

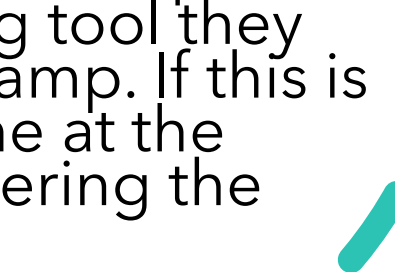


# **Quantum Summer Camp**

**PROCEDURES AND PROTOCOLS  
FOR SUMMER 2020**



# BEFORE YOU COME TO THE GYM

- You will receive an email outlining COVID-19 protocols being implemented at the gym.
  - In order to participate all parents must complete two forms that will be emailed prior to the first day of camp. The forms are mandatory and must be returned before a camper can enter the facility.
    1. Declaration of Compliance
    2. Informed Assumption of Risk.
  - Camp participants must be screened through a self-assessment check list. Each participant will be sent an electronic screening tool they must complete prior to arrival at camp. If this is not possible screening will be done at the camp setting prior to campers entering the facility.
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# WHAT TO BRING TO CAMP

Each camper will need a bag with the following items:

1. A refillable water bottle. Campers should arrive with a full bottle. Water only! No drinking fountain on site. Refill station available-athletes must clean their hands before and after use.
2. A beach towel. Occasionally used to help mark social distancing space.
3. A small snack. Something like a protein/granola bar or a piece of fruit.



# ROUTINES FOR ENTERING THE GYM

## ARRIVING AT THE GYM

- Check in/ assessment will take place outside the side gym entrance with a Quantum staff member. Social distancing rules will be in place.
- One parent may accompany each camper during check in with staff. No parents will be allowed inside the facility.
- We ask that campers wear a face mask if possible when entering and exiting the gym.
- Campers will have their hands sanitized upon entering the facility via the upstairs side entrance. Next they will wait on a socially distanced spot for all campers to arrive. Each campers will bring their bag with them from event to event for the duration of the camp.

# CAMP SIZE AND SOCIAL DISTANCING

- Small cohort/pod size to allow for social distancing. A cohort/pod is a group who will stay together for the week. Camps will have a maximum of 7 campers with 2 coaches. Coaches may change due to illness or unforeseen circumstances
- All activities will be designed to allow for social distancing. While close contact may be unavoidable between members of a cohort, physical distancing and general infection prevention and control practices will be encouraged.



# WHAT A DAY OF CAMP WILL LOOK LIKE

Campers will follow a program like the one below.

1. Meet and greet
2. Warm up on socially distanced spot
3. Move to first event(ie:bars) in a manner consistent with social distancing. Before and after each event the hands of each camper will be sanitized. This procedure will continue as campers move from event to event.
4. All equipment at an event is cleaned after each group before another group enters the space. Only one camp cohort/pod is in the gym at one time, but competitive athletes will also be in the facility training.
5. Campers will be socially distanced for snack. All campers will sanitize their hands before and after snack. No sharing of food.
6. If a camper needs to use the bathroom, they will be accompanied by a staff member who will ensure proper handwashing/sanitizing takes place.
7. Campers will receive instruction on vault, bars, beam and floor. They will also have use of the trampoline and tumble track during the week. Flexibility and strength training will also be an aspect of camp. No pit play.
8. Crafts- If a craft is part of the day each camper will receive a zip lock bag with all the supplies needed to complete the craft. Once the craft is done it will go into the bag with all left-over supplies and everything will be sent home at the end of the day. No sharing of craft supplies.




# SOCIAL DISTANCING COMPLIANCE

All participants must be able to work independently and follow social distancing protocol which includes but is not exclusive to:

- Following coach instructions to ensure distancing and hand washing protocols are met
- Understanding the importance of proper hand washing and keeping hands away from their face
- Able to use the washroom independently

Campers must adhere to all rules and procedures set out in regards to social distancing. If a camper does not follow the rules Quantum reserves the right to immediately remove a child from camp. Parents will be contacted if this should occur.



# FACILITY CLEANING

- Quantum Staff will clean/sanitize gymnastics equipment between classes, where possible, and at the end of the day.
- Once classes are over for the day and all athletes have left, all surfaces will be cleaned and disinfected(mats, floors, counters, bathrooms); this is over and above cleaning the equipment between uses.
- All cleaning products are authorized disinfectants against SARS-CoV2, the corona virus that causes COVID-19.



# EXITING THE BUILDING AND PICK UP PROCEDURE

- Campers will be asked to wear a mask when exiting the building
- The hands of each camper will be sanitized on the way out of the building
- One parent must be outside waiting for their child. Campers will exit from the side of the building either from the upstairs door or the one below. A staff member will wait with campers until they are safely in a parents care or an adult designated for pickup.





# CLUB PROTOCOLS

DETAILED CLUB PROTOCOLS  
CAN BE FOUND ON OUR  
WEBSITE UNDER THE COVID-19  
TAB.