



Goulds Recreation

2025

Hello and a huge welcome to those interested in our Summer Kids On the Move Program! We are excited to offer this program again this summer! Our priority will always be to provide a safe and fun environment for our participants, while offering quality programming. This program is based off of the Fundamental Movement Framework for children ages 2 to 5. If you have any questions, do not hesitate to contact us at 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 or by phone at 709-745-7504.

AGES:

Our program is open to children ages 2-5. Our youngest registrants **MUST** be turning 2 in 2025. ***This is not a drop-off program! 1 Parent/Guardian (18+) must stay on site with the participant and assist with their child.*

REGISTRATION:

Registration will start 9am, Wednesday, May 7th, 2025.

Where to find the link:

- www.gouldsrecreation.com and click on **Goulds Rec 2025 Summer Sports & Programs Registration**
- Goulds Recreation Facebook Page will have a current post containing 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. Under Additional Contact, this is where you place the name of another adult who we can contact, should we not be able to get in touch with the main contact.

TENTATIVE SCHEDULE:

Program will be 8 weeks, starting July 2nd and ending August 22nd. There will be 2 opportunities per week for families to take part in this program (you can attend both if you like). The Location of the program will be dependant on the activities planned (Either our tennis courts, basketball courts, soccer field or softball field). This may change, depending on availability of sites and registration numbers.

Please note, the schedule can also change at any point due to registration numbers and other factors that may be out of our control. There will not be make up sessions due to poor weather.

Ages 2-5: (turning 2 in 2025 to turning 5 in 2025)

Tuesdays 1:30-2:30pm (no session on July 1st)

Thursdays 5:45-6:45pm

Location schedule will be announced once registration has been completed.

COST:

\$50/family

- this covers both day time and evening session. You can come to 1 or both
- this also covers all children in your family within the program age guidelines

Fee must be paid by June 19th (two weeks prior to program start time). Fees are preferably paid through e-transfer to gouldsrecreg@gmail.com. Please ensure you place your child's name and ON THE MOVE in the message section of the transfer. Refunds will not be issued passed June 19th. 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.

ON THE MOVE ACTIVITIES:

This program is based on an Active Start concept and includes Fundamental Movement Skills. These skills are the building blocks of movements. "When children have the opportunity to learn a wide range of physical skills, they acquire the basic building blocks to give them the competence, confidence and motivation to try many different physical activities and sports. We call this physical literacy" (NCCP Fundamental Movement Skills: Coach Workbook).

This program is intended for toddler and preschool children. Through a variety of activities and games, they will develop fundamental movement skills. Age-appropriate equipment will be used and they will engage in activities that will help them work on skills such as coordination and balance. We will introduce them to warm-up and cool-down routines. We will incorporate crawling, walking, running, skipping, jumping, kicking, throwing and catching. All of these skills will help your child build confidence to play sports, such as basketball, softball, tennis, soccer, gymnastics and dance for example.

At our sessions, we will also incorporate an introduction to these specific sports. This will be a basic introduction, as at the toddler and preschool age, the key is to build on their fundamental movements first.

- Each session will begin with a warm-up, followed by an obstacle course, introductory activities on the sport that day and concluding with a cool-down.
- This program is meant to be fun and engaging. ***Parent/guardian assistance is necessary for this program to run.*** Involved is simply assisting your child with the activities, such as moving through the obstacle course. However, a child can have only 1 adult to assist them. Any other adults in attendance must remain on the sidelines.
- With parents/guardians on site, the responsibility of your child is in your hands. It will be up to the parent/guardian to supervise their child and ensure the child stays in the program area. Parent/guardian will be required to address any behavioural concerns that may arise involving their child.
- This is not a play group. It is a structured program in a play setting.
- 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 and after the program. Parent/guardian will be responsible for any hygiene matters and bathroom matters relating to their child.

DROP-OFF/PICK-UP:

Drop-off is NOT an option for this program under any circumstances. ***Parents/guardians need to help their child with the activities, this is a low staffed program, staff are there to lead the program not to assist children.***

WHAT TO BRING:

- HAND SANITIZER (at least 60% alcohol based).
- Suitable clothing for the sessions. This includes closed toed sneakers that can be tied snugly, and proper “gym” clothes to easily move around in.
- We recommend you put sunblock 30+ on your child before coming to the program.
- Labelled hat
- Water in a labelled water bottle
- Ensure all personal items are marked with yours or your child’s name
- There may be no benches/bleachers at the different locations. You may want to bring a blanket or fold up chair for anyone that may need to sit down during the hour program.

SAFETY MEASURES:

- Participant information will be confirmed prior to the first day of the 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 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), 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 this 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.
- All staff, volunteers and adults will be expected to 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 you or your child need to go to the washroom while engaged in the program, the public washrooms by the soccer pitch, softball fields and basketball courts will be opened. The maintenance/cleaning/sanitizing of these washrooms is carried out by the City of St. John's, following their cleaning/sanitizing protocols. If the program is taking place on the tennis courts or in the Rec Centre, there will be access to the Rec Centre washrooms. The maintenance/cleaning/sanitizing of these washrooms is carried out by the staff at Goulds Recreation, following our cleaning/sanitizing protocols.

UNEXPECTED CANCELLATIONS:

In the event that we are closed unexpectedly due to poor weather, or other unexpected reasoning, the program session that day will be cancelled. Refunds will not be issued for unexpected closures. Our Facebook page: Goulds Recreation Association will be updated to provide you with the information. The weather in Newfoundland can change quickly. Please understand that while we try our best to give as much notice as possible for cancellation, this may not always occur. For the safety of all participants and staff, we have the right to cancel a session with little notice, due to unforeseen circumstances.

For this program, make-up sessions will not take place. This is due to staff availability and facility availability.

MANAGING ILLNESS:

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

- Parents/Guardians must ensure that you list yours or your child's underlying health conditions and/or symptoms due to allergies

- If a participant (adult or child) displays symptoms of concern during the program we kindly ask that you leave the premises. Materials used by you or your child will be removed and will be sanitized according to sanitization guidelines

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 On the Move program, please email 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 or call her direct line at 709-745-7504 (please leave voicemail).

We kindly ask that you respect our staff and that you do not send them private messages on their personal accounts.

*****This Kids On the Move Package may be updated at any time***

Please review following behavioural guidelines.



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509 Main Road, Goulds
Ph: 709-745-7575
Email: gouldsrecinfo@gmail.com

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.