



June 15-19, 2020 SYNERGY Goal Scoring & Power Skating Camp

Fenton Forum Ice Rink – Fenton, MO

Thank you for trusting in Synergy Hockey for your skaters' hockey development. We encourage you to provide us with your feedback, before, during and after your skaters' week with us, so we can be sure we're meeting your expectations, along with our own. We're excited for your skater to *WORK HARD, HAVE FUN* and *GET BETTER* with us this week!

PLEASE READ ALL DETAILS AS THERE ARE MANY NEW POLICIES THAT MUST BE FOLLOWED IN ACCORDANCE WITH LOCAL HEALTH/SAFETY GUIDELINES.

DAILY CAMP SCHEDULE Group 1 – for 2009, 2010, 2011, 2012 or Younger Birth Years		DAILY CAMP SCHEDULE Group 2 – for 2008, 2007, 2006, 2005 or Older Birth Years	
Drop Off: SKATERS TO BE DRESSED FOR ON-ICE SESSION UPON ARRIVAL!	8:20-8:50AM	Drop Off: SKATERS TO BE DRESSED FOR OFF-ICE SESSION UPON ARRIVAL!	8:50-9:20AM
AM On-Ice Session:	9:00AM	AM On-Ice Session:	11:00AM
Lunch:	12:15PM	Lunch:	12:45PM
PM On-Ice Session	1:00PM	PM On-Ice Session:	2:45PM
Pick-Up:	4:00PM	Pick-Up:	4:15PM

IMPORTANT CAMP INFORMATION:

- Due to new COVID-19 restrictions/precautions, only a certain number of people are allowed in sports facilities. With this said, registered camp participants, coaches and rink staff are the ONLY people allowed in the ice rink during camp hours. There are no spectators allowed.
- Please follow the drop off and pick up plans as shown in this image for the Fenton Forum:



- **For daily Check-In/Drop-Off:** Please form a single line of cars in accordance with the green arrows in the previous map image. Coaching staff will greet skaters at the car each morning to perform a quick health assessment and direct skaters where to go from there. If participant does NOT pass the health screening (100.4 temp or higher, or recent COVID-19 exposure) they will be asked to get back in the car and return home. We ask that skaters are quick with grabbing their hockey gear and drivers are quick to pull forward to keep the line moving.
 - **MONDAY AM Check-In:** COVID-19 Waivers must be submitted (one for Synergy <https://forms.gle/xHdm9fqPxNqHiD9VA> and one for Fenton Forum – see final page). Participants will be given their camp jersey and drivers will be given Name Signs for usage during daily pick-up.
 - **DAILY HEALTH ASSESSMENT will include the following** questions: within the last 24 hours, have you had any of the following – Fever? Loss of smell or taste? Sore throat? New or worsening cough? Diarrhea or vomiting? Shortness of breath or trouble breathing? Contact with anyone diagnosed with COVID-19 in past 2 weeks? Participants temperature will then be taken – if YES to any of the above questions or 100.4+ temperature, participant will be asked to go home.
- **For daily Pick-Up:** All participants will be given 2 Highlighter colored Name Signs (on Monday morning) for display in the windshield of approved pick-up drivers. Please be sure these Name Signs are clearly visible in the windshield of the person picking up participants. Please utilize the SAME drive-through and exiting procedures as in the morning. Our coaching staff will assist with getting participants in the correct cars. Again, please keep the car line moving.
 - **PLEASE BE RESPECTFUL OF PICK-UP TIMES! OUR STAFF WILL NOT LEAVE THE RINK UNTIL ALL SKATERS ARE PICKED UP. LATE PICK UP FEES WILL BE INCURRED (\$1.00/MINUTE STARTING AT 4:30pm) IF OUR STAFF HAS TO STAY FOR YOUR SKATER.**
- Medications of any type (prescription, over the counter, cough drops, etc) are NOT allowed with camp participants. Company policies/procedures MUST be followed. Should your participant require medication through the camp day, please follow these detailed instructions.
 - Prescription medications - MUST be in original container with original labels, showing participants name and dosage instructions. Place medication(s) in a ziplock bag with the participants name on the outside of the bag. Enclose an index card in the ziplock back with the participants name and any medication dispensing instructions (amounts and times).
 - Over the counter medications – follow same instructions as above (ziplock bag, index card with instructions, etc.)
 - Give any and all medication to the Synergy staff member AT CHECK-IN while your participant is receiving their health screening.

All medications will be kept in a safe, secure area until needed, and at that point will be distributed by a SYNERGY Staff member to the appropriate camp participant, and then returned back to its secure location until end of camp day (or end of camp week) when it will be returned to participants guardian.

- If your skater has a medical condition that may affect him in any way at camp, please inform our office and or SYNERGY staff during check-in at camp.
- Face masks and hand sanitizer will be provided. Face masks will be required by our staff during all off-ice sessions – masks are not required for participants but will be available if they would like one. Participants will be reminded to wash hands and use sanitizer frequently throughout each day.
- **Bring/Wear to the Rink:** Full USA Hockey approved gear for all on-ice sessions. Comfortable, athletic clothing for off-ice sessions (t-shirt, shorts, running/athletic shoes – no flip flops/sandals). Group 1 participants MUST come dressed for their ice session in the morning. There will be limited use of locker rooms and skaters will be spaced out among the locker rooms and bleacher space to ensure safe distancing.
- **Bring:** Water bottle or Gatorades with participants name CLEARLY marked, **AND a packed lunch.** Please remind your skater that they are NOT TO SHARE ANY DRINK OR LUNCH ITEMS WITH ANYONE! It is also highly advised that your skater packs a bottle of sunscreen spray for outdoor, off-ice activities.
- **DO NOT Bring:** Toys, electronics, or other items that may get misplaced or stolen! Synergy Hockey will NOT be responsible for lost or stolen items. Cell phones are NOT allowed in locker rooms or restrooms and will be taken away if usage rights are being abused.
- No money will be required for anything unless a small amount is wanted for purchasing items from a concession stand or beverage/snack machine.
- All camp participants will receive a camp jersey on Monday morning at check-in. This will be their jersey to keep and wear throughout the week. We are advising that equipment be properly dried out each evening, wiped down with sanitizing wipes, sprayed with Lysol sanitizer or washed.

- Please inform your participant that Synergy Hockey will not tolerate bullying, horseplay, foul language or other forms of unacceptable and disrespectful behavior. **Please make sure they understand our policies for prescription/non-prescription medications and NO Cell Phones in Locker Rooms/Bathrooms – anyone caught abusing any of these rules will be reprimanded.** It is at the discretion of the camp staff to do as they see fit with any situation whether it be a warning or a removal from further camp participation.
- **LUNCH/SNACK:** This is a FULL DAY camp so lunch WILL be needed. Food or beverage will NOT be provided by SYNERGY Hockey so all skaters should have a packed lunch each day. Lunch and drink items are NOT to be shared or traded with others. Campers will be separated by 6+ feet during lunch breaks.
- If there is a special instructional message for Synergy coaching staff (ie: doctor appointment, picking up early, arriving late next day, etc), please write your message out on note paper – date the message with current date, provide skaters first and last name, and guardians name and phone number. Give the note to the coaching staff assisting your skater at morning drop-off.
- **COVID-19 WAIVERS:** ALL attendees have 2 waivers to complete before participation:
 - Please read and complete the SYNERGY waiver at this link:
<https://forms.gle/xHdm9fqPxNqHiD9VA>
 - Please print, sign and return the Fenton Forum waiver at check in on Monday morning.
- For any daytime emergency questions, please contact the Synergy Office at 636-237-2220 or the Fenton Forum Ice Rink at 636-349-7860.

SUNDAY EVENING CHECKLIST:

- Hockey Gear is packed and ready – all necessary items
- Off-ice/dryland clothing and tennis shoes are ready
- Lunch is packed
- Water or drink bottles are labeled and ready
- Signed and submitted SYNERGY Hockey’s online COVID-19 waiver through link.
- Printed and signed FENTON Forum’s COVID-19 waiver – for drop off Monday AM
- Reviewed the drop-off and pick-up times and procedures

PLAY SMART! COVID-19 SAFETY PLAN



**IF YOU HAVE
A FEVER**



**HAVE BEEN
EXPOSED**



**OR DON'T
FEEL WELL**



**STAY
HOME!**

FENTON FORUM
(Print and Turn in Monday Morning)

**ASSUMPTION OF RISK, RELEASE AND WAIVER OF LIABILITY, AND
INDEMNITY AGREEMENT RELATING TO COVID-19**

Adult Participant Name: _____

Minor Participant Name: _____

Participant Age(s): _____

Minor Participant Name: _____

Participant Age(s): _____

Minor Participant Name: _____

Participant Age(s): _____

IN CONSIDERATION for being permitted to utilize the services, facilities and programs of **Affton Athletic Association** and its member teams (hereinafter referred to as "Affton") and/or for my children listed above to participate, including, but not limited to, observation or use of facilities or equipment, or participation in or acting as a spectator during any program affiliated with Affton, the undersigned, on behalf of himself or herself and such participating children and any personal representatives, heirs, and next of kin (hereinafter referred to as "the undersigned") hereby acknowledges, agrees and represents that he or she has carefully considered Affton's programs and find and accepts same as being safe and reasonably suited for the us or participation by the undersigned and participating children.

The undersigned acknowledges that COVID-19 infections have been confirmed throughout the United States, including several cases in Missouri. In accordance with the most recent guidance issued by the World Health Organization (WHO), the Centers for Disease Control and Prevention (CDC), and the Missouri Department of Health for slowing the transmission of COVID-10, the undersigned hereby agrees, represents and warrants that neither the undersigned nor such participating children shall participate in, visit or utilize the facilities, services, and/or programs of Affton if he or she (i) experiences symptoms of COVID-10, including, without limitation, fever, cough, loss of sense of taste or smell, or shortness of breath, (ii) has a suspected or diagnosed/confirmed case of COVID-10, or (iii) has exposure to any person who has a suspected or diagnosed/confirmed case of COVID-19. The undersigned agrees to notify Affton immediately if he or she believes that any of the foregoing restrictions may apply.

The undersigned acknowledges and agrees that Affton has taken certain steps to implement protocols for slowing the transmission of COVID-19, and that Affton may revise its procedures at any time based on updated recommended guidance issued by public health agencies. The undersigned agrees to comply with Affton's revised procedures prior to utilizing the facilities, services, and/or programs of Affton, and further acknowledges and agrees that, due to the nature of the facilities, services, and programs offered by Affton, social distancing of 6 feet per person among children and their fellow participants or others is not always possible. The undersigned fully understands and appreciates both the known and potential dangers of participating in the programs and/or utilizing the facilities and services of Affton and acknowledges that despite Affton's reasonable efforts to mitigate such dangers, exposure to COVID-19 may occur, which could result in quarantine requirements, serious illness, disability, and/or death.

In further consideration of being permitted to participate in Affton's programs, THE UNDERSIGNED HEREBY RELEASES, WAIVES, DISCHARGES AND CONVENANTS NOT TO SUE Affton or any of their respective member teams, coaches, officials, directors, officers, employees, volunteers and agents, or any of the fellow participants or their family members or guests from all liability, loss, damage, claim or demands related to property damage or any injury, illness or death of the undersigned, his/her minor children (or any person who may contract COVID-19, directly or indirectly, from the undersigned or such participating children) whether caused by the negligence, active or passive, of Affton or otherwise while the undersigned or such participating children are on the premises or using the facilities or equipment or participating in any program affiliated with Affton. Nothing in the agreement should be construed as releasing, discharging or waiving any claims the undersigned may have for conduct that constitutes greater than ordinary negligence.

THE UNDERSIGNED HEREBY AGREES TO INDEMNIFY, DEFEND AND HOLD HARMLESS Affton or any of their member teams, coaches, officials, directors, officers, employees, volunteers and agents, from any loss, liability, damages or costs they may incur, whether caused by Affton's negligence, active or passive, or otherwise while the undersigned or any participating child is participating in any program of Affton, on the premises or using any facilities or equipment affiliated with Affton. The undersigned understands and agrees that Affton is not required to provide insurance to cover the undersigned or such participating children in the event they suffer illness, injury, death, property loss, theft or damage of any sort. The undersigned agrees and acknowledges that use of Affton facilities and services, and participation in Affton programs, may involve inherent danger and risk, including, without limitation, the risk of physical illness or injury, death, or property damage.

THE UNDERSIGNED HEREBY ASSUMES FULL RESPONSIBILITY FOR, AND RISK OF ILLNESS, BODILY INJURY, DEATH OR PROPERTY DAMAGE to the undersigned or such participating children due to negligence, active or passive, or otherwise while using the premises, facilities or equipment and/or while participating in or observing any program affiliated with Affton. THE UNDERSIGNED further expressly agrees that this agreement is permitted by the laws of Missouri and that if any portion is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

I HAVE CAREFULLY READ AND VOLUNTARILY SIGN THIS ASSUMPTION OF RISK, RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT AND FURTHER AGREE THAT NO ORAL REPRESENTATIONS, STATEMENT, OR INDUCEMENT APART FROM THE FOREGOING WRITTEN AGREEMENT HAVE BEEN MADE. I AM AWARE THAT I AM GIVING UP LEGAL RIGHTS, INCLUDING THE RIGHT TO RECOVER DAMAGES FROM AFFTON IN CASE OF ILLNESS, INJURY, DEATH OR PROPERTY LOSS OR DAMAGE, INCLUDING EXPOSURE TO COVID-19 AT ANY AFFTON FACILITY OR DURING PARTICIPATION IN ANY PROGRAM AND ANY ILLNESS, INJURY OR DEATH RESULTING THEREFROM. I UNDERSTAND THAT THIS DOCUMENT IS A PROMISE NOT TO SUE AND A RELEASE OF AND INDEMNIFICATION FOR ALL CLAIMS.

IF SIGNING ON BEHALF OF MINORS: This is to certify that I understand that this agreement is made on behalf of my minor child(ren) and/or legal ward(s) and I represent and warrant to Affton that I have full authority to sign this agreement on behalf of such minor(s). As a parent/guardian with legal responsibility for this participant, I have read and explained the provisions in this agreement to my child/ward including the risks of presence and participation and his/her personal responsibilities for adhering to the rules and regulations for protection against COVID-19. My child/ward understand and accepts these risks and responsibilities and I, my spouse and child/ward have read and understand the terms of this agreement and agree to its terms.

SIGNATURE: _____

DATE: _____

EMERGENCY CONTACT NAME: _____

EMERGENCY CONTACT NUMBER: _____