



"Fitness For All Seasons"
Evergreen
FITNES S

Kid's Care Rules

1. No children under 9 months of age.
2. Children that cannot be consoled after 10 minutes will need to be picked up by parent and given a 'try again' another time. (call is up to the sole discretion of the daycare provider)
3. No sick Children (we have the right to refuse any child)
4. Absolutely NO FOOD or DRINK in the care area
5. Evergreen Fitness daycare staff is NOT allowed to change diapers; please make sure your child has on a fresh diaper or has recently been to the toilet!
6. Children are NOT allowed upstairs unless circumstances require childcare to be upstairs. If so, a parent or guardian must transfer children up and down the stairs. Evergreen Fitness Staff are NOT allowed to do so.
7. Daycare is by sign up; first come first serve. We do have limit guidelines for age/number of children that will be controlled by the day care providers.
8. Non-spilling sippy cups with WATER ONLY will be allowed during warmer weather.
9. No children allowed on weight room floor (green carpet) without adult supervision/holding hand. Never are children allowed in the free weight area or on cardio machines.
10. No ruff housing

Parent/Guardian signature _____ Date _____