



CAMP GUIDE

As Virginia Techniques begins taking important steps toward reopening, we need your help! Our goal is to provide a safe and healthy environment for our campers, our staff, and all who visit. We have implemented many new procedures specific to the safe resumption of programming. Prior to returning, please review the procedures below, remembering these necessary steps allow us to keep our doors open and everyone safe. Please understand that these procedures will change and evolve over time following new and/or revised guidelines from the commonwealth of Virginia and the CDC.

PHYSICAL DISTANCING

Parents in common areas must maintain a safe distance from others and wear face covering:

- Parents should wear masks when dropping off and picking up students in the lobby
- Efforts will be made to keep campers as physically distant as possible, however it is not feasible to expect campers to maintain a 6' distance throughout the entire camp day
- Games that promote contact and mixed groups will not be played
- There will be consistent staff with each group of children
- No high fives, hugs, or handshakes

POSITIVE TEST FOR COVID

Drop off and pick up should be utilized as much as possible to minimize overall headcount in the gym:

- We will notify all camp families within the group via email when there has been a potential exposure
- All campers and coaches in the positive test group will stay home and monitor symptoms for 14 days
- Prorated credit will be given to campers that have their camp week cut short by a positive COVID-19 test.
- All areas of the gym will be cleaned and sanitized deeply
- Camp may continue for remaining groups upon approval from the local health department

CLEANING & CAMP STRUCTURE

Number of athletes in the gym and any area of the gym will be limited based on regulations:

- Campers will wash/sanitize hands before and after camp and multiple times throughout the day
- Groups will be a maximum of 8 including coach
- Groups will remain the same throughout the week
- Coaches will remain in the same group throughout the week (Flip Camp will have a different coach in the morning and afternoon)
- Games and gym time will use specific zones and equipment to implement physical distancing for each camper
- Stations and equipment will be limited to vinyl and hard surfaces
- The loose foam pit will be closed
- Mats, surface areas, etc. will be cleaned regularly
- Coaches and employees will wear facial covering when they are in the lobby or other common areas
- Lesson plans will be temporarily modified to omit partner activities, porous surface props, and limit close contact
- Instructors and campers will strive to maintain distancing whenever possible
- Shared materials (balls, mats, craft supplies) will be cleaned between group rotations
- Staff will also be cleaning larger areas of activity between groups including the gym floor, bathroom, lunch/craft area

DROP OFF & PICK UP

Staff members will meet kids at drop off:

- On Monday, one guardian per camper may enter the building from 8:35am to 9:00am to help campers and get a better understanding of the camp dynamics
- Please utilize drop off/pick up (ages 7+) after Monday
- Parents of campers ages 6 and under, may enter and pick up in the gym each day.
- If entering Techniques is required, limit is one guardian
- Guardians may not bring non-participating children
- All campers and visitors must pass a wellness test and sanitize hands upon entering
- Arrive no sooner than 10 minutes prior to camp time
- Pick up is from 4:05pm to 4:15pm each day
- All campers (10+) are required to wear masks in common areas

CAMPER POLICIES

Camper policies will be strictly enforced:

- Camper must stay home if she/he is symptomatic or if anyone in the household is symptomatic
- Must stay home for 14 days after traveling to a known hot spot or internationally
- Will have a wellness check each day when entering
- Must wear masks in common areas (ages 10+) and may wear masks throughout camp
- Will sanitize hands upon entering, between activities, and throughout the day
- Must bring a water bottle labeled with first and last name (water fountains will be closed)
- Refrain from physical contact with others - no high fives, hugs, or other contact

FACILITY POLICIES

These policies will be based on government requirements and modified as regulations change:

- Building capacity reduced to 30%
- No lobby toys or drink machines
- Snacks limited to campers only
- Thorough cleaning of all areas throughout the day and every evening with special attention to touch points
- Zones cleaned between classes and rotations
- Limited cubby storage will be available and cleaned frequently
- Coaches will provide hand sanitizer between rotations
- Areas will be designated for entering camp and observing

WELLNESS CHECKS

Our illness policy will be strictly enforced:

- A wellness assessment will be performed upon entry for each camper, employee, and visitor
- Anyone exhibiting flu-like symptoms will be sent home
- All that enter the facility must be fever free (without medication) for at least 72 hours
- Anyone who has been exposed to COVID-19 must stay out of the facility for a minimum of 14 days

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