

# Catalyst Fitness Child Watch Guidelines

Child watch is for children 6 weeks to 13 years of age and is available for members and clients of Catalyst Fitness.

Hours are as follows (subject to change):

Monday-Friday: 8:30am – 11:30am

Monday-Thursday: 4:30pm – 7:30pm

Saturdays: 8:00am - 12:00pm

- There is no charge for members for their first 3 children.
- Cost is \$2 for additional children or for non-members. Payment must be paid in advance at the front desk.
- There is a 2-hour maximum per visit.
- Parents must remain on the premises while their child is in the child watch. The children must stay in the room, unless accompanied by staff or parent.
- They must be your children or grandchildren and be registered with us.
- At NO time, can your children be anywhere in the facility except the child watch room.
  - When arriving or leaving, the parent must escort their child directly to or from the child watch room only.
- Children must be signed out by the same parent who signed them in, unless staff is informed otherwise. The parent must still be present to sign them out.
- For the health of all children and staff, ill children will NOT be permitted in the child watch room. If your child has an allergy, please bring a note from the doctor stating the allergy so we don't confuse allergy symptoms for cold or flu symptoms.
  - If your child is not attending school for health reasons, they will not be permitted into the child watch room.
  - They must be fever free, have had no diarrhea, and have had no yellow mucus for 48 hours prior to their visit.
- For health and sanitation, staff will not change dirty diapers. You will be notified of soiled diapers and requested to change them as soon as possible.
  - You must bring your own diaper changing supplies.
- To be fair to other children, to avoid allergy mishaps, and for sanitation purpose, food is not permitted in child watch unless it is clearly labeled with your child's name.
  - We do not provide food.
  - No products containing nuts will be allowed.

- Child watch is limited to 10 children maximum at one time. You may have to wait for additional staff or until other children leave.
  - We also will only allow a maximum of 5 children under 2 years of age at one time.
- All lost and found items will be kept for a maximum of two (2) weeks and then donated to charity or discarded. Please mark your child's belongings to assist the staff in returning them to their rightful owner.
- If a child is unhappy or having a difficult time being separated from the parent, the staff will make every attempt to make the child feel welcome and happy. If all efforts fail, the staff will notify the parent to come and assist in calming the child.
- Each child is special to us, please let us know of any health concerns.
- Usage and privileges may be revoked if reoccurring inappropriate behavior is not corrected.
- We reserve the right to revoke anyone's child watch privileges if they are not following our rules.
- For the health and safety of everyone involved and especially your children, our staff have the right to make a judgement call in regards unforeseen circumstances that may or may not be stated in these rules.
- If FWCS has a delay or cancellation, there will be no AM / morning Child Watch on that particular day.

