

# **NRS 2021 Summer General Camp Overview:**

Below is a GENERAL outline of what you and your child can expect at camp this summer. While we know that guidelines have changed in some areas we feel that the following is necessary to keep our staff and your children safe and healthy.

**Participants will receive a LOCATION specific overview emailed to them prior to their camp. That overview SUPERSEDES this one.**

## **NRS Covid Plan**

### **Masks:**

Masks must be worn properly by everyone when indoors. Even if the province or municipality has lifted a mandatory mask bylaw, participants and instructors will be required to wear a mask indoors. Once participants are putting on their helmets to go on the ice\*, they will remove their masks.

\*If the province or the municipality mandates wearing a mask on the ice then the athletes will be required to do so.

We recommend that participants wear a mask lanyard or have a pouch to put their mask in once they have exited the building.

If you forget your mask, one will be provided for you.

### **Screening for Symptoms:**

A COVID-19 Screening Questions form must be submitted at the start of each day of camp. No participant will be allowed to be part of the camp, unless the waiver submitted. <http://www.thenrs.com/screening>

In addition each facility might have additional waivers that will need to be signed by the participant as well as a parents or legal guardian.

Coaches and Participants will complete these questions daily.

If a coach or participant develops symptoms we will separate this person immediately from the cohort and will not allow interaction with the rest of the cohort. In addition we will ask and provide a facemask immediately for the camper in question. After safely separating the participant we will contact parents to come and pick the participant up immediately.

We will keep a daily attendance log for coaches and participants

### **Distancing Measures:**

Prior to and upon entry of the facility there will be 2 meter distance protocol while checking into the camp.

The nature of ringette camps is such that a 2 meter distance cannot be guaranteed and is unavoidable.

Parents will not be allowed this summer to attend camps as spectators. We need to respect the facilities and distancing with other camps potentially running concurrently. Please understand these are not easy decisions but necessary measure to keep everybody safe.

### **Cleaning:**

The facilities we use will maintain a high level of precautions when it comes to sanitization of high traffic and high touch surfaces such as bathrooms, doorknobs, benches and chairs.

The sports equipment used by the camp will be cleaned daily and also between groups.

### **Personal Protective Equipment (PPE):**

Daily hand sanitizing procedure will be required by all participants and staff upon entry of the facility/camp as well as when leaving and at the end of the camp.

Hand sanitizing will be required of all coaches and participants at the daily start and end of camp and lunches. As well as before any water or snack breaks and people touching their water bottles and snacks.

Each participant will be required to have their own two pre-filled water bottles for camp daily and will not be allowed to share with anybody. We want to discourage the usage of water fountains.

The sports equipment used by the camp will be cleaned daily.

Outside contractors for any specialty sessions will be stay 2 or more meters away from the cohort while delivering their session.

Masks are available in case of emergency from our PPE supply box. We encourage each participant and coach to have a their own masks (2) in the personal gear.

**Cohorts:**

You have registered your child in a specific group (i.e. 2006-2009 Birthdates). This group will remain together throughout the day. They will not be interacting with the other groups at the camp. The main Team Lead Instructors that are with your child will also not cross over between groups.

If you realize you have registered in the wrong group please alert the Site Manager on the first day prior to having your child enter the building. Changes after this will not be possible.

At times Non-Cohort Instructors (i.e. On Ice Instructors, Goalie Instructors or other Instructors) may work with more than one group. If this occurs they will be wearing a mask on the ice and maintaining social distancing between themselves and the participants.

**Spectators:**

At this time we will not be permitting any spectators. We feel that our duty is first to the health and safety of the participants. Therefore we will be protecting the integrity of the cohorts by eliminating additional contacts.

This means that parents will not be allowed to enter the arena or dressing rooms. Instructors will be present to assist the participants in getting ready for the ice times. If you or your child prefers to be involved in the dressing/undressing, we may be able to set up a chair outside for that to occur there. It is suggested you pack skate guards if this is the case.

**Responsibilities:**

Instructors will be responsible to enforce and direct participant in terms of the COVID-19 rules and regulation.

Participants are expected to be familiar with the rules prior to attending camp and having reviewed this COVID-19 Plan with their parents.

In case a participant is non compliant when it comes to the rules of the COVID-19 Plan, Instructors have the right to separate the participant from the group and call a parent to have the participant picked up and removed from the camp temporarily or permanently.

All participants and coach should refrain from touching their eyes, nose, mouth and face while participating in the camp.

All participants and coaches are encouraged to exhibit good respiratory etiquette (i.e., sneezing or coughing into the crook of the elbow, no spitting, no clearing of nasal passages, coughing or sneezing into a tissue).

The nature of ringette camps are such that a 2 meter distance cannot be guaranteed and is unavoidable, in order to enhance personal safety and protection we discourage celebrations and other customs during activities (e.g., handshakes, high fives, fist pumps) that bring participants within 2 meters or promote contact.

No spitting in the players benches, penalty boxes, dressing rooms and floors.

Transportation to and from camp should be arranged so that only cohort members, or members from the same household, share rides.

### **Drop Off and Pick Up:**

When you are dropping off or picking up your child wear a mask (even if you are outside) and maintain social distancing between yourself and the others.

### **Arrival at camp:**

An instructor will be waiting outside to greet you and your child. The instructor will be wearing a mask. Parents and children must also wear a mask at drop off and pick up. Please sanitize your hands as you approach the table. The instructor will then confirm your emergency contact information, as well as answer any questions you might have.

Your child will then enter the building with an instructor and be shown to her dressing room. Your child will place their gear bag in the dressing room at their spot. This spot will then be labeled with their name and will remain theirs for the day. If their group is on the ice first, they will stay in the dressing room to go over some of the rules for the week. If their group is not on the ice first, they will return outside and do rules of the week outside.

Most of the activities will be done outside to reduce the risks associated with being indoors. We ask that you dress your child in weather appropriate clothing. When the group is outside many of the activities will be socially distanced. If distancing is unable to be maintained, the participants will be asked to wear their masks.

Participants and instructors will hand sanitize between each activity and changes in location, as well as prior to eating.

Instructors will be available to help participants with their skates and equipment prior to the ice times.

## What to bring to camp:

Please label items with your child's name. Each day your child will need to bring the following:

- Equipment bag and stick
  - **NEW: Bring 2 of your own jerseys – a dark and light coloured one**
- Backpack (to hold everything else)
- Weather appropriate outdoor clothes
- Running shoes
- Sunscreen (min. SPF 30)
  - Staff will not apply sunscreen to campers
- Hat
- Bag lunch with ice pack (no nut products, no money) and snacks
  - Fridge & microwaves will not be available to use
- Water bottles
  - Bring 2 pre-filled bottles: one for on the ice and one for off the ice.
- Yoga mat or beach towel to sit on outside
- 2 face masks to wear when indoors
  - Keep one as a backup.
  - Ensure proper fit. Must cover nose and mouth.
  - Masks will be removed once helmets are put on to go on the ice.
- Small hand sanitizer
- Optional: Bug repellent (spray form only)

Please do not bring money, toys, electronic equipment or valuables. These items are unnecessary at camp.