



April 14, 2014

Dear YAMS Parent/Guardian:

Thank you for your interest in the **2014 Youth Active and Media Savvy (YAMS) Summer Camp Program**. This program is designed to help expand your child's knowledge, skills, and awareness to make better health and wellness choices. We are trying something different this year by breaking the camp sessions based on age. The program dates are June 2-13 for ages 8-10; June 16-27 for ages 11 & 12; and July 7-18 for ages 13 & 14. Camp is held Monday through Friday, 8am to 4pm. Campers are to attend one (1) camp session.

This interactive summer program promotes self-confidence and healthy living, as your child learns and engages in activities that explore media influence on dietary behaviors and sedentary lifestyles, as well as nutrition, physical activity/exercise, and weight maintenance.

Enclosed is a copy of the ***Student/Parent Agreement***. Please sign to confirm your child's commitment to participate in the program if selected. You will receive more information on the camp location after we receive your commitment form. Other required program forms and statements from YAMS are enclosed for you and your child to review. If selected, you will need to bring the signed forms with you on the first day of camp. We cannot accept unsigned forms.

If you have any questions or conflicts with your child's age and the designated camp dates, please contact me at the number below.

Congratulations again, and we look forward to seeing your child this summer!

Sincerely yours,

Veronica Oates, PhD, RD, LDN
YAMS Program Director
3500 John A. Merritt Blvd, Nashville, TN 37209
(615) 963-5625 (phone)
(615) 963-5033 (fax)



PERSONAL ITEMS AND DRESS CODE

LIST OF ITEMS YOU WILL NEED TO BRING

- Accident/health insurance card (copy is OK)
- Book Bag /Carry-All (on field trip days)
- Comfortable Clothing
- Walking Shoes
- Reusable Water Bottle (handed out on the first day)
- Sun block/SPF
- Hat/visor, sunglasses
- Bug spray

DRESS CODE:

Girls: Shorts (Extremely short or mini skirts are not acceptable.
T-Shirts, shirts, etc. (All tops must cover entire torso).
Sneakers/tennis shoes (flip flops and sandals are not permitted).

Boys: All trousers must fit to waistline with belts (Trousers falling below waistline are unacceptable.)
T-Shirts, shirts, etc. (All tops must cover entire torso.)
Sneakers/tennis shoes (flip flops and sandals are not permitted)

Extremes of dress can be disruptive to the learning environment as it can become the focus within a room.

Students not dressed appropriately for camp (per dress code) will not be allowed to participate in the camp activities for that day, and will be asked to leave. The parent and/or guardian will be notified and asked to bring a change of clothes or to make arrangements for someone to pick up their child.



HEALTHY YOUTH IN A YOUTH-SERVING ORGANIZATION

Adopted from the 2012 NashVitality Policy

Youth Active and Media Savvy Summer Camp commits to pursuing the following core values:

- Provide healthy, nutritious foods that contribute to at least 5 daily servings of fruits and vegetables, emphasize whole grains, limit added sugar, fats oils and salts, do not include trans-fats, and eliminate deep-frying. All meals and snacks are vegetarian, and drinking water, milk and milk alternatives are offered.
- Limit the hours spent watching television, playing video games, and on computers (screen time); any screen time shall be educational and/or active.
- Engage youth of all abilities in age-appropriate competitive and non-competitive physical fitness activities that meet federal time and intensity recommendations. Campers will participate in at least 60 minutes of physical activity every day of the program.
- Create an environment where children and youth will be most successful at achieving and maintaining health and wellness. Environments that support health and wellness should not market foods and beverages, and should not use food as a reward.



**SUMMER CAMP PROGRAM
STUDENT/PARENT AGREEMENT**

I have read and understand all materials submitted to me in the acceptance letter for the Youth Active and Media Savvy (YAMS) Summer Camp Program. I have also read Youth Active and Media Savvy (YAMS) Summer Camp regulations and I agree to comply with all stated policies. All incidences of non-compliance with the regulations will result in my dismissal from the camp. If dissatisfied with the camp, I understand I can leave at any time, after a parent/guardian conference with the Program Director.

Participant printed name (child) SS# _____ Date: _____

Signature of participant (child)

Signature of parent/guardian

Parent/Guardian printed name

Date

Parent/Guardian Telephone Numbers:

(Home) _____

(Work) _____

(Cell) _____

Parent/Guardian E-Mail Addresses:

Please indicate which camp your child will participate in below:

_____ June 2-13 (ages 8-10)

_____ June 16-27 (ages 11-12)

_____ July 7-18 (ages 13-14)



RULES AND REGULATIONS

We are excited to have you join us for the Youth Active and Media Savvy (YAMS) Summer Camp Program. We are responsible for your safety and well-being at all times. The following guidelines, rules and regulations are important and necessary to meet the objectives of YAMS:

1. Program staff expects campers to display courtesy and professional behavior toward their peers, faculty and staff at all times.
2. Only excused absences from the Program Director will be accepted. Campers must report illness; injury etc., to their counselor/mentor and program director to be excused from camp activities. Violations may lead to dismissal from the program. Attendance at all activities is mandatory.
3. Campers are not permitted to leave campus unless escorted by a counselor or another adult in authority. Counselors/mentors will make arrangements for off-campus activities. Any unauthorized camper found or reported off campus is subject to immediate dismissal.
4. **No cell phone** usage during the program. Headphones, portable media players, eReaders, handheld gaming consoles or other electronic entertainment devices are **not permitted** in camp. Any personal electronic device that is misused will be taken from the student and must be picked up by the parent or guardian.
5. Fast food, junk food, candy, or sugary beverages **are not permitted** within the camp. All meals and snacks are provided.

I have read, understand and agree to comply with the above rules and regulations.

Signature of participant (child)

Signature of parent/guardian

Participant printed name

Parent/Guardian printed name

Date

Date



CERTIFICATION OF HEALTH

Note: This certificate is designed to provide the YAMS staff with information concerning your child's health and general welfare. The information will be used to for the student's safety and welfare while on the Tennessee State University campus.

(Please Print Clearly)

Child's Name: _____ Age: _____ Female: _____ Male: _____

Address: _____

Social Security Number: _____

Past and Present History of Illness or Injury: _____

Does your child have a history of any of the following? If so, please provide an explanation in each case.

1. Heart Disease (Mitral Valve Prolapse, Murmur)? _____
2. Lung Disease (Tuberculosis, Asthma)? _____
3. Neurological (Seizures, Migraine)? _____
4. Mental (Nervousness)? _____
5. Has he/she ever passed out? _____
6. Sinusitis? _____
7. Hearing Loss? _____
8. Anemia/Sickle Cell Disease or Trait? _____
9. Rheumatic Fever? _____
10. List any past surgeries or hospitalizations _____
11. List any lengthy illness _____
12. List any visual problems _____
13. Check any injury or broken bones:
Neck _____ Elbow _____ Back _____ Collar Bone _____ Wrist _____
Ankle _____ Shoulder _____ Hand _____ Arm _____ Ribs _____
14. List any physical defects.
15. Is he/she on any medications?
16. List any allergies to food, medications, plants, dust, etc.



CAMPER ACTIVITY AND TRAVEL RELEASE

I, _____ have decided to participate in summer camp activities scheduled to involve recreational and creative activities, cooking, and travel within the greater Nashville-Davidson County Metropolitan area. My participation is entirely voluntary.

I am not suffering from any medical condition, impairment, or disease that would prevent my safe participation in any of the activities involved in this camp or any program or activity in which I will be involved during the camp or that would prevent my participation in camp activities. I will use care for my own safety and well-being. I have not been advised by a physician or any other health care provider to limit my travel or recreational activities. I assume all responsibility for my participation in the activities and injury while participating in camp activities and travelling to and from camp activities.

I understand that travel and related activities, whether by automobile, shuttle, other vehicle or on foot, is potentially hazardous. The inherent risks include injury, accident, and death. I have reached the age of majority, and I am competent to make this decision for myself, or, if I am a minor, I have obtained the permission of a parent or legal guardian. I agree to assume and expressly accept all risks related to camp and travel activity, including injury or death.

TSU and the State of Tennessee assume no responsibility personal injury or for conduct by any person, whether a program participant or not, for personal property loss, including loss of clothing, jackets, shoes, eyeglasses, or back packs, luggage, purses, wallets, calculators, cameras, cell phones, computers, or PDA's, books, jewelry, money, and video or audio equipment.

I agree to not hold TSU liable for any loss or injury that occurs while I am traveling or participating in the trip or related activities. I excuse, release and forever discharge the State of Tennessee, TSU, its officers, agents, employees, and representatives (the "releasees") from any and all liability for injuries or damages resulting from my participation in the cycling event, any related activities, travel or my use of equipment. I also release the releasees from any responsibility or liability for injury or damage to myself or injury or damage I cause to others, including that caused by the negligent act(s) or omission(s) of releasees or in any way arising out of or connected with my participation in any travel, event or related activity, or the use of any vehicle or equipment, whether owned by myself or others. This release will also prevent my family from suing releasees and binds my spouse, if I have one, my estate, siblings, parents, heirs, and assigns. I acknowledge that TSU will not provide medical treatment or medical coverage if I am injured or if I injure someone else, and that TSU will be in no way responsible for any injury, loss or untoward event that occurs.

Signature of participant (child)

Signature of parent/guardian

Participant printed name

Parent/Guardian printed name

Date

Date



PHOTOGRAPHIC/ MEDIA CONSENT FORM

I hereby consent to the collection and use of my child's personal images by photography or video recording.

I acknowledge these may be used on the YAMS website, in newsletters and publications as well as distributed to members.

I further acknowledge that my child's image may be used by the YAMS committee and media to promote future health and media awareness projects.

I understand that no personal information such as names will be used in any publications unless express consent is given.

I also understand that my consent can be withdrawn at anytime in writing or via email to the YAMS Director Dr. Veronica Oates at:

3500 John A. Merritt Boulevard
Nashville, TN 37209-1561
voates@tnstate.edu

PHOTOGRAPHIC/ MEDIA CONSENT FORM

I _____,
(parent/guardian)

Consent to the use of photographs or video footage of my child's personal image for use on the Youth Active and Media Savvy website, newsletter and publications, as well as for distribution to members.

I also consent to the use of photographs or video footage of my child's personal image being used to promote future events and projects by the YAMS Committee and other media.

I further understand that this consent may be withdrawn by me at anytime, upon written notice.

I give this consent voluntarily.

Signature _____ Date _____



April 14, 2014

Dear Parent/Guardian:

During the camp session, on one day, participants will take a field trip to go swimming at the Wave Pool or another facility. We will announce the location at the start of the camp session once final arrangements have been made. Lifeguards will be on duty for our group. Your child should come to camp prepared to swim, with swimsuits worn underneath their clothes. We ask that girls wear a 1-piece bathing suit, or bring an extra t-shirt to wear over their 2-piece bathing suits. We suggest that your camper bring the following items:

- Towel
- Toiletries (shampoo, body wash/soap, moisturizer, etc.)
- Shower shoes (i.e. flip flops)
- Clean, dry clothes (including undergarments)

The permission slip below must be completed and returned in order for your child to swim. If you have any questions, comments or concerns, do not hesitate to contact us. Thank you!

Veronica J. Oates
615.963.5625
voates@tnstate.edu

Child's Name: _____

I give permission for my child to attend with the Youth Active and Media Savvy summer camp and staff on a field trip to go swimming.

I can be reached at _____ during the hours of the field trip.

Parent/Guardian Signature: _____ Date: _____

Parent/Guardian Printed Name: _____