

# little STARS playschool

## Parent Handbook 2024-2025

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## nZone Welcomes You!

**Welcome to Little Stars Playschool at The nZone!** The nZone is your community hub: Driven by FAITH; connecting people through FITNESS, FAMILY, and FUN!

**The nZone** is committed to providing safe, fun opportunities to develop your mind, body, and spirit. Students can partake in a variety of educational experiences that help them reach their fullest potential and parents get time to focus on their to-do-list and their own fitness. All this and more in a family-friendly environment where they will continue to cultivate character traits beneficial to a competitive spirit and the community at large.

We anticipate a great school year filled with learning, fun and games, and growth for our campers. We are thrilled to partner with your family to provide a fun-filled year of growth!

### Values

*Safety: We guarantee the safety of children by ensuring a safe place for them to play*

*Fun: We value relationships and the opportunity to make others laugh through sharing our lives with them*

*Excellence: We strive to provide the best customer service possible*

Within this handbook you will find everything you need to prepare for the upcoming school year including necessary forms and documents. Should you have any questions, concerns or comments, please contact us at [YouthPrograms@thenzone.com](mailto:YouthPrograms@thenzone.com).



### New Life Christian Church

The nZone is a non-profit ministry of New Life Christian Church. Our mission is to help people discover God and experience the love of Christ daily.



## What Does *Little Stars* Look Like?

### *Program Overview*

Every morning, Little Stars are checked-in before they head to their classroom to meet their teachers and the other students. While we wait for everyone to arrive, students follow a morning routine that gets them taking ownership of their things and practicing their growing independence. Once they have finished their morning routine, they can select from 2 pre-determined morning activities.



Once everyone has arrived and settled in, we join for a morning meeting where we sing a welcome song, review the rules and **behavior expectations** for class and play a game to introduce the daily focus. Our days consist of a variety of short activities including art, science, sensory play, music & movement, story time, and more. All activities are designed so your Little Stars have so much that they won't even realize they are learning. Our potty-trained Little Stars have access to a child-sized restroom in the classroom that they can access whenever they need, but bathroom breaks are encouraged for everyone after snack and lunch. Snacks are provided by the program and often themed or interactive. Though much of our day is inside, we will be heading outside at least once a day for recess or planned outdoor activities. **Please ensure that your child has weather appropriate gear daily.**

### **Dates to Note:**

**September 2nd (M):** NO SCHOOL - Closed for Labor Day

**September 3rd (T):** First day of school

**November 28th/29th (Th/F):** NO SCHOOL - Closed for Thanksgiving Break

**December 24th- January 1st (T-W):** NO CLASS- Closed for Winter Break

**May 26th (M):** NO SCHOOL - Closed for Memorial Day

**June 6th (F):** LAST DAY - Graduation Ceremony (no aftercare)

**June 9th-13th (M-F):** CLOSED FOR SUMMER BREAK

**June 16th (M):** Summer Camp Begins

### **General Day Information:**

Hours: 9AM-1PM

Check-In Begins: 8:45AM

Ages: 2-5 yrs

Extended Care: (Additional costs)

Before care available starting at 8am (requires advanced registration)

Aftercare available until 4pm

Food/Snacks:

Morning (10:30) & Afternoon (2:30pm) Snack is provided daily by Little Stars

Lunch (12:15pm) is **\*Parent Provided\*** (either packed or from our in house cafe)

### **How many teachers will be in each classroom?**

Each classroom will have a minimum of two teachers at all times. The day will be split up between teacher-led and student-led activities. During student-led activities, teachers will move around the room modeling cooperative play and gently correcting/redirecting disruptive behavior. Teachers oversee snack and lunch time to ensure students' safety. Our teachers keep students engaged through enthusiasm & direct interaction, and encourage participation in all activities.

### **Will my child nap during aftercare?**

While nap time is optional and up to parent discretion, all full-day campers lay down for a 30-minute quiet time. **Non-nappers** will grab comfy pillows and lay down for an educational PBS show in the Rising Stars room. **Nappers** (recommended for all rising stars) will lay down on nap mats in the Rising Stars room with soothing music and a night sky display. Nappers are allowed to remain asleep for up to 2 hours.

*\*\*If your Little Star will be napping, please send a fitted crib sheet, a light blanket, and a stuffie/lovey (optional).*

### **Potty Training & Diapers**

Little Stars does not require our students to be potty trained. Please note the level of assistance needed on their information sheet. ***If using pull-ups/diapers please include 3-5 diapers/pull-ups and a pack of wipes in your child's bag daily or provide a pack to keep in the classroom.*** Child sized restrooms are always available, but we will encourage the restroom after snack and lunch or whenever a student is displaying signs of needing to go. **Note:** We WILL NOT offer the restroom to a child wearing traditional diapers - please send all potty-training Little Stars in a pull-up or training underwear.

## What Should I Expect?

### *Arrival and Departure Security Protocol*

#### **nZone Arrival**

***Parents are expected to sign-in and sign-out their children at drop-off and pick-up.***

Once a child is signed in, they receive a **blue** wristband with their name written on it. Children with allergies will receive a **red** wristband with their name and their allergy written on it. Parents are given the bottom tag of the wristband where one will find corresponding numbers for pick up. ***We suggest taking a photo of your pick-up tag immediately for ease of pick-up.*** Late arrivals must also follow these procedures before joining activities. If you are arriving after 9:10am, please stop at the front desk and they will request that a teacher come pick up your Little Star. **DO NOT** walk your child directly to the classroom.

#### **Parent Pick Up**

***Responsible student release to a parent includes:***

Confirming the wristband tag of the adult picking up matches the wristband of the child (A photo of the tag qualifies as verification for pick-up purposes). In the event the adult does **NOT** have the wristband number, the supervisor or director will pull up the child's account. If the person picking up has an ID that matches the primary parent/guardian on file or is noted as an additional authorized guardian, they are approved for pick-up. If the person picking up is **NOT** the primary parent/guardian or an authorized guardian as noted on the account, the Supervisor or Director will call the primary parent/guardian and confirm that the on-site adult has permission to check out their child. You may update your "Authorized Guardian" list at our front desk.

#### **Late Pick-Ups**

Parents are expected to pick up their children no later than 1pm. After care until 4pm is available for registration in advance by 12PM of the registered day. Persons picking up their child after the designated pick-up time will automatically be assessed a \$15 late pick-up fee.

#### **What about Absences?**

**Please call The nZone (703-266-0118) by 9AM** if your child will not attend the program for any reason, especially due to illness. Daily attendance is taken, and we do need to know if your child will be absent. ***No refunds are given for absenteeism.***



## Separation Anxiety:

### ...What if my child is having trouble saying goodbye?



It is 100% normal, for both students and parents to have some anxiety about parting ways for class, especially for our Little Stars who have never been in school or daycare before.

### Here are some tips and tricks to help drop-off go smoothly!

#### ★ PRACTICE

- Practice your morning routine on a non-class day. You can even drive by and wave “Hi” to the nZone!
- Look at pictures on our website or even schedule a tour.

#### ★ PREPARE

- Pick out a favorite outfit the night before
- Have your Little Star help pack their lunch to build excitement

#### ★ BE POSITIVE

- Our little ones feed off of our emotions so stay calm and take deep breaths
- Be careful not to let them hear you say things like “He’s going to cry all day” or “I know she’s really nervous” instead try “It’s ok to be nervous when you try something new, but you are going to have so much fun!”
- Remind them that separation is only temporary. “I can’t wait to hear about all the fun things you did when you get home”

#### ★ SAY GOODBYE CONFIDENTLY

- Make sure to say goodbye. A wave, hug, kiss on the head, etc. to signal it’s time to go and then “See you soon” or “See you after camp” to remind them you are coming back
- Whatever you do, walk away confidently, do not turn around or come back to check on them, because they will sense your unease and in turn feel uneasy too. - We will let you know if we need your help.

#### ★ SEND A PIECE OF HOME

- A picture of your family or an I love you note that they can keep in their pocket is a great way to bring them comfort and calm their nerves

(NOTE: We DO NOT allow toys from home at school)

## What if my Child is Sick?

### *... becomes sick or needs prescribed medications*

- Parents must complete, sign, and submit a current Medication form for the safety and health of their child. Health information is confidential and only for use by nZone staff.
- We inform parents of health-related situations. Incidents including but not limited to an injury to the head, face, neck, or back (or anything else that is at all serious) requires a call to the parent.
- Should a child need hospital transport and the parents have not arrived at the facility, our Director accompanies the child.
- Our team does not respond to medical questions from parents or others. Instead, we encourage parents to seek proper medical examination by a professional.



## What about Emergencies?

### *Our plan Injury or Acute Illness*

In the event of an emergency involving an injury or acute illness, the Director must follow these procedures:

- Call 911.
- Notify the parent(s) or the emergency contact
- Isolate the scene to prevent further injury.
- The Director will accompany the child to the hospital and stay until the parent arrives
- Prepare a written report immediately.



## Behavioral Expectations?

***Treat others as you would like to be treated.*** We encourage the golden rule at nZone. Our campers are expected to follow our 5 classroom rules to ensure a safe and enjoyable experience for everyone. These rules are reviewed daily during our Morning Meeting.

We use the same terminology throughout the day when we correct or redirect inappropriate behavior so that it is easy for our Little Stars to connect their actions with the rules. For example: if a child is running, we would say “Be Safe, use your walking feet”.

### Little Stars Playschool Rules

- ★ **Use Kind Words** - speak respectfully to your leaders and your classmates
- ★ **Use Listening Ears** - pay attention when your teachers and classmates are talking to you
- ★ **Use Gentle Hands** -take care of fellow campers and our toys. Keep your hands to yourself.
- ★ **Be Safe**- use walking feet indoors, stay together in your group, use toys and furniture appropriately
- ★ **Have Fun**

## How is Behavior Managed?

Behavior that is disruptive, unsafe, or is unacceptable to staff, will be handled with the following measures

- Correct or Redirect the behavior using key words from class rules
- If the inappropriate behavior continues, we follow standard behavior management techniques using Conscious Discipline.
- When redirecting behavior, verbal or physical abuse is NEVER tolerated.
- The Director or Supervisor immediately begins written documentation of the behavior and incidents.
- If the Director deems the behavior sufficiently disruptive, she will contact the parent/guardian.
  - Repeated behavior concerns may result in being sent home from the program.





## What about Security and Safety?

The security and safety of your child is our chief concern. The following safety standards and practices are paramount in maintaining a safe environment and program. nZone Managers are First Aid/ CPR Certified.

- We teach students to identify uniformed Team Members so they know who to go to when they need assistance.
- We are aware of the skills and general physical conditions of campers at all times during their participation in an activity.
- We know which students have allergies and have provided an epi-pen. We stay alert to changes in behavior and other indications of allergic reaction and know where the epi-pens are located and how to use them.
- We know which campers have special needs and remain vigilant of any behavior changes.
- We are aware of the dangers of over-exposure to the sun. We recommend parents apply sunscreen/bug spray prior to arrival daily, and provide a waiver for a Team Member to apply these to their child if needed.
- We use safety consciousness when setting up and conducting activities, constantly staying alert to potential hazards related to the facility and equipment. Before conducting an activity, we explain the rules and proper procedures for using the equipment. We stop the activity if students are not complying with the rules, making the activity unsafe.
- We ensure students use the equipment only as intended.
- Students should never be without a Teacher or Supervisor. Any time a student needs to leave their group's area they must have supervision.
- Leaders do not lock or completely close the restroom door when assisting students and always change diapers in plain sight of a second leader.
- Unauthorized person(s) (including parents) are not permitted in areas with students during program hours and will be asked to leave.
  - Visitors are not allowed due to our current safety protocols.  
When parents/guardians wish to visit, they must first check in with the Director.

## What's the Cancellation Policy?

- nZone refunds 80% on all unused weeks with a minimum of 1 week's notice when a family's enrollment plan changes independent of nZone program operations.
- nZone refunds 90% on all unused weeks should county or state mandates require business closures. This does not pertain to inclement weather closures.
- nZone refunds 100% should we close or cancel the program; *this does not include a family's choice to discontinue enrollment.*
- No refunds within 7 days of the registration date.

## What if my Schedule Changes?

With one week's notice, nZone will transfer your child's registration to another session of your choosing for a \$25 transfer fee.

## REFUNDS/TRANSFERS

There are no refunds for missed days due to changed work or vacation schedules, sick days or other non-emergency reasons. Refunds and transfers must be requested at least seven (7) days prior to the registration date for which the refund/transfer is being requested and therefore subjected to our cancellation/transfer policy (Please review "Cancellation Policy"). If a medical emergency occurs during camp, a doctor's written verification will be needed within 24 hours for a pro-rated refund.

## Promotional Photos/Videos

Children enrolled in The nZone's Youth Programs camps or activities may be photographed or videotaped during camp by nZone staff, contract partners, or the public media for The nZone promotional purposes. No names or personal information will be released.

## Reporting Child Abuse & Neglect

Under Code of Virginia ([§ 63.2-1509](#)), staff is required to report any suspected abuse, neglect, or exploitation of a child immediately to New Life Ministry, the local department of the county or city wherein the child resides or wherein the abuse or neglect is believed to have occurred or the Department's toll-free child abuse and neglect hotline.

## Valid Credit Card

A valid credit card must be kept on file under your nZone account for the duration of the school year.



## CHECKLISTS

### What Should My Child Wear/ Bring?

Students should arrive in comfortable shoes and appropriate clothing for physical activity as part of their daily routine. As a safety measure, dangling jewelry that could catch on something should not be worn during nZone programming as it could cause injury.

Little Stars does not allow toys from home as they can be a distraction or get lost/broken. Our students have access to a wide variety of toys throughout the day. Please prepare your Little Stars to leave any toys in the car or at the house each day.

#### Send Your Child With:

**\*\* ALL ITEMS SHOULD BE CLEARLY LABELED WITH YOUR CHILD'S NAME\*\***

- Backpack - all items should fit securely in a backpack
- Lunch
- Refillable, spill-resistant water bottle
- Comfortable shoes
- A change of clothes (shirt, pants, socks, underwear) - regardless of potty training status
- 3-5 diapers/pull-ups & a pack of wipes in a Gallon-sized Ziplock bag - clearly labeled (if needed)
- Full Day (nappers only):** a fitted crib sheet, light blanket, & stuffie or lovey (optional)
- Socks, if not already wearing on Moonbounce Day (**Alternating Thursdays & Fridays**)

#### Signed Forms:

- Student Information Form
- Sick Policy
- Emergency Contact & Authorized Pick Up Form
- Sunscreen & Insect Repellent Consent
- Signed Participation waiver (online account creation)
- Enrollment Agreement
- Signed Parent Contract

### What about Lunch?

You can send your child a packed lunch or pre-purchase lunch ahead of time from our in-house cafe, Liaby Cafe (sample menu on the next page). **Please do not send food that needs to be prepared, refrigerated or heated.**

# Liaby Cafe at Nzone

Camper Name:\_\_\_\_\_ Date:\_\_\_\_\_ Program:\_\_\_\_\_

Preorder lunch form - must fill out - tax not included

Meals come with 1 side of vegetables, 1 side of fruit, and one juice box

Choose Meal(s)	Choose Vegetables	Choose Fruits
<input type="checkbox"/> Chicken and cheese quesadilla   \$7.50  <input type="checkbox"/> Chicken fingers   \$7.50  <input type="checkbox"/> Pepperoni or <input type="checkbox"/> cheese pizza   \$7.50  <input type="checkbox"/> Turkey or <input type="checkbox"/> ham and cheese   \$7.00	<input type="checkbox"/> Baked fries  <input type="checkbox"/> Mashed potatoes  <input type="checkbox"/> Small salad (lettuce, cucumber, tomato)	<input type="checkbox"/> Grapes  <input type="checkbox"/> Mandarin  <input type="checkbox"/> Watermelon

## Additional Charges

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Gatorade   \$2.00<br>Qty:___ | <input type="checkbox"/> Water   \$1.00<br>Qty:___       | <input type="checkbox"/> Chocolate milk   \$1.99<br>Qty:___ |
| <input type="checkbox"/> Chips   \$1.00<br>Qty:___    | <input type="checkbox"/> Granola Bar   \$1.00<br>Qty:___ |   |

Credit card number: \_\_\_\_\_ Security code: \_\_\_\_\_ Zip code: \_\_\_\_\_ Expiration date: \_\_\_\_\_

Last name: \_\_\_\_\_ First name: \_\_\_\_\_

Phone number: \_\_\_\_\_

## Student Information Sheet

Student Name \_\_\_\_\_ DOB: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Allergies and Reactions

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Special Needs or Accommodations

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Current Medications and Instructions

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Any Other Pertinent Medical Information

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### Insurance Information

Insurance Company \_\_\_\_\_

Address \_\_\_\_\_

Policy Number \_\_\_\_\_

Policy Holder's Name \_\_\_\_\_

### Bathroom Information:

Diapers     Pull-ups (needs assistance)     Potty Trained ( Circle One: needs assistance / no assistance required)

Notes: \_\_\_\_\_

\_\_\_\_\_ (initial here) I authorize the nZone childcare staff to change or assist my child in changing (if needed) during the time I am away from my child at the nZone Facility. I release nZone Care4Kids from any and all responsibility concerning this matter.

### Nap Information (full-day students only):

Napper     Non-napper

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



## SICK POLICY

We encourage all of our parents to exercise caution when sending their camper to The nZone to ensure a safe and healthy environment for all of our participants.

Your child will be sent home if they are experiencing any of the following symptoms or illnesses or 2 or more symptoms related to COVID-19

<b><u>Symptom or Illness</u></b>	<b><u>Requirement to Return</u></b>
<b>Fever of 100 degrees or higher</b>	Camper can return once they have been fever free for 24 hours without fever reducing medications
<b>Any combination (2 or more) of the following symptoms or positive COVID-19 test result :</b> <ul style="list-style-type: none"> <li>• Fever (100.3 or higher) or Chills</li> <li>• Cough, shortness of breath, or difficulty breathing</li> <li>• Fatigue or muscle &amp; body aches</li> <li>• New loss of taste or smell</li> <li>• Sore throat</li> <li>• Congestion or runny nose</li> <li>• Nausea or Vomiting</li> <li>• Diarrhea</li> <li>• *Positive COVID-19 test</li> </ul>	<b>*Positive COVID-19 Test;</b> Need: Complete a minimum 5 day quarantine, Completed "Return Attestation Form", AND proof of negative test result to return  <b>*Negative COVID-19 Test;</b> May return once they have been fever free and without vomiting or diarrhea for a minimum of 24 hours.
<b>Diarrhea or Vomiting - 2 or more occurrences within 24 hours</b>	24 hours after last incident of diarrhea or vomiting
<b>Red, itchy eyes, or puffy eyes with discharge - pink eye</b>	Camper may return once discharge has stopped for 24 hours or after treatment with a doctor's note
<b>Strep Throat</b>	48 hours after doctor's visit and antibiotic treatment begins <b>(need note from Dr. to return)</b>
<b>Persistent Cough or Sore Throat</b>	24 hours after symptoms subside
<b>Rash</b>	Rash has been identified by a doctor and determined not to be contagious, or is under treatment and no longer contagious <b>(need note from Dr. to return)</b>
<b>Nasal discharge which is green or dark yellow in color</b>	Nasal discharge has become clear <b>or</b> with a note from a medical professional stating they may return
<b>Other Contagious Diseases including:</b> measles, chicken pox, fifth disease, mumps, scabies, impetigo or head lice	Child has completed the contagious stage of the illness and has been fever free for 24 hours without fever reducing medication <b>(need note from Dr. to return)</b>
<b>COVID-19 Exposure</b>	People exposed to COVID-19 may continue to attend if no symptoms are present, but must wear a mask for a 5-day precautionary period. If symptoms develop, a negative COVID test will be required to return.

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



# EMERGENCY CONTACT & AUTHORIZED PICK UP FORM

Please list **AT LEAST 2 local emergency contacts** (this may include yourself)\*\* The nZone is not liable or responsible for damage or injury in the event we are unable to reach any of these additional emergency contacts.

**\*\*All emergency contacts and persons authorized to pick up your child must have an nZone account and be listed as an "Authorized Guardian" under your child's profile. This can be updated by visiting our Front Desk.**

Primary Contact: \_\_\_\_\_

Relationship (to student): \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Circle the best number to reach you: Home / Work / Cell

Email address (mandatory for ALL authorized Guardians): \_\_\_\_\_

**This person is considered an Authorized Guardian for pick-up purposes**    YES    NO

Secondary Contact: \_\_\_\_\_

Relationship: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Circle the best number to reach you: Home / Work / Cell

Email address (mandatory for ALL authorized Guardians): \_\_\_\_\_

**This person is considered an Authorized Guardian for pick-up purposes**    YES    NO

Additional Contact: \_\_\_\_\_

Relationship: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Circle the best number to reach you: Home / Work / Cell

Email address (mandatory for ALL authorized Guardians): \_\_\_\_\_

**This person is considered an Authorized Guardian for pick-up purposes**    YES    NO

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



## SUNSCREEN & INSECT REPELLENT CONSENT

It is recommended that you apply sunscreen and insect repellent prior to arrival at Little Stars however in the event that we go outside unplanned or reapplication is necessary...

**Please select one of the following options below:**

- Please **DO NOT** apply **sunscreen**.
  - Please apply the generic **sunscreen** that Little Stars has provided
- 
- Please **DO NOT** apply **insect repellent**.
  - Please apply the **insect repellent** that Little Stars has provided.

I hereby give permission for the nZone staff to apply sunscreen/insect repellent to my child, \_\_\_\_\_, on exposed skin, including but not limited to the face, tops of ears, nose, bare shoulders, arms, and legs before participating in outdoor activities. I understand that by doing so I release the nZone of the responsibility for any inherent risks associated with the application of, or reaction to, the products.

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



# Little Stars Playschool Enrollment Agreement

## 2024-2025 School Year

I would like to register my child, \_\_\_\_\_, for the Little Stars program beginning in the month of \_\_\_\_\_ (month/year). I would like my child to be registered for \_\_\_\_\_ days a week.

### Monthly Registration Type:

Please select your desired enrollment type and initial all applicable statements.

*In May 2024 all students will be given the option to extend registration through the summer or to prorate the month of June.*

#### Auto-Enrollment

\_\_\_\_\_ I understand that my child will be automatically re-enrolled at the beginning of every month and his/her tuition will be charged to my card on file with the automatic EFT draft on the 3rd of each month.

\_\_\_\_\_ I am aware that should I want to make any changes to or cancel my enrollment, I will need to submit a change or cancellation request via email a minimum of 1 week prior to the start of a new month to ensure space or avoid being charged a cancellation fee.

#### Self-Enrollment

\_\_\_\_\_ I understand that I am accepting responsibility for registering my child each month through Club Automation.

\_\_\_\_\_ I agree to have my registration completed and paid in full prior to the 3rd of each month and I understand that failure to register on-time will result in a \$25 late registration fee.

### Extended Care Pre-registration (OPTIONAL):

\_\_\_\_\_ (initials) I would like to enroll my child monthly in **before care (8-9am)**

\*Please circle the days that you would like to add before care: M T W Th F

\_\_\_\_\_ (initials) I would like to enroll my child monthly in **aftercare (1-4pm)**

\*Please circle the days that you would like to add aftercare: M T W Th F

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date



## PARENT CONTRACT

\_\_\_\_\_ I verify that I have received the Parent Handbook and understand the terms and conditions associated with behavioral expectations, transfer policy, and cancellation policy. *Please initial.*

\_\_\_\_\_ I am responsible for \$25 transfer fee for all registrations moved to another date and/or program with one week's notice. *Please initial.*

\_\_\_\_\_ I am responsible for all registration and program fees within 7 days of the activity. *Please initial.*

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





# After Illness Return Attestation

This attestation can be completed by a parent/guardian or nZone staff member. Completion by a healthcare provider is not required.

Name of student/camper: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Camp/Program name: \_\_\_\_\_

Dates of absence: \_\_\_\_\_

If the person has any ONE of the MAJOR symptoms or any TWO of the MINOR symptoms below, they must be tested for COVID-19 with a PCR* test unless they have prior documentation of another illness from their healthcare provider.	YES	NO
<b>MAJOR SYMPTOMS</b>		
SHORTNESS OF BREATH OR DIFFICULTY BREATHING		
RECENT LOSS OF TASTE OR SMELL		
FEVER OR CHILLS		
COUGH		
<b>MINOR SYMPTOMS</b>		
FATIGUE		
RUNNY NOSE OR STUFFY NOSE		
HEADACHE		
DIARRHEA		
SORE THROAT		
MUSCLE OR BODY ACHES		
NAUSEA OR VOMITING		

\*If the PCR test result is negative, the person can return to the program when they have had no fever for 24 hours without the use of fever-reducing medications and symptoms have improved. If the test result is positive, the person must follow Program isolation/quarantine instructions.

Date symptoms started: \_\_\_\_\_ Date symptoms ended: \_\_\_\_\_

Camper had COVID-19 test during absence?

**I attest:**

No; if no, why not: \_\_\_\_\_

Yes; Date of Test: \_\_\_\_\_ Test result: \_\_\_\_\_

**I attest that the camper/student is ready to return to the program and has:**

- Not had a fever (temperature higher than 100 degrees) in the last 24 hours
- Not taken any medication for fever in the last 24 hours
- Improved symptoms and is returning to usual health

Name of person attesting (parent/guardian/staff): \_\_\_\_\_

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



