

**Warrior Park Athletics
Child & Youth
2022 / 2023 Programming Guide**



Thank you for choosing our Non-For-Profit organization Warrior Park Athletics for your child's activity goals. To help you and your Warrior prepare for their youth program experience please read through the information carefully. Our programs are based on Ontario's High Five standards and follows the Canada's Sport Life's Long-term Athlete Development guide. If you or your children have any questions about the upcoming program, we encourage you to give us a call.

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Programs:

- Warrior Fundamentals - Facility & Training Fundamentals
- Sport Warrior - Training For Team Sport Athletes (Jan 2023)
- Digital Warrior - Lu Interactive / E Sports / Training (Jan 2023)
- Ninja Warrior - Obstacle Training (Jan 2023)
- Nutrition Warrior - Nutrition & Food Preparation / Training (April 2023)

Maximum capacity per program is 25 children.

Important Note: Your child must attend our Warrior Fundamentals program before they can register for the Sport, Digital, Ninja or Nutrition Programs.

Age Groups:

- WEE WARRIORS - Ages 4 - 6
- JUNIOR WARRIORS - Ages 7 - 10
- YOUTH WARRIORS - Ages 11 - 13
- SENIOR YOUTH WARRIORS - Ages 14 - 17 (2023)

Program Schedule Examples:

Monday	5:30PM - 7:00PM	WEE WARRIORS Group 1
Monday	7:30PM - 9:00PM	JUNIOR WARRIORS Group 1
Tuesday	5:30PM - 7:00PM	JUNIOR WARRIORS Group 2
Tuesday	7:30PM - 9:00PM	YOUTH WARRIORS Group 1
Wednesday	5:30PM - 7:00PM	WEE WARRIORS Group 2
Wednesday	7:30PM - 9:00PM	JUNIOR WARRIORS Group 3
Thursday	5:30PM - 7:00PM	JUNIOR WARRIORS Group 4 (TBD)
Thursday	7:30PM - 9:00PM	YOUTH WARRIORS Group 2 (TBD)

The program operates once per week over 10 weeks. Each family is asked to drop off their child 15 minutes before your child’s program group time begins and arrive to pick up their child 15 minutes before the program is completed. Only 1 Parent should attend the programming session for your child. You may also drop your child off for the duration of the programming session also. Additional COVID 19 protocols may be instated during your child’s program, details can be found on our website and on our social media feeds.

Important Note: Only those indicated on the registration forms as authorized pick-up will be allowed to pick-up your child from the facility. For your child’s safety, no exceptions will be made to this rule. Authorized Pick-up parents or guardians will be required to show photo ID. Authorized Pick Up changes can be made but must be confirmed before the change can be allowed.

Volunteers:

Parents have the opportunity to volunteer for programming sessions. Contact the facility coordinator to receive our volunteer application form and schedule a session with our team.

Drop Off Procedure:

At drop off, the Program Support Staff will be at our front desk area. Program “runners” will also be at the front desk to take the participant to their child’s group following sign in.

One Coach per program group will be present in their designated areas in order to receive the children once they have completed their screening (if necessary) and are brought to them.

During all drop-off procedure steps, physical distancing of 2m will be maintained.

Drop Off Procedure - COVID-19:

At drop off, the program support staff will be in place outside the facility and will be ready to complete the daily screening. In the case of inclement or cold weather we will have a station set up inside the facility. Parents will NOT be able to attend programming sessions when enhanced protocols are in place.

Program support staff “runners” will be at the front doors to take the child to their program group following the screening.

One coach per participant group will be present in their designated areas in order to receive the children once they have completed their screening and are brought to them.

During all drop-off procedure steps, physical distancing of 2m will be maintained. Screening staff will be wearing face masks and gloves.

Screening Procedure - COVID-19:

The program support staff will greet each family and ask the parent/guardian to answer all the questions on the Screening Checklist.

Once the checklist is complete and the child is signed in at the front desk, the runner will escort the child and take them to their program group location.

If a parent/guardian answers “yes” to any of the question on the screening checklist, they will not be permitted to drop their child off at the facility. Warrior Park Athletics staff will direct them to go home and self-monitor using the Covid-19 Self Assessment protocol from Six Nations to determine the next steps.

Pick-Up and Sign-Out Procedure:

The program support staff will greet each family and they will ask the parent/guardian to produce photo identification at our front desk area. When Covid-19 protocols are in place, parents will be asked to wait outdoors until the child exits. Staff will be stationed outside the facility.

The program support staff will verify that the parent/guardian is authorized to pick up the child as per the information contained in the child’s registration information. Once confirmed the

child is signed out and leaves our facility with their parent or guardian. To help with COVID-19 protocol, one parent should pick their child or children when restrictions are in place.

Sign-In and Sign-Out:

In order to ensure the safety of our attendees, we require all children to be signed in and out each day by a parent or guardian 18 years of age or older. At sign in you will indicate who will be picking up your child at the end of the day. Your child will only be released to those indicated as authorized to do so. Photo ID will be checked. Please make sure to notify Warrior Park Athletics staff of any changes to those authorized to pick up your child.

Warrior Fundamentals Program Sample:

5:15pm - 5:30pm: Child Drop-Off & Sign-In
5:30pm - 5:45pm: Program Introduction, Warmup & Stretching at Turf Station
5:45pm - 6:10pm: 2 Groups of 10 attend either Fundamentals of "The Warrior" Obstacles, Turf Activities, Lu-Interactive Training or Rock Wall Training
6:10pm - 6:20pm: Hydration Break
6:20pm - 6:45pm: 2 Groups Switch Activities
6:45pm - 7:00pm: All Children return to Turf Station for Cool Down
7:00pm - 7:15pm: Program Completed. Parents can sign their children out.

Important Note: Its important that the exiting program children are signed out before 7:15pm.

The next program group will not be able to enter the facility until 15 minutes prior to their child's program start time.

2nd Group:

7:15pm - 7:30pm: Child Drop-Off & Sign-In for the Next Program Group
7:30pm - 7:45pm: Program Introduction, Warmup & Stretching at Turf Station
7:45pm - 8:10pm: 2 Groups of 10 attend either Fundamentals of "The Warrior" Obstacles, Turf Activities, Lu-Interactive Training or Rock Wall Training.
8:10pm - 8:20pm: Hydration Break
8:20pm - 8:45pm: Groups Switch Activities
8:45pm - 9:00pm: All Children return to Turf Station for Cool Down
9:00pm - 9:15pm: Program Completed. Parents can sign their children out.

Home Notes:

At the conclusion of the first day of of the program, children will bring home a more detailed outline of expected programming for the week(s). Programming may need to be altered in the event of program attendance & staff availability. Some activities happen every program day while some activities may only happen once. Activities & equipment are subject to change.

Program Expectations:

Warrior Park Athletics programming provides children with a broad range of activity options. Our emphasis is on creating experiences for children based on the principals of the High Five standards in Ontario. Specific activities listed on the advertising of WPA's Programs are meant to give you and your child an idea of what is available during a given program day and should not be considered a guarantee that they will participate in all of those activities in a single day.

Many of our activities are age & ability dependant and may have to change without notice. Some activities may also be affected by unforeseen circumstances such as technical or mechanical failure of specific equipment and technology. Our WPA RecPlex has been designed to ensure that the child gets to experience as many activities as possible, but sometimes in order to ensure the overall safety and wellbeing of the children, is not always possible. Please talk to your child's onsite Coach or Program Support Team Member for more specifics about our daily programs.

We also ask that all children are toilet trained prior to attending Warrior Park Athletics Programs.

Talking to Your Child's Coach:

While we encourage parent communication and are happy to speak with you about your child's program experience, you may not get an opportunity to meet your child's Coach face to face. If you do have any specific questions or concerns about your child's program experience, please speak to or email the Warrior Park Athletics facility coordinator and they will help you.

Facility Features:

- "The Warrior" Ninja Warrior Obstacles
- Professional Indoor Sport Turf Area
- Lu-Interactive Station
- "Climbstation" Rock Wall
- HIIT Training Circuit
- Parental Viewing Area (subject to restrictions)
- Learning Kitchen
- Theatre
- Outdoor Playing Field & Pergola
- Marvel Comics Photo Booth

What to Bring:

We expect your child to be responsible for everything they bring to the facility. WPA staff will certainly help children maintain their belongings, but it is important that your child knows what they are bringing the facility. Keep in mind, your child will be active, and programming can be rough on clothing. Try not to send your child in new or expensive clothing. Proper footwear is essential and we recommend running shoes for both indoor and outdoor activities.

What *NOT* to Bring:

Peanut or Nut Products, iPods/pads, video games, knives, cell phones, matches, pets, personal toys, playing or trading cards. WPA will not be responsible for lost, broken or stolen items.

Labelling Clothing & Equipment:

We suggest iron-on/stick on labels or permanent marker for all items. Children are expected to be responsible for their own belongings. Warrior Park Athletics cannot accept responsibility for clothing and/or equipment lost at the facility.

Programming Packing List:

- Appropriate clothing (shorts, track pants, athletic wear)
- Comfortable, closed-toe footwear x 2 (running shoes, 1-indoor, 1-outdoor) No Boots, Flip Flops, Crocs or Sandals
- Any items essential to the safety of your child
- Refillable water bottle is essential
- Mask (COVID 19 dependant, required when not involved in activity)

Lost and Found:

All lost and found items will remain at the facility until the last program date of the season. Socks and underwear are not kept. Items will be stored at the facility until the end of the program schedule for the season. Items may be claimed by contacting WPA outside of regular programming schedules. All unclaimed items will be disposed of after the programming schedule has been completed.

Inclement Winter Weather:

Programming may be cancelled due to inclement weather. Please refer to parental communications and see our social media feeds for details. In the event that program is cancelled, Warrior Park Athletics will attempt to provide an alternative make up date if possible. No refunds will be provided.

Behaviour:

Please take a moment to review our behaviour expectations with your child.

At Warrior Park Athletics, safety is of the utmost importance and our goal is to provide a caring, respectful and supportive environment for every individual, child and staff alike. Our staff are experienced in providing high quality activity training for kids. If a situation arises in which a child threatens the safety or well-being of another person or themselves, or diminishes the programs experience for others, we will make every effort to correct the behaviour. Parents/guardians will be notified and if the behaviour continues, Warrior Park Athletics reserves the right to remove the child from the program session. Should the behaviour continue upon the child's return, Warrior Park Athletics reserves the right to remove the child from the remainder of the season and/or future program seasons. Should removal be required no refund will be provided.

In certain circumstances, a child may be removed from the facility without warning if the child's behaviour jeopardizes the safety of children or staff where the child is engaged in illegal activities. Warrior Park Athletics will not be held responsible for any costs associated with a child's dismissal and no refunds will be provided.

Health and Wellbeing:

Your child's safety is our first priority. Warrior Park Athletics staff are fully trained and certified in First Aid and CPR. In the event of a minor incident, Warrior Park Athletics staff will provide immediate and appropriate care. WPA staff will have access to 2 first aid stations within the facility. An AED system is also in place for which appropriate training has been provided to our staff. Warrior Park Athletics can provide a quiet rest area where your child can rest if your child becomes ill.

In the event that your child needs medical attention apart from minor injuries, we will ensure immediate, staff-accompanied transportation to the nearest hospital. If the situation warrants, we will call an ambulance. We will make every effort to contact your designated authorized/emergency contact(s), and will stay with your child until you arrive.

Covid-19 Safety Protocols:

- If someone begins exhibiting symptoms according to the local COVID-19 guidelines, they will be removed from their program group and given a mask to wear. Families will be contacted to pick-up immediately.
- Warrior Park Athletics will adhere to enhanced cleaning and strict disinfecting guidelines before, during & after programs finish.
- Children will not be required to wear masks or any other PPE during physical activity unless physical distancing is unavoidable.
- If we receive a report of a positive case we will contact parents from the affected programming sessions and direct them to Six Nations Public Health for further instruction.
- In addition, enhanced protocols may be enforced and parents/guardians will be notified.

Protecting Our Community:

The safety and well-being of the children, their families, and our staff team is our number one priority. In order to protect our community, Warrior Park Athletics has implemented practices to help prevent the spread of COVID-19 when applicable. If you have any questions or concerns about these additional measures please get in touch with us at 519-445-1236.

Pre-Program Screening Procedure:

Warrior Park Athletics will let families know when enhanced COVID-19 Protocols are in effect. Please visit <https://covid-19.ontario.ca> for COVID-19 information.

All attendee families may be required to participate in our COVID-19 Pre-screening Procedure. Families will be sent pre-screening questions for the whole family unit ahead of their children attending their programs start. If any member of the family answered yes to any of the screening questions, the child will not be able to participate in the program.

Upon arrival to the facility, the child's family may be required to answer the daily screening questions when protocols are in effect before entering the facility. The step may also include a temperature check done for every child or family member entering the facility. If a child or family member, answers yes to any of the screening questions or shows symptoms of illness they will not be permitted to participate or enter the facility.

Children will not be able to return to the program until 14 days after symptom onset if they/their family member hasn't been tested for COVID-19. Attendees or family members who have confirmed negative COVID-19 test result, may return to the program 48 hours after no symptoms are observed.

Medications:

If you are sending medications to the program with your child, they must be in their original package, clearly labeled with both the child's name and instructions for use. Warrior Park Athletics staff will collect any medication from attendees and they will be stored in a secured area. Medications that require immediate use, such as an asthma inhaler or Epi-pen, will remain with the child or with the program support staff.

Absence:

If your child is going to be absent from program, please call Warrior Park Athletics at 519-445-1236 or email us and report the absence to our staff.

Entire Program Cancellations/Withdrawal Policy:

All program cancellation or withdrawal requests must be submitted by email directly to admin@wparecplex.ca with the subject line "Cancellation or Withdrawal Request" followed by your child's first and last name. Cancellation requests received prior to 6 business days before the the start of the affected program season will receive a refund less the \$50 non-refundable administration fee. Any refund requests received less than 6 business days prior to the affected program season or during a program season will not qualify for a refund.

Warrior Park Athletics reserves the right to cancel any program where registration numbers are not adequate to run an effective program. Families will be notified and further instruction will be provided for refunds and/or changes to program date(s)/week(s). For further information please contact Warrior Park Athletics directly through phone or email.

Program Changes or Transfer Requests:

Changes to Program Groups (days) can be made by contacting Warrior Park Athletics at 519-445-1236 or email to admin@wparecplex.ca. Changes must be approved prior to the beginning of the requested program week or date. Due to limited spaces in our programs, change requests may not be possible.

Change of Contact Information:

Please inform our staff if any of your contact information changes. It is important to us to maintain a current phone number, email address and emergency/authorized pick-up information.

Incentivized Accomplishment and Incentivized Training:

Warrior Park Athletics is committed to incentive based accomplishment and incentivized training to help achieve the goals of children and youth. Information will be provided at each program session. Parents and Guardians are encouraged to participate in the achievements of your child's goals.

Mission Statement:

Our mission is to provide at-cost youth training & programming for the community of Six Nations and surrounding areas.

Vision:

Helping families afford local, incentive based, technology driven programs, activities and services for children and youth. We welcome the whole family to help achieve fitness, sport and nutritional goals.

Feedback:

We welcome your feedback on all aspects of our programs. We ask that you participate in our parent satisfaction survey which will be given at the end of the program season. This is an important component of our quality assurance measurement and we encourage all families to participate.

We welcome your feedback at any time. Please direct your feedback to the facility coordinator.

Warrior Park Athletics / WPA RecPlex

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