



KIDFIT PARENT HANDBOOK

KidFit

KidFit is a drop-off service that Fortis Members and Guests may use for their own children between the ages 3 months up to 12 years of age, for no more than 2 hours daily. **KidFit is available to Members and Guests only while they are physically present on-site at the Fortis premises and only after all registration materials are completed. Only parents and guardians may sign a child into and out of the KidFit program.** Parent/Guardians may not leave the Fortis facility at any time during a child's participation in KidFit. **These policies are not negotiable.**

At your child's first visit you must complete the KidFit Registration, Emergency Information, and Waiver Form. Please note: Parents / Guardians are responsible for keeping all information current at all times).

KIDFIT POLICIES AND PROCEDURES FOR USE

KidFit is a service designed to free you up to get Fit! KidFit goals are simple: safety, security and age appropriate activities for your child.

1. Reservations

Reservations are made on a first come, first served basis, by calling (760) 438-4847 or in person at the front desk to the extent space and staffing are available (walk-in registration is not guaranteed!). Reservations are not available online. Reservations are required, as there is limited space and staffing available. If a ratio of KidFit staff to children is deemed insufficient, walk-in clients will be put on a wait list. Parents that do classes back to back will be put on standby for KIDFIT prior to their second class. Parents are not guaranteed 2 classes in a row in order, this is to allow other clients access to childcare. In addition to this, we have experienced that many kids have a difficult time staying in the childcare for that length of time. If you are going on standby for the second class, you are required to check on your children to allow them a rest period. This is a good time to give them a restroom break, change diapers, and give snacks.

2. Fees and Charges

There is no charge for Members who are on any Family Membership or the Individual/Couples Yearly Unlimited Prepaid Membership (for one child). Members who are not on the above Memberships and Member Guests (walk-ins) pay on a per use, monthly, or annual. Check www.fortisfast.com for the most up to date pricing. A drop-in is paid per child per session (2-hour maximum). The second hour of KidFit is standby only. Monthly and yearly auto-pays are also available. There are no refunds for unused credit on your KidFit account.

- KidFit Monthly Unlimited and KidFit Yearly Unlimited cannot be prorated.
- Payments - We accept cash, checks and credit cards. Note that auto-pay pricing options must be paid with a credit card.
- All check in and payments are made at the Front Desk.

- Cancellations are required not less than 15 minutes prior to any KidFit reservation. We reserve the right to charge a fee for no-show KidFit appointments.
- KidFit Monthly Unlimited must be cancelled with 30 days' notice in writing. Failure to cancel in accord with the above will result in financial responsibility for payment. No refunds are given.

3. Compliance

The State of California provides a licensing exemption for “Any child day care program that offers temporary child care services to parents...” so long as, “The services are only provided to parents and guardians who are on the same premises as the site of the child day care program.” KidFit often makes use of State recommended policies, ratios, etc. so as to create a safe, secure, stimulating program for your child.

4. Signing In To KidFit

- KidFit Registration, Emergency Information, and Waiver Form must be current for entry into KidFit.
- Fill out the daily sign in sheet for each child entering KidFit.
- The same parent/guardian that signed in the child to KidFit must pick up the child. An exception may be made if the parent/guardian informs Front Desk/KidFit staff ahead of time that a different parent/guardian will be checking the child out of KidFit.

5. KidFit Hours

The most up to date KidFit hours of operation can be found at www.fortisfast.com under the KidFit tab. Hours vary to coincide with the current programs; and are subject to change.

6. Contact Information

KidFit Phone: 760-438-4847

Program Director Phone: 760-438-4847

Program Director Email: Erin Scheriff (Erin@fortisfast.com)

7. Orientation – Before Your Child’s First Visit

Parent / Legal Guardians are responsible for reading the KidFit Parent Handbook and completing/signing the KidFit Registration, Emergency Information, and Waiver Form. We suggest you visit KidFit with your child, during our less busy hours, before you leave them for the first time and keep your child’s first few visits short (30 minutes to an hour). Not uncommonly, it takes a few tries before the kids become accustomed to being left alone with KidFit Staff. KidFit, in its sole discretion, makes all final determinations as to your child’s readiness to participate and reserves the right to refuse admission.

8. Staffing and Policies

KidFit is typically staffed with only paid staff but can also include part time volunteers. All paid staff has been trained on all Fortis KidFit policies and procedures. Additionally, all KidFit staff are Adult, Child, and Infant CPR certified, as well as First Aid and AED certified. All KidFit staff are background checked. KidFit

varies activities to the extent possible so that children may participate in programs / activities that are age / interest appropriate. KidFit is focused on providing the following:

- Consideration and courtesy towards all children, their parents or legal guardians;
- Safety, security, comfortable accommodations, furnishings and equipment and activities;
- Fun, positive environment, with a goal of constructive, age appropriate activities.

9. **Parent Access and Limitations**

KidFit recognizes that as the Parent / Guardian of a minor child, you want to be comfortable with the program, facilities, staffing, etc. Accordingly, KidFit welcomes you to:

- Visit and inspect the KidFit Studio during slower/less busy periods and ask staff for an introduction / program overview;
- Schedule a mutually convenient time and place to meet with the Program Director to discuss suggestions, ideas, comments or concerns; review by appointment any of your children’s files.
- Parents may stay with their child in KidFit for just a few minutes to acclimate their child to KidFit surroundings and staff; however, KidFit is not designed for parents, or as a family play area. If your child isn’t ready to be left at KidFit, it will be apparent to KidFit staff in short order. It is always up to the KidFit staff to make the final determinations as to your child’s readiness to participate in KidFit. *Please Note: Under no circumstance shall any debate or argument between any KidFit staff member and parent be allowed in or near KidFit. All parent questions or concerns must be directed to the Program Director, outside of the KidFit studio, at a mutually acceptable time and location.*

10. **Permitted Ages**

12 weeks through 12 years old (up until your child’s 12th birthday).

- Ratios - KidFit uses the following general ratio guidelines (which may be adjusted as age may not necessarily be the only consideration in determining appropriate staffing):

Ages <i>(age limit for each grouping is reached on birthday)</i>	Ratio <i>(children to staff)</i>
3 Months – 12 Months	4:1
12 Months – 18 Months	4:1
18 Months – 3 Years	6:1
3 Years – 12 Years	10:1

11. **Dress Code**

Children must be properly dressed. Children that can crawl or walk are required to wear shoes.

12. **Food and Snacks**

Food, snacks and drinks are **NOT PERMITTED** in KidFit (with the exception of water in a bottle with the child’s name). Due to the prevalence of allergies and dietary restrictions, food and drinks are not permitted. Please ensure that children are fed prior to drop off. Spill proof “sippy” cups or water bottles filled with

water may be brought in for children. In order to prevent the spread of germs, “sippy” cups or water bottles will be placed in a designated location when not in use. No bottles/cups with any beverage besides water (including breastmilk and formula) are permitted. **KidFit attendants are not permitted to feed any child at any time during their stay in KidFit.** Parents should feed/nurse their children prior to entering KidFit.

13. Diaper Changing, Bottle Feeding, and Restroom Use

KidFit **DOES NOT** provide for the changing of diapers or bottle feeding. Children who are not potty trained should arrive with a clean, dry diaper. Potty trained children should go to the bathroom **prior** to getting dropped off. You may be paged during your child’s KidFit stay to attend to these needs. Fortis & YOGALUX staff will **not** take children to the restroom – no exceptions. Diaper bags cannot be stored in the KidFit room but may be stored in the locker rooms or cubbies next to the KidFit room.

14. Medications

KidFit **DOES NOT** administer medications. Parents are solely responsible for any medications needed by their child(ren). No medications will be stored in KidFit.

15. Crying / Tantrums / Distressed Behavior

If a child is having a tantrum, or we are, for whatever reason, experiencing problems or are unable to soothe the child, you will be paged. In the event a child begins to cry heavily, KidFit staff will do their best to soothe the child, but if unsuccessful, will page the parent/guardian to console the child. Our staff will always do their best to positively redirect your child should disciplinary action be necessary. “Time-outs” or break-time may be applied.

16. Inappropriate or Aggressive Behavior

Inappropriate behavior and physical/verbal aggressive behavior includes biting, hitting, pinching, fighting, using foul language or any acts that may cause physical or emotional pain/distress to other children or the KidFit staff. Depending on the age and severity of the situation, management or staff may choose to suspend or expel children from KidFit. Positive reinforcement will always be used to resolve inappropriate behavior. Inappropriate and/or negative disciplinary actions (excluding time outs) will not be taken by KidFit staff. If a child poses a risk to themselves or others through behavior deemed aggressive, they may be immediately excluded from KidFit.

17. Personal Items

Personal Items allowed in KidFit:

- Pacifiers (must have a shield or guard large enough so that infants cannot choke on them and must attach to the clothing of the child to be sure it leaves with the child).
- School supplies, books, tablets
- A security blanket

- Water bottle (with child's name)

Personal items not allowed into KidFit:

- Toys, phones (unless given permission), legos
- No food is permitted in KidFit
- Scooters, roller blades/skates, skate boards, etc.

18. Health and Safety

Children with any visible sign of illness will not be permitted into KidFit. Such symptoms may include (but are not limited to) vomiting, diarrhea, runny nose with yellow or green mucus, wet cough, fever, mouth sores, pink eye, rashes, Lice, Ringworm, Shingles, Strep Throat, Chicken Pox, Whooping Cough, Hand Foot and Mouth, etc. If your child is contagious or feels ill, tired or unusually warm, or appears to have a fever or illness, or is home from school due to illness, please do not attempt to enroll your child in KidFit. If your child has been recently vaccinated you must wait 48 hours before bringing them to KidFit. If a child is or appears to be feeling poorly, or cannot be consoled, parents will be paged to pick their child up from KidFit. If your child contracts a contagious disease and has been in KidFit while infectious, please let the KidFit staff know immediately so they can inform the other parents. There is always a paid staff member trained in First Aid and Adult/Child/Infant CPR on KidFit duty.

19. Children with Special Needs

If your child has any special needs, please inform the on-duty KidFit Supervisor at the time of enrollment. We will always do our best to accommodate children with special needs, however, if we cannot safely and appropriately serve your child due to a lack of expertise or resources, we will try to recommend an alternate program.

20. Strollers and Infant Car Seats/Carriers

Strollers are not permitted in KidFit. If your child is an infant, a car seat carrier is allowed and encouraged. Please only leave carriers on the floor (not tables/chairs) for safety.

21. Lost and Found

KidFit staff is not responsible for items lost or damaged in KidFit (includes tablets, phones, etc.). Please check with the front desk for lost items.

22. Donations

KidFit accepts donations of new or gently used, toys, movies, baby items, or art supplies.