



Goal Scoring & Power Skating Camp

St. Louis Ice Zone, Hazelwood, MO

JULY 6-10, 2020

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.

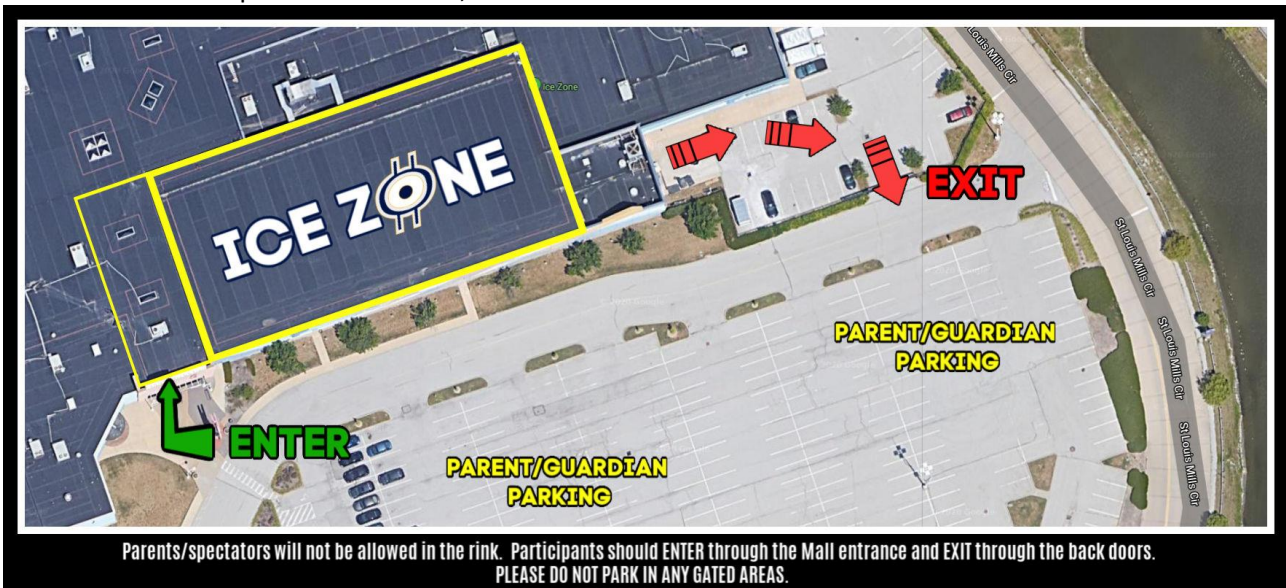
All individuals in the ice rink MUST wear a mask/face covering when not engaged in a camp related physical activity. All camp participants should arrive each day with a mask/face covering on.

WEEKLY CAMP SCHEDULE					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Drop Off:	8:30AM	8:30AM	8:30AM	8:30AM	8:30AM
On-Ice:	9-10:30AM	10:10-11:40AM	9-10:30AM	10:10-11:40AM	9-10:30AM
Lunch:	12-12:40PM	12-12:40PM	12-12:40PM	12-12:40PM	12-12:40PM
On-Ice:	1-2:30PM	2:20-3:50PM	1:40-3:10PM	2:20-3:50PM	1-2:30PM
Pick Up:	3:50-4:00PM	4:00PM	3:50-4:00PM	4:00PM	3:50-4:00PM

Off-Ice Training will be conducted twice a day, either before or after the On-Ice Sessions.

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 in the ice rink. Spectators may watch on-ice sessions from the mall hallway, through the glass windows. Masks/face coverings MUST be worn at all times, per St. Louis County Health officials.
- Please follow the map below for ENTRY, EXITING and PARKING.



- **For daily Check-In:** Coaching staff will greet skaters at the main Ice Zone entrance, inside the Mall each morning. Parents are welcome to walk in to assist with check-in and drop-off, but are asked not to enter into the rink. Each morning participants will be given a quick health screening and a temperature check. If participant does NOT pass the health screening (100.4 temp or higher, or recent COVID-19 exposure) they will not be allowed to enter the rink and will need to return home.
 - **For MONDAY AM Check-In:**
 - Participants will be given their camp jersey
 - Parents/guardians will be given Name Signs (2 per family) for use 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 parking area near the EXIT area (but do not park in any gated areas) and watch for your skater to exit. We ask that parents/approved pick up people, remaining in their cars and carefully drive up to the gated area when they see their skater near the EXIT area. The Name Sign in the windshield will allow our coaches to ensure each skater is going home with an approved person. Our coaches will assist skaters into the cars as they pull up. Please work together to form a car line, be patient and respectful as we get all skaters loaded into cars.
 - **PLEASE PAY ATTENTION TO 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 4:10pm) 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 bag 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.
- Per St. Louis County guidelines, face masks/coverings ARE required and must be used at all times, EXCEPT while on the ice or during a camp related physical activity, as long as the 6 feet social distancing guidelines are met. Participants will be reminded to wash hands and use hand sanitizer (provided) 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). Skaters should come mostly dressed each morning – skates and helmets can be put on once inside the rink. There will be limited (if any) use of locker rooms. Skaters will be spaced out among locker rooms and or 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, if any are even available.

- 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 read and complete the Ice Zone waiver at this link: <https://forms.gle/AF332U79ygU7nKfU8>
- For any daytime emergency questions, please contact the Synergy Office at 636-237-2220 or the St. Louis Ice Zone at 314-227-5288.

SUNDAY EVENING CAMP CHECKLIST:

- Hockey Gear is ready to put on in the morning – don't forget helmet, gloves, skates and stick!**
- Off-ice/dryland clothing and tennis shoes are ready and packed.**
- Lunch is packed**
- Water or drink bottles are labeled and ready**
- Mom/Dad signed and submitted SYNERGY Hockey's online COVID-19 waiver through link provided.**
- Mom/Dad signed and submitted Ice Zone's online COVID-19 waiver through link provided.**
- Review the drop-off and pick-up times and procedures.**
- Get to bed early!**

PLAY SMART! COVID-19 SAFETY PLAN



**IF YOU HAVE
A FEVER**



**HAVE BEEN
EXPOSED**



**OR DON'T
FEEL WELL**



**STAY
HOME!**