



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LINCOLN YMCA

## CHILD WATCH & KIDS QUEST WINTER/SPRING 2021

The Lincoln Y offers non-licensed, drop-in child care for up to two hours per day, while an adult on the family account is utilizing the facility. Playful, engaging options are plentiful for young children while you exercise or connect with others over shared interests. At the Y, children are able to develop trust and security, learn about their world and make friends.

### AGE LIMIT FOR CHILD WATCH Ages 6 weeks to 10 years

Child Watch is an area for children, six weeks to ten years of age, Child Watch offers children the opportunity to free play in a supervised setting.

### ACTIVITIES IN CHILD WATCH

In Child Watch, we strive to provide a rich environment that encourages children's natural curiosity and ignites their creativity. Child Watch provides an active, child-centered environment which offers children opportunities for play. Due to the current COVID-19 pandemic hands-on activities and games that require physical contact will be limited. The games and toys in Child Watch will be limited to items that are easy to clean and sanitize in between use. We encourage children to bring their own art supplies (crayons, coloring book) to use during their time in Child Watch. For a complete list of items children should and should not bring to Child Watch during their visit, please see the back of this page.

### IMPORTANT INFORMATION

Due to COVID-19 we are limiting the amount of children being cared for in Child Watch at one time. All families who would like to utilize Child Watch will need to make a reservation in Child Watch for ALL ages of children in their family.

- Parents can reserve a spot up to 24 hours in advance.
- All children cared for in Child Watch may receive care at any facility for no longer than 2 hours each day.
- Please visit [ymcalincoln.org](http://ymcalincoln.org) to make your reservations for Child Watch.
- Instructions for how to place an online reservation are listed on page 4 of this handout.
- For assistance with reservations or any other questions about Child Watch, please call the Front Desk of the Y location you would like to visit.
- Masks are required in Child Watch for children ages 2 and older.

**HOURS & RESERVATIONS** Parents/Guardians must reserve a spot for their child online prior to coming to Child Watch. The following reservation blocks will be available:

COOPER Y, COPPLE FAMILY Y, NORTHEAST Y	FALLBROOK Y
<b>Weekdays- Monday to Friday</b> 9:00 AM-10:50 AM 11:00 AM-12:50 PM 4:30 PM-6:30 PM  <b>Saturdays</b> 9:00 AM-10:50 AM 11:00 AM-12:50 PM  <b>Closed Sundays</b>	<b>Weekdays- Monday to Friday</b> 8:30 AM-10:20 AM 10:30 AM-12:20 PM 4:30 PM-6:30 PM  <b>Saturdays</b> 9:00 AM-10:50 AM 11:00 AM-12:50 PM  <b>Closed Sundays</b>

### LOCATIONS & CONTACT INFORMATION

Cooper YMCA 6767 S 14th St Lincoln, NE 68512	Copple Family YMCA 8700 Yankee Woods Dr Lincoln, NE 68526	Fallbrook YMCA 700 Penrose Dr Lincoln, NE 68521	Northeast YMCA 2601 N 70th St Lincoln, NE 68507
For assistance with reservations or other questions please call:  P. 402-323-6400	For assistance with reservations or other questions please call:  P. 402-327-0037	For assistance with reservations or other questions please call:  P. 402-323-6444	For assistance with reservations or other questions please call:  P. 402-434-9262

### FEES

Lincoln Y Family & Single Parent Family Members  
Y Adult Members

FREE  
\$5.00/visit/child\*

\*You can pay for an hourly visit at the Front Desk and present the receipt to the Child Watch Staff.



visit [YMCALINCOLN.ORG](http://YMCALINCOLN.ORG) for more information or to register.

# CHILD WATCH & KIDS QUEST POLICIES

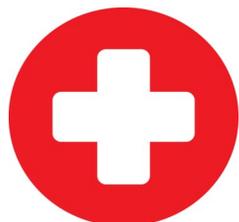


## IF YOUR CHILD IS SICK, PLEASE KEEP THEM HOME!

Children, and/or siblings, who are sick or experiencing any symptoms of COVID-19 or any other illness symptoms, should NOT be in Child Watch. If your child has any of the following COVID-19 primary symptoms, please do not bring them, or any enrolled siblings, to Summer Day Camp. These symptoms include:

- Fever
- Cough
- Shortness of breath/ difficulty breathing
- Chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste/ smell

If the participant is already in Child Watch and they begin to show the symptoms noted above, we will ask the parent/guardian to come back to Child Watch for immediate pick up to take them home. The child, and any siblings of the child, must leave the Y and be symptom free for at least 24 hours prior to returning.



## ILLNESS EXCLUSION FOR COVID-19

If a child tests positive for COVID-19, or if a participant has been in close contact with a person who tested positive, we will require the child, and any siblings in the same family, will be required to:

- Self-quarantine for 10 days
- Self-monitor for symptoms
- Follow CDC guidance if symptoms develop

At the end of 10 days, the child must be symptom free for at least 24 hours prior to returning to Child Watch.

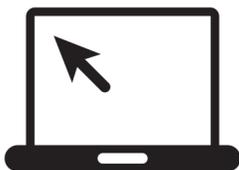


## RESERVATIONS & HEALTH CHECK PROCEDURES

Due to COVID-19 we are limiting the amount of children being cared for in Child Watch at one time. All families who would like to utilize Child Watch will need to make a reservation in Child Watch for ALL ages of children in their family. All families and children must make an online reservation prior to your visit to Child Watch. If you make a reservation and no longer need it please notify the staff by calling Front Desk. When you arrive you must check-in at the Front Desk of the Y before entering Child Watch and then check-in into Child Watch upon your arrival. For the safety of your child we require parents/legal guardians to come in and check their child in and out of Child Watch at each visit and we limit drop off and pick up to the 2 adults on the account.

Upon your arrival, our staff will greet your family and do initial assessment of your child, which includes taking their temperature and asking you a few health questions. If your child's temperature is 100.4 or above the child, and any family members, will not be allowed to stay in Child Watch and your family will need to leave the Y facility. Your child will be asked to sanitize their hands upon arrival.

If at any time during your child's visit they exhibit any signs or symptoms of illness, the staff will contact you to come immediately pick-up you child from Child Watch to go home. The child, and any siblings of the child, must be symptom free for at least 72 hours prior to returning. You will be required to tell the staff where you will be working out at so we can find you if needed. Adults must carry a cell phone with them at all times while their child is in Child Watch and must answer immediately if called and be prepared to return to Child Watch for their child if necessary. The adult utilizing Child Watch must remain in the building while exercising. Adults my run or exercise outside in close proximity to the Y but must sign a Permission to Exercise Out of Facility Form.



## REGISTRATION & RESERVATIONS

The Child Watch Questions & Reservations must be completed online for any child who participates in the Child Watch program at any of our locations. These questions must be completed by the child's parent or guardian before the child may be placed in any of our Child Watch Centers. The questions must be completed online or at the Front Desk of any location. Please notify the staff of any change of information on your child's form (ie: allergies or health). For more information on how to complete the questions, please visit:

<https://www.ymcaincoln.org/programs/child-care-parties-rentals/child-watch>.



## WHAT SHOULD I PACK FOR MY CHILD'S VISIT TO CHILD WATCH?

In an effort to cut down on the number of items shared between children in Child Watch, we are asking that children bring some personal items to be used during their visit. Any and all personal items that you bring into Child Watch must be labeled with your child's first and last name. Any personal items labeled will be taken to the Y's lost and found and kept for 30 days. All other items will be discarded. The Y is not responsible for loss or damage to your child's items. We are asking that children bring everything they need for the day in a bag or backpack. Please make sure your child has the following items, labeled with their first and last name:

- Art Supplies— crayons, coloring book
- A personal reading book
- Sunscreen
- Water bottle or sippy cup for drinking
- Diapers & wipes (if needed)
- Change of clothes (if needed)

**PLEASE DO NOT BRING:** NO SNACKS, Tablets, phones, iPads or other electronic devices, money or valuables

# CHILD WATCH & KIDS QUEST POLICIES



## DRINKS & INFANT/TODDLER FEEDINGS

We will not provide or allow any snacks or meals during Child Watch hours at this time. Please feed your child prior to coming to the Y. Please have your child bring a water bottle or cup to drink from in Child Watch.

You may bring a bottle/toddler cup for your infant/toddler while they are in Child Watch. We do ask that you notify the staff of how you would like the bottle prepared and that all bottles and cups are clearly labeled with your child's first and last name. Nursing mothers are welcome and encouraged to nurse their child in Child Watch should the need arise.



## DIAPERS & TOILET TRAINING

Please start your infant/toddler's visit to Child Watch in a clean/dry diaper. Parents are welcome to change their child upon arrival/prior to leaving if necessary. Child Watch staff will change your child if they discover your child has had a bowel movement during their visit. Families must provide their own diapers and wipes for their children. If your child is toilet training, please notify the staff. The staff will do our best to remind your child to use the restroom on a regular basis. If your child will need assistance while using the restroom in Child Watch, the staff will leave the door to the restroom all the way open and one staff will never be alone in restroom stall with child. In the event that a child soils their clothing the YMCA staff will ask you to return to Child Watch immediately to change/ clean up your child. We do not keep spare clothing, diapers and wipes on hand and encourage you to bring a change of clothing to use as needed.



## OTHER CHILD WATCH POLICIES

- **Discipline-**

We will use redirection and time-outs for inappropriate behavior in Child Watch. A time-out is a brief, supervised separation from the group. If problems persist, Child Watch staff will discuss the situation with the parent. If a solution cannot be reached, we may ask that the child not be brought to Child Watch if the behavior jeopardizes the well-being and safety of other children. The staff will make every effort to ensure that no child is punched, pinched, left alone, shaken, struck with any object, bitten or spanked. We are obligated by law to report any signs of child abuse to the proper authorities.

- **Inconsolable Child-**

If the Child Watch staff is unable to console a child after 10-15 minutes of continuous distress, the parent will be contacted and asked to come pick up the child from Child Watch. We will make very effort to comfort your child, but do not want the child to have an unhappy experience.

- **Medications & Remedies-**

The Child Watch staff will not be responsible for administering medications and/or remedies such as teething tablets, lip balms, lotions, creams and ointments. For infants, however, we can apply diaper ointment/cream/powder at the request of the parents.



## SPECIAL NEEDS

The YMCA of Lincoln, NE does not discriminate against children with special needs but requests additional information from you in order to provide a safe and enjoyable experience for each child. Please note that the terrain of our facilities and our activity levels may make it difficult to accommodate children with certain special needs. An Additional Support Plan Form is to be used by the Program Director and the parent/guardian, in order for the YMCA to be made aware of a child's specific special health, dietary, mobility or disability needs and to put in place safety and/or medical accommodations as applicable.

The Y will make every reasonable effort to accommodate a child's special needs but we cannot guarantee that this is possible in all circumstances.



## COMMUNICATION WITH STAFF

If you have a compliment, grievance, question or concern about Child Watch, we encourage you to communicate with the staff in Child Watch. Our staff are there to assist our families immediately by answering questions and addressing concerns. You can also contact the Director at each location their contact information is available on our website.



## STEPS TO COMPLETE YOUR CHILD'S CHILD WATCH QUESTIONS ONLINE



In Child Watch, our goal is to provide a safe and enjoyable experience for all of the children in our care and for the families we serve. We understand that over time, as your child grows, their needs may change. That is why we have made it easier for you to communicate with our Child Watch staff about your child's needs. We are asking all families, including long-time members to log-on to their Lincoln Y account and complete the Child Watch Questions for each child who uses or may use Child Watch at any of our Lincoln Y locations. Non-members may visit the front desk and register as a visitor to complete these steps.

### ACTIVATE AND UPDATE YOUR ONLINE ACCOUNT

Go to <https://apm.activecommunities.com/ymcalincoln/Home>. Follow the steps below:

**STEP 1:** Click on **Sign In** - DO NOT CREATE A NEW ACCOUNT- if you do not know your password just click on **Forgot your Password?** If you have any questions, need to know what email address is on your account, or need any other assistance, please visit or call any YMCA Front Desk.

**STEP 2:** Enter the email address on your Lincoln YMCA account and click **Submit**. - If you do not remember what email address is on your account please call or visit any Lincoln YMCA Front Desk.

**STEP 3:** You should receive an email with a temporary password within a few minutes. - If you do not receive this, the email address you entered may be misspelled or different than the one we have on file for you. Call your Y or stop at the Front Desk if needed.

**STEP 4: Sign In** using your email address and new temporary password. Once you have logged into your Y account, the next step will be to register your child/children with the **2020 Child Watch Questions** in Active Net.

### COMPLETE YOUR CHILD'S CHILD WATCH INTAKE QUESTIONS

Go to <https://apm.activecommunities.com/ymcalincoln/Home> to sign in to your account. Follow the steps below:

**STEP 1:** Type "**2021 Child Watch Questions**" - in the search bar on the main page and then click **Search**

**STEP 2:** Click **Add to Cart** - if an option for the current year does not appear in the list then contact your Y.

**STEP 3:** Select the correct child from the drop down menu on the screen then click **Next**.

**STEP 4:** Complete questions, click **Next** at the bottom of the screen - If you need to register another child to submit their information, click **Register Another Participant for this Activity** and repeat these steps, then check **Proceed to Shopping Cart** - It should show a \$0.00 balance. If a customer has balance on their account, it must be paid in full before the registration is completed.

**STEP 5:** Click on boxes to agree to the Waiver & acknowledge that you reviewed and consent to the waiver, click **Next** - You will see the words "Thank you," indicating that your order is complete and you have submitted your child/children's information needed for Child Watch.

## Thank you for taking the time to complete the Child Watch Questions! Now...

### MAKE YOUR CHILD WATCH RESERVATION

Go to <https://apm.activecommunities.com/ymcalincoln/Home> to sign in to your account. Follow the steps below:

**STEP 1:** Type "**Child Watch**" - in the search bar on the main page and then click **Search**

**STEP 2:** Find your branch and click **Add to Cart**.

**STEP 3:** Click **Enroll Now**.

**STEP 4:** Select the correct child from the drop down menu. Then click the date for your reservation. *making sure to remove the session times that you DO NOT want to reserve by using the white X in the blue circle.* FAMILIES ARE ONLY ALLOWED TO BOOK 1 SESSION PER DAY. Then, under **Enrollment Details**, use the drop down menu to select who is eligible to pick your child up from Child Watch. Once complete, click **Add to cart**.

**STEP 5:** Click on boxes to agree to the Waivers & acknowledge that you reviewed and consent to the waiver, click **Finish** - You will see confirmation, indicating that your reservation is complete.