



# Kids Zone Parent Guide

Physical Fitness, Social Interaction,  
Creative Expression and Fun



MOUNT CARMEL  
Fitness Center

# Safe, Fun and Convenient Child Care

The Kids Zone program is designed for children ages 6 months - 11 years old and is available to anyone visiting Mount Carmel Lewis Center, including patients, employees, Mount Carmel Fitness Center members and guests. As an enrolled Kids Zone member or pay-per-visit guest, your child can enjoy the program for a maximum of two hours per day while you are in the facility.

## Drop Off & Pick Up Policy

Children will only be released to the parent/guardian/designated alternate adult who signed them in to the Kids Zone area. The child's parent/guardian/designated alternate adult must complete the Kids Zone Waiver & Release of Liability for Minors when signing their child into Kids Zone and sign their child out when leaving. The parent/guardian/designated alternate adult must remain at Mount Carmel Lewis Center while their child(ren) are checked in to Kids Zone.

## Children's Belongings

Please bring your child dressed comfortably and appropriately, ready to play. Socks are required if shoes are to be removed while in Kids Zone. Please label all of your child's belongings with his or her first and last name to avoid any confusion of personal items such as coats and shoes. Please leave all toys at home. Your child is welcome to bring an electronic device to use. Kids Zone and Mount Carmel Fitness Center are not responsible for lost or broken items.

## Food, Gum and Drinks

Please do not bring snacks or drinks to Kids Zone with the exception of water bottles or infant bottles labeled with your child's name. Water is available for children to drink during their stay. Chewing gum is strictly prohibited. These guidelines allow us to use our space and time more efficiently and help us provide a clean space for every child to enjoy.

## Behavior Management

The Kids Zone program promotes a positive approach to managing the behavior of all children. The program will follow these principles in a manner appropriate to each child's age, development, maturity, activity and general well-being:

- Children need opportunities to learn to accept responsibility for the consequences of their actions.
- Positive behavior should be reinforced through appreciation and/or praise in order to shape and distinguish inappropriate behavior.
- It is most effective to positively redirect a child's inappropriate behavior.
- Physical punishment is inappropriate and will not be used under any circumstance.
- Removal from a situation, loss of privilege, and time-outs are methods the Kids Zone team members will use for disciplinary purposes as the situation dictates.
- Mount Carmel Fitness Center reserves the right to rescind privileges to Kids Zone entirely or certain areas/programs based on improper conduct or behavior which might interfere with other children's enjoyment of Kids Zone.

## Medication

Kids Zone team members are not permitted to dispense medications to your child.



### Health/Injury Policy

To keep all children healthy, happy and safe, please do not bring your child to Kids Zone if he or she has a contagious illness, has been on antibiotics for less than 24 hours or exhibited any of the following symptoms within the last 24 hours:

- A fever of 100°F or higher
- Vomiting
- Diarrhea (with signs of illness)
- Rash (excluding diaper rash)
- A bacterial infection under antibiotic treatment less than 24 hours
- Cold symptoms such as discolored nasal discharge, constant runny nose or persistent cough
- Pink eye (conjunctivitis)
- Head lice
- Hand, foot and mouth disease

You will be asked to take your child out of Kids Zone if the child shows one or more of the symptoms listed above. Kids Zone Staff are not permitted to dispense medications to children. If any child or staff member contracts an infectious condition, a sign will be posted on the Kids Zone counter with exposure dates once notified.

Please inform the Kids Zone Supervisor of any activity limitations, medication, medical conditions or any additional information that we should know about your child while in Kids Zone. We will ask you to fill out a new Kids Zone Membership Request form to update this information.

An incident report will be completed for any injury that occurs within Kids Zone. You will be notified immediately if a serious or questionable injury occurs. You will be asked to sign and acknowledge the report.

### Diaper Changing & Restroom Policy

Kids Zone does not provide diaper changing services for children. A staff member will locate you to change the child's diaper. It is important that you notate your expected location on the Kids Zone Waiver & Release of Liability Sign-in & Sign-out sheet.

Kids Zone Staff do not toilet train children. Please ask a staff member for more information regarding this policy. Your child will be required to wear a pull-up until he / she has been accident free for two full weeks before wearing underwear while in Kids Zone.

When a child needs to use the Kids Zone restroom, a staff member will open the door and remain outside the door for children newer to toilet training. Your child should be capable of using the restroom on his / her own, remove and replace his / her own clothing. The staff will not assist in wiping at any time.

### Daily Activities

Each child is encouraged to participate in the activities scheduled. However, children will always be allowed to practice safe "free play" under the guidance of the team members. A monthly activity calendar listing upcoming Kids Zone activities and events is available. Please note there may be an additional charge beyond your Kids Zone membership to participate in certain activities.

### Holiday Schedule

Kids Zone will be closed on New Years' Day, Easter and Christmas Day. All other holiday hours will be posted well in advance for your scheduling convenience.

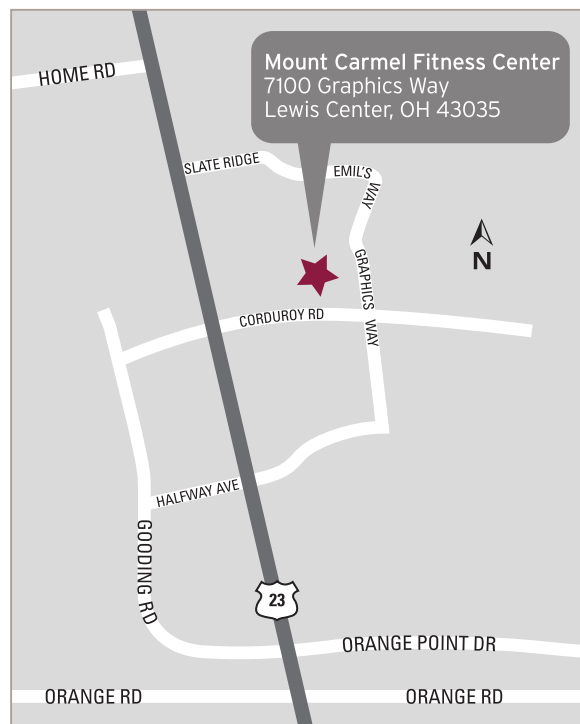
### Hours of Operation

Monday - Friday            8 am -12 pm and 4 pm -8 pm  
Saturday and Sunday    8 am -1 pm

Staff members are not permitted to allow children into the room before or after the scheduled times. This allows the staff time to check the room for safety and to prepare the room for the day's activity.

### Contact Information

If you have questions or concerns, please contact our Child Area Coordinator at 740-879-4850.



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[mountcarmelfitness.com](http://mountcarmelfitness.com)