GRIT SUMMER CAMP 2027

PARENT WELCOME KIT

MOVE. BUILD. BECOME.

Your complete guide to a safe, active, and unforgettable summer

GRIT Jr. Explorer	GRIT Adventure	GRIT Adventure X
Ages 3 – 5	Ages 6 – 9	Ages 10 – 13

THE GRIT ACADEMY
201 Marin Blvd, Jersey City, NJ 07302
Text / Call 201-596-6626 • info@gritsportstraining.com • thegritacademy.com

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Please read this kit from front to back — it has everything you need for a great summer.

Welcome to GRIT Summer Camp

Dear GRIT Families,

Welcome — or welcome back! This Parent Welcome Kit is your single source for everything you need to prepare your camper for an amazing summer at GRIT.

Our team has worked hard to comply with the latest New Jersey Department of Health and CDC guidelines so that we can deliver a SAFE, SMART, ACTIVE, and OUTDOOR summer day camp experience — packed with sports, STEM/STEAM, arts, and the adventures that have made GRIT a Jersey City summer tradition for six years.

This summer, GRIT runs three distinct camps so every camper is grouped with kids their own age and ability: **GRIT Jr. Explorer** for our youngest adventurers (ages 3–5), **GRIT Adventure** for ages 6–9, and **GRIT Adventure X** for our oldest campers (ages 10–13). All three camps share our hands-on MindLab innovation program, with projects that grow more advanced as campers get older.

Unlike other camps, GRIT gives you the **flexibility and optionality** you need: no minimum-day requirements, full-day and half-day options, and extended hours when life calls for them. While other camps open in late June or pack up in mid-August, **GRIT is here all summer long.** Remember — when schools are closed, GRIT is OPEN!

Please read this kit from front to back. It will tell you exactly what to do before your camper's first day, what to pack, how to stay connected all summer, and what to expect day-to-day. And of course, if you have any questions at all, don't hesitate to reach out — we are here to help.

Get ready for a great summer!

Peyton Kay

Founder & Camp Director, THE GRIT Academy

> ✨ **NEW FOR 2027**
>
> GRIT now runs THREE age-specific camps so your camper is always with peers their own age.
>
> **MindLab** — our hands-on innovation program — is part of all three camps, with a podcast studio, stop-motion animation, GoPro filmmaking, robotics, apparel design, and fiber arts. Projects scale up in challenge as campers get older.

Meet the Three Camps

GRIT groups campers by age and stage so every child gets activities, coaching, and friendships that fit them perfectly. Here's a quick look at each camp.

GRIT Jr. Explorer Ages 3–5

Big adventures for little legs — movement, play, and discovery in a nurturing setting.

- A gentle, structured day built around active play, movement skills, arts and crafts, and water play.
- Lower camper-to-coach ratios and extra hands-on support throughout the day.
- Coaches help apply sunscreen, manage belongings, and ease drop-off jitters.
- Hands-on MindLab projects, introduced at an age-appropriate level for our youngest campers.
- Water Play (weather permitting) on Tuesday and Thursday afternoons (splash pad / Morris Square Park).

GRIT Adventure Ages 6–9

The classic GRIT experience — sports, STEM, theme weeks, and citywide adventures.

- A full lineup of sports: gymnastics, parkour/ninja, basketball, tennis, and skateboarding.
- Daily adventures to Jersey City's best parks and fields, with GRIT as the base camp.
- Weekly themed programming and a fabulous Field Day every Friday.
- MindLab innovation projects — podcasting, animation, robotics, and more — woven into the week.
- Water Play (weather permitting) on Tuesday and Thursday afternoons (splash pad / Morris Square Park).

GRIT Adventure X Ages 10–13

Where older campers lead, create, and push their limits.

- Everything in GRIT Adventure, leveled up for older campers with more independence and challenge.
- The most advanced MindLab projects — deeper builds in podcasting, filmmaking, robotics, apparel design, and fiber arts.
- Advanced sports coaching and leadership opportunities woven through each week.
- Water Play (weather permitting) on Tuesday and Thursday afternoons (splash pad / Morris Square Park).

LOOKING FOR OUR CIT PROGRAM?

Campers ages 14–15 can apply for the **GRIT Counselor-in-Training (CIT) Program** — a structured leadership internship. It has its own separate application and parent guide; contact the camp office for details.

What to Do Before Camp

To ensure your camper is ready for their first day — and to meet New Jersey Department of Health camp guidelines — please complete the steps below for all three camps.

Step 1 — Sign Your Waivers on the GRIT Member Portal

When you registered, you were asked to sign a series of liability and safety waivers. Please log in to confirm every waiver is signed and your contact and emergency-contact details are correct.

Go to gritsportstraining.com and click **"MEMBER LOGIN"** (bottom-left corner). This opens your personal account in HiSawyer, our registration software, where you can review and complete anything outstanding. If you registered in person, we will email you a waiver link before your camper's first day.

Step 2 — Upload Your Camper's Medical Information

New Jersey requires that every summer camp keep the following on file for each camper:

- **Health & Release Form** — provides your insurance information and authorizes care if your camper is hurt or ill. (Form included at the back of this kit.)
- **Medical History Form** — use the form at the back of this kit, or one from your pediatrician. (Included at the back of this kit.)
- **Immunization / Vaccination Records** — the same standard record you provide to your child's school each year.

Upload these to your Member Portal account. If you have trouble uploading, scan and email them to info@gritsportstraining.com and we will add them for you.

> ⚠ **IMPORTANT**
>
> **All waivers and medical forms must be completed before your camper's first day.** Per New Jersey state requirements, campers cannot be admitted without a completed Health & Release Form and current immunization records.

Step 3 — Confirm Your Camper's T-Shirt Size

Log in to the Member Portal and enter your camper's shirt size so their GRIT camp shirt is ready on day one (more on camp shirts later in this kit).

Step 4 — Download the GRIT Camp App (GRIT SPORTS TRAINING)

Set this up before camp starts so you don't miss a single photo or update. Full instructions are in the "Staying Connected" section of this kit.

Key Contacts & Camp Info

Camp Location

All three camps — GRIT Jr. Explorer, GRIT Adventure, and GRIT Adventure X — are based at:

THE GRIT Academy • 201 Marin Blvd, Jersey City, NJ 07302

How to Reach Us

Contact	Reach Us At	Use For
Camp Main Desk	201-596-6626 (text or call)	Day-of questions, early pick-up notifications, last-minute extended day, lunch & snack questions
Email	info@gritsportstraining.com	General questions, document uploads, Lost & Found
Camp Week Sales	201-596-6626 info@gritsportstraining.com	Adding extra days or weeks to your camper's summer
Camp Director	Peyton Kay — peyton@gritsportstraining.com	Schedule changes and director-level questions

Camp Is Technology-Free

GRIT camp is a screen-free zone. If a camper brings a phone or gaming device, it must stay in their backpack for the full day. To reach your camper during camp hours, please text the Camp Main Desk at 201-596-6626 and our team will get back to you.

Camp Dates & Daily Hours

GRIT Summer Camp 2026 runs from **June 8th** through **September 3rd**.

Camp runs Monday through Friday. When your child's school closes for the summer, GRIT stays open right up until school starts again — long after most camps have packed up for the year.

Daily Hours by Camp

Camp	Option	Hours
GRIT Jr. Explorer Ages 3–5	Core Camp	8:00 AM – 1:30 PM
	Core + Extended Day	8:00 AM – 4:00 PM
GRIT Adventure Ages 6–9	Full-Day Camp	8:00 AM – 4:00 PM
	Morning Half-Day	9:00 AM – 12:00 PM
	Afternoon Half-Day	1:00 PM – 4:00 PM
GRIT Adventure X Ages 10–13	Full-Day Camp	8:00 AM – 4:00 PM
	Half-Day Options	Same as Adventure

Drop-Off & Pick-Up

- **Standard drop-off:** 8:00 AM – 9:00 AM.
- **Early drop-off:** Available for an additional charge. Ask for details
- **Extended day/ After Camp Programs:** Till 6PM. $30 a day or $125 for the week.
- **Sign in & out:** All parents and guardians must sign their camper in and out each day. For everyone's safety, parents and guardians are not permitted inside the camp facilities during camp hours.

Weekly Camp Themes

Every week, camp transforms around a new theme — shaping activities, events, games, and learning across all three camps. Each themed week wraps up with a FAB FRIDAY Program Field Day every Friday: field games in the morning, a pizza lunch, and water play in the park in the afternoon (weather permitting).

PLEASE NOTE

The theme list below is carried over from last summer and the dates are placeholders. **Please confirm the 2027 weekly themes and start dates before this kit is distributed.**

Week	Week Of	Theme
1	June 14th	Welcome to GRIT Week!
2	June 21st	Adventure Week
3	June 22nd	Sports Splash Week
4	June 28th	Creator Week
5	July 5th	Super Hero Week
6	July 12th	Challenge Week
7	July 19th	Invention Week
8	July 26th	Nature Explorers Week
9	August 2rd	Team Quest Week
10	August 9th	GRIT Olympics
11	August 16th	Field of Dreams / Future Leaders
12	August 23rd	Top Secret Mission Week
13	August 30st & September 7th	Crazy Camp / Staff Appreciation

MindLab — Innovation for Every Camper

MindLab is GRIT's hands-on innovation program, and it's part of **all three camps**. It's where campers create, build, and tell stories — turning summer into real, shareable skills. Every camper takes part; the projects simply grow more advanced and independent as campers get older, so a Jr. Explorer and an Adventure X camper each get a MindLab experience that fits them.

The MindLab Stations

Across the summer, campers explore six creative and technical stations:

MindLab Station	What Campers Do
Podcast Studio	Campers plan, record, and produce podcast episodes — building confidence, voice, and storytelling skills.
Stop-Motion Animation	Frame-by-frame filmmaking that turns big imaginations into short animated movies.
GoPro Filmmaking	Campers capture camp adventures and edit their own action footage.
Robotics	Hands-on building and problem-solving that introduces engineering and coding concepts.
Apparel Design	Campers design their own graphics and gear, exploring creativity and branding.
Fiber Arts	Tactile, creative making — from weaving to textile crafts — that builds patience and focus.

How MindLab Grows With Your Camper

The same stations look different in each camp — here's how the projects progress by age:

Camp	Ages	MindLab Projects
GRIT Jr. Explorer	Ages 3–5	Playful, guided introductions — simple sound and picture projects, building with robotics kits, and tactile making with lots of coaching support.
GRIT Adventure	Ages 6–9	Campers take the lead on their own projects — recording short podcast segments, creating animations, and completing guided robotics builds.
GRIT Adventure X	Ages 10–13	The most advanced, independent work — fuller podcast and film productions, complex robotics challenges, and original apparel and design projects.

MindLab is included in every camp at no additional cost — there's nothing extra to register for or pack.

Staying Connected All Summer

The GRIT Camp App (GRIT SPORTS TRAINING)

Keep up with camp all summer long! GRIT uses the secure GRIT SPORTS TRAINING app for a private photo gallery, daily schedules, and camp news. Camp photos are shared only with our camp families.

To get started:

1. Download the **GRIT SPORTS TRAINING** app from the App Store or Google Play, or go to bunk1.com.
2. Select access to the Parent Portal.

> **Good to know:** GRIT's new app is a great way to stay up to date on all things GRIT! New Features will continue to be rolled out! Make sure to also follow up on Instagram, YouTube and TicTok!

Summer Camp Photo Gallery

- **Favorites:** tap the heart icon to save your favorite shots for easy year-round access.
- **Share & order:** share photos to social media or email, order prints and digital downloads, or create photo gifts.

How to Check the Daily Schedule

GRIT runs a rich daily activity schedule to keep camp fresh and exciting. The most up-to-date daily schedule and camp news are always posted in the GRIT App!

What to Pack

The One-Bag Rule

Everything your camper brings should fit in ONE clearly labeled backpack with two straps (no tote, messenger, or roller bags). One bag means fewer lost items — and we want everything to make it home!

> **Jr. Explorer exception (ages 3–5):** In addition to the backpack, please send a separate, clearly labeled bag with a full change of clothes in a zip-top bag — just in case.

Pack in the Backpack Every Day

- **Refillable water bottle** — labeled with your camper's name in permanent marker. We refill water all day.
- **Packed lunch** — in a container that does not need refrigeration (campers may be at a park at lunchtime). Or order from Simply Gourmet — see the next page.
- **Plenty of snacks** — nut-free only (see below).
- **Lightweight rain poncho** — plastic, not a rain jacket. Light rain won't stop the fun!
- **An extra shirt.**
- **Sun protection** — sunscreen, plus a hat or visor.

Camp Rules for Packing

- **Nut-free environment:** GRIT is strictly nut-free. Please do not pack peanut butter or any nut-based snacks — some campers have serious allergies.
- **Label everything:** if it's labeled, it comes home; if not, it may end up in Lost & Found. Label everything — even your camper!
- **Leave toys at home:** campers have free time, but please don't pack toys or valuables from home.
- **Rainy-day footwear:** rain boots are fine for the wet walk in, but please also pack sneakers so campers can move safely in the gym.

What GRIT Provides

Each camper gets a cubby for their belongings. Every GRIT coach travels with a first-aid kit, a water cooler and extra water bottles, sunblock and bug spray, hand sanitizer and wipes, and a Coach Kit of games (Jenga, playing cards, chalk, bandannas, and more).

Lunch & Snacks

Packing Lunch from Home

Pack a healthy lunch and plenty of snacks in your camper's backpack at drop-off — no separate lunch bags, please. Use a container that does not need refrigeration, since campers may be on an outing or at a park during lunch.

> **NOTE: Please don't drop off lunch right before lunchtime.**
> It disrupts the lunch session and camp flow — and your camper may be at a park or field that day.

The *Simply Gourmet* Lunch Option

Need a break from packing lunches? GRIT has partnered with Simply Gourmet, a full-service caterer specializing in children's food service. Highlights:

- Wholesome meals with no artificial ingredients, no growth hormones, no trans fats, and limited GMOs.
- Nut-free — nothing is fried, and produce is brought in fresh daily from area farms.
- Each meal is individually packed in a recyclable cardboard lunch box.
- Order every day or just individual days — you choose.

How to order:

- Place orders at SimplyGourmetLunches.com. New users create an account via the “How It Works” tab.
- **Orders must be placed at least 3 days in advance** of the day you want lunch service. Ordering for the whole month avoids missed days.
- **No Friday orders needed** — Fridays are Fun Friday, and GRIT provides pizza for lunch!
- For text reminders, text “simplygourmet” to 855-481-2615.

Questions about lunch? Contact the GRIT Camp Main Desk at 201-596-6626, or Simply Gourmet directly at 973-686-9699.

FAB FUN FRIDAYS

Every Friday is FAB FUN FRIDAY complete with a PIZZA Lunch on us! Just pack a snack!

Activities, Outdoors & Safety

Camper Groups

Campers are grouped by camp, age, and ability so they're always with peers who match their stage. If your camper is coming with a friend, let us know and we'll do our best to place them on the same team.

Time Outdoors

Summer camp is meant to be lived outdoors. GRIT's facility is our base camp for daily adventures to local parks and fields — Hamilton Park, Enos Jones Park, Gateway Park, Morris Canal Park, and Liberty State Park — weather permitting.

Water Play is on the schedule if its hot! Dress in cloths that can dry quickly!

Across all camps, expect campers to be wet at Friday pick-up — Friday afternoons are water-play days (weather permitting) as well as other days if its hot!

Skateboarding

Skateboarding builds balance and agility, and your camper will learn to skate at camp. Younger campers skate a few times a week; older campers skate more often. Your camper does NOT need to bring a skateboard, helmet, or pads — GRIT provides all the equipment. Campers may bring their own gear, but remember the One-Bag Rule.

Sunscreen

Please apply sunscreen to your camper before camp each day, and pack their labeled sunscreen in the backpack. Coaches remind Adventure and Adventure X campers to reapply at set times, and help apply sunscreen for Jr. Explorer campers on a regular schedule throughout the day.

Rainy Days

Rain or shine, camp goes on — light rain and drizzle won't stop the fun. For heavy downpours, GRIT has age-grouped indoor activities planned across our large multi-room space and two additional indoor spaces nearby. This is why a lightweight rain poncho is on the packing list!

Transportation

As part of camp, campers may travel by camp van/bus or on foot to city and state parks for daily activities. This is covered in the Health & Release Form you'll sign before camp.

Camp Shirts & GRIT Swag

The GRIT camp T-shirt is a prized possession of GRIT alumni. On the first day, your camper receives their camp shirt plus any extras you ordered. We encourage campers to wear weather-appropriate clothing each day; if a camper isn't wearing their GRIT shirt, we'll have them wear a GRIT pinny so our team can keep them safely in sight.

> **Don't forget:** Enter your camper's shirt size in the Member Portal so it's ready on day one.

Want more GRIT gear? GRIT has partnered with Pack for Camp for GRIT-logo shirts, hoodies, hats, water bottles, and more. Order extra camp shirts or browse swag through the GRIT website. Wear them with pride! Ask us for more details!

Frequently Asked Questions

Which camp is right for my child?

Camps are set by age: GRIT Jr. Explorer for ages 3–5, GRIT Adventure for ages 6–9, and GRIT Adventure X for ages 10–13. If your child is on the edge of an age range, contact the camp office and we'll help you choose.

Do you offer flexible scheduling?

Yes. GRIT has no minimum-day requirement. Choose full-day or half-day options, add extended hours, and book the days and weeks that fit your summer.

How do I add extra days or weeks?

Contact us at 201-596-6626 or info@gritsportstraining.com and we'll help you register. Some weeks fill up, but we will do everything we can to accommodate you — and we prioritize remaining spots for our GRIT community first.

Can my camper be with their friends?

Absolutely. Campers are grouped by age and ability within each camp, and we place friends on the same team whenever possible — just let us know when you register.

What if my camper has allergies or a medical condition?

Note all allergies, conditions, and medications on the Health & Release and Medical History forms. GRIT is a strictly nut-free environment. Contact the camp office directly to discuss any specific needs.

Will my child get academic enrichment?

Yes. Literacy, math, and critical-thinking skills are woven into theme-week projects across all three camps — from storytelling to chess — and every camper takes part in MindLab, GRIT's hands-on innovation program, with projects that scale up in challenge as campers get older.

What happens in bad weather?

Light rain won't stop camp. For heavy weather, we run age-grouped indoor activities across our facility and two nearby indoor spaces.

Can I visit my camper during the day?

For everyone's safety, parents and guardians sign campers in and out but do not enter the facility during camp hours. To reach your camper during the day, call or text the Camp Main Desk at 201-596-6626.

Still have questions?

We're here to help make this a great summer. Call or text 201-596-6626, or email info@gritsportstraining.com any time.

Pre-Camp Checklist

Use this checklist to make sure your camper is fully ready for day one. GRIT is about building friendships, learning sports and values, and enjoying the outdoors — a little prep makes it the best summer possible.

Forms & Registration (Member Portal)

Log in via "Member Login" at the bottom of gritsportstraining.com.

- ☐ All waivers signed; contact and emergency-contact details are up to date
- ☐ Health & Release Form — completed, signed, and uploaded
- ☐ Medical History Form — completed, signed, and uploaded
- ☐ Immunization / vaccination records — uploaded
- ☐ Camper's T-shirt size entered in the Member Portal
- ☐ GRIT Camp App (Bunk1) downloaded and set up with invitation code **[2026 CODE]**

Jr. Explorer Cubby Bag (Ages 3–5 Only)

- ☐ A full change of clothes in a labeled zip-top bag

Daily Backpack — One-Bag Rule (Label Everything!)

- ☐ One backpack with two straps (no tote, messenger, or roller bags)
- ☐ Refillable water bottle, labeled in permanent marker
- ☐ Packed lunch (no refrigeration needed) — or a Simply Gourmet order placed
- ☐ Plenty of snacks (nut-free)
- ☐ Lightweight plastic rain poncho (no rain jackets)
- ☐ An extra shirt
- ☐ Sun protection — labeled sunscreen, plus a hat or visor
- ☐ Sneakers (plus rain boots on wet days)

BEFORE THE FIRST DAY

Apply sunscreen at home, and please leave toys and valuables at home. Our coaches will help keep campers protected from the sun throughout the day.

REQUIRED CAMP FORMS

Please complete, sign, and upload the following forms to your Member Portal before your camper's first day of camp.

These forms apply to all three camps: GRIT Jr. Explorer, GRIT Adventure, and GRIT Adventure X.

Health & Release Form

Required. Upload to your camper's online file via the Member Portal, or email to info@gritsportstraining.com, before camp begins. Campers cannot be admitted without this completed, signed form.

Camp Selection

☐ GRIT Jr. Explorer (3–5) ☐ GRIT Adventure (6–9) ☐ GRIT Adventure X (10–13)

☐ Returning Camper ☐ New Camper

Camper Information

Camper's Name _____ **Camp Dates / Weeks** _____

Date of Birth _____ **Age** _____

Sex _____

Home Address _____

City _____ **State** _____

Zip _____ **Email** _____

Home Phone _____ **Work / Cell Phone** _____

Parent / Guardian phone while camper is at camp (if different) _____

Emergency Contact

Person to contact if parent/guardian cannot be reached _____

Relationship to Camper _____ **Emergency Contact Phone** _____

Health Information

Activities the camper should be restricted from (if any) _____

Medication taken during camp — name of drug and dosage (if any) _____

Medical condition or history requiring special attention (if any) _____

Physician's Name _____ **Physician's Phone** _____

Health Insurance Information

Insurance Carrier Name _____

Policy Number _____ **Policy Holder Date of Birth** _____

Policy Holder Name _____

Parent / Guardian Authorization & Agreement

I hereby certify that the named camper is in good health and able to participate in all activities of GRIT Summer Camp, and that I know of no restrictions or physical impairments limiting their participation, except as noted above.

I, the parent/guardian of the named camper, give permission for the camper to receive emergency medical or surgical treatment and hospitalization if necessary. I understand every attempt will be made to contact me, or the emergency contact named above, before such action is taken. I will be financially responsible for any medical attention needed during camp or resulting from an injury received at camp, and my medical insurance shall be the coverage for any such treatment.

I further agree that my child may receive over-the-counter remedies (such as Tylenol or Sudafed).

☐ **Initial this box if you do NOT want your child to receive over-the-counter medications.**

I understand and agree that my child will be transported via van/bus or on foot to city and state parks for activities daily as part of this program, and may be transported by bus or camp vehicle for emergency medical treatment.

I have read the camp policies and fully understand my obligations stated therein, as well as the rights of THE GRIT ACADEMY, GRIT SPORTS TRAINING, and CK STAR ENTERPRISES LLC, CK ENTERPRISES, LLC, limited liability companies formed under the laws of the State of New Jersey, and hereby agree to act in accordance with them. The undersigned further expressly agrees that the attached waiver and assumption-of-risk agreement is intended to be as broad and inclusive as permitted by law; if any portion is held invalid, the balance shall continue in full legal force and effect.

Parent / Guardian Signature _____ **Date** _____

Required Medical History Form

To be completed by a parent or legal guardian. Upload to the Member Portal with your camper's immunization records before camp begins.

Camper & Family Information

Camper's Name _____ **Date of Birth** _____

Address _____ **Phone** _____

With whom does the child reside, and what is their relationship to the child? _____

Parent / Guardian 1 Name _____ **Phone** _____

Parent / Guardian 2 Name _____ **Phone** _____

Emergency contact (if parents unavailable) _____ **Phone** _____

Physician _____ **Phone** _____

Dentist / Orthodontist _____ **Phone** _____

Emergency Medical Information

Please check Yes or No for each item.

Seizure disorder ☐ **Yes** ☐ **No**	Diabetes ☐ **Yes** ☐ **No**
Heart trouble ☐ **Yes** ☐ **No**	Asthma ☐ **Yes** ☐ **No**
Bleeding disorder ☐ **Yes** ☐ **No**	Allergy (medicine, food, plant, animal, insect) ☐ **Yes** ☐ **No**
Carries an epinephrine pen ☐ **Yes** ☐ **No**	Wears contact lenses ☐ **Yes** ☐ **No**
Has dentures / bonded teeth ☐ **Yes** ☐ **No**	Special-care condition, medication, or diet ☐ **Yes** ☐ **No**

Please explain any items checked "Yes" above _____

General Medical History

Serious illness: ☐ Yes ☐ No Serious injury: ☐ Yes ☐ No

If yes to either, please provide details and dates _____

Does your child have frequent eye, ear, throat, respiratory, or urinary infections? If so, please describe:

_____

Does your child have any of the following: heart murmur, rheumatic fever, stomach/intestinal problems, hernia, or back/joint pain? If so, please describe:

_____

Has had COVID-19: ☐ Yes ☐ No Chicken Pox: ☐ Yes ☐ No Mumps: ☐ Yes ☐ No

If yes to any, approximate date(s) _____

Has your child been exposed to a contagious disease within the past three weeks? Has your child had lice within the past six months? Please explain:

_____

Does your child take any medication on a regular basis? ☐ Yes ☐ No

If yes, please explain _____

Parent / Guardian Certification

To the best of my knowledge, the information above is correct, and the doctor's physical (within 24 months of camp) is up to date. There are no changes to my child's health affecting their ability to safely participate in camp activities. Any changes to my child's medical history will be submitted prior to camp.

I give my child permission to participate in all activities. In the event of an accident or illness, I authorize GRIT to obtain medical care. In the event of a communicable disease outbreak, I understand my child will be excluded from camp if not fully immunized.

Parent / Guardian Signature _____ **Date** _____

⚠ IMMUNIZATION RECORDS REQUIRED

Please submit your child's immunization records along with this form. Per New Jersey state requirements, campers cannot attend GRIT without complete medical and immunization records on file.