can choose to register through our website by clicking on the registration link and following the prompts or visit us at the academy located at #20-510 Lauriston Street, Saskatoon. You can contact us by phone or email for further information.

Phone: (306)260-0071

Email: valensjiujitsu@gmail.com

### CHANGES/CANCELLATION POLICY:

All change requests must be submitted in writing, either by text or email. Please note that all requests are subject to availability and cannot be guaranteed. Changes must be made with at least 7 days' notice.

Cancellations must be submitted in writing, either by text or email, with at least 10 days' notice to receive a full refund. A 50% refund will be provided for cancellations made with 8-9 days' notice. No refunds will be given for cancellations made within 7 days of the camp start date. We want to thank you in advance for your understanding of this policy, as your child is holding a limited spot in camp, and many activities and staffing have already been scheduled based on registration numbers.

### WHAT'S INCLUDED:

- Camp T-Shirt – register by June 9th to guarantee a shirt
- Daily Martial Arts Class – The kids will learn Brazilian Jiu Jitsu Gi and No Gi, as well as Self-Defence. No prior experience is necessary to join our camps. We welcome all skill levels.
- Photos will be available via a private Google album
- Offsite Field Trips – locations vary based on registrations and availability
- Enrichment Activities – these include art and science projects and games done with the kids throughout the week

### WHAT TO BRING:

All campers will need to bring a water bottle each day. We have a water fountain and a water cooler to refill as needed. **Please pack a lunch and a snack each day.** Lunch will be eaten after the class each day at noon. An email with more specific information will be sent out on Wednesday of the

week before camp starts. This email will include what the field trips will be and any other items you may need to bring for the week.

Additional items you will need:

- Gi & Belt - if you do not have one, please let us know
- No gi shorts and rash guard, or similar
- T-shirt and shorts with no plastic or metal pieces to practice in
- Flip flops

#### PICK UP AND DROP OFF PROCEDURES:

Drop off begins at 9:00 AM each day. Children must be picked up by 4:00 PM. Parents/guardians must park their vehicle and walk their child into the camp. If you are unable to drop off or pick up your child during these times, we ask that you inform us and provide the contact information of the person who will be picking up.

#### MEDICAL NEEDS/ALLERGIES:

Valens Jiu Jitsu Academy is not permitted to administer medication to program participants with the exception of allergy medication, if directed in writing by the child's parent/guardian. In the event of a medical emergency, Valens Jiu Jitsu Academy will administer First Aid, CPR and Rescue in the best interest of the child. Parents will be contacted if care is administered.

#### SPECIAL CIRCUMSTANCES:

Parents and guardians are required to inform Valens Jiu Jitsu Academy in writing of any special circumstances which may affect the child's ability to participate fully and within the guidelines of acceptable behaviour, including, but not limited to, any serious behavioural problems or special circumstances regarding psychological, medical, or physical conditions.

#### FIELD TRIPS:

As part of the full-day camp program, we will be taking field trips. Destinations will vary by week, some examples include: Swimming, Zoo, Fire Hall, Police station or demonstrations at alternate locations, etc. Detailed

information will be provided with each week's schedule. Field trips are weather permitting and can vary; parents will be notified with as much heads up as possible.

#### DRESS CODE:

Children should dress appropriately in athletic attire for the activities scheduled and should wear running shoes each day, as we will be taking field trips. We recommend shorts and a lightweight shirt or top, and some type of athletic shoe to participate in recreational and athletic activities. Children are not permitted to wear shoes on the mats while at the gym, but are required to wear shoes when entering/leaving the bathroom and the building. Clothing that displays drugs, alcohol, tobacco, offensive language, or is excessively revealing will not be permitted.

#### SUNSCREEN/INSECT REPELLENT:

On days we have outdoor field trips planned, please bring sunscreen and insect repellent to be applied prior to field trips with staff supervision. Spray or mist sunscreen and/or insect repellent is recommended. All items brought by the children must be labelled with the child's name. Children may not share these items with others, and they will be stored in the child's bag during the day when not in use.

#### BEHAVIOUR MANAGEMENT/DISCIPLINE POLICY:

Valens Jiu Jitsu Academy staff will create a fun and safe environment for participants in the program. Praise and positive reinforcement are used as effective methods of behaviour management. Children who do not respond to these methods or who are disruptive to others or destructive to property will be dealt with in a professional, positive, and timely manner to correct the behaviour. The following procedures will be followed for behaviour management. All incident reports will be discussed privately with parents/guardians, and a copy of each report will be kept on file.

1. In the event a child's behaviour is a repeated behaviour and cannot be corrected by the Valens Jiu Jitsu Academy staff with a verbal warning or other form of behaviour modification, a first incident report will be written to document a correct behaviour. A copy of the report will be given to the parent/guardian the same day as the incident.

2. A second incident report will be written if the behaviour is repeated or new behaviour problems occur with the same child. This report will follow the same process as the first, but a one- or two-day suspension may accompany this report, and no refund will be provided for suspended days. A copy of the report will be given to the parent/guardian on the same day as the second incident.

3. A third incident report will be completed using the same process as the first two. The Valens Jiu Jitsu Academy staff will write this report. Staff will provide the said report to the parent/guardian. Incident reports will be discussed privately with a parent/guardian by a Valens Jiu Jitsu Academy staff member. Dismissal from a program may occur at this time.