



# Goulds Recreation

## 2025

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Hello and a huge welcome to those interested in our Kids at Play Program! We are excited to be able 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. 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 6-10 (turning 6, 7, 8, 9, or 10 in 2025). Please understand that participants **MUST** be very independent when it comes to going to the washroom, dressing and undressing, eating, applying sunblock and hand washing.

### 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 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.

### WAITLISTS:

Through our on-line registration, you can place your child's name on our Kids at Play wait list, should you not be able to confirm a spot. If there is enough interest in the program, we may be able to offer another group. If we create an additional group, an email will be distributed to

everyone on the wait list. Spots will be filled based on returned email, followed by payment made (first come, first serve).

### **TENTATIVE SCHEDULE:**

Program will be 8 weeks, starting July 3<sup>rd</sup> and ending August 21<sup>st</sup>. Session activities will be based off of our Day Camp Program theme weeks. There will be 2 sessions per week, with the exception of week 1 due to the Canada Day Holiday: Tuesdays 9:30am-12:00pm & Thursdays 1-3:30pm

### **COST:**

\$90 (1 child); \$85 each additional child in same family.

Fee must be paid by June 16<sup>th</sup> (two weeks prior to program start time). Fees are preferably paid through e-transfer to [gouldsrecreg@gmail.com](mailto:gouldsrecreg@gmail.com). Please ensure you place your child's name and KIDS AT PLAY in the message section of the transfer. Refunds will not be issued passed the June 16<sup>th</sup> date. 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.

### **KIDS AT PLAY ACTIVITIES:**

- Kids at Play will run out of our Library building (basement section) and outdoors, at various locations in that area – softball fields, mini soccer pitches, playground, basketball courts, and green space. Participants are expected to come prepared for all weather, so please check the weather update prior to program start time.
- The program will consist of fun outdoor play activities, fundamental movement, arts and crafts, science experiments, messy play, sports, hikes (little walks in the area) and so much more.
- Emails will be sent out with a general layout of what will be happening in particular sessions to give you and your child an idea as to what to expect.
- 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. The drop-off and pick-up will be at the basement entrance to the Goulds Library (on the back of the building). Staff will greet you and your child at the door for sign-in and sign-out. We kindly ask that parents refrain from entering the premises and wait outside by the door. Participants cannot be dropped off prior to group start time and must be picked up by the pick-up time, no later.

### **WHAT TO BRING**

- A labelled bottle of HAND SANITIZER (at least 60% alcohol based).
- A visibly labelled (on the outside) back pack

- Suitable clothing for weather (ie. Rain gear, change of clothes, warm clothes)
- Sneakers or closed toed/strapped sandals (No flip flops)
- Sunblock (minimum 30+) (please put sunblock on child before coming to the program). Participants will reapply Sunblock if necessary. Please label sunblock with child's name.
- Children must be able to apply their own sunblock. Therefore, we recommend they wear clothes that makes this easier. For example, short sleeve shirts, rather than tank tops.
- Labelled hat
- A labelled lunch bag with a snack
- Water in a labelled water bottle
- Toys, or electronic devices are not permitted at the program
- Ensure all personal items are marked with your child's name

## **SAFETY MEASURES**

- Participant information will be confirmed prior to the first day of kids at play 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 Kids at Play 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 and feed themselves. 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. We have a max of 16 participants per group and we will always have a minimum of 2 counselors at all times with the group.
- 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 outdoor play, they may be taken to the public washrooms by the skatepark (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:**

In the event that we are closed unexpectedly due to poor weather, power outage, etc., the program 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. This program has an indoor location (basement Goulds Library), meaning that there is less likely a possibility of cancellation.

### **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. If your child requires medication, has allergies or any medical condition please contact us. Our staff/volunteers are not permitted to administer medications.

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 kids at play 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 respect our staff and ask that you do not send them private messages on their personal accounts.***

***\*\*This Kids at Play Package may be updated at any time***

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



P.O Box 40, Goulds, NL, A1S 1G3

509 Main Road, Goulds

Ph: 709-745-7575

Email: [gouldsrecinfo@gmail.com](mailto: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.**



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