

Rancho Family YMCA Proven Safety Practices

The Rancho Family YMCA takes seriously the importance of the protection and safety of the children involved in the programs. The YMCA has policies, procedures, and guidelines for staff members and volunteers who work with children. The following is a list of proven safety practices:

1. YMCA staff members and program volunteers do not socialize or have contact with children enrolled in programs outside of the YMCA.
2. YMCA staff members and volunteers immediately report any suspected abuse of children.
3. The YMCA has comprehensive pre-employment screening for staff members and program volunteers, including reference, Fingerprinted, Life scan and history checks.
4. All YMCA staff maintain current certifications on file. Child Watch staff hold First Aid and CPR Certificates.
5. All YMCA staff training includes safety information.
7. YMCA staff constantly count heads and maintain visual contact with children at all times.
8. YMCA staff never leave children unsupervised.
9. YMCA staff always remain aware of intruders, hazardous situations or areas and unsafe practices.
10. YMCA Staff Members are identifiable by a staff badge and/or staff shirt
11. YMCA staff always accompany children to restroom facilities, however staff does not help child use the facilities.
12. If a child switches to another group for any reason, appropriate YMCA staff are informed.
13. YMCA staff are never to be alone with any child in YMCA programs.



Rancho Family YMCA CHILD WATCH

**We look forward to caring for our members' children and appreciate parents' cooperation. If you have any questions or concerns, please feel free to contact
Jesse Pazdernik -
Sports Director
(858) 484-8788 ext. 301**

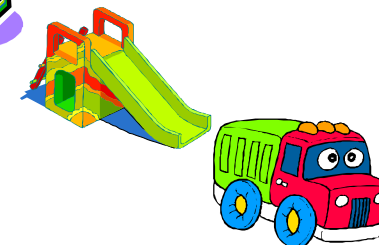


Rancho Family YMCA
9410 Fairgrove Lane
San Diego, CA 92129
(858) 484-8788
www.rancho.ymca.org

CHILD WATCH

Rancho Family YMCA

Parent Handbook



RANCHO FAMILY YMCA
IT'S FOR EVERYBODY
We build strong kids, strong families, strong communities.

Child Watch Hours

(Subject to change)

AM

Monday– Friday

8:00am—12:00pm

PM

Monday-Thursday

4:00pm - 8:00pm

Friday

5:15pm - 8:45pm

Saturday (AM only)

8:30am - 12:00pm

Welcome...

To the Rancho Family YMCA Child Watch Program. The purpose of the program is to provide our members with a warm and safe environment where your children, 8 weeks to 11 years, will be cared for while you enjoy the use of our Facility.

Privileges

Members receive two hours of free Child Watch services per day, per child on a drop-in basis while you are at the Rancho Family YMCA facility. Time may not be saved and used at another time. The babysitting applies ONLY to the member's child. Child Watch is only available for use while parents are INSIDE the Rancho Family YMCA. Please do not leave the premises. The Child must be a member of the YMCA

Signing In and Out

Parents are asked to give the Child Watch Staff their membership card and child's name upon arrival, and to inform the staff of any concerns regarding their child (including allergies and any special needs). Staff must sign the child in and out.

You will also be asked to show your membership card when you pick up your child.

If the child will be going home with another adult, a written note must be provided by the parent when dropping off the child. When someone other than the parent will be picking up the child, the authorized person must present photo identification. Before exiting Child Watch, parents must indicate their intended location on the sign in sheet.

Ratios

Child Watch is pleased to post the following staff: child ratios -

- *Infants (8 weeks to 18 months)* 1:3
- *Toddlers (18 months to 3 years)* 1:8
- *3 and up* 1:12

If Child Watch has reached capacity at any given time, you may be asked to wait to drop off your child. We appreciate your patience in advance.

Injuries

Our staff will make every effort to ensure the safety of every child. However, minor accidents may occur. We realize that parents want to be aware of any injuries. The staff member in charge will inform parents of any necessary information upon pick-up. If an emergency should occur, the staff will notify the parent immediately.

Activities

Monthly calendars are posted with our schedule of age-appropriate arts, crafts, and Character Development activities. These daily activities emphasize the core values of Caring, Honesty, Respect and Responsibility. Please be sure to pick up your child's artwork at pick-up time.

Food/Drink/Snack Time

Children should be fed prior to being dropped off at Child Watch. Drinks (juice, milk, & water) will be allowed if in spill-proof containers that are clearly labeled with the child's name. **Please DO NOT bring outside food into Child Watch.** Age appropriate finger foods are provided daily, at 10:00 am & 5:00 pm. Due to allergies, and for the safety of all, foods containing peanuts and/or tree nuts are never served as snack. Snack will only be given at the above times.

Illnesses

We try very hard to prevent the spread of illness and germs in Child Watch. We ask for your cooperation in keeping our program healthy for all children. Please do not bring a child into the program with the following symptoms:

- Fever within the last 24 hours
- Sore throat
- Rashes
- Nasal discharge (green in color)
- Vomiting
- Severe sniffles
- Constant cough
- Wheezing
- Abdominal pains
- Diarrhea
- Redness and/or discharge of eye (pink eye)

If your child is too sick to go to school or daycare then they are too sick for Child Watch. If a child has been placed on an antibiotic, they should not be brought into Child Watch until they have been on medication at least 24 hours. Please inform the staff of any special health problems your child may have. In the event your child still appears ill, you will be asked to take the child home for an extra day of healing before returning to the program.

Clothing

Children must be fully dressed in clothing suitable for a climate controlled indoor environment and walking children must wear shoes at all times.

Diapers

Please be sure your child has been changed or taken to the restroom prior to visiting Child Watch. Should a soiled diaper occur, you will be called and asked to change your child. Due to Health Department standards, staff are not permitted to change diapers.

Donations & Toys

We will gladly accept donations of snacks (peanut & tree nut free), small paper cups, cleaning wipes, Lysol, hand sanitizer, tissue, or toys for group use. To eliminate quarreling and disappointed children, please do not bring toys or electronic devices such as Game Boys etc. from home that cannot be left behind or shared with the other children. We are not responsible for lost or stolen items.

Outside Play Time

Weather permitting, children will be taken outside to the play area. If a Child Watch staff member is outside upon arrival, please take children inside Child Watch to sign them in, unless all staff are outside. The outside gate is alarmed; please allow staff assist you. Weather permitting, we try to go outside every day. Fresh air is great for the spirit, mind and body!

Time Limit

For the well-being of children, the recommended length of stay in Child Watch is one to two hours per day, depending on the age and personality of the child. You know your child best! We ask that you schedule your child in Child Watch for the appropriate amount of time necessary for your program/workout and locker room time, but that you please drop off or pick up your child promptly at the time scheduled. This is an important factor in reducing schedule overlap, overcrowding, and excessive stress on children. Please also note that we do not accept children within 30 minutes of closing time.