

COVID-19 OVERNIGHT CAMP RULES
SCHOOL / ORGANIZATION
(Updated 6.16.2020)

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 school/organization to follow in order to conduct a safe and enjoyable camp. All camp attendees must also follow any additional guidelines established by the camp location. A copy of such guidelines will be provided to each school/organization at or prior to the start of camp. We will need to work together to make sure that all guidelines are communicated, applied and enforced.

School / Organization

- Coach/Advisor must be present at all times during camp and available to assist Varsity Spirit and camp location staff in enforcement of the established rules, including recognizing when a camp attendee should be removed from camp for signs/symptoms or violation of rules. Where possible, the school/organization should have a designated person that is wholly or partially dedicated to ensuring the health protocols prescribed by state and local guidance are followed. Coaches/advisors are solely responsible for monitoring their athletes and ensuring that the athletes comply with the guidance set forth herein, any guidance established by the camp location, and any additional rules established by the school/organization.
- Stunting/lifting or other physical contact should be performed only if physical contact is not prohibited by state and local orders and all protocols for close contact are followed. If stunting/lifting or other close contact activities are not prohibited by state and local orders, the swapping of partners should be limited and each athlete should sanitize their hands after each session.
- Ensure that the school/organization has provided a copy of these guidelines, and any and all guidelines received from the camp location, to all athletes, coaches and anyone else who will be present as a part of the Varsity Spirit Camp Rules. If any modifications or supplements are made to the guidelines prior to the start of camp, the school/organization will follow the guidance set forth therein and will provide a copy of the updated guidance to each athlete.
- 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.).
- Prepare a communication/action plan for reaching out to parents/ and guardians, and local health care providers, and those who have been in close contact with an exposed individual (the CDC defines close contact as being within 6 feet of someone for a period of 15 minutes or more) in the event an individual camp attendee displays symptoms of or tests positive for COVID-19. Such plan shall include a plan for transporting sick camp attendees to a healthcare facility in the case of an emergency, and shall be in accordance with state and local laws and regulations while maintaining confidentiality in accordance with the Americans with Disabilities Act.
- Ensure that all school/organization camp attendees are self monitored or screened for COVID-19 on a daily basis, to the extent required by state/local law, and that camp attendees limit contact with outside individuals for the duration of the camp.
- To the extent possible, camp attendees and staff should be separated into groups or cohorts that remain consistent over the camp session, with no or minimal mixing between groups or cohorts. 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.
- Ensure all camp attendees and staff properly wash/sanitize their hands before meals and maintain social distancing during meal times and while in dormitories/sleeping rooms.

- Stagger move-in and check-out such that camp attendees can move in to their hotel/dormitory while still obeying social distancing guidelines.
- Take steps to limit contact between camp attendees and staff and any other groups or individuals that share the camp facilities.
- Visitors are not allowed at camp.

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 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. If traveling from out of state, camp attendees must follow state or local guidance with respect to self-quarantining.
- 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, at all times.
- Unless state or local governmental guidance provides otherwise, each athlete, coach and other camp attendees will (i) provide their own face mask or face covering and other PPE and (ii) will wear a face mask or face covering at all times.
- There will be no drinking from water fountains at camp - camp attendees 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.
- 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 and will avoid sharing common items such as soap, towels, bedding, etc. Camp attendees must not share food or beverages.
- Camp attendees must cover coughs and sneezes.
- No shared personal equipment (signs, poms, megaphones, etc.), unless properly disinfected in between use in accordance with EPA standards.
- Allow for drop off and pick up ONLY (or camp attendees driving themselves). Parents or guardians picking-up or dropping off camp attendees must remain in their vehicles if required by state or local law.
- If stunting/lifting or other close contact activities 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/lifting should be performed only if physical contact is not prohibited by state and local orders and all protocols for close contact are followed).

- Camp attendees should refrain from visiting areas of the camp location that are not being used as part of the camp.

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. If traveling from out of state, staff must follow state or local guidance with respect to self-quarantining.
- Staff will be educated on the COVID-19 Camp Rules as well as guidelines applicable to or mandated by the camp location, as provided by the camp location.
- Staff will be prepared to instruct in shifts if space is not conducive to social distancing rules.
- Staff will give verbal instructions to camp attendees each day, and throughout the day, on social distancing requirements as applicable (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 unless state and local governmental guidance expressly provides otherwise Spotting/safety procedures should not be minimized due to social distancing.
- Staff will wash/sanitize their hands upon entering the building before instruction begins and before and after any meal breaks.
- There will be no drinking from water fountains at camp - staff 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.
- Staff will not share any personal equipment (signs, poms, megaphones, etc.), unless properly disinfected in between use in accordance with EPA standards.
- Engage in physical distancing of at least 6 feet at all times, or other distance imposed by state and local guidelines.
- Unless state or local governmental guidance expressly provides otherwise, each staff member (i) will provide their own face mask or face covering and other PPE and (ii) will wear a face mask or face covering at all times.
- Staff will supply their own wipes/tissues/hand sanitizer.
- Staff will not touch anyone's belongings except for their own, including but not limited to common items such as soap, towels, bedding, food, beverages, etc.
- Staff should refrain from visiting areas of the camp location that are not being used as part of the camp. Staff should avoid entering dorm/sleeping rooms occupied by camp attendees unless it is necessary and shall use virtual communication and check ins as appropriate.

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

[Signature Page Follows]

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: _____ Camp Location: _____

Coach/Advisor Name: _____

Signature: _____ Date: _____

Authorized School Administrator Name: _____

Signature: _____ Date: _____

[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: _____ Camp Location: _____

Coach/Advisor Name: _____

To be completed by persons that *have* tested positive or been presumed positive for CO VID-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: _____ Camp Location: _____

Coach/Advisor Name: _____

