



Parent Guidelines for the Pentathlon

The following guidelines have been offered from past coordinators, teachers and parent volunteers.

Intent of the Games: The Pentathlon is an important rite of passage for Waldorf fifth graders; this event dovetails with their year-long study of Greek culture. The Pentathlon gives our kids the opportunity to make new friends in their City States, work cooperatively and learn to give and receive support from their peers.

In order to fully honor our fifth graders, younger or older siblings, *with the exception of babes in arms*, are not permitted to attend.

Cheering and Competitive Behavior: There should be no coaching of children or cheering during the Games. Cheering at the Pentathlon does not benefit our children. Instead, parents are asked to take a step back and allow their child to participate in the Pentathlon. The parents' role is to witness them, be supportive of the mood and spirit of the Pentathlon, to note and appreciate the beauty and nobility of each event. Please be a model of support for all the children regardless of their results.

Media & Electronics Policy: Cameras are not allowed during the actual events. Please minimize use of cell phones. Please do not allow your child to bring iPods or other electronic devices.

Weather: May weather in Wisconsin is unpredictable. Please check the local forecast before you leave home, but no matter what it says bring sunscreen, hats, rain gear, extra warm clothing. A packing list is enclosed to assist you.

Water: Each child should bring a water bottle with their name on it. It is important for the children to keep track of all of their gear so label everything. If you are spectating, bring your own water bottle.

Medical Needs: Sugar Creek has a medical room stocked with basic first aid supplies for very basic injuries. We have a medic team that will be on-site during the Pentathlon. There is an Emergency Room within 20 minutes of the camp.

If your child has a medical condition, please send along whatever medicine or supplies s/he may need and make sure the child knows where it is located. Poison ivy is found at Sugar Creek; we recommend that a strong yellow soap such as Fels Naptha be used to wash with each night if a child is susceptible to poison ivy. Deer ticks, which carry Lyme disease, are also found at the campground. If a tick is found embedded on a child at camp, an adult will remove it. Do a careful "tick check" on your child upon their return home.