

Kids' Night Out

Parent / Guardian Packet

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Frequently Asked Questions

What happens at Kids' Night Out?

To put it shortly, fun. The four hours of programming is split between four main activities - ropes course + ziplines, laser tag, mini golf, and a camp activity. The camp activity is selected by the staff working each KNO to best find the intersection of the KNO attendees interests and staff's strengths, but a few things are the same for all camp activities - they are social, they're a little lower thrill than the ropes course, they're a blast. Mixed in with these anchor four are time for gaga ball and a snack time.

Different lengths of time are spent at each activity and the order in which attendees visit the activities may vary, so an exact itinerary is not provided. This is done so that staff have the ability to adapt programming in the best interest of the campers (e.g. when it starts to get dark early, activities in the field would go before the ropes course so the natural light can be utilized).

What is the price?

Pricing information can be found under the "Camps & Events" section of the "Cart" on hightrekeverett.com.

Is my child fed at KNO? / What is a snack pack?

Your child is provided a snack pack during their time at High Trek. A snack pack is a choice of 1 snack and 1 drink from a rotating set of options (typically our options are on the soda & ice cream side of things).

Snack packs are not comparable to a meal. It is recommended to feed your child before or after KNO and to consider sending additional snacks.

Do I need to register in advance?

Yes! So that our staff has time to review registration paperwork and best prepare for the participants coming, we do not accept "walk-up" participants.

How does registration work?

Registration has three steps:

- 1. Purchase a Kid's Night Out ticket**

This can be done under the "Camps & Events" section of the "Cart" on hightrekeverett.com.

- 2. Check your email**

You will find an email with links to complete your child's registration paperwork and waiver. This may take up to 10 minutes to be received. Be sure to check your spam if it is not found in your inbox.

3. Complete the paperwork and waiver, then you're done!

Completing the paperwork and waiver should take less than 10 minutes and helps us be best prepared to help your child have a fun and successful time at KNO.

Is Kids' Night Out (KNO) a Good Fit for My Child?

This is a great question, and the answer is "it depends". Here are things to consider when answering this question:

- Kids' Night Out is highly active
- Kids' Night Out takes place 100% outside
- High Trek can be a high stimulus environment
- Kids' Night Out is a social activity

Drop-off

Drop-off for Kids' Night Out is from 4:45pm to 5:15pm. During this time, staff will be stationed at a table outside, near the office building. The following steps will be accomplished during drop-off:

- Staff will confirm that your child is registered for the session and that all paperwork is complete
- Staff will ask any questions that they have from the paperwork
- Staff will confirm your child has what they need to be successful
- Parents will confirm the anticipated pick-up person and any additional approved pick-ups
- Parents will have the opportunity to have any last-minute questions answered
- Parents will present photo ID and sign the sign-in sheet

At this point, your child is ready to go and can join the fun!

Late drop-off

If your camper is arriving after 5:15pm, please notify High Trek in advance by emailing info@hightrekeverett.com or calling (425) 382-2966, option 7. When you arrive, you will bring your child to the office to be checked in. Be aware that a late drop off may result in your child missing out on activities.

Pick-up

Pick up for Kids' Night out is from 8:45pm-9:00pm. During this time, staff will be stationed at a table outside, near the office building. The following steps will be accomplished during pick-up:

- Staff will confirm the child being picked up
- The person picking up will present photo ID
- Staff will confirm this person is on the approved pick-up list
- The person picking up will sign the sign-out sheet
- Staff will place a walkie call for the child to collect their belonging and meet their pick-up near the pick-up table.

Early pick-up

When possible, parents are encouraged to avoid early pick-up. This is primarily due to the involved nature of High Trek's activities - it may take a while to return your child to you if you arrive while your child is 50 feet in the air on a zip line.

However, early pickups happen. If you need to pick up your child up early, please inform staff at drop-off so that they can best partner in having your child ready to go when you arrive.

If you intend to pick-up before 7:00pm, consider rescheduling your session so that your child enjoys all that Kids' Night Out has to offer.

Rescheduling / Cancellations & Refunds / No-shows / Prorating

Rescheduling

If there is a conflict that arises and your child is unable to attend Kids' Night Out, it is highly recommended that you contact High Trek to reschedule. If given at least 24 hours notice, we are happy to reschedule your child for another Kids' Night Out on which we have availability. Contact info@hightrekevertt.com or calling (425) 382-2966, option 7 is the best way to reschedule.

Cancellations & Refunds

- You may cancel a reservation by contacting info@hightrekevertt.com or calling (425) 382-2966, option 7.
- You may cancel your reservation within the first 24 hours after booking for a full refund to your original payment method.
- After the first 24 hours after booking, you may cancel your reservation for a 90% refund if refunded to your original payment method, or a 100% refund if refunded to High Trek account credit.
- If you believe extenuating circumstances merit a waiver of any part of this policy, you may contact the program manager at info@hightrekevertt.com to request an exemption. Exemptions are given on a case-by-case basis and are not guaranteed.

No-shows

If a Kids' Night Out participant does not check-in for their session and not communication is made before the session to reschedule or cancel, the reservation is considered a "no-show". High Trek retains all payments made on no-show reservations and the reservation holder is not entitled to a refund or having the Kids' Night Out rescheduled.

Prorating

High Trek does not prorate the cost of youth programs based on time spent on site. If your camper cannot attend the entire Kids' Night Out, consider rescheduling for a different day on which your child can enjoy the full experience.

What to bring, what to leave at home

Here's a list of things we advise every camper will want to bring to Kids' Night Out.

- Water bottle
- Snacks (if your child will want anything beyond the snack pack)
- Jacket (for cooler evenings)
- Hair ties for long hair
- Sun screen
- Rub on insect repellent
- Medications (if needed, see "Child Wellbeing / Healthcare / Medications" below)
- Many parents also send a spare change of clothes (shorts, shirt, undergarments, socks), as campers could get wet or dirty.

Here's what should be left at home:

- Personal sports equipment (archery, lacrosse stick, etc.)
- Valuables
- Weapons, knives, or guns
- Cigarettes, chewing tobacco, alcohol, drugs
- Pets
- Excess fidgets (let's all bring just 1 please)

What to wear

Here are the things to consider when helping your child dress for Kids' Night Out:

- **Shoes that enclose the toes and heel are required for all of our activities.**
- Your child will be outside and active the whole time at High Trek. Clothes that allow flexibility are ideal.
- Layers help as the temperature changes when the sun goes down.
- In the fall and winter, rain is common. Consider wearing or sending rain gear.
- High Trek is a family friendly venue. Please do not wear clothes depicting profanity or explicit material.

Cell phones / electronics

We understand that cell phones are a part of life in the modern world. We also understand that many parents will send their children to Kids' Night Out with cell phones. We ask that parents help their children abide by the following best-practices for cell phones:

- In the interest of the privacy of our staff and other attendees, we ask that cell phones only be used to capture pictures or video with the consent of everyone in the picture of video and with a staff member being made aware. If there is a privacy concern, it will be requested that phones are put away.
- Phones may not be used to share or display media (video, audio, etc.) while at camp. In the interest of keeping our program outdoor focused and family friendly, Kids' Night Out is not a time to watch YouTube, TikTok, etc.

- Being fully engaged to receive instruction or participate in activities is key to having the most fun at Kids' Night Out. All attendees are encouraged to keep their phones stashed and stay engaged throughout the evening. Kids' Night Out only lasts 4 hours, a cell phone will be there at the end.
- Campers may use their personal device to communicate with parents if needed. We ask that campers keep our staff in the loop so that staff can best help with anything arranged between child and parent (e.g. early pick-ups, food being dropped off).
- We do not allow cell phones into the ropes course as they could fall, break, and potentially injure people below.

So that they are not broken, we discourage bringing any other electronic devices to Kids' Night Out.

If there is a pattern of phone or other device use that raises concerns over privacy or creates an environment that is disruptive or not family friendly, parents will be contacted and appropriate action will be taken up to and including dismissal from the Kids' Night Out session and barring registration for future High Trek Youth Programs sessions.

Tips for a successful KNO

Youth programs at High Trek can be a wonderful experience for children; many return year after year. In order to provide the best experience for your child that we can, there are a few things that you, as guardians, can help us with.

1. Please encourage your child to set realistic expectations for the evening – making new friends, trying new activities, and learning new things are all part of Kids' Night Out and we hope that children come ready and open to new experiences.
2. Please let your child know that we expect everyone (campers, staff, and volunteers) to respect others, themselves, and the environment while at High Trek. We do not tolerate bullying and intentional endangerment. Both are grounds for consequential action up to and including dismissal from the program and barring registration for future High Trek Youth Programs sessions . Guardians will be notified if any unacceptable behaviors occur during Kids' Night Out.
3. Please inform our staff of any out-of-the-ordinary behaviors we might see from your child and share any tips or strategies that you've noticed work well. We recognize that you know your child better than anyone and we'd love to use strategies at High Trek that help them experience the most success in their time here!

Code of Conduct

High Trek Adventures is dedicated to providing outstanding youth programs. To collaborate in creating an amazing experience for all, campers are expected to behave appropriately and promote a safe, fun, and healthy environment through productive participation. We aim to promote character values of confidence, caring, honesty, respect, and responsibility in all

aspects of our camp program. We ask that all campers and parents/guardians read this code together before arriving at camp.

Everyone needs some coaching and will fail to adhere to the code of conduct at some point. Our staff are happy to help your child find better courses of action to take in these cases. However, if a pattern of behavior becomes disruptive or endangering - physically, socially, or emotionally - consequential action will be taken. This action begins with a conversation between the child and the most senior program staff on site. Action can escalate up to and including dismissal from the session and barring registration for future High Trek Youth Programs sessions. Parents will be notified of behaviors resulting in consequential action.

High Trek Youth Programs Code of Conduct:

“As a camper, I will hold myself to the standards and expectations set for Respect, Behavior, Safety, and General Conduct:

RESPECT

- Strive to be respectful, cooperative, and to contribute positively to the experience of fellow campers.
- Strive to be careful and considerate that my actions will not hurt another camper’s feelings or hurt them physically, either intentionally or accidentally.
- Show respect to the camp staff, and cooperate fully with their instructions.
- Respect the rights and beliefs of others, and treat others with courtesy and consideration.
- Respect the property of others. This includes personal property, camp property and equipment/supplies.
- Never mark, deface or destroy camp or personal property or nature.

BEHAVIOR

- Conduct myself responsibly. I understand that horseplay, inappropriate touching, unwelcome teasing/bullying, or other unkind behaviors are not allowed and will not be tolerated.
- Communicate in an appropriate manner, which means I will not use foul language or gestures, harsh words, or raise my voice.
- Refrain from deliberately causing bodily harm to the campers or staff. I understand that pushing, kicking, hitting or fighting are not acceptable behavior and will not be tolerated and will be grounds for suspension/dismissal from the camp program

SAFETY

- Campers must wear closed-toe/closed-heel shoes at all times.
- Campers need to pay attention to their surroundings and use care in all activities.
- Campers will adhere to all safety rules and regulations given for each activity he/she participates in while at camp.

GENERAL CONDUCT

- Campers are expected to wear appropriate clothing to camp each day.

- Campers must inform the camp staff if they are experiencing a problem with another camper or other issues. If the staff are not informed about a problem, they cannot stop the problem or assist the camper.
- We expect all campers to have FUN, but not at the expense of others.
- Campers are encouraged to participate in all activities to the best of their ability.
- Violation of the Code of Conduct can be grounds for automatic dismissal. Refunds are not given when a camper is dismissed from a camp program.
- Weapons, look-alike weapons, or objects that may be used to threaten, intimidate, or harm others or to damage property may not be brought to camp.

Emergencies and Illness during High Trek Youth Programs

In the event of evacuation, fire, or other natural disaster, parents will be notified as staff are able. For a medical emergency, serious incident, or illness while at High Trek, we will contact you by phone. Please make sure our numbers for you and any emergency contacts are correct and up-to-date.

In the event that out-of-camp health care is needed, we will contact you to pick up your camper as soon as possible. If the care needed is immediate we will call EMS to pick up your child. We will call you immediately and provide the following information:

- Nature of illness or health concern
- Hospital to which your child is being transported and Estimated Time of Arrival
- Timeline of events leading up to emergency response

Normally, we will not contact you for routine health care problems (i.e., skinned knees, insect bites, upset stomach, etc.) that are not severe or do not require the additional attention of an out-of-camp health care provider. In these instances, basic sanitation and relief practices will be followed, including the following:

- Washing with soap and water
- Applying a cold compress
- Providing adhesive bandages for your child to apply
- Providing water and shade.

If symptoms do not resolve or if your child is struggling with discomfort, we will contact you.

High Trek does not administer any over-the-counter medications that are not provided by a child's parent.

If your child leaves site

If your child decides to leave site without being checked out by an approved pick-up, High Trek staff will notify emergency services and will relay the following information:

- Description of child
- Last known location and direction of movement
- Events leading up to child leaving site

- Contact information for parents and emergency contacts

Staff will then notify parents and emergency contacts until someone is successfully reached.

We follow this procedure in the best interest of the children in our youth programs and the well-being of our staff. Emergency services have the best resources to reconnect you with your child once they are off site.

Medications

General policy. In order to ensure the health and safety of all program participants, we do not allow children to carry medications in their backpacks throughout the day. Instead, medications must be checked in at drop-off and checked-out at pick-up, with the exception of EpiPens and inhalers.

EpiPens and inhalers. Parents and guardians may elect for children to self-carry Epi Pens or inhalers or may check them in like other medications. If parents choose to allow children to self-carry, High Trek is not responsible for the loss or damage of the EpiPen or inhaler.

Administration. Any medication that a child will take during their time at High Trek will be administered by the program manager or most senior program staff on site, or these persons will assist the child in administration. Administration will match the dosage, timing, and method of administration prescribed in the child's registration paperwork.

Limits to scope of administration. High Trek reserves the right to not administer any medication if staff do not possess adequate skill or knowledge (e.g. giving injections without the child's assistance). In this case, the parent will be contacted in advance of the Kids' Night Out session to discuss options of how to move forward.

Communication

If you would like to contact staff while your child is attending a program at High Trek, you may call (425) 382-2966, option 7. This is a busy number. Please leave a voicemail if you are not connected to a staff member on your first attempt. We will call you back. Due to the volume of calls we receive, we only return calls that leave a voicemail.