

Kids On Track SHIFT YOUTH PROGRAM Guidelines

1. All youth attending any Kids On Track programs must have a registration form signed by the parent/ legal guardian. All legal parents/guardians should be listed.
2. Youth must be in Grade 6 to attend the SHIFT YOUTH PROGRAM .
3. Please discuss appropriate behavior and the consequences of inappropriate behavior with your youth. The following behaviors are expected and if not demonstrated will be addressed with consequences which may include: sitting out from an activity, being sent home, temporary or permanent suspension.
 - * Respect leaders, other youth, and property
 - * Listen to and obey the leaders
 - * Zero tolerance for violence, bullying, and racism
 - * No gang paraphernalia of any kind
 - * No foul language
 - * No use of tobacco products, non-prescription drugs/illegal drugs, or alcohol during Kids On Track times.
4. Possession of weapons is prohibited. Please do not pack any knives, guns, bow and arrows, or anything that could be used as a weapon.
5. Appropriate clothing for the weather and activity type must be worn. Please review the dress code (see below).
6. During Kids On Track programming time, Christian educational and experiential practices such as Bible stories, scripture verses, Christian songs, prayer times, and discussion will be integrated in a child-friendly, non-coercive manner. Youth from any faith background are welcome to attend, however Christian values and beliefs will be presented.
7. You or your emergency contact person must be available to be reached during program times. Should your youth need to be removed from the program, a Kids On Track staff member will inform you. It is the parent's responsibility to arrange immediate transportation for their youth.
8. Dating behaviors are not permitted at Kids On Track Youth events. This includes hand holding, kissing, cuddling, and hugging.
9. Please do not bring cell phones, iPods or iPads. Electronics are not allowed during programming time. All electronics will be locked away and returned at the end of the program.
10. Our aim is that all youth have the opportunity to be involved in Shift Youth events. We ask that a \$2 donation be brought each event. Occasionally events may be scheduled that have a higher cost. These will always be communicated well in advance. If the cost of an event is too high for a youth to attend, please talk to the Youth Coordinator – we want to help!

ACTIVITIES

The Shift Youth Program is offering youth a chance to participate in exciting youth-focused activities in and around Edmonton at low cost. Activities may include (but are not limited to): high ropes course, biking, swimming, gym games, sporting games, wall climbing, cooking, and water sports such as canoeing. You will be able to view the activity calendar at www.kidsontrack.org.

DRESS CODE:

1. Respect the Kids On Track dress code. The 5-B Rule must be followed. No bosoms, butts, bellies, bras or boxers can be shown. All shorts and skirts should reach mid-thigh and all bathing suits should be one piece or tankini style for girls and boxer style shorts
2. Running shoes or sport style sandals (close toe) should be worn for all activities. Slip on shoes, high heels and flip flops are not allowed.
3. Hats are strongly encouraged for all outdoor summer activities. During winter months, Kids On Track reserves the right to refuse a youth entry into the program if they are not dressed appropriately for the weather and the activity. For instance, if the group is going sledding and your youth is not wearing appropriate out door clothing such as mitts, hat, snow pants, boots, and a winter coat, we will call the parent to come pick up their child.

KEEP UP TO DATE:

There are a number of ways to stay up to date with what's going on at Shift Youth.

1. You can check out the calendar at www.kidsontrack.org
2. You can like our facebook page www.facebook.com/kidsontrackyouth
3. You can check the Shift Youth Hotline or call our Youth Coordinator Brad at 780-481-2942 ext. 6
4. You can follow us on Twitter @SHIFT_YOUTH or Instagram @kotshiftyouth