



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LINCOLN YMCA

## CHILD WATCH

2023

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

We are continuing to limit 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-10:25 AM 10:30 AM-12:30 PM 4:30 PM-6:30 PM 5:30 PM-7:30 PM  <b>Saturdays</b> 9:00 AM-10:50 AM 11:00 AM-1:00 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. 402-323-6442	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.

Updated 1/20/2023

# CHILD WATCH POLICIES



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

Children who are sick or who are experiencing any of the main symptoms of COVID-19 and/or 2+ of the other symptoms, are NOT allowed to be in Child Watch. The main COVID-19 symptoms and other symptoms include:

MAIN COVID-19 SYMPTOMS	2 OR MORE OF THE OTHER SYMPTOMS
<ul style="list-style-type: none"> <li>Fever of /over 100.4</li> <li>Onset of shortness of breath or difficulty breathing</li> <li>New onset of dry cough</li> <li>New onset of loss of taste or smell</li> </ul>	<ul style="list-style-type: none"> <li>Chills longer than 2 hours</li> <li>Congestion and/or runny nose</li> <li>Nausea, Vomiting or Diarrhea</li> <li>Sore throat</li> <li>Headache</li> <li>Muscle Pain</li> </ul>

If the child is already in Child Watch and they begin to show the symptoms noted above, the staff will contact the parent/guardian for immediate pick up to go home. The child must be symptom free for at least 24 hours prior to returning.



## ILLNESS EXCLUSION FOR COVID-19

If a child has COVID-19 symptoms, they will be required to self-quarantine for 10 days from the last day they felt symptoms (may return on 11th day). If given a negative test result within the 10 days, may return prior to the expiration of 10 days as long as they no longer have a fever and other symptoms have improved.

If a child tests positive for COVID-19, they will be required to:

- Self-quarantine for 10 days
- At the end of the 10 days, the child may return to the program only if they have been fever free for at least 24 hours without fever reducing medications and all other symptoms have improved.

If a child is identified as a close contact with a positive case of COVID-19, they will be required to:

- Appropriately wear face coverings at all times (including when outside) for 14 days following exposure, And
- Practice social distancing, and
- Self-monitor twice daily for fever and other symptoms listed above for 14 days and have no symptom development.
- If the student develops symptoms within the 14 day period, then they will be required to move into self-isolation.
- At the end of the 14 days, the child may resume regular program participation only if they have been fever free for at least 24 hours without fever reducing medications and all other symptoms have improved.



## RESERVATIONS & HEALTH CHECK PROCEDURES

We are continuing to limit 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 visiting 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. 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.

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 may run or exercise outside in close proximity to the Y but must sign a Permission to Exercise Out of Facility Form to do so.

When making a Child Watch reservations you will answer a series of questions about your child. Please notify the staff of any change of information regarding your child's allergies, health or needs. To make a Child Watch reservation, please visit: <https://www.ymcalincn.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:

- 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 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. We do not assist children ages 5 and older with diapering/toileting needs. 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 every 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 make a Child Watch reservation before coming in to use Child Watch at any of our Lincoln Y locations. Child Watch Reservations can be made online or on any mobile device or at the front desk of any Lincoln Y. 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 for **Child Watch Reservations** in Active Net.

### 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 weekly session and click **Enroll Now**.

**STEP 3:** Click **Enroll Now** on the next screen.

**STEP 4:** Select the correct child from the drop down menu. Then select the dates and time slot the date for your reservation. PLEASE NOTE- FAMILIES ARE ONLY ALLOWED TO BOOK 1 SESSION PER DAY. Then, under **Enrollment Details**, you will need to complete all of the questions listed. 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.