Susie’s Kitchen Jr.
Culinary Nutrition and Fitness Camp

Communication Plan
Summer 2022
Welcome

The Department of Nutritional Sciences is excited to offer our "Susie's Kitchen Jr." summer culinary nutrition and fitness camp for youths. At UT-Austin, we combine culinary skills with nutrition science to create a truly unique experience!

Classes include nutrition/health basics, knife skills, kitchen safety, proper kitchen cleaning techniques, and of course, cooking - all key concepts for budding chefs of all ages! After the culinary experience, campers will have the opportunity to participate in fitness sessions with trainers from the Fitness Institute of Texas (FIT)

Program Staff

Susie’s Kitchen Jr. will be led under the direction of Dr. Ladia Hernandez, Registered Dietitian and Assistant Professor of Instruction in the Department of Nutritional Sciences.

Camp counselors for the summer camp will be a team of pre-professional students from the Coordinated Program in Dietetics, senior level nutrition students, and Fitness Institute of Texas staff.

All camp staff are required to complete a criminal background check annually.

Program Contact Information

Dr. Ladia Hernandez
Office Phone: 512.470.8090
Emergency Number and Immediate Access: 713.205.2387

Address:
The University of Texas at Austin
HUMAN ECOLOGY
200 W 24TH ST, Stop A2700
AUSTIN, TX 78712-1247

Emergency Contact Information

Parents contact the above listed program contact in the event of an emergency.
Emergency Number and Immediate Access: 713.205.2387

Contacting Campers (Emergency)

Parents can contact campers via their personal cell phones or the program contact (see phone number above) in the event of an emergency
**Program Location**

The nutrition education and culinary experience will take place in Gearing Hall Teaching Kitchen, GEA 337. Lunch will take place in Gearing Hall Classroom, GEA 403.

Address for Gearing Hall: 200 W 24th Street, Austin, TX 78712

The Fitness Institute of Texas located in the DKR Memorial Stadium, Belmont Hall Classroom 608A, will be used for the fitness activities.

Address for Belmont Hall: 2109 San Jacinto, Austin, TX 78712

**Program Rules**

In order to ensure a safe and enjoyable learning environment, campers must exhibit behavior free from harassment, discrimination and disruption. Campers are expected to behavior in a manner free from endangerment of themselves and other campers. Campers must respect themselves, the equipment and the environment. Failure to abide by the program rules can lead to dismissal from the program without a refund.

When a camper does not follow the program rules, designated individuals (camp counselors) will take the following 3 action steps:

1. Designated individuals (camp counselors) will redirect the camper to more appropriate behavior.

2. If inappropriate behavior continues, the camper will be reminded of program rules, and the camper will be asked to decide on action steps to correct his/her behavior.

3. If a camper's behavior still does not meet expectations and is affecting the experience of other campers, as a final action step the camper may be dismissed from camp.

Examples of unacceptable behavior:

- Refusing to follow program rules
- Using profanity, vulgarity or obscenity or displaying clothing or other personal items with offensive content
- Stealing or damaging property (personal or camp property)
- Refusal to participate in activities or cooperate with staff
- Disrupting a program
- Leaving a program without permission
- Endangering the health and safety of other campers and/or staff
- Use of illicit drugs, alcohol or tobacco or sexual conduct of any kind
- Teasing, making fun or bullying of other campers or staff
• Fighting of any kind
• Possession of items deemed as weapons

Campers will not be permitted to use the bikes and scooters (including electric) or any other method of transportation on campus during camp time (anytime between check-in and check-out).

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>9:00 AM</td>
<td>Morning drop-off and check-in in front of Gearing Hall</td>
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<tr>
<td>9:00 AM - 10:00 AM</td>
<td>Nutrition Education and Morning Snack GEA 337</td>
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<tr>
<td>10:00 AM - 11:30 AM</td>
<td>Culinary Experience includes Demo, Meal Prep, Cooking, and Meal Plating GEA 337</td>
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<tr>
<td>11:30 AM - 11:45 AM</td>
<td>Lunch and Discussion in GEA 403 Dining Room</td>
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<tr>
<td>12:00 PM - 12:30 PM</td>
<td>Kitchen Cleanup, Reset Workstation, Group Activity</td>
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<tr>
<td>12:30 PM - 1:00 PM</td>
<td>Walk over to Belmont Hall &amp; Change in locker rooms if needed</td>
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<tr>
<td>1:00 PM - 2:00 PM</td>
<td>FIT - Physical Activity, Interactive Education, Belmont Hall 608A</td>
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<tr>
<td>2:00 PM - 2:30 PM</td>
<td>Walk back to Gearing Hall</td>
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<tr>
<td>2:30 PM - 3:55 PM</td>
<td>Culinary Experience – afternoon snack GEA 337</td>
</tr>
<tr>
<td>4:00 PM</td>
<td>Afternoon pickup in front of Gearing Hall</td>
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**Program Activities**

The day will start with nutrition education followed by a culinary experience in our teaching kitchen as campers prepare their own healthy lunch. Kitchen safety, safe food handling, and knife skills will be practiced. After the culinary experience, campers will have the opportunity to participate in fitness sessions with trainers from the Fitness
Institute of Texas (FIT) located on the west side of the Darrell K Royal-Texas Memorial Stadium.

**Registration**

Registration information and the registration link can be found on our webpage [https://he.utexas.edu/ntr/initiatives/camps](https://he.utexas.edu/ntr/initiatives/camps)

**Check-In**

Check-in/drop-off by parent or legal guardian will occur between 8:55 AM – 9:00 AM in front of Gearing Hall.

Camp Counselors will be waiting outside on the northside (the parking lot side assessed from Dean Keeton Dr.) of Gearing Hall to escort the camper inside Gearing Hall. See Maps/Directions

In the event that the parent or legal guardian cannot check-in the child, permission can be granted to individuals to check-in/drop-off the child. The individuals full name, phone number, driver's license, expiration date, and address must be listed and complete on the Transportation Form.

If you would like to park and walk your child to the drop-off location, the nearest paid parking garages are listed under the Parking section.

Camper self check-in only permitted for campers 15 years of age and older as of the first date of the camp. Permission for camper self check-in must be completed on the Transportation Form. Campers with self check-in permission should meet the camp director at the northside of Gearing Hall.

**Checkout**

Check-out/pick-up by parent or legal guardian will occur between 4:00 PM – 4:10 PM in front of Gearing Hall, same location as the drop-off location.

Camp Counselors will be waiting outside on the northside of Gearing Hall to escort the camper to their ride.

In the event that the parent or legal guardian cannot check-out the child, permission can be granted to individuals to check-out the child. The individuals full name, phone number, driver's license, expiration date, and address must be listed and complete on the Transportation Form.
A valid driver’s license must be presented to the camp director at check-out/pick-up. Campers will not be released to individuals not showing ID and not listed on the transportation form. Please have your driver’s license out and ready to be displayed at pick-up.

If you would like to park and walk to pick-up your child at the pick-up location, the nearest paid parking garages are listed under the Parking section.

Authorization and consent to release the child without parental or guardian supervision must be completed and signed on the Transportation Form.

Camper self check-out only permitted for campers 15 years of age and older as of the first date of the camp. Permission for camper self check-out must be completed on the Transportation Form.

### Unaccompanied Minor Travel

Information regarding unaccompanied minor travel is not applicable to this camp. Campers will not be transported in vehicles.

### Transportation to the University

Information regarding out of state campers traveling to the university is not applicable to this camp.

### Parking

We have designated drop-off and pick-up line in front of Gearing Hall. If you would like to park and walk your child to the drop-off location, the nearest paid parking garages are

1. 7th Street Garage – 109 W 27th ST, Austin, TX 78712
2. San Antonio Garage – 2420 San Antonio ST, Austin, TX 78705
3. Metered parking is available along Guadalupe St. and Dean Keeton (26th)

The parking lot in front of Gearing Hall and lots around campus are reserved for permit holders. Parking in a permit required parking space may result in a parking violation or towing of the vehicle.

### Getting Around the University

Camper will participate in activities in Gearing Hall and Belmont Hall. Campers will get around campus by walking. Camp Counselors will lead the students to their locations. Camp Counselors will remain with campers at all times.
Campers will not be permitted to use the bikes and scooters (including electric) on campus during camp time (anytime between check-in and check-out).

**Maps/Directions**

Address for Gearing Hall: 200 W 24th Street, Austin, TX 78712

The drop-off/pick-up location on the northside of Gearing Hall can be accessed from Dean Keeton Street. Enter Parking Lot 15 via University Ave from Dean Keeton St.

Camp Counselors will be waiting outside the northside of Gearing Hall to escort the camper inside Gearing Hall and at the end of the day for check-out.

**Directions from MoPac (Loop 1) South**

Take the Windsor Rd. exit  
Turn left onto Windsor Rd.  
Continue straight onto W 24th St.

**Mary Gearing Hall** is two blocks east of Guadalupe St., on your left. Continue around to the northside of the building.

**Directions from MoPac (Loop 1) North**

Take the Windsor Rd. exit  
Turn right onto Windsor Rd.  
Continue straight onto W 24th St.

**Mary Gearing Hall** is two blocks east of Guadalupe St., on your left. Continue around to the northside of the building.

**Directions from I-35 South**

Take exit 236A and take the 26th St. exit  
Merge onto Dean Keeton and go approximately 1 mile. Turn left on University Avenue.

**Mary Gearing Hall** is at the south terminus end of University Ave (Parking Lot 15).

**Directions from I-35 North**

Take exit 235A toward 26th St./Manor Rd.  
Stay on frontage road to Dean Keeton  
Turn right onto Dean Keeton and go approximately 1 mile. Turn left on University Avenue.

**Mary Gearing Hall** is at the south terminus end of University Ave (Parking Lot 15).
 Required Program Forms

Program forms were provided at Circuitree registration. Forms must be completed during registration to ensure your child is eligible to participate in the camp.

 Returning Program Forms

The Circuitree registration program contains the necessary forms to be completed for participation in the summer camp. Circuitree is trusted and has been approved by The University of Texas at Austin for its release forms.

If you need assistance completing the program forms, contact Dr. Ladia Hernandez at ladia.hernandez@austin.utexas.edu.

 Medical Care

In the event of an emergency involving an injury or acute illness, the camp director will follow the risk reduction measures listed below:

- Call 911 to summon emergency personnel.
- Notify the parent/legal guardian or the emergency contact.
- A designated individual (camp counselor) will accompany the camper to the hospital and remain until the parent/legal guardian arrives.

 Medications

Please note that we cannot administer medication, only dispense.

Prescription medications and over-the-counter medications information must be completed on the program forms. Designated personnel will not dispense non-prescription or prescription medication to the above named participant until the medication information has been completed on the program form by a parent or guardian.

It is the responsibility of the parent/guardian to give the medication directly to the camp director immediately upon arrival. All medication should be labeled and placed in a Ziploc bag with the campers name and instructions, including dosage amount and times. Medication must remain in its original container from the pharmacy (this includes over-the-counter medication). Medication will be stored and locked up.

Campers will be asked their full name and birthdate before we will dispense the medication and log the activity in our medication log. Inhalers and epi-pens are allowed to remain with students. We reserve the right to refuse the dispensing of a prescription or over-the-counter medication for failure to follow our medication guidelines outlined above.
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Meals

Pre-prepared morning snacks will be provided to the campers. Campers will be preparing their lunch and an afternoon snack each day. Food allergy and special dietary restriction information should be included in the Health History section on the registration forms.

Parent Visits

Parent visits are not allowed without prior permission from the camp director. Visits should be limited in time. Parents should not interact with other campers during the visit.

ADA Accommodations

Children in need of ADA accommodations will not be denied admission to the summer camp. Our camp will make reasonable modifications your child. Notification of accommodations must be provided to the camp director one-week prior to the start of camp.

What to Bring

**Dress:** Camper should come dressed comfortable clothing. T-shirts and comfortable shorts, workout pants or leggings recommended.

Private dressing rooms are available at the Fitness Institute of Texas should a child want to bring a change of clothes for the fitness activities.

**Shoes:** Running or exercise shoes preferred. Closed toed shoes (skid resistant preferred) are required for the cooking part of the camp. Running or exercise shoes required for the fitness. No sandals, flip flops, boots, or open-toed shoes allowed. Campers will not be allowed to participate in the cooking or fitness part of the camp without proper shoes. Campers will be asked to contact a parent to bring proper attire to the camper.

**Hair:** All long hair will need to be pulled back for the cooking part of the camp. Baseball caps are allowed. Please bring hair restraints for hair length past the chin and longer.

**Water bottle:** The campers are encouraged to bring a water bottle for fitness part of the camp. Water refill stations will be provided for the camper as needed.

What Not to Bring
Campers should not bring electronic devices such as iPad or tablets, MP3 players, handheld games, (excluding cell phones) or any items of value to the program.

Campers should not wear jewelry including, rings, bracelets, necklaces, or large earrings. If a camper is wearing jewelry or a watch that may impair their safety during camp activities, the camper will be asked to remove the item. The camper is solely responsible for the safety of the item. Designated individuals will not hold or store any jewelry or items of value.

**Youth Protection Program**

All summer programs involving minors at The University of Texas at Austin follow guidelines set forth by the Youth Protection Program (YPP). The purpose of the YPP is to promote the safety of minors participating in programs on university premises or participating in those programs sponsored or supported by the University. All programs work closely with the YPP Director to ensure that every program operates in accordance with all of the university’s policies, rules and regulations, as well as the laws of The State of Texas regarding the safety of minors. More information about the YPP is available online at [www.youthprotectionprogram.utexas.edu](http://www.youthprotectionprogram.utexas.edu), and questions can be directed to the YPP Director at ypp@utexas.edu.

**Campus Concealed Carry**

On June 1, 2015, Gov. Greg Abbott signed S.B. 11, also known as the "campus carry" law. S.B. 11 provides that license holders may carry a concealed handgun throughout university campuses, starting Aug. 1, 2016. The law gives public universities some discretion to regulate campus carry.

The University of Texas at Austin and President Gregory L. Fenves take issues surrounding guns on campus very seriously and will strive to create policies that conform to the new law, protect the rights of citizens and ensure the safety and security of the entire campus.

S.B. 11 provides that after consulting with students, staff and faculty regarding "the nature of the student population, specific safety considerations and the uniqueness of the campus environment" the university may enact reasonable rules and regulations regarding:

- carrying of concealed handguns by license holders on campus; and
- storage of handguns in dormitories or other residential facilities

The law stipulates, however, that these rules and regulations may not either "generally prohibit" or "have the effect of generally prohibiting" license holders from carrying concealed handguns on campus.
The purpose of the Youth Protection Program (YPP) is to protect all minors in their university-sponsored activities and interactions involving members of The University of Texas at Austin community. Pursuant to S.B. 11 (the “Campus Carry Law”), the YPP Policy prohibits the carrying of a concealed handgun by any person involved in a University of Texas at Austin camp/program for minors. This Policy also applies to parents and guardians who are visiting or transporting a participating minor to and from camps/programs at The University of Texas at Austin.

“PURSUANT TO SECTION 30.06, PENAL CODE (TRESPASS BY LICENSE HOLDER WITH A CONCEALED HANDGUN), A PERSON LICENSED UNDER SUBCHAPTER H, CHAPTER 411, GOVERNMENT CODE (HANDGUN LICENSING LAW), MAY NOT ENTER THIS PROPERTY WITH A CONCEALED HANDGUN”

Please see the Campus Carry Implementation (www.campuscarry.utexas.edu/) website for more information.

**Social Media Communication**

Designated individuals will set their social media accounts to private for the duration of the program. Personal emails, text messages, phone calls, and private social media communications with campers are not allowed.

**Post Camp Communication**

Campers may stay in contact with the camp director, faculty or staff via the program social media accounts on Facebook, Instagram, and Twitter. Personal emails, text messages, phone calls, and private social media communications with program staff and faculty are not allowed.

**Code of Conduct**

It is our goal to provide a healthy, safe, secure environment for all camp participants.

- Campers shall be responsible for their words and actions.
- Campers shall be respectful of others.
- Campers shall follow directions from camp counselors.
- Campers shall abide by the program rules.