

COVID-19 HOME CAMP RULES **(Updated 6.12.2020)**

Safety is our priority for your camp experience. We are deeply committed to the safety and well-being of our athletes and coaches. We are prepared to deliver instruction that will meet the state and local guidelines related to COVID-19 at the time of the camp. While the final details and schedule of any camp could require up to the day adjustments, and all guidelines are subject to change based on Centers for Disease Control and Prevention (“CDC”), federal, state and local guidance, please be assured that Varsity Spirit is committed to delivering the same quality of instruction for which we are known. We appreciate your understanding of the flexibility this will require.

Below, you will find the guidance that we believe is necessary for each identified group to follow in order to conduct a safe and enjoyable camp. Please know that the following is in addition to any guidelines applicable to or mandated by your institution, such as local, city and state orders and any guidelines established by your institution. In addition to this signed document, a copy of all such additional guidelines must be provided to us prior to camp for them to be applied. We will need to work together to make sure that all guidelines are communicated, applied and enforced.

School / Organization

- Maintain a clean and sanitized facility at all times during the camp.
- Clean/sanitize mats with cleaner on the Environmental Protection Agency’s list of disinfectants for use against SARS-CoV-2 accepted methods at each break or shift (if shifts are adopted because of space reasons) or as otherwise directed by the CDC or as may be reasonably necessary.
- The facility for the camp should be large enough to meet space needed following the CDC, state and local guidelines. The CDC recommends maintaining 6 feet of distance from others. This translates into a 28 square-foot (i.e., a circular area with a 3-foot radius surrounding each person) allotment per person. To the extent feasible, the facility should be well ventilated.
- Access to restroom facility with proper sanitation areas for frequent handwashing. Must be properly equipped with soap, paper towels, trash can by exit, etc. Remove or prop open doors or other high touch points for entry/exit (if feasible).
- Access to a separate holding room that campers can go to if feeling ill or present with signs/symptoms consistent with COVID-19.
- Coach/Advisor must be present at all times during camp and available to assist Varsity Spirit staff in enforcement of the established rules, including recognizing when a camper should be removed from camp for signs/symptoms or violation of rules.
- If stunting/lifting or other close contact drills are performed, the swapping of partners should be limited.
- Stunting should be performed only if close contact sports are not prohibited by state and local orders and all protocols for close contact are followed.
- Allow for drop off and pick up ONLY (or campers driving themselves).
- Visitors are allowed only if permissible by the school/organization and if social distancing guidelines are followed. All visitors must sign an attestation document (attached).
- Ensure that the school/organization has provided a copy of these guidelines to all athletes as a part of the Varsity Spirit Camp Rules.
- Ensure that the school/organization has a signed copy of these guidelines from all coaches and anyone else who will be present during camp attesting that they have read, understand, and will comply with these guidelines.
- Educate athletes, coaches, advisors, school/organization staff, or anyone else that will be present at the camp about COVID-19, how it spreads (including through persons who are asymptomatic), all symptoms of COVID-19, proper hygiene (e.g., avoiding touching face, vigorous washing of hands etc.), and the importance of social distancing (e.g., prohibition on unnecessary touching and in the alternative utilization of air hugs, air high fives, etc.).

Athletes

- These COVID-19 Camp Rules are, where applicable to athletes, incorporated into the Varsity Spirit Camp Rules.
- Anyone that feels sick, shows any symptoms of COVID-19 listed by the CDC, including cough, shortness of breath, fever, chills, muscle pain, sore throat, and new loss of taste or smell, has been diagnosed or presumed positive for COVID-19, or has been around someone who has been diagnosed or presumed positive for COVID-19, currently or within the last 14 days, must stay home.
- Anyone who is living with a house member who is currently sick, feels sick, shows any symptoms of COVID-19 listed by the CDC, including cough, shortness of breath, fever, chills, muscle pain, sore throat, and new loss of taste or smell, has been diagnosed or presumed positive for COVID-19, or has been around someone who has been diagnosed or presumed positive for COVID-19, currently or within the last 14 days, must stay home.
- Anyone that develops symptoms while at camp they must immediately inform staff and comply with the procedure of removal from the camp. They must cooperate with staff and make a list of all persons whom they have been in close contact with (the CDC defines close contact as being within 6 feet of someone for a period of 15 minutes or more), including in the 48-hour period before developing symptoms.
- Anyone with pre-existing conditions/compromised immune system should speak with their doctor and get clearance from their doctor before attending camp.
- Athletes and coaches will monitor themselves for symptoms of COVID-19 listed by the CDC, including cough, shortness of breath, fever, chills, muscle pain, sore throat, and new loss of taste or smell, and check their own temperature each morning, both 7 days prior to attending camp and every morning before attending camp. If the person displays any COVID-19 symptoms or a temperature of over 100° Fahrenheit, during the 7 days before camp or any morning of camp, they must remain home and report their symptoms and temperature to the appropriate camp contact.
- Engage in physical distancing of at least 6 feet, or other distance imposed by state and local guidelines.
- Each person must provide their own face mask or face covering which shall be worn based on state and local governmental guidance. Generally, if attendees are social distancing, masks do not need to be worn. Further, it is not advisable to wear masks during rigorous activities.
- There will be no drinking from water fountains at camp - camp attendees must bring their own water bottle labeled with his or her name and, if permitted by the camp location, water fountains may be used only to refill water bottles.
- Camp attendees must bring their own wipes/tissue/hand sanitizer.
- Personal bags will be stored in an area at least 6 feet away from athletes and the bags spaced at least 6 feet apart from each other.
- Camp attendees must not touch anyone's belongings except for their own.
- Camp attendees must cover coughs and sneezes.
- No shared personal equipment (signs, poms, megaphones, etc.), unless properly disinfected in between use.
- If stunting/lifting or other close contact drills are performed, all athletes should use heightened awareness not to touch any portion of their face unless or until they can fully wash, and should limit swapping partners. (Stunting should be performed only if close contact sports are not prohibited by state and local orders and all protocols for close contact are followed).

Varsity Spirit / Instructional Staff

- Staff will monitor themselves for symptoms of COVID-19 listed by the CDC in its most current guidance and follow any and all applicable health and safety protocol/guidelines applicable to them and set forth within the athletes Section above.
- Staff will be educated on the COVID-19 Camp Rules as well as guidelines applicable to or mandated by school/organization, as provided by school/organization.

- Staff will be prepared to instruct in shifts if space is not conducive to social distancing rules.
- Staff will give verbal instructions to campers each day, and throughout the day, on social distancing requirements (6 feet separation, no touching, air hugs, air fives, etc.).
- Instruction will be taught maintaining physical distancing and precautionary measures.
- Should stunt/lift instruction be allowed to occur based on the reopening phase of the local government at the time of camp, this will require close proximity of the athletes and masks will be worn as dictated by the current phase order based on state and local governmental guidance.
 - Spotting/safety procedures should not be minimized due to social distancing.
- Staff will wash/sanitize their hands upon entering the building before instruction begins.
- There will be no use of water fountains at camp – staff must bring their own water bottle labeled with his or her name.
- Staff will not share any personal equipment (signs, poms, megaphones, etc.), unless properly disinfected in between use.
- Engage in physical distancing of at least 6 feet, or other distance imposed by state and local guidelines.
- Each staff member will provide their own face mask or face covering which shall be worn at all times, or based on state and local governmental guidance.
- Staff will supply their own wipes/tissues/hand sanitizer.
- Staff will not touch anyone’s belongings except for their own.

This signed form, along with any additional guidelines you require, must be received in our office prior to camp.

By signing below, I acknowledge I have read and agree to the COVID-19 Camp Rules for the camp taking place at the location and on the dates as written below.

School/Organization Name: _____

Camp Dates: _____ Facility Used for Camp: _____

Coach/Advisor Name: _____

Signature: _____ Date: _____

Authorized School Administrator Name: _____ **

Signature: _____ Date: _____

**Please initial the applicable box below:

At the time of execution, our school/institution has created guidelines specific to our school/institution and a copy of the guidelines have been included with this executed form. I agree that we will provide to you any subsequent updates as soon as practicable and as they are established.

At the time of execution, our school/institution has not created guidelines specific to our school/institution and, if any such guidelines are created, a copy will be provided to you as soon as practicable.

[Attestation for No COVID/Signature Page Follows]

To be completed by persons that **have not** tested positive or been presumed positive for COVID-19

[Attestation/signature page to guidelines required for all school/organization staff or anyone else that will be present at the camp or on the immediate camp designated premises, excluding participating athletes which are separately addressed under the Varsity Spirit Camp Rules.]

I, _____, attest to the following:

1. I have read and agree to the COVID-19 Camp Rules for the camp taking place at the location and on the dates as written below;
2. I do not have any of the following symptoms that the CDC recognizes as being associated with COVID-19: fever, cough, shortness of breath or difficulty breathing, chills, muscle pain, sore throat, or new loss of taste or smell;
3. I have not tested positive for COVID-19, nor do I have any reason to believe that I would test positive at this time;
4. To my knowledge, I have not been exposed to other person(s) that have either tested positive for COVID-19 or have the symptoms associated with COVID-19 listed in Item 1, above;
5. I have not been requested by any government entity or any medical provider to quarantine or self-isolate to prevent against possibly exposing others to COVID-19; and
6. Within the past two (2) weeks, I have not traveled internationally and have not traveled domestically to an area where the transmission of COVID-19 is widespread.

I, the undersigned, hereby certify that I have answered the above truthfully, and I agree that I will notify Varsity Spirit if any of the above changes during the camp.

Name: _____ Date: _____

School/Organization Name: _____

Camp Dates: _____ Facility Used for Camp: _____

Coach/Advisor Name: _____

[Attestation Recovered/Signature Page Follows]

To be completed by persons that *have* tested positive or been presumed positive for COVID-19

[Attestation/signature page to guidelines required for all school/organization staff or anyone else that will be present at the camp or on the immediate camp designated premises, excluding participating athletes which are separately addressed under the Varsity Spirit Camp Rules.]

I, _____, attest to the following:

1. I have read and agree to the COVID-19 Camp Rules for the camp taking place at the location and on the dates as written below;
2. At least 10 days have passed since my COVID-19 symptoms first appeared;
3. At least 3 days (72 hours) have passed since I had a fever, and during that time I have not taken fever-reducing medications (e.g., Advil, Tylenol);
4. I do not have any of the following symptoms that the CDC recognizes as being associated with COVID-19: fever, cough, shortness of breath or difficulty breathing, chills, muscle pain, sore throat, or new loss of taste or smell.
5. To my knowledge, I have not been exposed to other person(s) that have either tested positive for COVID-19 or have the symptoms associated with COVID-19 listed in Item 1, above;
6. I have not been requested by any government entity or any medical provider to quarantine or self-isolate to prevent against possibly exposing others to COVID-19; and
7. Within the past two (2) weeks, I have not traveled internationally and have not traveled domestically to an area where the transmission of COVID-19 is widespread.

I, the undersigned, hereby certify that I have answered the above truthfully, and I agree that I will notify Varsity Spirit if any of the above changes during the camp.

Name: _____ Date: _____

School/Organization Name: _____

Camp Dates: _____ Facility Used for Camp: _____

Coach/Advisor Name: _____