



**VARSITY SPIRIT
COVID-19 CAMP / CLINIC RULES
(Updated 3.8.22)**

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 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 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. The School/Organization must ensure any additional rules/guidelines are provided to all athletes/coaches/parents.
- 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.

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 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. 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 not attend camp 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 optional regardless of vaccination status, except where required by state, local or venue guidelines. If masks are required, the following mask exceptions apply:
 - Not required while actively eating.
 - Not required 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 during stunting, tumbling or other vigorous physical activity masks should not impede vision or movement.
 - Not required if wearing one presents a safety hazard.
- 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 to refill water bottles.

VARSITY SPIRIT PERSONNEL

- 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.

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 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.