



Public Health & Safety Communication: 2021 Summer Camp Participants

Pre-Screening

- Please stay home if your summer camp participant:
 - is sick or symptomatic (the most up to date list of symptoms can be found on www.novascotia.ca/coronavirus)
 - has travelled outside of Nova Scotia in the previous 14 days
 - is a close contact of a confirmed case of COVID-19
 - are awaiting a COVID-19 test result
 - have been told by Public Health that they may have been exposed and need to self isolate.
- **It is the parent/guardian/athlete's responsibility to monitor daily for symptoms and not attend if any of the above take place.**
- A reminder that all programs this year are strictly drop off and pick up. Any visitors are strictly limited and monitored the same as athletes and staff and expected to have monitored for symptoms, and have not been required to self isolate, before entering the day camp setting.
- Some individuals are considered at higher risk of severe illness with COVID-19 (including those over 65 and those with compromised immune systems or underlying medical conditions) and parents / guardians are encouraged to consult their health care provider if they have concerns about their own health, their child's health, or the health of other household contacts.

Physical Distancing

- For the Summer Paddling Program, there will be meeting areas in the main parking lot (the parking lot will be closed off to cars). For Adventure Day Camp, this will take place in the gravel driveway which leads to the Day Camp building.
- Sign in will be done in small groups which will not exceed the maximum gathering limits set out in the current Health Protection Act Order.
- Physical distancing will be maintained between groups (not within the groups) if indoors (ex: washroom facilities) and outdoors through designated meeting spots and 2m delineated areas.
- If necessary, groups will move through the outdoor space using the direction paths, this will ensure that only one group at a time is in a shared space.

- Staff will monitor the access to the washroom facilities to ensure physical distancing can be maintained in the washroom at any one time. If a queue develops outside the washroom, people are to maintain physical distancing requirements.
- The sessions will include only outdoor activities on the Maskwa property and surrounding trails; only the washrooms will be used by the athletes unless it becomes necessary due to extreme weather to enter the main building where groups will stay together and maintain physical distancing from other groups.
- Signage and visual cues will be posted to support physical distancing within the facility, in outdoor space, and at drop off and pick up locations.

Personal Hygiene & Protective Precautions

- Frequent and enhanced handwashing (with soap and water for at least 20 seconds) among staff and athletes will be taught, reinforced, and monitored through an orientation session for staff as well as signage and information for parents.
- Hand sanitizing/washing by athletes and staff will occur throughout the day including, but not limited to, immediately upon entry to the facility, between activities, before and after eating, drinking and handling food, after cleaning, toileting, handling bodily fluid, sneezing, coughing, blowing your nose.
- Participants will be reminded to cover coughs and sneezes with a tissue, and avoid touching their mouth, nose and eyes.
- Participants will be shown where to access hand sanitizer (supervised by a staff member).
- Copies of signs advising frequent handwashing, and physical distancing, which will be posted at the club in visible areas.
- The use of non-medical masks (cloth or home-made masks) within the day camp setting is not required where physical distancing can be maintained. However, some staff and children may choose to bring and wear a non-medical mask while at camp. In situations where physical distancing can not be maintained, staff will have access to disposable masks and will provide them to athletes if necessary. Masks are required if participants are inside the facility for any purpose other than physical exercise.

Outbreak Management

- Maskwa will keep daily attendance records of all staff and children (within their designated group) as well as a registry of all people entering the facility (e.g. couriers, guardians etc.). The registries will be updated by the group coach and kept and managed by the Senior Coaches and the Maskwa Summer Program Coordinator.

- The registries will include confirmation of daily attendance and screening for symptoms. These registries are necessary in the case where Public Health requires this information for contact tracing.

Other

- Maskwa has a “no food sharing” policy and all athletes must have their own, labeled, water bottles.
- Athletes will not share personal items (e.g. backpacks, hats, hair pieces, life jackets, sunscreen, etc.).
- No personal equipment (including lifejackets) can remain at the club. It is advised that the athlete not bring chairs, tents, electronics (except for watches). They will be busy and not have the time or the space to set these items up.
- Equipment will be assigned to athletes and managed and cleaned with appropriate disinfecting cleaner before and after use, and between uses by different groups. Shared equipment will be limited. (If possible, each group should use designated equipment.)
- There will be no “free time” for the athletes and they must participate in each of the group activities. We are unable to accommodate athletes who do not wish to participate in the group activities such as paddling.
- No swim lessons; however the beach will be open and swimming will be available as group activities (lifeguards will be present).

***Please remember to sign the online waiver that will be sent via email.
Your athlete will not be permitted to attend camp without this
form having been received first.***