



# Goulds Recreation

## 2025

Hello and a huge welcome to those interested in our Outdoor Basketball Program! We are excited to be able to offer this program again this summer! Our priority is to provide a safe and fun environment for our participants, while offering quality programming. If you have any questions, do not hesitate to contact us at [gouldsrecinfo@gmail.com](mailto:gouldsrecinfo@gmail.com) or by phone at 709-745-7575. If your questions revolve around a confidential nature, please contact our Recreation Coordinator, Nicole, through email at [gouldsrecreation@gmail.com](mailto:gouldsrecreation@gmail.com) or by phone at 709-745-7504.

### AGES:

Our program is open to children ages 6-9. Our youngest registrants **MUST** be turning 6 in 2025 (finished kindergarten) and our oldest turning or has turned 9 in 2025. Please understand that participants **MUST** be very independent when it comes to going to the washroom, dressing and undressing, applying sunblock and hand washing. Ages will be broken up into specific age categories, U7 (turning 6 or 7 in 2025) and U9 (turning 8 or 9 in 2025). This may change, depending on registration.

### REGISTRATION:

Registration will start 9am, Wednesday, May 7<sup>th</sup>, 2025.

Where to find the link:

- [www.gouldsrecreation.com](http://www.gouldsrecreation.com) and click on **Goulds Rec 2025 Summer Sports & Programs Registration**
- Goulds Recreation Facebook Page will have a current post containing the link as well, on that day.

Please ensure that when you register on-line, you put in the correct contact information. Under the contact information section is where the parent or legal guardian puts their information. Under child registration is where you put the required information on your child. Please note that email under child registration will be the parent/guardian's email again. We are unable to bypass this request. We will not be sending emails to the participants email addresses.

## **TENTATIVE SCHEDULE:**

Program will be 8 weeks, starting July 3<sup>rd</sup> and ending August 21<sup>st</sup>.

U7: Mondays & Thursdays = 11:15-12:15pm

U9: Monday and Thursdays = 1:15-2:15pm.

**\*\*This schedule can change at any point due to several factors, including registration numbers.**

***\*\*There will be no sessions on Canada Day or Regatta Day***

## **COST:**

\$60 (1 child); \$55 each additional child in same family.

Fee must be paid by June 19<sup>th</sup> (two weeks prior to program start time). Fees are preferably paid through e-transfers to [gouldsrecreg@gmail.com](mailto:gouldsrecreg@gmail.com). Refunds will not be issued passed June 19<sup>th</sup>. All refunds for Goulds Rec programs will be subject to a \$15 administration fee. Full refunds will only be issued if Goulds Rec cancels a program/event.

## **PROGRAM ACTIVITIES:**

- Program will be an outdoor program.
- The program will consist of fundamental movements, and skill development in reference to the game of Basketball. Mini basketball scrimmages within the group will be played.
- Participants can bring their own outdoor basketball (MUST be junior size- 27.5). However, Goulds Rec will have basketballs on site.
- Regular handwashing/bathroom routines will be in place as part of the daily routine. We strongly recommend that you encourage your child to use the washroom before coming to the program.

## **DROP-OFF/PICK-UP:**

This is a drop-off program. Parents/Guardians do not need to stay. The drop off will be at Jess' Court. This is the outdoor basketball court next to the Skatepark. Vehicle entrance is just past the Goulds Fire Station (on same side). Participants cannot be dropped off prior to session start time and must be picked up by the pick-up time, no later. We also ask that you stay with your child off of the court until drop-off time. A counselor will come to the gate to sign your child in. We ask at pick-up to remain off of the court. The counselors will bring your child to the gate for pick-up. If you decide to stay for the duration of the program, please do not come on to the court. Only participants and counselors are permitted on the court during the program. This is a safety protocol.

## WHAT TO BRING

- A labelled bottle of HAND SANITIZER (at least 60% alcohol based).
- Suitable clothing for the sport. This includes sneakers that can be tied snugly, and proper “gym” clothes to easily move around in.
- Sunblock (minimum 30+) (please put sunblock on child before coming to the program)
- Labelled hat (hat can be worn for some activities and will be needed on hot, sunny days)
- Water in a labelled water bottle
- Ensure all personal items are marked with your child’s name

## SAFETY MEASURES:

- Participant information will be confirmed prior to the first day of the outdoor basketball program through the on-line registration and follow-up through email will be made if needed. If there are any medical concerns or issues that counselors need to be aware of, please contact us prior to the start of the program.
- For the safety of participants, Goulds Recreation, as advised by the Royal Newfoundland Constabulary, will follow specific procedures should a parent/guardian arrive on site appearing to be under the influence of alcohol or other drugs. Counselor will immediately contact their supervisor, as well as the RNC.
- All counselors are trained in the High Five Principles of Healthy Child Development ([www.highfive.org](http://www.highfive.org)), policies and procedures, supervision, safety/cleaning protocols and first aid.
- Our Association will stay up to date on recommendations/measures from Public Health in regards to the operation of our Outdoor Basketball Program.
- Parents are encouraged to stay up to date on recommendations/measures from Public Health.
- it is recommended that those considered vulnerable to the effects of COVID-19 or other respiratory illnesses or who have family members considered vulnerable to use discretion in availing of our programs.
- Children should be fully trained; able to independently wash their hands. Children who require assistance with personal care may be accompanied to the program by an independently hired respite worker/caregiver.
- Counselor to child ratio will be a max of 1 counselor to 10 participants, however, we strive to do better than that for this program.
- Counselors will model and support children in good hygiene efforts such as handwashing, covering a cough and use of tissues or crease of elbow for coughing and sneezing.
- Equipment will be cleaned in accordance with public health recommendations.
- Should your child need to go to the washroom while engaged in the program, they will be taken to the public washrooms by the courts (counselor will walk them to and from). The maintenance/cleaning/sanitizing of these washrooms is carried out by the City of

St.John's, following their cleaning/sanitizing protocols. We recommend that your child use the washroom at home prior to arrival to the program.

### **UNEXPECTED CANCELLATIONS:**

If a session has to be cancelled due to weather, a cancellation notice will be made on our Facebook page at least 1 hour prior to start time. Please understand that the weather can change with little notice. While we do our best to give 1 hour notice, lesser may be required should there be a change in weather.

Refunds will not be issued for cancellations and we cannot guarantee that make up sessions will take place.

### **MANAGING ILLNESS:**

Children MUST stay home if they feel sick (fever, sore throat, cold symptoms, headache, diarrhea, vomiting, etc).

- Parents/Guardians must ensure that you list your child's underlying health conditions and/or symptoms due to allergies
- If a child displays symptoms of concern during the program the following will be adhered to:
  - Contact guardian immediately
  - Seek support from a second counselor/staff member
  - The child will be isolated
  - Good handwashing for child and counselor/staff
  - Both the counselor/staff and child will wear mask and gloves and guardian will immediately come to the site to pick up their child
  - Materials used by the child will be removed and area will be sanitized according to sanitization guidelines
- Counselor/Staff who present with symptoms will be removed and follow the most up-to-date recommendations/guidelines by Public Health

### **MEDICATIONS/ALLERGY/ BEHAVIOURAL/DISABILITIES/NEURODIVERSE INFORMATION:**

Please do not bring nuts or nut products, fish products, kiwi or avocado on site. We are also scent aware.

It is very important that you disclose to use information on your child in regards to medical, allergies, behavioural, disabilities, neurodiversity, etc. Your information is kept confidential! We do our best to provide an inclusive environment for all participants. With this disclosure, we are able to take the necessary steps to ensure your child and all children in the program have the best experience. We want to work with you and your child. The key is OPEN COMMUNICATION.

## **COUNSELOR/STAFF CONTACT INFORMATION:**

If you have any questions or concerns on our outdoor basketball program, please email [gouldsrecinfo@gmail.com](mailto:gouldsrecinfo@gmail.com) or call 709-745-7575 (please leave voicemail). If your questions or concerns are of a confidential matter, please email Recreation Coordinator, Nicole at [gouldsrecreation@gmail.com](mailto:gouldsrecreation@gmail.com) or call her direct line at 709-745-7504 (please leave voicemail).

***We kindly ask that you refrain from contacting our staff through their personal phone numbers and/or social media accounts.***

***\*\*This Outdoor Basketball Package may be updated at any time***

***Please review following behavioural guidelines.***



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## **BEHAVIOURAL GUIDELINES**

***Goulds Recreation Association is committed to providing quality programs that promote positive social, cognitive, physical and emotional development. Based on this, we want to ensure that there is a mutual understanding of what is acceptable behaviour and unacceptable behaviour. Our staff will take every reasonable effort to ensure meaningful participation. Please read our guidelines for acceptable and unacceptable behaviours.***

**ACCEPTABLE BEHAVIOURS:** Goulds Recreation counselors/staff, patrons, participants and guardians are expected to exhibit the following behaviour while participating in programs and services:

- respect
- kindness
- safety
- honesty
- responsibility
- healthy choices

**UNACCEPTABLE BEHAVIOR:** behaviour with the intent to harm others, property or which would otherwise negatively impact program quality is unacceptable and will not be tolerated. The group will review daily behaviour expectations in the form of “Promises”. Counselors will use discretion to take appropriate action if unacceptable behaviour occurs. Our general process of addressing unacceptable behaviour is as follows:

- Unacceptable behaviour will be discussed with the participant
- Depending on behaviour, parent/guardian of the participant will be notified of the unacceptable behaviour and may be asked to arrange immediate pick-up of the participant.

***First occurrence:*** Lead staff and/or Rec Coordinator will work with the participants and Parent/Guardian (if applicable) to identify solutions to assist the participant in displaying expected behaviours in the future.

***Second occurrence:*** The participant may be re-introduced to the program following a meeting, with parents/guardians (if applicable) to establish an individualized plan to prevent further unacceptable behaviour and encourage positive behaviour

***Third occurrence:*** The participant may be removed from the program on a part-time or full-time basis.

**If Goulds Recreation is unable to ensure the safety and well-being of patrons, participants, other, the security of property or program quality, we reserve the right to remove the patron/participant displaying unacceptable behaviour from the program or area.**