

COVID-19 OVERNIGHT CAMP RULES
SCHOOL / ORGANIZATION
(Updated 3.24.2021)

Safety is our priority for your camp experience and Varsity Spirit is committed to delivering the same quality of instruction for which we are known. 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 federal, state, local and venue guidelines related to COVID-19 at the time of the camp, which all camp attendees must follow. The final details and schedule of any camp could require up to the day adjustments, a copy of such will be provided at or prior to the start of camp. All guidelines are subject to change based on Centers for Disease Control and Prevention ("[CDC](#)"), federal, state, local and venue guidance. We appreciate your understanding of the flexibility this will require, and your acknowledgement that we must work together to ensure all guidelines are communicated, applied and enforced.

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

- Anyone that feels sick must remain home and follow the [CDC Guidelines for Isolation](#).
- Anyone living with a house member who is currently sick, feels sick, or 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 and follow the [CDC Guidelines for Quarantine](#).
 - [Difference between Quarantine and Isolation](#).
- Anyone that develops symptoms while at camp must immediately inform Varsity personnel and comply with the procedure for removal from the camp. Contact tracing guidelines may be required, which may include making a list of all persons with whom the individual has been in close contact (the CDC defines close contact as being within 6 feet of someone for 15 minutes or more in a 24 hour period), including the 48-hour period before developing symptoms.
- Anyone with pre-existing conditions and/or a compromised immune system should speak with and get clearance from their doctor before attending the camp.
- All camp attendees 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 reporting to camp. If the person displays any COVID-19 symptoms or a temperature of over 100° Fahrenheit, during the 7 days before camp, they must remain home. If the person displays any COVID-19 symptoms or a temperature of over 100 Fahrenheit on any morning of camp, they must comply with the procedure for removal from the camp and report their symptoms and temperature to the appropriate camp contact.
- Follow physical distancing guidelines of at least 6 feet, or other distance imposed by state and local guidelines.
- Each person must provide their own face mask and it must be worn at all times. 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. The following mask exceptions apply:
 - Masks are not required while actively eating.
 - Athletes are not required to wear masks when stunting or tumbling, unless otherwise required by state, local or venue guidance. Should state, local or venue guidance require masks be worn by athletes during stunting and tumbling, the following guidelines should be adhered to:
 - Mask should not impede vision or movement
- 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 must bring their own wipes, tissues, and hand sanitizer.
- Follow all best practices for personal hygiene. Avoid touching face mask, eyes, nose or mouth. Wash hands with soap and water for at least 20 seconds before and after touching face mask or face, and before eating.
- Follow respiratory etiquette by covering coughs and sneezes with a tissue or use the inside of their elbow. Used tissues should be thrown in the trash and hands washed immediately with soap and water for at least 20 seconds. If soap and water are not readily available, hand sanitizer that contains at least 60% alcohol can be used.
- 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.

- Camp check-in and check-out will be arranged such that camp attendees can move into their hotel/dormitory while still following social distancing guidelines.
- Only Varsity Spirit personnel, athletes, coaches and other approved camp attendees will be allowed at camp. No other visitors are allowed at camp.

GUIDELINES FOR SCHOOL / ORGANIZATION

- Coach/Advisor must be present at all times during camp and available to assist Varsity Spirit and camp location staff with the enforcement of the established rules, including recognizing when a camp attendee should be removed from camp for signs/symptoms or violation of rules. 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.
- It is the School/Organization's sole responsibility to ensure its compliance with all county/city/state orders applicable to the Organization, including but not limited to health, safety and distancing requirements and travel restrictions.
- 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 interaction among stunting/lifting groups 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 any other approved camp attendee 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 camp attendee.
- Educate athletes, coaches, advisors, school/organization staff, and any other approved camp attendee 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 communicating to parents/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 a 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.
- 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.
- Each School/Organization should bring their own thermal scan thermometer for team use or each individual should bring their own personal thermometer.

GUIDELINES FOR ATHLETES

- These COVID-19 Camp Rules are, where applicable to athletes and coaches, incorporated into the Varsity Spirit Camp Rules.
- Personal bags should be stored in an area at least 6 feet away from athletes and the bags spaced at least 6 feet apart from each other.
- For camp attendees not driving themselves, only drop off and pick up is permitted. Parents/guardians picking up or dropping off camp attendees must remain outside or in their vehicles unless other drop-off/pick-up directions are expressly permitted.
- Camp attendees should refrain from visiting areas of the camp location that are not being used as part of the camp.

GUIDELINES FOR VARSITY SPIRIT STAFF / PERSONNEL

- 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.).
- 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.
- 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 must be received in our office at least two weeks prior to camp.

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: _____