

Truckee Sports Camp COVID19 Standard Operations Plan and Waiver - please read, sign and return before your child's first day of camp.

Truckee Sports Camp is taking many precautions to prevent the spread of COVID-19 throughout our sports camp participants, families and community. Please read on to understand the precautions we are placing on camp this summer. In an effort to keep all of us safe we ask that you check on the health of your child daily beginning 7 days prior to camp. We understand that people might need to travel out of the area, if this is the case, we ask that you please don't come to camp for 14 days after travel. We ask that you stay local. The safest camp sessions start with healthy children and this begins at home. The enclosed waiver needs to be signed and returned before your child's first day of camp. By signing this waiver you are acknowledging that you have followed the screening procedure and can give an affirmative confirmation to each point. Included in this document there is a questionnaire to answer. At drop off, parents/guardians will be asked to sign a sign in sheet which verifies that you are still following the screening procedure and that each point of the questionnaire still applies:

Pre Camp and On-going Screening:

1. Sports Camp kids or household members have been checked and cleared of any of the following symptoms:

Cough
Shortness of breath or difficulty breathing
Fever greater than 100.4F
Chills
Muscle Pain
Sore throat
New loss of taste or smell
Nausea
Vomiting
Diarrhea

2. You agree to record a temperature daily for a period of at least four days prior to camp. If any temperature or symptoms are present, we respectfully

ask that you have your child evaluated by a licensed provider and contact us for further guidance.

3. You acknowledge the following by dropping your child off at camp on the first day:

- My child has not been around anyone with any of the listed symptoms above or diagnosis of COVID19 in the 14 days before the start of camp.
- No one in our household has been sick in the 14 days prior to camp
- My child has not traveled by air or traveled out of state in the 14 days prior to camp.
- My child has adhered to our state's and county's guidelines regarding COVID19.

Truckee Sports Camp has created a document of health and safety guidelines. By signing this waiver I acknowledge that I have read through these guidelines in order to maintain the health and safety of all participants, parents, coaches and the community.

Health & Safety Guidelines:

1. Arrival

Ensuring the health and safety of our sports camp children, coaches, families and community is our highest priority. Please be aware of these guidelines as they can ensure the safety of all participating.

1.1 Before you leave the house:

- If the participant has a temperature over 100.4 degrees, persistent cough, or other indications of illness, please do not leave your home.
- Please wash your hands with soap and water to ensure safety of sports camp children, coaches and other families before drop off.
- There will be no communal water. All players must have their own individual water and clearly mark their name on it. Please ensure your child has plenty of water, they get hot and very thirsty. (Think along 2 gallon milk jug size water container).
- There will be no sharing of food. Please ensure your child has lots of food, more than you might normally provide. They burn a lot of calories and get very hungry. (Think backpack sized lunch box. We will most likely not be frequenting the snack shack).

- Every child participating in sports camp will need their own mask, gloves, hand sanitizer, sunscreen, food, water. (Think full hand BMX gloves)
- Please avoid carpooling with other participants from other households, if possible.

1.2 **Arrival and Check In**

- Check-in procedures will be conducted every day of the Sports Camp.
- Truckee Sports Camp coaches will be wearing masks upon arrival and dismissal and at certain times during camp.
- Having only one parent or guardian present per family is recommended during check-in.
- The name and contact information for every parent/guardian involved in check-in will be recorded.
- Please maintain a six-foot distance from the family in front of and behind you while waiting to check-in.
- All parents dropping off will be required to sign a daily sign in sheet which confirms your children are healthy and you have been following the screening requirements listed above and the questionnaire statements are still true. Please bring your own pen.

2. **In Session - The following expectations are required of sports camp kids and coaches at all times:**

- We will be practicing social distancing. Group sizes will follow your local State and local health authority guidelines.
- There will be no physical interaction between sports camp kids or coaches at any time.
- Each individual will have a personal area to work in and a designated spot for their belongings unless they are siblings; each of which will be at least six feet away from other participants.
- Equipment will be sanitized before and after each session.
- Each child will need to bring a mask. Masks will be worn by each child and coaches when transporting in the vans.
- Coaches will wear masks when needed during the day but will maintain social distancing guidelines.
- Sanitation breaks will be required during every water break.
- No handshakes, fist bumps, or group celebrations. No huddles or small group gatherings will be permitted.

- Only coaches should touch goals, cones, and other equipment throughout each day.
- If an injury occurs during Truckee Sports Camp, the immediate health and safety of the injured child will remain a top priority. Care will be taken when addressing small injuries (i.e. handing out band-aids, etc.). Parents will be notified immediately if their assistance is needed with injury care.
- At Truckee Sports Camp take these requirements very seriously. If the kids are not willing to abide by these guidelines, they may be asked by us to take the rest of the week off, without refund unless that child's spot can be replaced by a child on the waitlist.

4. **Pick Up**

- For pick up, we ask that parents/guardians practice social distancing and don't hang out.
- Children will be required to sanitize their hands before meeting their parent/guardian.

5. **Maturity Level**

Truckee Sports Camp minimum age is 7. At our discretion, we have allowed children who are younger, because their level of physical ability and maturity level has allowed for this. With COVID19 and the requirements outlined in this document, it is imperative that your child's maturity level has the capacity to understand and follow these guidelines, even if they are 7 or older. This camp is going to follow a new schedule given the restrictions of COVID19. In the past, it has been possible for children who didn't have the energy to participate in every activity to take a rest in the pavilion. This year we will be offering different activities such as hikes and bike rides. If you honestly feel that your child, whether they are 7 or older, does not have the maturity level to follow our health guidelines or participate in the activities, then consider that Truckee Sports Camp might not be the best fit. Please understand that we want to provide the greatest thing on earth, and for all of the kids to have a super fun Summer. We are trying to give our kids the skills to become some of the greatest athletes on earth, and continue contributing to making Truckee the amazing community it is. It might require you making a selfless act and deciding that Truckee Sports Camp might possibly not be the right place for your children just yet.

Positive Case Protocol:

Truckee Sports Camp is doing everything we can to keep our children, families and community safe. If any sport camp participant or household member tests positive for COVID19, Truckee Sports Camp cannot be held responsible.

- If a participant or a member of participant's household reports a positive COVID-19 case or any symptoms related to COVID-19 to Truckee Sports Camp, we will alert all families immediately.
- We will not close Truckee Sports Camp if we have a positive case, but we will give families the option to pull out of the program.
- An additional, full disinfectant, in accordance with CDC recommendations, will occur as soon as possible and no later than the evening of the day the case was reported.
- Children and coaches who get ill cannot return to program until Truckee Sports Camp receives a clean bill of health from a doctor.
- We will have substitute coaches prepared to backfill in the case of a coach being exposed and seeking testing or self-quarantine.

TRUCKEE SPORTS CAMP COVID-19 QUESTIONNAIRE

While we are taking every possible step to stop the spread of COVID-19 and keep your children, coaches, family and community safe, we ask that you understand there is an inherent level of risk associated with going out into the public at this time. No entry into a public setting can be guaranteed virus-free. COVID19 cases are increasing at this time and we ask that you do your part to prevent the spread of COVID19 to keep all of us and our families safe.

Please read and initial each statement and then sign at the bottom and return to us before your child's first day at Truckee Sports Camp.

If during or after your attendance at Truckee Sports Camp, you or anyone in your household fall ill, you will contact Truckee Sports Camp immediately at (530) 318 2929 to let us know so we can advise others based on your participation dates of their possible exposure.

Neither program participant nor member of household has had or currently has a fever (greater than 100.4 F or 39.0 C) OR symptoms of lower respiratory illness such as cough, shortness of breath, difficulty breathing, or sore throat in the past 14 days.

Neither program participant nor member of household has taken any fever reducing medicine in the last 12 hours.

I hereby certify that Truckee Sports Camp participant and all members of household are free and clear of the Coronavirus (COVID-19) and are fit to attend program. If any of our household has COVID19 we will stay home.

My child is able to participate in all activities on a daily basis, and is fit to engage in activities with an understanding that advertised scheduled activities might change.

I understand that failure to comply with the health orders published by State and County and required by Truckee Sports Camp laid out in this document puts others at risk and will result in removal and dismissal from the program without a refund.

By signing this document, I certify that the above is true. I certify that I have read this document in its entirety and accept everything herein. I accept the risk that my child may be exposed through participation. I do not hold Truckee Sports Camp responsible if my child or anyone in my household contracts the COVID19 virus. I also acknowledge that if any of these items change at any point during my child's stay at camp, I will notify Truckee Sports Camp immediately. I also acknowledge by signing the daily sign in sheet at drop off, I am confirming that all the above is still true.

Child's Name: _____

Parent's Name: _____

Signature: _____

Date: _____