



## AT-HOME SKATEBOARD CAMP FAQ & Information

Thank you for joining us for Skate Like a Girl At-Home Skateboarding Camp! This document should answer many of your questions! If you have additional questions or concerns, please contact us at [camp@skatelikeagirl.com](mailto:camp@skatelikeagirl.com)

### FAQ

#### **How does the timing for camp work? Do I need to be on screen for the entire time?**

Our At Home Camp requires roughly 1–2 hours of screen time/camp day, which covers our 30 minute morning “circle” and our afternoon “circle”, as well as watching tutorial videos and/or having individualized check-in’s with your counselor. The timing works as follows:

- 30 minute AM Circle time over Microsoft Teams Video conference including games and activities
- 3+ (optional) hours of independent time to watch tutorial videos, complete activities, and skateboard
- 2x Weekly 20 min individualized check-in’s with your counselor to ensure you can get any feedback on your skating, ensure you understand the theme of the day, and anything else you need
- 30 minute PM Circle time over Microsoft Teams Video conference including games and activities

#### **Can campers borrow a skateboard, helmet, or pads for At Home Camp?**

If campers live in Seattle, Portland, or the SF Bay Area, we may be able to get you a set of gear to use for camp, and beyond if needed. We will be prioritizing our campers who are on scholarship and/or low-income. We will be unable to ship gear, but could arrange drop-off, or pick-up. Contact your local chapter to communicate your gear needs:

[Seattle@skatelikeagirl.com](mailto:Seattle@skatelikeagirl.com) [Portland@skatelikeagirl.com](mailto:Portland@skatelikeagirl.com) [SFBay@skatelikeagirl.com](mailto:SFBay@skatelikeagirl.com)

#### **I have a helmet but don’t have pads. Are pads required?**

Skate Like a Girl strongly recommends the use of pads, including wrist, knee, and elbow pads, although they are not required to attend camp. Helmets are required for participants and staff during camp hours. If participants or parents are wondering which pads are of most importance, we would suggest wrist guards, due to the common nature of wrist injuries in skateboarding.

#### **Will I need to supervise my child during At Home Camp?**

The supervision of campers is the responsibility of parents or guardians. For participants under the age of 12 we expect direct parent or guardian oversight of camper while skateboarding. For ages 13–17, parents or guardians must be at the same residence, but do not need to be watching their child directly. Participants over the age of 18 are highly encouraged to skate in sight of others, such as with or nearby house mates or family members, but this is not required.

#### **Can I attend camp with my child?**

We highly encourage parents or guardians of campers under the age of 12 consider participating along with their child to increase engagement with the at home camp curriculum. At a minimum, parents should be present with their child, watching them directly. Please review supervision question above for additional guidance.

### **Can campers attend if they don't live in Seattle, Portland, or the SF Bay Area?**

We welcome campers from any locale. Please note that the camp schedule is in Pacific Standard Time (PST).

### **What is PST?**

PST stands for "Pacific Standard Time" and will be the time zone we will be using for At Home Skate Camp. It is also commonly known as "West Coast Time". We wanted to make this clear for participants, as we welcome skaters from any locale to join us at At Home Skate Camp.

### **Is this program appropriate for a 5 year old?**

We will be designing the program to serve the typical ages of our camps, which start at 5. However, we understand that all young people are different, and some younger children may have trouble with our At Home format.

### **Do you recommend my child attend with a phone, tablet, or laptop computer?**

For morning and afternoon virtual circles, as well as counselor check-ins, any of these devices will work.

### **What is the basic run of show for camp each day?**

Each day will open with a 30 minute long morning virtual circle time video conference with at least 1 counselor and roughly 5 campers of similar ages. Morning circle will focus on a different SHRED theme each day: Self-confident, Humble, Radical, Equitable, Determined. After circle, campers will tune into quick 3-6 minute long videos that cover the basic skills they will be learning that day. Campers will have time to watch and practice at their own pace, while also having the ability to ask their counselors questions through check-in's via phone call, video chat, or text. Each camp day will end with another virtual circle time to celebrate successes.

See detailed schedule with times in "additional info" below.

### **Will campers get a camp t-shirt?**

Campers that wish to receive a t-shirt, will receive one in the mail.

### **What are the counselor check ins?**

Between morning and afternoon virtual circle time, skaters will be given tutorial videos to watch and will be practicing on their own. Inevitably, campers will have questions and need support. The counselor check-in's will be a space to support campers further. We plan for check-in's to be available via phone, video call, and text. Check-in's will NOT be one-on-one due to safety, and instead will be done in a group of 3 or larger, which could include multiple students or multiple counselors. These check in's are not required, but optional for campers who want more support. Just like at camp, we wanted to create the opportunity for our campers to make a positive connection with a role model as well as fellow skaters.

### **I'm in my 20s/30s/40s - am I too old for camp? Will I be the only adult?**

You are never too old to start! We created teen/adult week because we get a lot of interest from people who are over 18 and want to learn to skate for the first time or pick up a skateboard again after years. We have a lot of skaters in their 20s, 30s, 40s and up to their 50s and the oldest participate we've had was 65 years old

## **ADDITIONAL INFO**

### **WHAT YOU NEED**

- **Steady Internet Connection** -Capable of video web conferencing/streaming

- **Charged devices** - For participating in video conferencing/streaming.
- **Water** - to stay hydrated during camp
- **Sunscreen** - if your camper will be in direct sunlight while skating
- **Nutritious Snacks and/or Meal** -to keep energy levels up and minds sharp
- **Skateboard & Helmet** - Make sure the helmet is securely fastened (buckled and tightened straps). We highly recommend the use of elbow, knee & wrist pads, too!

## SKATEBOARDING GEAR 101

If your camper does not own their own skateboard, see the first question in FAQ. If your camper does own their own gear, **we have a few tips and suggestions:**

- Although they seem like a good deal, mass-produced skateboards from department stores will make it harder for your child to roll, gain speed, and turn. Further, they add to the risk of falls due to an inability to properly steer or roll. **We HIGHLY recommend investing in a higher quality board, or using one of our professional quality boards.**
- Proper pads are very important. Good pads cover the elbows and knees completely, and have large plastic plates to allow sliding on concrete without skin contact. The straps should fit snugly around knees and elbows, without easily falling off or constricting movement. Helmets should fit snugly on the head, without causing headache (too tight) or sliding around on the head (too loose).

## CAMPER CODE OF CONDUCT

- Follow all directions given by Skate Like a Girl counselors during at-home programming
- Be respectful to the counselors and other campers
- Do your best to ensure everyone feels welcome and safe
- Wear a securely-fastened helmet while skating. *Helmet use is non-negotiable!*
- Skate Like a Girl highly recommends wearing all (elbow, knee, wrist) pads.
- For skaters under the age of 18: Helmet/Pad use must be enforced by parent/guardian
- Communicate appropriately by not interrupting others while they are speaking, no using foul language, gestures, or unfriendly tones of voice
- Stay in communication with your counselor throughout the day and let them know if you will not be participating in any camp activities.

If campers do not follow this code of conduct, they will be issued a warning and their family will be notified. If behaviors do not change after a warning, campers may be removed from the program.

## PRONOUNS

At Skate Like a Girl, we are committed to creating spaces where participants and counselors of all genders feel welcome. Every day we skate with little boys with long hair, girls who hate pink, and many more skaters in-between and beyond. In order to not misgender anyone, we ask our counselors and campers to share their pronouns with the group. If campers don't wish to share their pronouns, and opt to use their name instead, that's totally cool. If you have additional questions, please contact [camp@skatelikeagirl.com](mailto:camp@skatelikeagirl.com).

## GRRRLZ YOUTH WEEK

As an organization, Skate Like A Girl is committed to being a welcoming and safe space for all, and invites grrlz (cisgender, trans and gender non-conforming) ages 5-17 years to join us for GRRRLZ WEEK. Cisgender (non-trans) boys can participate during all other camp weeks not designated as GRRRLZ\* WEEKS.

## WOMEN & TRANS TEEN/ADULT WEEK

This week includes anyone who identifies as non-cisgender male, including women, trans, non-binary and/or gender nonforming skaters ages 13 and up. Typically, teens and many adults ages 20-40 years old participate in this week.

## QUEER & TRANS (QT) WEEK

A unique space for people all ages (5+) to come together w/ other queer and/or trans identified counselors and campers. Queer and Trans youth are welcome at our All Gender camps.

## DAILY SCHEDULE

All campers will start and end their days with virtual "circle time". We expect campers to be on time for morning and afternoon circles. Depending on which week of camp you sign up for, there are 3 different schedules that take place throughout the summer.

<b>8:30 AM - 1:00 PM</b> EARLY CAMP SCHEDULE (TIMES IN PST) Weeks 1, 3, 6, 8	
8:30 - 9:00 AM	<i>Morning Opening Circle (30 min Group Video Call)</i>
9:00 AM - 12:30 PM	<i>Skateboarding Skills Tutorial Videos + Skate Practice (watch and skate at your own pace) and 20 minute counselor check-in video call (twice per week)</i>
12:30 - 1:00 PM	<i>Afternoon Closing Circle (30 min Group Video Call)</i>
<b>10:00 AM - 2:30 PM</b> "LATER SKATER" SKATE CAMP SCHEDULE (TIMES IN PST) Weeks 2, 4, 9	
10:00 - 10:30 AM	<i>Morning Circle (30 min Group Video Call)</i>
10:30 AM - 2:00 PM	<i>Skateboarding Skills Tutorial Videos + Skate Practice (watch and skate at your own pace) and 20 minute counselor check-in video call (twice per week)</i>
2:00 - 2:30 PM	<i>Afternoon Circle (30 min Group Video Call)</i>
<b>8:30 AM - 6:00 PM</b> EXTENDED SCHEDULE FOR WT, QT & ALL GENDER ADULT CAMP (TIMES IN PST) Weeks 5, 7, 9	
8:30 - 9:00 AM	<i>Morning Circle (30 min Group Video Call)</i>
9:00 AM - 5:30 PM	<i>Skateboarding Skills Tutorial Videos + Skate Practice (watch and skate at your own pace) and 20 minute counselor check-in video call (twice per week) **Bonus: Mid-Day Special Streaming Content w/Guests**</i>
5:30 - 6:00 PM	<i>Evening Circle (30 min Group Video Call)</i>

NOTE: Circle Time will begin **promptly** at start time.  
We ask that all campers join the Circle Time 5 minutes prior to the start!

## **DISCIPLINARY EXIT**

We typically do not honor refunds for youth who miss days of skate programming due to a behavior related expulsion. Refunds in this case will be dealt with via our Directors on a case by case basis.

## **INJURY POLICY**

Participants who are injured during Skate Like a Girl program hours to the point that they can no longer participate (e.g. sprain, broken bone) will be entitled to a full cash refund or program credit. Please contact us at [camp@skatelikeagirl.com](mailto:camp@skatelikeagirl.com) to request your refund.

## **PROGRAM CANCELLATION POLICY**

In the event of program cancellation participants are entitled to a make-up program, program credit, or pro-rated refund equal to the program time that was missed. To request your refund, contact [camp@skatelikeagirl.com](mailto:camp@skatelikeagirl.com)

## **GENERAL REFUNDS**

All registrations have a 10% non-refundable deposit. This non-refundable deposit covers administrative processing and costs of registration. Any request for refund will be honored in full, minus the 10% non-refundable deposit, if requested more than 14 days prior to the first day of the program. No refunds will be processed within 14 days of the program start date, however, we can honor a program credit to be used towards a different program. Refunds can only be processed (a) back to the original form of payment or (b) as a credit towards a future Skate Like A Girl program.

## **SATISFACTION GUARANTEE**

If for any reason you are unsatisfied with your experience, you must contact us at [camp@skatelikeagirl.com](mailto:camp@skatelikeagirl.com) within 24 hours of the start of the program. Skate Like a Girl will honor a full refund (minus 10% non-refundable deposit) or program credit for any participant who did not have a positive experience within 24 hours of the first day of a program.

## **COVID-19 SPECIAL POLICIES**

The current situation has made it difficult for us to plan for the future. Nevertheless, our goal is to give participants and families a minimum of 2 weeks notice about a cancellation of the program, and in best cases a month or more. We have amended our refund policy and will issue either full credits for future Skate Like a Girl programs or financial refunds (minus a 3% credit card processing fee) for any programs cancelled in conjunction with recommended COVID-19 health and safety protocols. For folks requesting refunds prior to official cancellation, they will be subject to our standard refund policy.

WEEK	DATES	FOR	TIME (PST)	
			AM CIRCLE	PM CIRCLE
1	July 6- 10	ALL GENDERS (5-17 YRS)	8:30-9:00 AM	12:30-1:00 PM
2	July 13-17	ALL GENDERS (5-17 YRS)	10:00-10:30 AM	2:00-2:30 PM
3	<b>July 20-24</b>	<b>GRRLZ YOUTH (5-17 YRS)</b>	<b>8:30-9:00 AM</b>	<b>12:30-1:00 PM</b>
4	July 27-31	ALL GENDERS (5-17 YRS)	10:00-10:30 AM	2:00-2:30 PM
5	<b>Aug 3-7</b>	<b>WOMEN &amp; TRANS TEEN/ADULT (13+)</b>	<b>8:30-9:00 AM</b>	<b>5:30-6:00 PM</b>
6	Aug 10-14	ALL GENDERS (5-17 YRS)	8:30-9:00 AM	12:30-1:00 PM
7	<b>Aug 17-21</b>	<b>QUEER &amp; TRANS ALL AGES (5+)</b>	<b>8:30-9:00 AM</b>	<b>5:30-6:00 PM</b>
8	Aug 24-28	ALL GENDERS (5-17 YRS)	8:30-9:00 AM	12:30-1:00 PM
9	Aug 31 - Sept 4	ALL GENDERS (5-17 YRS)	10:00-10:30 AM	2:00-2:30 PM
9	<b>Aug 31 - Sept 4</b>	<b>ALL GENDERS TEEN/ADULTS (13-70 YRS)</b>	<b>8:30-9:00 AM</b>	<b>5:30-6:00 PM</b>