LEISURE PROGRAM 2025



BARNSTABLE RECREATION

PARENT HANDBOOK



JOHN GLEASON Recreation Director 141 Bassett Lane, Hyannis, MA 02601 508-790-6345 | F: 508-790-6279 | E: John.gleason@town.barnstable.ma.us



We are so excited you have chosen Barnstable Recreation's Leisure Program for your child/children to spend their summer with us. Our staff is committed to ensuring that your child/children's summer experience is safe, fun, building friendships, and filled with a lifetime of memories.

Whether you are new to the program or a returning participant, we ask that you please take the time to go over this handbook with your child to ensure the best possible summer experience. This handbook provides important information to help you and your child prepare for summer. It includes information about the program, policies and procedures.

If you still have questions after reading through the handbook, please don't hesitate to reach out and contact Mickie Davies at: Barnstable Recreation, 141 Bassett Lane, Hyannis, MA 02601. Phone: (508) 790-6345 X107

Email: michelle.davies@town.barnstable.ma.us

Thank you for choosing Barnstable Summer Leisure program and we look forward to seeing you and your child on the first day of the Program. We hope your child's experience will be as rewarding as ours.

Happy summer,

Leisure Program Staff



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POLICIES AND PROCEDURES

DATES/TIME OF PROGRAM

- June 30 August 15, 2025 (No Program July 4th)
- 8:30 AM 4:30 PM

DROP OFF/PICK UP PROCEDURE:

- Parents, please park and bring your child to the designated drop off spot where they will be signed in/signed out.
- If you need to drop off after 8:30-9:00 AM or pick up before 4:00-4:30 PM (outside of regular hours), please call the site cell phone (numbers are located under IMPORTANT NUM-BERS, located in this book!) and remain in your car as your child will be escorted out to you.
- Please look at your field trip and beach trip schedules to see what times the busses are leaving on outings. We will not accept drop off/pick up off site.

DROP OFF/ PICK UP LOCATIONS:

- BCIS: Park by side entrance nearest the HYCC, enter side door and head to the left to the Cafeteria
- BHS: Park & Enter at the Gymnasium door
- BWB: Enter Main Door go to Cafeteria
- CVE: Enter Main door and go to Cafeteria
- WBCB: Enter front door.

MORNING DROP OFF: 8:30-9:00 AM DROP OFF TIME

• Please park your car and bring your child(ren) to the location specified for each site, where you will sign them in and out with their counselor and exchange information. Usually the cafeteria or gym.

AFTERNOON PICK UP: 4:00-4:30 PICK UP TIME

- Park your car and enter the cafeteria or gym, where a staff person will help you with sign-out.
- All children must be signed out by a parent or legal guardian at the end of the day.
- Only people on your Alternate Pick Up Sheet will be allowed to pick up your child. They will be asked to provide a driver's license. Please email Mickie Davies or tell your Director in the morning if you need to add someone to your Alternate Pick Up Sheet.

LATE PICK UP:

- You will be allowed a 15-minute grace period to pick up your child(ren) due to the large volume of traffic on the Cape in the summer
- Failure to pay the penalty within 48 hours will result in your child not being able to attend the program until the fee is paid.
- You will still be charged a late fee.
- At 4:46 PM penalties will apply. They are as follows:
 - 1st Time: A warning will be given
 - 2nd Time: There will be a \$5.00 late fee for every 15-minute interval that you are late
 - 3rd Time: Fine stated above and suspension from the Summer Leisure Program for one day
 - $\circ~4 \mbox{\tiny th}$ Time: Fine stated above and suspension from the Summer Leisure Program for one week
 - o 5th Time: Fine stated above and suspension from the

Summer Leisure program for the remainder of the

summer.

(Please make sure to look over the late pick up policy form in back of packet)

HEALTH CONCERNS AND MEDICATIONS:

- Aria Robbins is the Leisure Program Nurse, please call her for any medical questions (508-360-8673).
- If your child takes medication the nurse or someone from the office will be calling you for more information.
- You will need to get Doctor's Orders from your pediatrician that allows us to administer medications. Please get these to the HYCC prior to the start of the Leisure Program. Your Dr. may fax Order's to Administer Medication form to 508-790-6279.
- Please make sure you drop off your medications with the Director on the morning of the first day. Please make sure that they are in the original prescription bottles.
- The Nurse will administer prescription medications at the time ordered by the physician.
- The Nurse will don the appropriate PPE for the illness/injury or administration of medication.
- Medications will be returned at the end of the season.

ILLNESS:

- The nurse will implement screenings safely, respectfully and discreetly in accordance with privacy laws.
- We encourage staff and children to stay home if they are sick.
- If someone becomes ill at the program, the Nurse and parents/guardians will be called.
- The ill participant will be escorted to a comfortable room to rest and wait for their ride home.

LEISURE PROGRAM SITE CELL NUMBERS

Here are the cell phone numbers for each Leisure Program site. Please only call these numbers when you have important information you need to share, or you need to drop-off or pick- up your child at an odd time. Do not be alarmed if the Director or Assistant Director does not pick up, they may be busy with the children. However, they will check their phones often and return your call as soon as they get your message. Please limit your calls to regular business hours.

<u>SITE</u>	DIRECTOR	CELL PHONE
BCIS	Jahsent Whilby	508-360-6313
WBCB	Kaylee Arnold	508-360-6634
CVE	Danny Garlington	774-327-9780
BHS	Mateya Donalson	508-367-9731
BWB	Sheamus Walsh	508-364-3298

Michelle Davies (Coordinator) 508-790-6345 X107 Hannah Cuoco (Asst. Coordinator) Ashlynne McNally (Asst. Coordinator) Aria Robbins (Nurse) 508-360-8673

ABOUT OUR PROGRAM

TOWN OF BARNSTABLE MISSION:

Our priorities focus on the mission of our organization and its strategic plan. To protect the Town of Barnstable's quality of life and unique character, engage our citizens, and enact policies that respond to and anticipate the needs of our community.

- Through sound financial management
- Open communication that engage our public
- With an equitable balance of resource allocation to improve the quality of life for our residents, businesses, and visitors

RECREATION STATEMENT:

The Recreation Division is committed to provide a variety of leisure activities to improve the quality of life in our community through exceptional, affordable programs and services.

WORKING WITH CHILDREN WITH SPECIAL NEEDS:

- Children will be identified by their registration forms.
- Parents will be asked to reinforce program rules with their child at home.
- Parents will be notified and asked about concerns and what accommodations will be needed for their child to have a successful summer.
- Adequately trained 1-1 staff will be assigned and the child will be grouped by developmental age with other participants.
- The Nurse will take care of medications, tube feeding and other medical needs.
- Arrangements for any services will be made prior to the start of the program. We encourage services be done late in the afternoon and that the provider be placed on the Alternate Drop off/Pick up list and sign the child out before providing the service. The service provider will then escort the child to the parent at the end of the day.

LUNCH TIME: Menus will be emailed prior to the start of the season.

- Barnstable High School:
 - > Free breakfast & lunch available daily for everyone.
- West Barnstable Community Building:

> Required to bring lunch/snack & beverage from home.

• Barnstable West Barnstable Elementary:

> Free breakfast & lunch available daily for everyone.

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- Centerville Elementary:
 - > Free breakfast & lunch service for everyone.
- Barnstable Community Innovation School:

Free breakfast and lunch service for everyone.

WEEKLY ACTIVITIES:

- Field Trips will occur once a week. A general schedule will be sent to you and a more detailed one given out each Friday afternoon at pickup time. Please wear socks on the days that we are going to the Inflatable Park.
- Beach Trips will take place 2-3X a week at various beaches around Barnstable.
- Arts & Crafts: Projects vary from week to week. There are activities such as painting, tie-dye, and other age appropriate projects depending on the site.
- Field Games: We will play as many games as possible outside in the field. Games will also be played in the gymnasiums.
- Contests and Challenges: We will play a lot of age appropriate trivia games and host contests.
- Certain days will be dedicated "theme days" where the activities align with a fun and exciting theme! Never the same one twice!

WHAT TO BRING:

- A **backpack** to hold all belongings.
- A great attitude, smiles and get ready for fun.
- Sneakers are preferred footwear.
- **Towel, sunscreen**, bathing suits and anything else you need to be out in the sun and for water/beach days.
- Summer **reading book** (especially BHS)
- Snacks (WBCB: lunch and snack)
- Lots to drink and extra water (water will also be available on site).

WHAT NOT TO BRING:

- Toys/Games from home
- Gaming Devices
- Anything else you do not want stolen, missing or broken.
- Phones should be kept in backpacks unless working on a project.

BULLYING VS NATURAL CONFLICT

BULLYING DEFINITIONS

Bullying is unwanted, **aggressive** behavior that involves a real or **perceived power imbalance**. The behavior **is repeated**, or has the potential to be repeated over time.

Bullying is an **ongoing** and deliberate **misuse of power** in relationships through **repeated** verbal, physical and or social behavior that intends to cause physical, social or phycological harm.

Bullying is not...

- Single episodes of social rejection or dislike
- Single episodes acts of nastiness or spite
- Random acts of aggression or intimidation
- Mutual arguments, disagreements or fights
- Conflict rudeness or meanness

CONFLICT DEFINITION

- A disagreement or argument in which both parties express their views
- May cause stress and hurt as relationships are tested or escalate into a disagreement
- Can be uncomfortable, but is usually a means to solving a problem as part of a generally equal relationship
- Completely and totally expected
- Conflict usually ends on its own or through mediation



"Why don't you channel your aggressive energy to something constructive; like football, rugby or macrame?"

DISCIPLINE POLICY:

We promote and expect four basic principles: **Respect, Responsibility, Safety and Kindness.** Barnstable Recreation Leisure Program offers a quality experience for your child. All that is asked in return is that your child follows the rules and code of conduct. Please read the following policies and discuss them with your child(ren).

Minor offenses include the following:

- Name calling
- Not listening
- Refusal to participate in activities

Major offenses include the following:

- Fighting or other physical contact
- Intimidating/bullying
- Offensive Language
- Destruction of school/Leisure Program property

1 st Time:	A Leisure Program staff member will speak to parent/guardian
2 nd Time:	A written warning notice will be sent home
3 rd Time:	Suspension from the Leisure Program for one day

The discipline policy is subject to change based on the severity of the incident

BULLYING POLICY:

Our philosophy affirms that each of our participants has the opportunity to experience a summer where they can explore new friendships, develop life skills and discover new talents free of judgement or negativity.

Barnstable Recreation addresses all bullying incidents seriously. We encourage our staff to promote open communication within their groups, so that participants feel comfortable letting us know if there are any problems at any point during their camp experience.

At the Leisure Program, every child has the right to the best possible experience, and we will act proactively to ensure that none of the children are denied this opportunity. The Leisure Program believes positive behavior comes from a cooperative effort between children, parents and staff. While we make every effort to establish communication with parents before taking any major disciplinary steps, it is important to note that fighting, demonstration of disrespectful behavior, hitting, biting, bullying, harassing and displaying destructive behavior are grounds for immediate suspension and possible dismissal from the Leisure Program.

SENDING A CHILD HOME/ BEHAVIOR:

If we feel a child is deemed to be unsafe at the Leisure Program, we may choose to send a child home. In the case of any aggressive behavior that could harm a staff member or other child, the child will be sent home immediately. Also, if a child is sick or injured, we will call the parent for pick-up. If the parent cannot be reached then the next person on the emergency call list will be called, and so on!

ADDRESSING CONCERNS:

We encourage you to directly communicate with the staff member who is responsible for your child. Feel free to ask specific questions or offer suggestions to the staff member in order to remedy a situation your child may be having at the Leisure Program.

- Discuss your concern with the site Director
- If not satisfied, contact Michelle Davies (508) 790-6345 X107

SUNSCREEN:

We do not apply sunscreen!!! You and your child are responsible for this, but children are told frequently throughout the day to reapply under the eye of a counselor and the help of a buddy. Please try to apply sunscreen at home and spray sunscreen should be labeled with child's name.

BEACHES:

- You will usually find us close to the lifeguard towers at the beach.
- Our staff form a square in the water where all children swim in the middle.
- A square on the beach is defined with cones for towels and sand play and is properly staffed.
- Cones also show the way from the water's edge to the coned in area on the beach.
- Staff are at the water's edge to assist children with their PFDs and to supervise.
- Please send your child in with a swimsuit, towel, hat, sunscreen (preferably spray) and a water bottle.
- Beach trips are usually from 1-3:30 PM

FIELD TRIPS:

- There will be one fieldtrip per week.
- FIVE STAR will transport to our beach or fieldtrip venues.
- Vehicles will be cleaned after the trip has finished.
- A Field Trip and Beach Trip Schedule will be sent to you via email and are located on site <u>www.townofbarnstable.ma.us/recreation</u> as well as in this handbook.
- The schedules are subject to change due to weather, we will try to reschedule any missed trips that we are able to make up.
- Children must wear their Leisure Program T-shirt to all outings. Please remember to pack your child's snacks, water bottle and sunscreen daily. FREE lunch at CVE, BCIS, BWB & BHS

CHRISTIAN'S LAW:

Christian's Law says that every child at a Summer Recreation Program must pass a Level 3 swim test to be able to swim without a personal floatation device (PFD) that is approved by the Coast Guard.

Christian's Law testing dates:

- BWB & CVE, June 30, Kalmus Beach at 9:30-11:30 & 11:45-1:45
- BHS & BCIS July 1, Kalmus Beach at 9:30-11:30 & 11:45-1:45
- BCIS: July 2, Kalmus Beach at 9:30-11:30

If your child is testing first thing in the morning please send them in their bathing suits and pack clothes for after.

If your child does not pass Christian's Law: You may provide them with a Coast Guard approved PFD, or we will have one properly fitted for your child with their name on it.

THIS IS THE LAW AND IS MEANT FOR THE SAFETY OF YOUR CHILD

LEVEL 3 SWIM TEST:

Level 3: Stroke Development

- Bobbing while moving forward safely
- Rotary breathing
- Survival float on front
- Back float
- Change from vertical to horizontal position on front and back.
- Tread water
- Push off in a steamed line position then begin flutter and dolphin kicks on front
- Front crawl
- Elementary backstroke
- Scissor kicks

BHS SAILING PILOT PROGRAM

BHS participants will have the opportunity to be a part of a pilot Sailing Program during their beach time on Veteran's Beach on Tuesday afternoons. If this is something you would like your child to participant in, they will be given a Level 5 swim test during Christian's Law and we will choose 12children by lottery to participate in the program. This is a great opportunity and I'm hoping some of the participants are excited about trying it.

LEVEL 5 SWIM TEST REQUIREMENTS

- Perform a flat stationary scull on the back.
- Perform a feet first sculling action for 5 meters in a flat position on the back.
- Perform a sculling sequence with a partner for 30-45 seconds to include a rotation.
- Tread water for 30 seconds.
- Perform three different shaped jumps into deep water.
- Push and glide and swim 10 meters backstroke (performed to Swim England expected standards).
- Push and glide and swim 10 meters front crawl (performed to Swim England expected standards).
- Push and glide and swim 10 meters breaststroke (performed to Swim England expected standards).
- Push and glide and swim 10 meters butterfly (performed to Swim England expected standards).
- Perform a handstand and hold for a minimum of three seconds.
- Perform a forward somersault.
- Demonstrate an action for getting help.





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Mon	Tue	Wed	Thu	Fri
CIS karnstable Community Innovation 165 Bearses Way Hyannis	WBC8 West Barnstable Community Building 2377 Meetinghouse Way, Rte. 149 West Barnstable	BHS Barnstable High School 744 West Main Street Hysnnis	8W8 Barnstable West Barnstable Elem 2463 Main Street West Barnstable	CVE Centerville Elementary 658 Bay Lane Centerville
30 Christian's Law testing BWB 9:30AM-11:30PM CVE 11:45-1:45PM Kalmus Beach	f Christian's Law testing Bets 9:10-11:2094 BC/511:45-1:45 Kalmus Beach	2 Christian's Law testing WBCB 9:30AM-11:30PM Kolmus Beach		4 th: July
7 Beach Trip 1-3:30 BWB Craigville Beach WBCB Dowses Beach	8 Beach Trip 1-3:30 CVE Craigville beach BHS Veteran's Beach BCIS Kalmus Beach	9 Beach Trip 1-3:30 BH5 Kalmus Beach BCIS Dowses Beach	10 Beach Trip 1-3:30 BHS Dowses Beach WBCB Kalmus Beach	11 Beach Trip 1-3:30 CVE Dowses Beach 8W8 Kalmus Beach
14 Beach trip 1-3:30 WBCB Kalmus Beach BCIS Craigville Beach BWB Covells Beach	15 Beach trip 1-3:30 BCIS Dowses Beach BHS Veteran's Beach	16 Beach trip 1-3:30 BHS Kalmus Beach BWB Craigville Beach BCIS Veteran's Beach	17 Beach trip 1-3:30 CVE Craigville Beach	18 Beach trip 1-3:30 CVE Dowses Beach WBCB Veteran's Beach
21 Beach Trip 1-3:30 BWB Dowses Beach BCIS Craigville Beach	22 Beach Trip 1-3:30 BHS Veteran's Beach CVE Covell's beach WBCB Dowses Beach	23 Beach Trip 1-3:30 BHS Veteran's Beach BCIS Covells Beach	24 Beach Trip 1-3:30 WBCB Covells Beach CVE Kalmus Beach	25 Beach Trip 1-3:30 BWB Dowses Beach BHS Craigville Beach

BARNSTABLE RECREATION





JOHN GLEASON Recreation Director 141 Bassett Lane, Hyannis, MA 02601 T: 508-790-6345 | F: 508-790-6279 | E: John.gleason@town.barnstable.ma.us



LATE PICK-UP WRITTEN WARNING

Please accept this as your initial warning indicating that you have picked up your child late from the Barnstable Recreation Division Leisure Program. If you should pick up your child late for a second time, a late fee will apply as stated in the Late Pick-up policy found in the Parent Handbook and at the bottom of this letter. Thank you for your understanding in this matter.

Time of pick-up:	
Date:	
Childs Name:	
Signature of Employee:	
Signature of Parent/Guardian:	
Sincerely, Michelle Davies	
Program Coordinator	
Town of Barnstable	

LATE PICK-UP POLICY

508-790-6345 X 107

You will be allowed a 15 min. grace period to pick up your child due to the large volume of traffic on the Cape in the summer. At 4:45 pm penalties will apply.

- 1st Time: A Warning will be given.
- **2nd Time:** There will be a \$5.00 late fee for every 15-minute interval that you are late.
- **3rd Time:** Fine stated above and suspension from the Leisure Program for one day.
- 4th Time: Fine stated above and suspension from the Leisure Program for one week.
- 5th Time: Fine stated above and suspension from the Leisure program for the remainder of the summer.





JOHN GLEASON Recreation Director 141 Bassett Lane, Hyannis, MA 02601 T: 508-790-6345 | F: 508-790-6279 | E: john.gleason@town.barnstable.ma.us

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SUSPENSION REPORT

This notice serves as a suspension notification for violating the disciplinary policy more than two times of the Barnstable Leisure Program.

Number of day's suspended:		
Person involved:		_
Location:		-
Date and time:		_
Staff involved:		
Factual Incident details:		
Counselor's Name: Counselor's Signature:		
Child's Name:		
Child's Signature:		
Parent's Name:		
Parent's Signature:	Date:	



JOHN GLEASON **Recreation Director** 141 Bassett Lane, Hyannis, MA 02601 T: 508-790-6345 | F: 508-790-6279 | E: John.gleason@town.barnstable.ma.us



LATE PICK UP INVOICE

Please accept this as your ______ offense indicating that you have picked up your child late from the Barnstable Recreation Leisure Program. If you should pick up your child late again, the next step in the Late Pick-up policy will apply. Late Pick-up policy can be found in the Parent Handbook, on the written warning, and at the bottom of this letter. Thank you for your understanding in this matter.

Time of pick-up: _____

Amount Due: \$_____

Date: _____

Childs Name: _____

Signature of Employee: _____

Signature of Parent/Guardian: _____

Failure to pay this penalty within 48 hours will result in your child not being able to attend the Leisure Program until the fee is paid.

Sincerely, **Michelle Davies Program Coordinator** Town of Barnstable 508-790-6345 X107

