

# Fit Kids Parent and Child Agreement and Emergency Information

Child's Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Grade in School: \_\_\_\_\_

Home Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_ Allergies/Special Concerns: \_\_\_\_\_

Anything else we should know about your child? \_\_\_\_\_

## Parent/Guardian Information

Parent's Name: \_\_\_\_\_

Phone #: \_\_\_\_\_ Work/Cell #: \_\_\_\_\_ Email: \_\_\_\_\_

## Emergency Contacts/Child Release Authorization *(Including one out of state telephone #)*

The Berkeley YMCA has my unrestricted permission to release the named minor at any time, to the following individuals, and to contact them in case of an emergency if the parents/guardians are unavailable. Include the person's name, phone number, and relationship to child.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

## Parent Contract:

I am the parent or legal guardian of \_\_\_\_\_. I understand that it is my responsibility to:

- Always sign my child(ren) in and out at the Fit Kids location.
- Always leave my YMCA ID card with the Fit Kids staff so that they can identify me if necessary. Middle school members must leave their own card when signing themselves into Fit Kids.
- Always return within the two hour time limit. Middle school members must also adhere to the two hour time limit.
- Always return before the scheduled closing time.
- Always remain in the YMCA facility and inform staff if I change your location in the building.
- Work with the YMCA staff to solve any discipline or behavioral issues that may arise.
- Communicate any concerns or questions that you may have with the program.

Middle School sign-out options: *Participants in 5<sup>th</sup> grade or younger cannot sign themselves out.*

- I give my Middle School child permission to sign themselves in and out from Fit Kids. I understand that the Downtown Berkeley YMCA is responsible for my child after he/she signs himself in, and is not responsible for my child after he/she signs themselves out.

I have read and understand the guidelines for using the YMCA Fit Kids program and I agree to comply with the Fit Kids policies.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Child Contract:

I am a child using the Fit Kids program. I understand that it is my responsibility to:

- Be aware of the YMCA character values: Caring, Honesty, Respect, and Responsibility.
- Always treat staff and other children and adults in a respectful manner.
- Always use appropriate language that is not offensive to others.
- Always treat YMCA materials and equipment in a gentle and respectful manner.
- Use "I" messages to avoid conflicts with others. For example, "I feel angry that you are not sharing that toy with me, and I want you to give me a turn."
- Let the staff know when I am not having a good time or when I need help.
- Stay within eyesight of a Fit Kids staff unless given permission to go to a bathroom or locker room with a buddy.

Child Signature: \_\_\_\_\_ Date: \_\_\_\_\_