



**BOYS & GIRLS CLUBS
OF THE MIDLANDS**

MEMBERSHIP HANDBOOK



Richard Webb, President & CEO



Welcome!

It is our privilege to welcome you and your child to Boys & Girls Clubs of the Midlands.

For 62 years, Boys & Girls Clubs of the Midlands (BGCM) has provided out-of-school time programs and activities for children and youth in the Omaha Metro area, which includes Carter Lake, Council Bluffs, Millard, and Bellevue. As the Metro's leading youth development organization, we currently serve over 1,300 kids and teens ages 5-18 each day.

Our programs and activities actualize our mission, to inspire and enable all youth, especially those who need us most, to realize their full potential as productive, responsible, healthy and caring citizens. Boys & Girls Clubs of the Midlands' Clubs provide more than a safe place for kids to come during out-of-school time; we provide a positive place where kids can:

- Improve their reading skill level
- Develop college and job readiness skills
- Build leadership potential
- Avoid risky behaviors
- Get involved in community service
- Connect with positive peers
- Receive support and guidance from caring adults
- Receive college and trade school scholarships to achieve their goals for the future

In this handbook, you will find important information about your child's membership into the Boys & Girls Club.

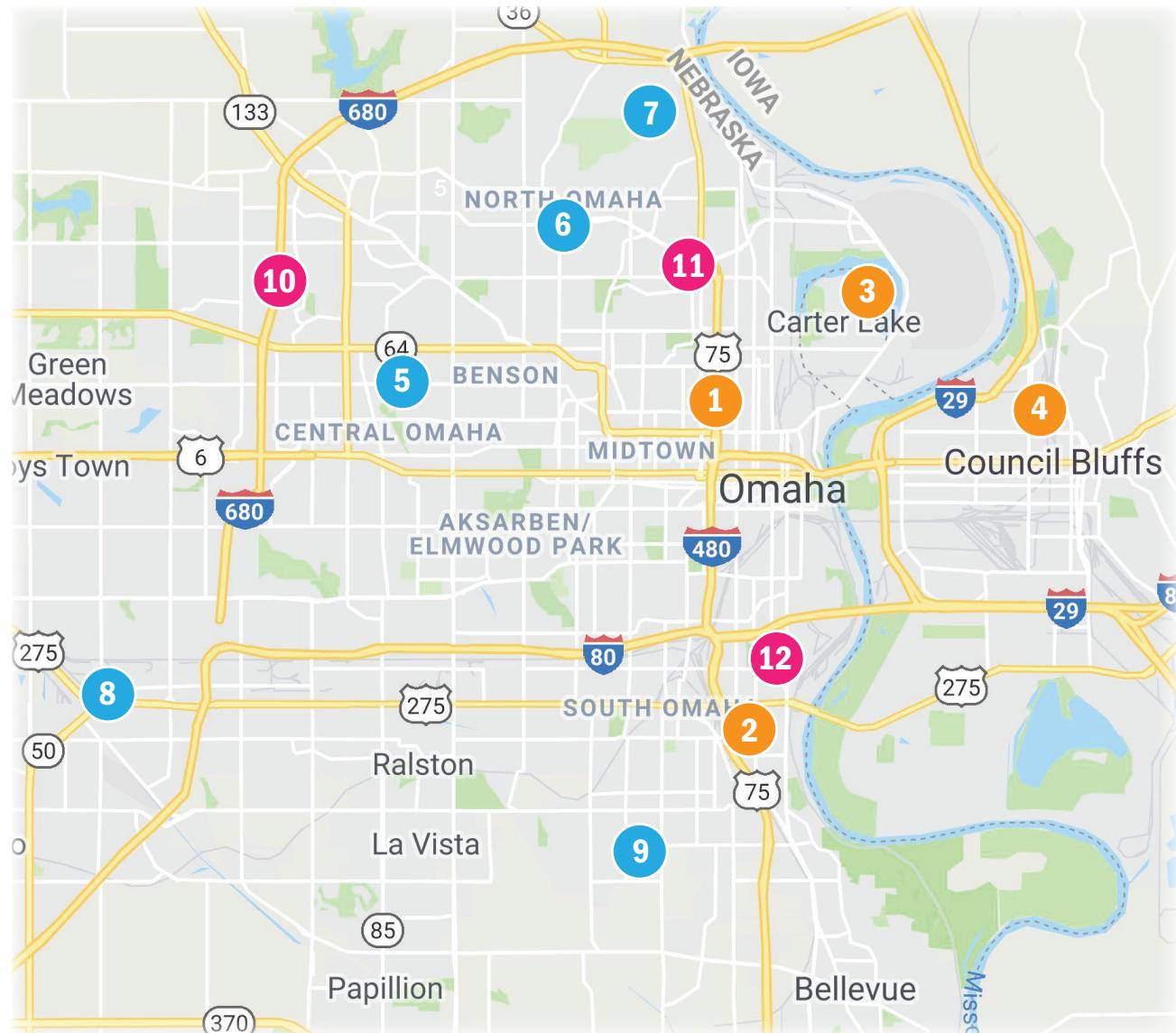
Please read the handbook and keep it as a reference. We hope you have a wonderful year and thank you for being a part of the Boys & Girls Clubs of the Midlands.

Great Futures Start Here... A place to become...

Richard Webb
President & CEO



Club Locations



STAND-ALONE

- ★ 1. Bruce Fellman
North Omaha Club
2610 Hamilton St
Omaha, NE 68131
- ★ 2. Carl & Joyce Mammel
South Omaha Club
5051 South 22nd St
Omaha, NE 68107
- 3. The Lakin Foundation
Carter Lake Club &
Camp Nakomis
4101 N 17th St
Carter Lake, IA 51510
- 4. H.H "Red" & Ruth Nelson
Council Bluffs Club
815 North 16th St
Council Bluffs, IA 51501

SCHOOL BASED

- ★ 5. Hawkins Family
Westside Club
1312 Robertson Dr
Omaha, NE 68114
- ★ 6. Mount View Club
5322 North 52nd St, #202
Omaha, NE 68104
- ★ 7. Howard L. Hawks
Florence Club
7902 North 36th St
Omaha, NE 68112
- ★ 8. Millard Central Club
12801 L. St
Omaha, NE 68137
- ★ 9. Henry Davis
Bryan Middle Club
8201 South 42nd St
Bellevue, NE 68147

INSIDE SCHOOLS

- ★ 10. Morton Club
4606 Terrace Dr
Omaha, NE 68134
- ★ 11. Skinner Club
4304 North 33rd St
Omaha, NE 68111
- ★ 12. Spring Lake Club
4215 S 20th St
Omaha, NE 68107

★ Indicates licensed childcare center



BOYS & GIRLS CLUBS
OF THE MIDLANDS

Club Information

Hours of Operation

Please refer to Boys & Girls Clubs of the Midlands website: bgcomaha.org for specific hours and locations. For more information, contact your Club directly.

Boys & Girls Clubs of the Midlands reserves the right to change hours and days of operation based on need and/or economic circumstances. There may be times necessary to close the Clubs due to unforeseen circumstances such as emergency repairs, staff training, inclement weather, etc.

Holidays Observed & Organizational Closure Dates

- New Year's Day
- Memorial Day
- Juneteenth
- Independence Day
- Labor Day
- Thanksgiving Day
- Friday After Thanksgiving
- Christmas Eve
- Christmas Day

Our Mission

Boys & Girls Clubs of the Midlands' mission is to inspire and enable all young people, especially those who need us most, to realize their full potential as productive, responsible, healthy and caring members of society.

What We Do

The Clubs provide a fun and safe space for kids and teens during out-of-school time. Serving thousands of youth across 12 locations in Omaha, Bellevue, Carter Lake and Council Bluffs, Boys & Girls Clubs of the Midlands' programs are led by professional and caring staff.

Each Club offers programs and services to help young people succeed in school, develop leadership skills and maintain healthy lifestyles. Programs are tailored to the local community and customized for each age group to meet the interests and developmental needs of young people ages 5-18.

Why Great Futures Start Here

Since 1962, Boys & Girls Clubs of the Midlands has delivered on our promise to provide metro area youth with the support needed to reach their full potential. Boys & Girls Clubs of the Midlands has a proven and effective approach: provide youth with a positive, accessible place to go; surround them with trained and supportive staff; and offer results-oriented programs that are educational, recreational and age-appropriate.

We currently operate 12 Clubs in the metro Omaha and Southwest Iowa area, in addition to Camp Nakomis, a summer camp that provides a positive, challenging outdoor experience to the youth within our community. Historically, Boys & Girls Clubs of the Midlands has purposefully located Clubs in areas of high need in order to have the greatest impact on the lives of at-risk youth. Currently, we serve over 7,000 children and teens, many of whom are minorities, economically disadvantaged and live in single-parent households.

Boys & Girls Clubs of the Midlands' goal is to deliver programs that create happy and healthy children today while building a foundation of success for tomorrow – impact for a better future. This begins with the imperative to provide a safe environment that keeps kids engaged, active and happy in the hours after school, during vacation periods and throughout the summer months. Research shows that during periods of idleness and boredom, kids are vulnerable to peer pressure, violence and other risky activities. The risks are even higher for children from disadvantaged circumstances. We minimize those risks by engaging young people in activities with positive adult role models and peers, enabling them to learn powerful life skills.

Formula for Impact



Our Staff

Our staff is carefully selected for their experience and interests. BGCM conducts thorough background checks on all its employees and volunteers. They are screened and trained to ensure the safest, highest-quality programs for our members. BGCM staff strive to introduce our members to various programs and opportunities throughout the school year and summer. BGCM staff are trained to offer programs in Five Core Program Areas that engage young people in activities with adults, peers, and family members that enable them to develop skills to reach their full potential.

For the safety of members and staff, we require all adult and youth visitors to check in at the front desk. Adults are not allowed to retrieve members from program areas. Members will be directed to meet parents at the front desk.

Core Program Areas

Boys & Girls Club of the Midlands provides many different programs for youth who have a variety of interests and needs. These are the Core Areas:

Character and Leadership Development

The Character and Leadership Development program area empowers members to support and influence their Club and community, sustain meaningful relationships with others, develop a positive self-image, and respect their own cultural identities as well as those of others.

Education and Career Development

The Education and Career Development program enables members to become proficient in basic educational disciplines. It applies learning to everyday situations and embraces technology to achieve success in school and in a career.

Health and Life Skills

The Health and Life Skills program enables members to engage in positive behaviors that nurture their well-being, set personal goals, and live successfully as self-sufficient adults.

The Arts

The Arts program enables youth to develop their creativity and cultural awareness through knowledge and appreciation of the visual arts, crafts, photography, performing arts, and creative writing.

Sports, Fitness and Recreation

The Sports, Fitness and Recreation program area encourages fitness, healthy lifestyles, positive use of leisure time, skills for stress management, appreciation for the environment, and positive social skills.

College and Career

College and career programming helps members prepare for college, careers, and life after high school. Boys & Girls Clubs of the Midlands offers a scholarship program for current active BGCM seniors and alumni who plan to attend an accredited 2- or 4-year college, university, vocational training, or nursing school. Some scholarships are renewable up to 4 years and are awarded based on length of membership, participation level at the Club, financial need, leadership, and community service.

Parent/Guardian Engagement and Code of Conduct

BGCM is committed to providing a safe and nurturing environment for your child. To ensure your child's positive development, we ask that you as the parent(s)/guardian(s) agree to the following:

- To make every effort to follow all BGCM program policies & procedures as expressed in this handbook. You understand that it is your responsibility to read and comprehend the policies set forth and to follow them to the best of your ability; and ask questions regarding any policy and/or procedure that is not clear to you.
- To strive to support the program in the way you communicate with the members, the staff and other parents.
- To be courteous, use appropriate language and refrain from making threats and taking actions towards any member (yours or others), staff, or other parent(s)/guardian(s) either at or near BGCM's Clubs or at any BGCM Club functions/events.
- To not approach any member other than your own to obtain confirmation, clarification, or "their view" on BGCM Clubs related issues, disputes, or disagreements between members. Such matters must be brought to the attention of the Club Director.
- Do not approach any staff member requesting confidential information about any member but your own.
- Understands that if a parent does not agree with the BGCM's Parent Code of Conduct, BGCM reserves the right to dismiss all access to the Club facility and activities.

Please read this information to better understand the Club's policies, procedures, and expectations! We hope you find it helpful and useful when questions come up. Membership at the Club is a privilege. Members are expected to be safe, responsible, honest, and respectful in all their interactions with other members, volunteers, and staff. Membership may be suspended or terminated by the Club Director for inappropriate behavior at the Club or a Club function.

The Boys & Girls Club:

- Provides year-round programs for youth ages 5 to 18 (Must have attended first day of kindergarten)
- Has full-time professional leadership, supplemented by support staff and volunteers
- Requires no proof of good character
- Is for youth of all races, religions, ethnic cultures
- Is building-centered
- Has an open-door policy
- Has varied and diversified programs
- Is guidance-oriented

Statement of Policy

Boys & Girls Clubs of the Midlands does not discriminate in admissions or determination of enrollment based on race, sex, religion, creed, national origin, sexual preference, or any other protected group.

Boys & Girls Clubs of America and United Way Affiliations

Boys & Girls Clubs of the Midlands is a private, non-profit organization affiliated with Boys & Girls Clubs of America and a United Way member agency.

Safe & Secure Clubs

Fire/Tornado and All Other Emergencies:

Routine drills are necessary to ensure BGCM staff know how to conduct fire drills and shelter in place in the event of a tornado. State regulations and BGCM policy define routine as one time per month, January through December. The Unit Director is responsible for documenting the monthly drills in the BGCM's Safety Binder.

Use of Drugs or Alcohol

Use of drugs or alcohol is strictly prohibited. BGCM is committed to providing a drug-free workplace and conforms to the requirements of the Drug-Free Workplace Act and all laws pertaining to alcohol and drug use in the workplace.

Smoking

To promote a tobacco-free environment and comply with state law, smoking and the use of tobacco products, e-cigarettes, and vaping are strictly prohibited on Club property and at Club-sponsored events. Additionally, no member is allowed to possess, use, distribute, or be under the influence of alcohol or illegal drugs while on Club property or attending Club-sponsored events.

Phone/Electronic Device Usage

The Boys & Girls Clubs of the Midlands understand that members and parents see the importance of cell phones and other two-way communication devices for safety. However, during Club hours, members are generally not allowed to use cell phones, laptops, tablets, and other devices while inside the Club or participating in Club activities. Personally owned devices may be used during Club time only for Club-related purposes and in designated areas. The Club strictly prohibits the use of personal devices in locker rooms, restrooms, and other places where privacy is expected. For more information about the rules regarding cell phones and electronic devices, please consult your Club director.

Any inappropriate use of a personally owned device, as determined by Club staff, can lead to disciplinary action including, but not limited to, confiscation of the device, immediate suspension from the Club, termination of membership, or other disciplinary actions determined to be appropriate to the Club's disciplinary policies including, if applicable, referral to local law enforcement.

Inappropriate Communication

Members may not utilize any technology to harass, threaten, demean, humiliate, intimidate, embarrass, or annoy their peers or others in their community. This behavior is cyberbullying, bullying that takes place using emerging technologies and devices. Examples of cyberbullying include mean text messages or emails, rumors sent by email or posted on social networking sites, and embarrassing pictures, videos, websites, or fake profiles. Any cyberbullying determined to disrupt the safety and/or well-being of the Club, Club Member, Club Staff, or community is subject to disciplinary action.

Loss and Damage

Members are responsible for always keeping the device with them. Staff are not responsible for the security and condition of the member's device. Furthermore, The Club shall not be liable for the loss, damage, misuse, or theft of any personally owned device brought to the Club.

Parental Notification and Responsibility

Boys & Girls Clubs of the Midland 's Internet Acceptable Use Policy restricts the access of inappropriate material and while using the internet supervision of usage may not always be possible. Due to the wide range of materials available on the internet, some materials may not fit the values of members and their families. Because of this, all Club Members must participate in the CYBER SECURITY CLASS, as it is not practical for BGCM to monitor and enforce a wide range of social values in member internet use. If parents do not want members to access information beyond the Internet Acceptable Use Policy scope, parents should instruct members not to access such materials.

Membership

Boys & Girls Clubs of the Midlands comply with local, state, and federal requirements for all required postings. *For licensed Club locations, Clubs post all required notices and information as required by DHHS for after-school childcare providers.

Club Membership

Boys & Girls Clubs of the Midlands does not discriminate against individuals based on race, color, creed, ancestry, national origin, gender, sexual orientation, handicap, or disability in any of its policies, practices, or procedures. Youth must be registered in school to be a Club Member. The school registration requirement is waived for youth who are home-schooled.

Online Registration

BGCM's membership application is via an online application process. Parents/guardians must establish an account by going to www.bgcomaha.org using the Locations tab select the Club you want your child to attend. Click on the Register For This Club button; which will direct you to the Trax Online application portal. This portal is for you, parents and guardians, to create an account which will provide you access to the membership application. Don't enter any information about your child on this portal. You will receive an email that will give you access to the online membership application. Completion of the online application is time-sensitive. Before starting the application process, you should have the following information in front of you:

- Your child's update shot record
- Phone numbers & addresses for all emergency contact designees
- Proof of school enrollment
- Proof of Child's Age –BGCM must verify that no youth younger than age 5 is enrolled
- Proof of Title XX eligibility –parents or guardians who are Title XX eligible may be eligible for Childcare Reimbursement. Parents will need to designate BGCM as a childcare provider for children ages 5-12. Parents should complete an application with DHHS for Financial Aids Services.

Mandatory Orientations

At least one parent/guardian must attend an orientation for the school-year program and/or the Summer Program annually. Rules and policy change often, and we require all parents or guardians to attend these orientations.

Refund Policy

All payments made to the Boys & Girls Clubs of the Midlands are non-refundable. BGCM is a nonprofit organization, and all funds are used to support the Clubs and benefit our members. This policy applies to all fees, including but not limited to program fees, field trip fees, and membership dues.

Confidentiality of Information

Respecting the privacy of our members, their parents, and of staff, volunteers, and donors, of the Boys & Girls Clubs of the Midlands is a core value of Boys & Girls Clubs of the Midlands.

Confidentiality is the preservation of privileged information. A requirement of membership at the Boys & Girls Clubs of the Midlands is for parents to disclose personal and confidential information. The information disclosed is necessary to provide services to the members. Other information is shared in the development of a helping, trusting relationship with the members and their parents and other household members. Therefore, all BGCM records and information relating to the organization, its members, their parents, and their households are confidential in terms of the law. Membership records are stored in locked file cabinets at the Club and a secured online membership management system.

BGCM staff sign an Assurance of Confidentiality, that they will not discuss, disclose, disseminate, or provide access to member information to entities outside of the Boys & Girls Clubs of the Midlands, unless required or authorized by law. Membership data will consist of groups or aggregated dates without identifiable member information.

Attendance Procedures

All youth entering the Club must scan in at the front desk with a membership card or if a member does not have a card, they should report to the Club's Front Office Manager. Front desk attendance is essential to the Club's safety procedure. At School-Based Sites- Skinner and Spring Lake members must be signed out by their parents or guardians to be released.

Forgotten Membership Card

Clubs can hold membership cards at the front desk for members eight years old and younger. Members nine years old and older must keep their Club cards and bring them each time they visit. If members forget their card, they must sign in with the Front Office Manager. Without their card, they will not be able to check out games or equipment or attend any scheduled field trips for that day. Please note that lost membership cards do not apply to School-Based Sites.

Child Abuse Policy & Procedure

The Boys & Girls Clubs of the Midland is committed to protecting the safety of its members. As Youth Development Professionals, working with children, our staff are mandated reporters for child abuse and neglect. State law mandates that BGCM staff report incidents of child abuse and neglect of Club members. The Boys & Girls Clubs of the Midlands supports this mandate and requires all full and part-time staff to follow applicable procedures when warranted. Failure to comply with this policy may result in disciplinary action.

Late Fees

Club hours of operation may vary and are subject to change due to holidays and staff training. It is the parent or guardian's responsibility to know the Club's schedule and arrange transportation to and from the Club. A late fee of \$1 per minute will be charged to parents and/or guardians beginning 10 minutes after closing hour. Example, if the parent/guardian is 15 minutes late, the assessed fee is \$15. The members cannot return to the Club until the fee is paid. If a child is still at the Club more than one hour after closing, and staff have made every effort to locate the parent or guardian, local authorities may be notified. Three late fee strikes, and the family membership will be revoked.

Club Code of Conduct

BGCM has a simple Code of Conduct: Respect the Club, Respect Yourself, Respect Others! Club rules were created to provide a positive, safe, secure, respectful, and orderly environment.

Rules & Regulations for Members

Below is a list of general rules that parents/guardians should go over with their child/ren. Failure to adhere to the rules could result in suspension or termination of membership. While it is not possible to list all of the unacceptable behaviors at the Club, the following are examples of actions that **are not allowed** and will result in disciplinary action.

Prohibited

- Violence against another member or Club Staff
- Presenting a danger to oneself, other members, Club Staff, or Club property
- Cursing, use of racial slurs, name calling, bullying or any other use of bad language
- Possession of drugs, alcohol, tobacco, vapes, guns, knives, or any other weapon
- Display of gang paraphernalia, signs or any action showing affiliation or activity
- Aggressive action or group demonstration that is disruptive and interferes with Club activities
- Bullying of any kind
- Persons entering or attend the Club under the influence of an illegal or banned substance
- Fighting will lead to suspension. Members must keep their hands to themselves. If severe enough, Law enforcement may be contacted
- BGCM recognizes their obligation to provide a safe and secure environment for all its Club Members. Public Displays of Affection (PDA) such as hugging, holding hands, hitting, kissing, etc., are prohibited at the Club and Club sanctioned events.
- Members are not allowed to gamble under any circumstances at the Club or Club sanctioned events
- Disobeying rules established for field trips and vehicle rider safety
- Stealing
- Harassing other Club members, Club Staff or volunteers
- All members should help keep the Club neat and clean
- Members must scan in every time they enter and leave the Club
- Members may not wear inappropriate attire to the Club or Club sanctioned events. Shirts and shoes must be worn.
- Members should always show respect and cooperation toward each other and Club Staff
- Running is not allowed within the building, except in the Gym
- The Boys & Girls Clubs of the Midlands is not responsible for stolen or lost items
- If a member has a problem, question, or an injury they should see a staff member immediately
- Food and snacks items are eaten in specific designated areas only
- Member will follow rules at all times while at the Club or events sponsored by the Boys & Girls Clubs of the Midlands
- Once members leave the Club premises, they are not allowed to return without parent permission and permission from the Club.
- Parents must come into the Club to pick up their child

General

BGCM is committed to creating a Club setting where everyone is treated with dignity. To make this possible, we recognize that one of our most important responsibilities is to create and sustain a safe environment so our members can enjoy participating in our program. To achieve this goal, we must

acknowledge that bullying can occur within our Clubs.

To clarify the definition of bullying and to help prevent it from occurring, we have outlined the following information:

- Both boys and girls can be bullies. We, as an organization, will not tolerate an attitude of “boys will be boys” or “girls will be girls” to excuse social cruelty or physical harm.
- Bullying can be direct or indirect, blatant or subtle. It involves an imbalance of power and repeated and intentional actions.
- Bullying is any behavior considered physical aggression, social aggression, verbal aggression, written aggression, intimidation, sexual harassment, or racial/ethnic harassment.
- Bullying is cutting someone off from essential relationships.
- Bullying includes isolating the target by making this person feel rejected by his or her community.
- Bullying is malicious gossip and rumor spreading.

Bullying often occurs outside of the physical grounds of the Club, yet these actions impact the safety of our members as though they occur at the Club. The Club Management will address any bullying behavior demonstrated at the Club or outside of the Club, which affects our Club community.

Examples of bullying outside the Club could be (but are not limited to) the following:

- Electronic communications that include physical threats and/or malicious gossip and slander.
- Hit lists or polls via e-mail or other methods of communication naming specific members and/or staff.
- Sending humiliating photographs to others.
- Stealing passwords and misrepresenting oneself.
- Changing other people’s personal profiles.
- Hazing, or any ritual that degrades, humiliates, threatens, or physically hurts another person as a pretext for joining a team or other formal or informal group.

As an organization, we will take any report of bullying seriously. Bullying will be responded to through a variety of consequences and interventions up to and including suspension from the Club, depending on the frequency and severity of the behavior. Any suspended member will not be permitted to return to the Club without a parent/member re-entry meeting with the Club’s Club Director.

Consequences for Bullying

Through member conferences, mediation, or other interventions, the Club may handle situations, including less severe first offenses, without a phone call home. If more serious bullying occurs, the consequences could be suspension from the club and participation in all club activities. Membership is a privilege, not a right. We will notify you if these consequences lead to a disciplinary outcome.

If your child is a target of bullying:

- Notify the Club Director so that the incident can be documented.
- The incident will be addressed as quickly as possible, but please allow us 48 business hours to respond. If you do not hear from us by that time, please feel free to call the Club Director to follow up.

Please understand that we want all our members to feel safe, valued, and respected in our Clubs. These situations are hard for everyone – members, parents, and Club staff. Working together, we can do our best to ensure that our Club is a safe and positive environment where great futures can continue for every child.

Discipline Procedures

These policies and procedures have been established to ensure that all who attend the Boys & Girls Clubs of the Midlands locations will have a positive and safe experience.

When having to discipline members, we believe that prevention is the most helpful tool. If staff notices that a member is starting to display behavioral issues, they will do their best to stop them before an incident occurs. The 3 Step Method will assist in preventing incidents from happening. 3 Step Method:

- **Step 1:** Staff will discuss with the member the behavior that needs to be redirected and inform the member's parents and/or guardian's of the consequences of the continued inappropriate behavior.
- **Step 2:** If appropriate, and needed, staff will use interventions such as "time out," and/or activity restriction. We will notify a parent/guardian of the behavior and the consequences if the behavior persists. An incident report is completed to document the behavior.
- **Step 3:** A meeting with parent/guardian(s) and the member will be set by the Club Director to discuss the persistent behavior and may include a conversation regarding suspension, reducing the number of days a member attends a club or an extended leave period.

Consequences if positive redirection efforts have been exhausted and ineffective in changing the behavior:

1. Club Service – if the situation involves defacing property, spilling, throwing trash on the floor, etc. Members could be of service to the Club on the day of the incident.
2. Suspension from the Club – the member is allowed to return after an appropriate period. Members will not be sent home without contacting a parent or legal guardian. The Club Director will determine the length of the suspension depending on the severity of the member's incident.
 - Automatic suspension after three incident reports have been written throughout the membership year.
 - Suspensions are issued only after all positive redirections have been exhausted
3. Expulsion from the Club – The Club Director must notify and submit all incident reports to their immediate supervisor before an expulsion can occur. Expulsion means the revocation of membership privileges from all Boys & Girls Clubs of the Midlands.

Redirection: After speaking to the youth about inappropriate behavior, staff will redirect the youth to a different activity or program area.

Timeout: Staff will designate an area for timeout where the members are supervised. Members will serve 1 minute per year of members' age (ex. 8 years old – 8 minutes in timeout) per state daycare standards.

Communication with Parents on Child's Progress

BGCM's membership policies and procedures clearly state that some violations may result in immediate suspension or termination of membership. In all but the most serious violations, however, staff will work with the member and his/her family to restore the child's good standing in the Clubs.

Parents/Guardians must ensure their Child Abide by Club Rules

Parents/Guardians also agree to ensure that their children abide by these rules. If a child breaks a rule, this violation will be documented and placed in the child's file. Depending on the severity of the infraction, parents will be contacted. In the case of children who are picked up by a relative, staff will contact the parent or guardian by phone the same day that the violation occurs. More serious or repeat violations will also be conveyed via written notice.

Pick-Up Protocol/Hours of Operation

Please be prompt when picking up your child(ren). For member safety, all parents are encouraged to come into the Club for member pick-up. Please read the late fee section for rates charged by BGCM for members left past closing.

Helpful Hints for Parents & Members

For Parents:

- Bring an ID. with you when you come to pick up your child/ren
- Always send children to the Club with appropriate clothing and footwear
- When your contact information changes, please update your child's membership information online. We must have current phone numbers, emergency contacts, and addresses
- Fundraisers and events are conducted throughout the year. Your participation is greatly appreciated whenever possible
- The Boys & Girls Clubs of the Midlands and all its locations and grounds are smoke-free and weapons are prohibited

For Members:

- If you bring electronics or personal items to the Club, the Club is not responsible if these items are lost, stolen, or damaged
- Please be sure to take all personal items home at the end of each day. The Club will not be responsible for items left in the building
- The Boys & Girls Clubs of the Midlands and all its locations and grounds are smoke-free and weapons are prohibited.

Health & Wellness Communicable Diseases and Member Attendance

If any member shows evidence of having contracted a communicable disease as defined by a skin irritation or lesion that is designated as contagious to others and appearing as impetigo, chicken pox, scabies, ringworm, pink eye, etc. Staff will isolate the member in a designated area until a parent or guardian can pick up the child from the Club. Per DHHS regulations, the Club Director will notify parents of all enrolled members of any case of any reportable communicable disease on the same day the licensee is informed of or observes the illness, unless otherwise directed by the health authority.

The contagious member will not be allowed to return to active participation in Club activities until the member is examined by medical personnel and found to be free of contagious aspects of their affliction. A letter to this effect must be signed by a physician or registered nurse and placed in the permanent membership file of the member.

Medicine Policy

It is the policy of the Boys & Girls Clubs of the Midlands (the "Club") to not administer any prescription or over-the-counter medication to members 1) unless a medical professional certifies that, due to medical necessity, is impossible to administer medication outside of times when a member is in attendance at the Clubs and 2) in cases of life-saving rescue medications.

Life-saving rescue medications include drugs such as an Epi-Pen, Asthma Inhaler, or Insulin (collectively "rescue medications"). These rescue medications are allowed to be stored onsite but must be in their original container, be marked with the member's name, and show the dosage amount. The name of the doctor prescribing the medication must be found on the medication prescription and/or medication bottle.

If members choose to store an Asthma inhaler, the inhaler must have attached the Asthma action plan signed by a medical professional.

Rescue medications may be stored at the Club, but staff cannot administer the medication to the Club members. The only situation where Club staff will administer lifesaving medications is if it is medically impossible for the member to self-administer due to a serious medical circumstance. Please talk to your Club Director if your member requires rescue medication that must be administered during Club hours. Some Club staff have been certified in first aid and CPR, which includes training in administering emergency injections such as the EpiPen and the use of an AED defibrillator.

If you choose to store rescue medication, we require you to provide health information, in addition to what you have provided on the membership form, relating to your child's condition. In addition, you must fill out the Medication Log found in the membership handbook and provide it to the Club Director at your location. You must also complete the Health and Allergy Concerns form; you may ask your Club Director for a copy if you do not have one. A copy of the completed form will be stored with your child's rescue medication, and in the Medication Logbook.

Allergic Reaction/EpiPen Procedures:

1. Please inform the Club Director about your child's health issues or allergies.
2. If your child requires the use of an EpiPen, in the event of an anaphylactic reaction, place the EpiPen into a zip lock bag with the completed EpiPen Administration Permission Form inside the bag. Label the outside of the bag with your child's name as it appears on the prescription for the EpiPen.
3. The zip lock bag is to be hand-delivered to the Club Director to be stored in a secure, but unlocked, accessible location in the Club, unless the child is approved to carry his or her own EpiPen.
4. The Club Director will place the labeled zip lock bag in the designated secure but unlocked accessible location in the Club and inform staff of member's allergies and reactions.



BOYS & GIRLS CLUBS OF THE MIDLANDS

Medication Authorization Form

This information is confidential and may not be shared or released without parent/guardian permission.

Member Name: _____ Medication: _____

Prescription (Doctor note required) Non-Prescription

If prescription, prescriber name: _____ Phone: _____

Dosage amount: _____ Time: _____ a.m. _____ p.m. _____ times/day

Dates for medication: Start: _____ End: _____ Expiration date on bottle: _____

Medication Instructions: please describe the route and what symptoms need to exist for medication to be given or applied.

I understand staff will only administer medication if it is medically impossible for my child to self-administer. I permit staff to administer medication to my child in the event of an emergency, as stated above.

Parent/Guardian Signature: _____ **Date:** _____

CLUB STAFF COMPLETE THIS SECTION



BOYS & GIRLS CLUBS OF THE MIDLANDS

Acknowledgment of Review of Membership Handbook

As we strive to provide a safe and high-quality Club Experience for your child, we also seek the involvement of parents/guardians to help our members be most successful. Your signature acknowledges receipt of the handbook, as well as the rules, regulations, and expectations outlined for both the member and family in regard to:

- **Membership & Procedures**
- **Member Code of Conduct & Bullying Policy**
- **Discipline Procedures**
- **Parent/Guardian Engagement & Code of Conduct**
- **Safe & Secure Clubs & Health & Wellness**

Member Name	<input type="text"/>	Date	<input type="text"/>
Parent/Guardian Name	<input type="text"/>	Date	<input type="text"/>
Parent/Guardian Name	<input type="text"/>	Date	<input type="text"/>
Club Director/Front Office Manager	<input type="text"/>	Date	<input type="text"/>

Please only fill out one form per child. For additional forms, please see Club Director or Front Office Manager.

Camp Nakomis

Welcome to Camp Nakomis

Camp Nakomis is a summer program offered by Boys & Girls Clubs of the Midlands, designed to provide youth with a positive, challenging outdoor experience. Located at Carter Lake, Camp Nakomis has been a part of our tradition for years, giving kids the opportunity to explore nature, build friendships, and create lifelong memories. Summer camp is more than fun—it helps youth develop confidence, teamwork, and leadership skills in a safe and supportive environment. As a camper, you are now officially a Carter Lake Club Member and are welcome at the club anytime!

If you'd like to explore attending another club location, please call that location directly. Refer to page XX in your handbook for contact information.

What to Expect at Camp Nakomis

Get ready for non-stop fun and adventure! Every week brings something new, from themed celebrations to outdoor thrills. Here's a sneak peek of what's waiting for you:

Big Highlights:

- Themed Weeks & Special Events
- Awesome Field Trips
- Lake Life Adventures

Activities (weather & lake conditions permitting):

- Canoeing across the lake
- Swimming & water games
- Epic slip-and-slide challenges
- Archery like a pro
- Bounce houses for endless fun
- Pontoon boat rides
- Fishing by the shore
- Grilling & outdoor picnics
- ...and so much more!

Every day is packed with new experiences, laughter, and memories you'll never forget!

What Camp Provides

- Breakfast and lunch every day
- Sunscreen and bug spray (Brand: [Insert Brand Name])
- Life jackets for all water activities
- A reusable water bottle and Camp Nakomis T-shirt for each camper

What to Bring to Camp

Swimsuit & towel

- Hat for sun protection
- If you have specific sunscreen or bug spray preferences, please bring your own
- Snack Shack Money
 - Campers can purchase snacks on Tuesdays and Thursdays at our Snack Shack
 - \$5 limit per day
 - Proceeds support our teen members' Keystone Club, a leadership and community engagement program
- Life-saving medications (ONLY inhalers, epi-pens, insulin) – Form will need to be filled out
- Energy and an adventurous spirit!

Communication

You can expect the Camp Nakomis staff to be in regular communication with you. Leading up to camp you will receive emails – specifically the week before each camp you will receive reminders and camp specific information. Be sure to follow us on Facebook at /CampNakomis for daily pictures!

Lost and Found

Lost and found items will be located at the Boys & Girls Club building. Please check there if your camper misplaces something. There will be a date communicated for the end of summer. If items are not picked up, they will be donated. As a reminder, put names on your camper's stuff, we are happy to reach out to you.

Weather Disclosure

Camp will always be held. If outdoor activities are not possible, we will adjust and bring camp indoors. We have backup plans for all weather conditions.

To prepare for any weather emergency, we will run drills at the beginning of each camp week.

Heat Policy: We will not cancel camp for heat. Hydration is a top priority, and we will ensure campers drink plenty of water throughout the day.

Bugs are a part of camp. Please prepare your camper to come with curiosity – and to be sure they use the bug spray.

Transportation

Drop-off and pick-up will occur at the Boys & Girls Club building for check-in and check-out each day.

Pick-up locations:

First National Bank Tower

Pick up at First National Tower near the corner of 16th & Capitol. Directly across from the Double Tree hotel.

1620 Dodge Street, Omaha, NE 68102

Pick up at 8:00 am Drop Off at 4:15 pm

Parents have until 5:00PM to pick up campers.

Mutual of Omaha

On the East side of 34th Street between Dodge & Farnam Streets.

34th St. & Dodge Street, Omaha, NE 68131

Pick up at 8:00 am Drop off at 4:30 pm

Parents have until 5:00PM to pick up campers.

Westroads Mall

North side of Dick's Sporting Goods.

10000 California Street, Omaha, NE 68114

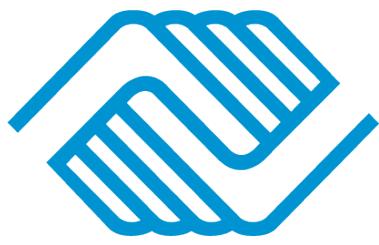
Pick up at 8:00 am Drop off at 4:45 pm

Parents have until 5:00PM to pick up campers.

Concerns & Grievances

If you have concerns:

1. Contact the Camp Director at (712) 347.5687
2. If you need additional support, contact the Club Director @ (712) 743.7221



BOYS & GIRLS CLUBS
OF THE MIDLANDS

2610 HAMILTON ST | OMAHA, NE 68131 | BGCOMAHA.ORG | (402) 342-1600