



Youth Program Parent Handbook

ALABAMA SPIRIT PROGRAM

Alabama Cheerleading

Introduction

Thank you for entrusting your child to us for the duration of our program. We hope that your child has a wonderful experience while they are with us. As a parent/guardian, we know that you are also concerned about the safety and wellbeing of your child. This handbook has been developed to answer many of the most common questions. If you have additional questions, please don't hesitate to contact us.

Agenda

Time	Day One
6:00am-8:00am	Breakfast at Burke Cafeteria
8:30am-11:30am	Hank Crisp Indoor Facility: Check-in / Warm-Up / Jump Class / Stunt Class / Private Coaching / Pyramid class
11:30am-1:15pm	Lunch at Burke Cafeteria
1:15pm-4:30pm	Hank Crisp Indoor Facility: Check-in / Warm-Up / Jump Class / Stunt Class / Private Coaching / Pyramid class
4:30pm-6:15pm	Dinner at Burke Cafeteria
6:15pm -8:30pm	Hank Crisp Indoor Facility: Squad Leadership Training / Camp Routine Privates /Team UCA / Jump Off / Spirit Night

*Campers and Coaches will be housed in Burke, Parham, Pres 1 and Pres 2.

*Should football force camp to move, the UA REC Center is our alternate location.

Drop-Off and Pick-Up Procedures

Participants may be dropped-off during the check-in on Day 1. Coaches will sign their team in at check-in in Coleman Coliseum on Day 1. Participants may not leave during the program without their coach's approval. Coaches will be in constant communication with the UA Cheer Staff about the needs/issues with campers.

Location

Campers are a part of a school team and their team's coach will check them in at Coleman Coliseum, in the front lobby. Camp will be held in the Hank Crisp Indoor Facility and Coleman Coliseum.

Medical Concerns

UA Athletic Trainers will not be responsible for medical needs during camp. Varsity Spirit will have Red Shirts on location from the time camp begins until camp ends each day. These Red Shirts are hired by Varsity and they are the medical staff that will be present on campus for camp. If a camper is coming to camp with a prior injury, the camper and his/her coach, is required to tell the Red Shirt Staff, should a need arise.

While we hope that your child stays happy and healthy throughout their stay with us, we need to be prepared to handle medical emergencies that might arise.

Medical Information

All participants are required to complete the Medical Information Form. (See the Forms section.) This is where parents may provide emergency medical information and specify any special needs.

Allergy or Disability Accommodations

The University of Alabama will make reasonable accommodations to allow participants with allergies and disabilities. However, we can more efficiently fulfill requests that are made 3-4 weeks in advance.

If your child has a food sensitivity or allergy, please complete the Bama Dining Special Diet Accommodation Request Form for Campers. (See the Forms section.)

Medication Management

Participants who will need to take medications (prescription or over-the-counter) during their stay, must communicate that with their coach. All medications except for emergency rescue medications (ex. inhalers, epinephrine) for the participants should be in their original containers and sealed in a zip-top bag labeled with their full name and date of birth. Emergency rescue medications may be kept with the participant with the parent's written consent.

Parents/Guardians should complete a separate Medication Management Form (See the Forms section.) for each medication to specify exactly how and when the medication should be administered.

Staff members will not handle bottles or their contents directly, and they may not provide guidance on how the medication will be taken. All camper medication should be kept on person or with the coach of his/her team. If the participant is not sure of the correct dosage or timing, they will be directed to contact their parent/guardian. It is the participant's responsibility to contact staff for their medications, but staff will be aware of when participants need their medications and remind them as needed.

All medications and medication bags will be returned to the participant's parent/guardian when the program is over.

Infectious Illnesses

Response and Management of Illness or Probable Illness

UA strongly encourages parents/guardians to monitor their children daily at home for signs of any infectious illnesses, including COVID-19. Parents and caregivers are encouraged to keep participants with signs or symptoms of infectious illness home when sick and/or seek medical care.

Program Staff

Making sure that all participants are properly supervised and secure in their surroundings is very important to us. The following standards have been developed to ensure that participants know how to recognize the program staff and what to expect while they are here.

Identification

Program staff may be identified by their Varsity Attire or Red Shirts.

Supervision

The participant to staff ratios used by this program are based on participant age and meet or exceed the standards recommended by the American Camps Association. Participants must be supervised at all times, and one-on-one contact is generally prohibited except in emergency situations.

Emergency Information

Shelter Location

In the event of a weather emergency, participants will be moved to the lower level basement in Coleman Coliseum until all warnings have expired. Coaches/Parents/Guardians are welcome to check their children out if they are concerned about the forecast, but in the interest of safety, we advise that parents/guardians do not check them out during weather warning events.

Communication

In the event of an emergency, we will use the emergency contact information provided in your registration materials. Participants who carry cell phones will be allowed to use them to contact their parent/guardian if necessary.

Participant Code of Conduct

The following section outlines the conduct expectations of all participants of this program.

Participants will:

- Show respect to all other participants, program staff, and program director.
- Take direction from program staff and program director.
- Use appropriate language at all times.
- Refrain from causing bodily harm to self, other participants, and staff.
- Treat equipment, supplies, and facilities with respect.
- Respect others' physical boundaries.
- Take all medications as directed, if applicable.
- Follow program schedule.
- Use cell phones only during free time and not during scheduled activities unless otherwise asked to do so.
- Not smoke, vape, drink alcohol, or use illegal substances of any kind.

Child Abuse Reporting

The University of Alabama has taken steps to ensure that all youth program staff are aware of their responsibility to report known or suspected child abuse, but it is also important for participants and their parents/guardians to report suspicious behavior. If we all work together, we can create the safest possible environment for your child.

If you see something, say something!

If you or your child become aware of known or suspected child abuse on our campus or involving program staff or participants, please report it immediately to the University's Police Department by calling 348-5454.



The UA Safety App provides students, employees, and visitors with immediate access to information in case of an emergency. Features include a built-in GPS to every campus building and shelter locations, AEDs and safety guidelines for potential hazards.

Users also receive exclusive UA Alerts and current UAPD advisories for up-to-date information. Additional features include National Weather Service Information for Tuscaloosa County and an emergency contact list for instant dialing with one push.

In 2019, a new version of the UA Safety app was released. New features include:

- look and feel with reorganized content makes it easier to find exactly what you need
- weather alerts including a map showing affected areas for Tuscaloosa County
- 7-day weather forecast for campus
- receive Timely Warning Notifications
- added ability to manage alerts you want to receive
- explore section makes it easier to find buildings and the safety features within each building
- option to livestream 92.5 FM UA Info Radio
- @UA_Safety Twitter feed

The safety app is available for download on [iOS](#) and [Android](#) devices.

[Additional information is available at UA Safety App Information Site](#)