



2022 Young Adults Camp

July 11-15

9:00am - 3:00pm



Young Adults camp is open to students age 12-18, and 11 year old Red Belts and Black Belts. These students have greater capabilities that need to be encouraged and challenged to bring out the more mature martial artist we know is inside these students.

This camp it is an excellent way for new students to establish a solid foundation in Taekwon-do fundamentals, and for experienced martial artists to improve their minds and bodies. Emphasis will be placed on the cerebral side of Taekwon-do and on deepening an understanding of the higher concepts within Taekwon-do training while still working on age-appropriate physical conditioning.

Activities will take place in our large, bright, air-conditioned space, as well as outdoors. A typical day at camp includes two Taekwon-do lessons, team building games, and talk about Taekwon-do concepts and theory. Campers have a lunch hour which includes time for games.

Specifics about camp COVID procedures will depend on the COVID-19 status for the State of New Jersey and Essex County. For details on our COVID policy see the last page of this application. If the COVID policy or procedures change we will notify parents.

Camp meets Monday through Friday, 9:00am-3:00pm. Doors will open starting at 8:45 if you wish to drop your child early. We will spend some time in the Taekwon-do school and some time outdoors in the park. Please arrive on time as some mornings we will be leaving the school to go to the park right away. All travel to parks or other outdoor sites will be by walking.



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The following guidelines may be changed closer to the start of camp depending on GlenRidgeTKD policy and on NJ State and Montclair local health guidelines.

Camp Guidelines

- Participants must bring:
 - A mask or face covering, plus a spare. Masks should be changed if they become wet, for example if someone sweats a lot during training
 - Snack, lunch and refillable water bottle
 - A towel to sit on
 - Campers will arrive in street clothes and will bring their belt and Taekwon-do uniform (dobok).
 - Campers will need to wear appropriate shoes to walk to the park and to practice in
- Activities will take place outside and in our large, bright, air-conditioned space
- Being outside means we will be paying extra attention to keeping everyone hydrated, so campers should not bring a small water bottle.
- Campers may stay in street clothing all day, including during Taekwon-do practice. This means that they will be walking to the park and practicing in shoes, and campers cannot wear flip flops or crocs. The shoes they wear need to be comfortable for walking and practice.
- Campers should arrive with sunblock applied, they can re-apply as needed.
- In case of rain we may still go outside so campers are welcome to bring a jacket or cap. Campers should keep in mind that white or light-colored shirts can become transparent when wet.
- Participants should be dropped off each day at Glen Ridge Taekwon-do between 8:45-9:00am. Pick up will be at the same location at 3:00pm.
- Upon arrival all campers will be checked for COVID-19 symptoms including a temperature check
- *For health reasons we will not be providing food or snacks to campers*

If you have any questions please feel free to contact Master Giletti at MasterGiletti@glenRidgeTKD.com



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Camper's Name _____

Age & Birthdate _____

T-shirt size: _____

*Child Small, Medium or Large, or
Adult Small, Medium or Large*

July 11-15, 2022 _____

\$425 for GlenRidgeTKD students whose membership is current

\$475 for campers who are not current GlenRidgeTKD members

Parent/Guardian's Name _____

Address _____

City, State, Zip _____

Phone _____

Contact email: _____

(email is our main method for non-emergency contact)

In case parent is not available in an emergency, please provide another contact.

Name: _____ Phone: _____ Relation: _____

In case we want to use balloons in camp is your child allergic to latex? Yes No

Please list any other information about your child that will ensure they have the best experience at this camp:



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PARENT/GUARDIAN'S AUTHORIZATION: All information on this form is correct and complete to the best of my knowledge, and my child has my permission to engage in all activities as part of the day camp at Glen Ridge Taekwon-do (GlenRidgeTKD). Permission is granted to GlenRidgeTKD to use any photos or video in which my child may appear for the purpose of publicity. In the event of an emergency, I hereby give permission to the physician selected by GlenRidgeTKD to secure proper treatment for my child in the event that I cannot be reached. All reasonable care will be given to ensure camp participants a safe and healthy experience, however, Glen Ridge Taekwon-do and its staff and employees are not responsible for any illness or injury, accidental or intentional that occurs to the participant during any of GlenRidgeTKD summer camps. In case of injury, participant should submit to their personal insurance policy. For the health of all camp participants, please notify GlenRidgeTKD if your child has been exposed to any communicable diseases or has symptoms of COVID-19.

Parent/Guardian Signature _____ Date _____

Name (please print): _____



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GlenRidgeTKD Camp Guidelines

On arrival at camp campers and staff must be screened for fever or signs of COVID-19 prior being permitted to enter the building or participate in camp. Symptoms include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

All campers and staff will maintain masks when indoors, and as much as possible outdoors. On arrival all campers and staff will check in which includes a temperature check.

People exhibiting COVID-19 symptoms should stay home. Campers with the above symptoms or who have a fever of 100.4° or above will not be admitted to the camp.

Parents should drop off and pick up campers from the parking lot; as much as is reasonable parents should not enter the building.

Face coverings are required to be worn over the mouth and nose by campers and staff at all times except at meal times.

Campers and staff are encouraged to wash their hands frequently. We have multiple hand sanitizer dispensers, and campers and staff can wash their hands in the three bathrooms

I have read and understand these guidelines and agree to follow them.

Parent/Guardian Signature _____ Date _____

Name (please print): _____