



VARSITY SPIRIT
COVID-19 CAMP / CLINIC RULES
(Updated 10.25.2021)

- 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/clinic. For additional information on COVID signs and symptoms, education and safety tips, [click here](#).

CAMP/CLINIC VENUE/FACILITY

- Follow applicable federal/state/county/city COVID-19 rules, restrictions, orders and guidance for open businesses.
- Establish a designated holding area for any person(s) to go to if feeling ill or to isolate while coordinating exit from facility or transport offsite.

SCHOOL/ORGANIZATION

- Provide a copy of these rules to all athletes/coaches/parents.
- These COVID-19 Camp/Clinic Rules are, where applicable to coaches and athletes, incorporated into the Varsity Spirit Camp/Clinic Rules.
- It is the School/Organization's sole responsibility to ensure its compliance with all federal/state/county/city orders applicable to the School/Organization, including but not limited to health, safety and distancing requirements and travel restrictions.
- A coach or other authorized adult must be present at all times with their team(s) and responsible for the enforcement of the established rules, including recognizing when an athlete/attendee should be removed from the camp/clinic for signs/symptoms of COVID-19 or violation of rules.
- Additional rules/guidelines may be communicated prior to each camp/clinic, examples of which include whether or not parents/visitors are allowed, mask requirements, schedule adjustments due to capacity or other limitations, modified food service (for overnight camps), as well as other measures intended to provide a safe environment that adheres to social distancing. The School/Organization must ensure any additional rules/guidelines are provided to all athletes/coaches/parents.
- Educate athletes/coaches /parents 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.
- Coaches are required to wear a mask in certain situations at a camp/clinic when speaking with Varsity personnel.
- To the extent possible, camp attendees and staff should be separated into groups or cohorts that remain consistent throughout the camp/clinic, with no or minimal mixing between groups or cohorts. Where applicable, meal breaks, use of showers and restrooms and other camp-related activities should be staggered among the groups/cohorts and camp attendees should be instructed to sit with or near the same individuals/group at each meal and/or in the same seat if possible. If camp attendees traveled from a non-local geographic area, all camp attendees from such geographic area should be placed in the same group/cohort and kept separated from the other groups/cohorts.
- Each School/Organization should bring their own thermal scan thermometer for team use or each individual should bring their own personal thermometer.

ALL PERSONS IN ATTENDANCE (VARSITY PERSONNEL, ATHLETES, COACHES, CHAPERONES,ETC.)

- Anyone that feels sick, must remain home and follow the [CDC guidelines regarding isolation](#).
- Anyone living with a house member who is currently sick, feels sick, or shows any symptoms of COVID-19 listed by the CDC, 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 [Follow the guidelines for Quarantine](#).
- Resource: [To better understand the difference between Quarantine and Isolation](#).



- Anyone that develops symptoms while at the camp/clinic must immediately inform Varsity personnel and comply with the procedure of removal from the camp/clinic.
- Anyone with pre-existing conditions/compromised immune system should speak with their doctor and get clearance from their doctor before attending the camp/clinic.
- Athletes, coaches and Varsity personnel will monitor themselves for symptoms of COVID-19 listed by the CDC, and check their own temperature each morning, both 7 days prior to attending the camp/clinic and every morning before the camp/clinic. If the person displays any COVID-19 symptoms or a temperature of over 100° Fahrenheit, during the 7 days before the camp/clinic, they must remain home. If the person displays any COVID-19 symptoms or a temperature of over 100 Fahrenheit on any morning of the camp/clinic, they must remain home and report their symptoms and temperature to the appropriate camp/clinic contact.
- Engage in physical distancing of at least 6 feet when feasible, or other distance imposed by state and local guidelines, from people outside your household.
- Masks are not required for attendees or spectators who have been vaccinated, except where required by state, local or venue guidelines. We strongly recommend that those who are not vaccinated continue to wear masks. Those who are not vaccinated should wear masks if required by state, local or venue guidelines. If masks are required, the following mask exceptions apply:
 - Masks are not required while actively eating.
 - Athletes are not required to wear masks when stunting, tumbling or engaging in vigorous physical activity, unless otherwise required by state, local or venue guidance. Should state, local or venue guidance require masks be worn by athletes during stunting, tumbling or other vigorous physical activity masks should not impede vision or movement.
 - When masks are worn, each person must provide their own face mask. Masks should fit snugly around and cover the nose/nostrils, mouth and chin, and with no large gaps around the sides of the face. Masks should be at least two layers made of a soft/pliable and breathable fabric. Face shields may be worn in addition to a mask but not as a substitute for a mask.
 - Follow all best practices for personal hygiene and respiratory etiquette, such as covering coughs and sneezes with a tissue or inside of elbow, avoid touching face mask, eyes, nose or mouth, and washing hands with soap and water for at least 20 seconds. Refrain from visiting areas of the camp/clinic location that are not being used as part of the camp/clinic.
 - Drinking from water fountains is prohibited. Each person must bring their own screw top, refillable 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.
 - Each person should not touch anyone else's belongings, including but not limited to common items such as soap, towels, bedding, food, beverages, signs, megaphones, etc., unless properly disinfected in between use in accordance with EPA standards.

VARSITY SPIRIT PERSONNEL

- Are required to wear masks at all times regardless of vaccination status.
- Will be educated on the COVID-19 Camp/Clinic Rules, and complete additional Varsity training related to new guidelines.



- Will be trained on COVID-19 protocols in place and have name and contact info for designated COVID-19 point of contact for the camp/clinic.
- May give verbal instructions to attendees throughout the day on social distancing requirements and/or other safety protocols.
- Spotting/safety procedures should not be minimized due to social distancing.
- Staff will be prepared to instruct in shifts if space is not conducive to social distancing rules.
- Staff should avoid entering dorm/sleeping rooms occupied by camp attendees unless it is necessary (for overnight camps) and shall use virtual communication and check ins as appropriate.
- Safety is our priority for your camp/clinic experience. We are deeply committed to the safety and well-being of our athletes, coaches and parents. We are prepared to administer a camp/clinic that will meet the state and local guidelines related to COVID-19 at the time of the camp/clinic. While the final details and schedule 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 experience for which we are known. We appreciate your understanding of the flexibility this will require.