



June - August 2020

New Camp Health & Safety Measures / General Camp Information

Please note: Our COVID-19 safety protocols for summer camp are pending State and CDC mandates and are subject to change at anytime.

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1. New Camp Health & Safety Measures

The safety of our campers has always been our top priority -- even more so now. It has become very clear that summer camp will be different this year. That being said we will be implementing the following safety measures based on guidelines and recommendations from the CDC, State of Pennsylvania and American Camp Association (ACA):

Drop Off & Pick Up Procedures

Drop Off

- New drop off procedures (see below) include a daily health assessment and temperature check using a contact-free thermometer for campers.
- Any camper showing a temperature of 100.4 or higher will be asked to return home until they are fever free for 72 hours.
- As always, if your child is sick please do not send them to camp. If your child is not feeling well and/or has a temperature of 100 or higher, please keep them home until they are fever free for 72 hours.
- The daily health assessment includes a series of questions regarding the health of the camper and the household.
- If a camper is carpooling with another camper and fails the daily screening, both will be denied entry to camp that day.



- For the drop off location, please follow the camp directional signs around the side of the building to the camp entrance at Door #13 -- look for the Summer Adventure Camp welcome banner.
- All parents and caregivers must remain in their car and in the drop off lane. Please do not park or enter Body Zone during this time.
- Please pull your car up along the side of the building, stay in your car, a counselor will come to your window to sign in your camper. A counselor will assist your child in safely exiting your car.
- This procedure applies to all early camp drop offs too. Reminder: camp doors do not open until 7:30 am.
- If your child is upset and won't leave the car without you, you may park your car and help them calm down. We will assist you at that point.

Pick Up

- Parents and caregivers must remain in their car and in the drop off lane.
- A counselor will greet you at your car to get your child's name and then escort them to your car for you to sign them out.
- If you are arriving after 4:15 pm, please stay in your car and in the drop off lane. We will bring your child to you.

Our Staff Policy

Per Body Zone COVID-19 Employee Guidelines, all camp staffers will undergo a health screening and temperature check prior to their camp shift and will be required to wear a face mask and perform our handwashing protocol at all times. Body Zone COVID-19 Employee Guidelines are posted here: bodyzonesports.com/safety

Standard Health & Safety Reminders

- We'll build a healthy and safe camp environment by teaching children proper handwashing and handrubbing (hand gel) technique, how to sneeze into their elbows and we'll reinforce the importance of personal space.
- We'll show campers the location and use of our numerous hand sanitizer stations.
- Social distancing will occur by limiting mixing between groups. Sorry, we are not accepting registration for modified camp weeks or daily pop ins as we strive to assign small groups of campers with assigned camp staffers (to limit mixing between groups).
- We have a dedicated restroom for camp to limit mixing with other Body Zone groups.
- As always, assigned, cleaned and labeled cubicle storage will safely house a camper's belongings for their camp week.
- We will discourage and monitor sharing of items that are difficult to clean and disinfect.

Together we can maintain a healthy Body Zone camp community! Please remind your camper of the following:

- To tell you when they aren't feeling well
- To sneeze into their elbows
- Proper hand washing technique
- To not share their clothes, snacks, hats or helmets with other campers
- The importance of a good night's sleep every night



When Your Child Gets Sick At Camp

- If a camper informs a counselor that they are not feeling well, we will check their temperature first. If it is 100 or higher, you will be called immediately and asked to pick up your child from camp as soon as possible. Campers may not return to camp until they are fever free for 72 hours.
- If they are not running a fever of 100 or higher, a camp counselor will monitor their condition and if they do not feel better in 15 minutes, you will be called to determine what would be best for your child.
- If the sick camper tests positive for COVID-19, our camp director will notify all families. Enhanced cleaning protocols of impacted areas will take place immediately.
- Campers who test positive may not return to camp until they have tested negative for COVID-19.

Monitoring & Communicating With Each Other Regarding COVID-19 -- A Team Approach

Body Zone will:

- Closely monitor guidance from the CDC, ACA and State of Pennsylvania and will revise our safety protocols accordingly.
- Communicate any known cases and exposures to you while maintaining confidentiality.
- Will follow all Body Zone COVID-19 Employee Guidelines regarding exposure and illness.

We need your help by:

- Making sure campers who are sick or have recently come in close contact with a person with COVID-19 stay home, monitor them and follow CDC guidelines if symptoms develop.

Our Commitment To A Clean & Safe Camp Environment

We've cleaned and disinfected every spot in our facility from top to bottom, and have serious plans to keep it that way. We will continue to follow stringent sanitization procedures for proper disinfection of all of our spaces and high touch areas using an EPA-registered disinfectant. Aside from our 24-hour janitorial service, camp and Body Zone staffers will frequently monitor and clean areas used by campers during camp hours. All spaces will receive enhanced day and nighttime sanitization by a new air-driven mister system. Staff has been trained on all cleaning protocols.

Lunch, Snacks & Hydration

- Whereas we've offered in-house lunch service in the past, campers must bring their own lunches.
- Lunch and snack time will take place either outside or in a large indoor Body Zone space via socially distanced seating.
- Water fountains are communal spaces and will not be in operation during camp. We ask campers to bring refillable water bottles and we will offer bottled water for refills throughout the camp day.

Changes In Our Traditional Camp Activities

Field trips have been cancelled for this summer. Pool time is on hold until further notice but see our new pool safety rules below. However, because of our set-up/floor plan, we are thrilled to offer children so many other ways to run, jump, play and skate. Camp operations and activities have changed with an emphasis on utilizing our great outdoors, we have acres of natural space at our disposal, as well as taking advantage of our massive interior spaces. Children will have plenty of room to spread out during playtime and specific sports activities.



Pool Safety & Sanitization Policies

We look forward to opening our pool to campers as soon as possible.

Per the CDC, there is no evidence that COVID-19 can spread to people through the water used in pools, hot tubs, or water playgrounds and proper operation and disinfection of pools, hot tubs, and water playgrounds should kill the virus that causes COVID-19.

During our shutdown, our pools and adjoining locker rooms were thoroughly disinfected and received daily and weekly maintenance on pool water and systems per our regular high standards of sanitization and testing protocols which already followed CDC guidelines. Pool water is tested by BZ staff three times per day and receives weekly testing from a local laboratory. Pool water is treated with calcium hypochlorite, via a new filtration system (December 2019) which is a form of chlorine and sphagnum moss and EPA-registered for pool disinfection.

Body Zone's pool ventilation system was completely overhauled in 2019 with a state-of-the-art air handler that receives regular filter replacement and inspection.

Pool staff, via an established schedule, will clean and disinfect all touch points and pool deck as well as check the water chemistry prior to camp pool times and immediately afterwards. Pool staff has been trained in all cleaning strategies.

Camp pool time is a private experience. No other persons or members are permitted in or near the pool at this time. Campers will enjoy pool time in their small groups. Like always, changing for pool time will occur in small group settings as well.

Our Updated Liability Waiver For Camp

You may be asked to sign our updated Liability Waiver even if you have previously completed and signed a waiver for us at any time. Please complete this online here: bodyzonesports.com/camp

2. General Camp Information

Hours of Operation

Dates:	Monday, June 8 through Friday, August 21, 2020
Camp Hours:	9:00 am to 4:00 pm, Monday through Friday
Extended Care:	Offered from 7:30 am - 9:00 am and 4:00 - 5:30 pm
Extended Care Fee:	Consult bodyzonesports.com/camp for exact fees.

Medical Information

- Every camper is required to have a current medical form on file prior to their first day of camp.
- If you registered online, you have received an email containing the medical form.
- Prescription medication will only be administered with a signed medical form, and it must be in a Ziploc bag with the original container and with the original label.



Medical Information continued...

- All medications must be given to the Camp Director upon check-in.
- Over the counter medications will only be administered with written consent from a parent.

Allergies

Please include all allergy information on the Summer Adventure Camp Medical Form.

Camp staff will not allow campers to share food due to the variety of food allergies.

If the allergy is severe enough to require an Epi-pen you must speak with the Camp Director prior to the camper's first camp day.

Illness

In order to maintain a safe and healthy camp environment, we ask that you do not send your camper to camp if they show any of the following symptoms:

- Temperature over 100 degrees
- Discharge from ears or eyes
- Reddened or pink eyes
- Vomiting or diarrhea
- Skin rash or lesions that blister
- Sore throat, runny nose, cold or flu symptoms
- Head Lice

If a camper shows any one of the above signs, they are too ill to attend camp. If the symptoms develop while at camp, you will be called to pick up your camper as soon as possible.

Accidents

- All camp staff are First Aid and CPR/AED certified
- Minor injuries will be appropriately treated by camp staff.
- Parent or adult picking up the child will be notified of any injuries/treatment.
- Parents will be notified immediately if EMS is called. Please note that any medical expense will be the responsibility of the parent.
- In the case of an emergency, camp staff will follow the policies and procedures of Body Zone Sports and Wellness Complex.

All campers must be potty trained

- All campers MUST be fully potty-trained prior to the first day of camp.
- Pull Ups should not be worn.
- If your child experiences a bathroom accident during the camp day, you will be called and required to pick up your child as soon as possible.
- Accidents do happen, please pack an extra set of clothes for young campers.



Camp Basics: What To Bring & More

What to wear/bring to camp

Campers will receive a Body Zone Summer Adventure Camp t-shirt during their first week of camp. Due to the fact that we are both inside and outside, it is a good idea to apply sunscreen in the morning. If you send sunscreen to camp, please send spray sunscreen – it is easiest to apply for our staff. We ask that your camper dress in play clothes that can get dirty. Socks and closed-toed shoes are required each day. Please make sure your camper's name is on ALL personal items.

For skating days:

- Helmet, long socks, long, warm pants, sweatshirt or jacket, gloves, hat.
- Please make sure every item is labeled.
- Body Zone provides ice skates, but you may bring your own helmets.
- In light of the National Concussion Awareness Campaigns, ALL campers nine and younger will be required to wear a helmet to skate.
- If you don't want your camper to wear a helmet, please email or send a signed note in with your camper.
- Any type of helmet with a strap/closure is acceptable.

For swim days:

- Swimsuit, towel, flip-flops for the hallway, goggles
- Please make sure your child's name is on all items.

What NOT to bring to camp:

- We ask that your camper NOT bring any of the following items to camp:
- Knives/firearms
- Matches/lighters
- Live animals
- Cell phone
- Video gaming units/games/trading cards
- Anything valuable/irreplaceable

Snack and lunch

- Campers must pack a lunch. We are no longer offering lunch service for summer 2020.
- Campers who need an extra "re-charge" during the day may pack a snack for the afternoon, time will be set aside for snack.
- BZ will provide a pre-packaged snack for those without one from home.
- If your child has a special dietary need, please consider sending a snack with your child.



Code of conduct

Please discuss these important rules with your children.

We expect campers to follow the following camp rules:

- Attending Body Zone Summer Adventure Camp is a privilege.
- Respect all camp counselors and fellow campers.
- Respect the property of others and of Body Zone.
- Follow all safety rules and listen to all instructions.
- Pledge to be kind and not bully, tease, or make fun of anyone.
- Keep my hands and feet to myself.

All offenders will be given a warning, followed by a time out, and parental notification.

Violent, abusive, disrespectful, or inappropriate behavior as well as language will not be tolerated.

Body Zone reserves the right to suspend or expel any camper who exhibits inappropriate behavior or language.

Camp fees will not be refunded.

How We Communicate With Families & Caregivers

Communication is the key to running our camp effectively. Our weekly newsletter will be emailed to you, and is available in hard copy too, on Monday mornings. It is an overview of the fun-filled activities lined up for the week. If you have any questions throughout the week, please talk to a camp counselor or the camp director.

Like us on Facebook and check for daily updates and pictures during Summer Adventure Camp!

www.facebook.com/bodyzoneadventurecamp

Questions may also be directed to:

Donna Faber-Lascoskie Camp Administrator (610) 376-2100 ext.283

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