



June 29-July 2, 2020

High School Development Camp

St. Louis Ice Zone, Hazelwood, MO

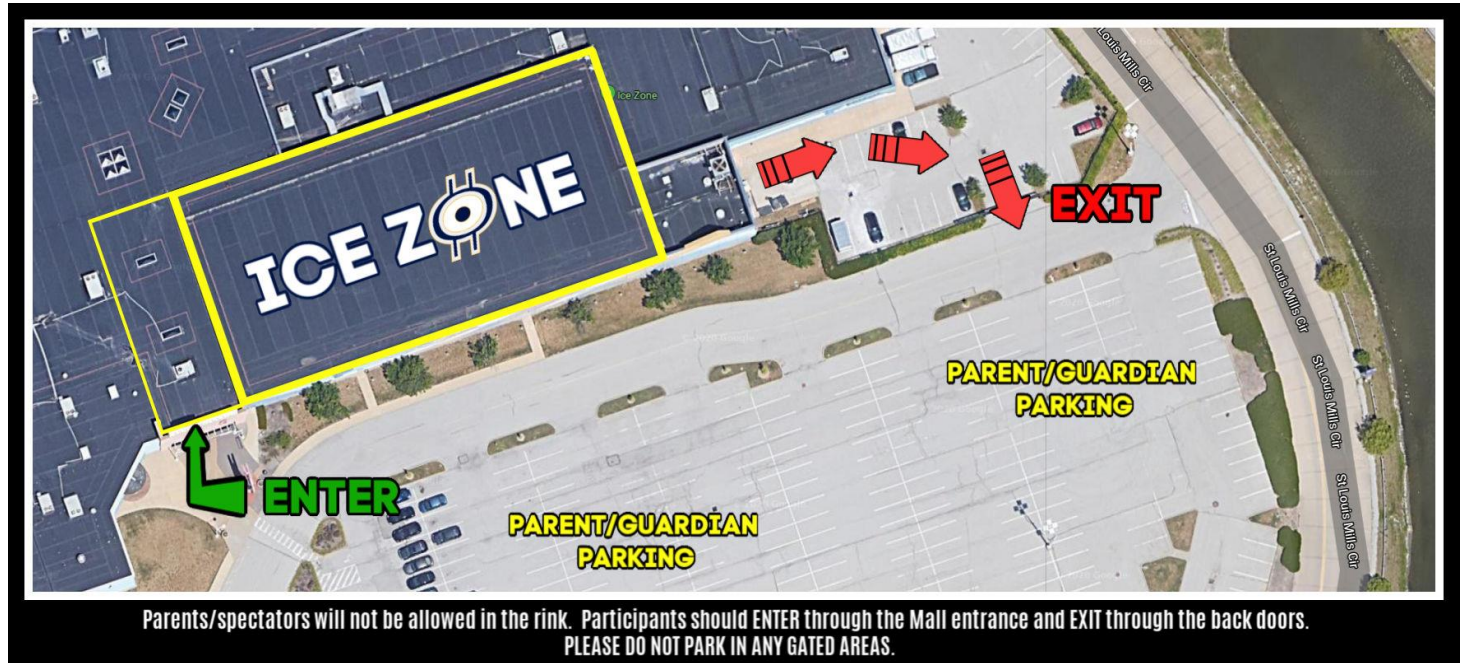
Thank you for trusting in Synergy Hockey for your skaters' hockey development. We encourage you to provide us with your feedback, before, during and after your skaters' week with us, so we can be sure we're meeting your expectations, along with our own. We're excited for your skater to *WORK HARD, HAVE 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	
Drop Off:	10:45AM
Off-Ice Session:	11:00AM
Lunch:	12:00PM
On-Ice Session	12:50-2:10PM
Pick-Up:	4:00PM

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 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 thru the Mall entrance but are asked not to enter into the rink. 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.
 - **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 exiting the back of the rink, as shown in the provided image. Please utilize the parking area near the EXIT area (but do not park in any gated areas) and watch for your skater to exit. If your skater is driving themselves to and from the rink, please have them park anywhere in the areas designated as Parent/Guardian Parking. With this clinic being specific to High School aged skaters, we will assume all skaters are capable of knowing who is or isn't an approved for picking up or driving your skater home, if they are not already driving themselves home. Therefore, there will be no specific sign-out/check-out process.
- If your skater has a medical condition that may affect him in any way at camp, or requires any dose of medication during camp, please inform our office and or SYNERGY staff BEFORE camp is scheduled to start.
 - Medications of any type (prescription, over the counter, cough drops, etc) are NOT allowed with camp participants – if medication is needed, it MUST be provided in original container with labels and handed directly to a Synergy staff member – contact our office for further instructions, should this be necessary.
- 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). 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. Please have your skater think about this when they dress for the day and have them wear items that can easily be worn under their hockey gear so private changing space isn't needed. All participants should come dressed in their off-ice training wear since their off-ice session will be BEFORE their on-ice session.
- **Bring:** Water bottle or Gatorades with name CLEARLY marked. One drink will be provided with their lunch.
- **DO NOT Bring:** Anything that may get misplaced or stolen! Synergy Hockey will NOT be responsible for lost or stolen items. Cell phone usage is NOT allowed in locker rooms or restrooms and will be taken away if usage rights are being abused.
- **LUNCH/SNACK:** Lunches are being provided each day. Use this link to submit your lunch choices: <https://forms.gle/SGicvPeWBSXPa3Rn7> If you do not submit your form, lunch items will be chosen and ordered for you. Campers will be separated by 6+ feet during lunch breaks.
- All camp participants will receive a camp jersey on Monday 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. As mentioned above, all participants should know that we have a strict policy for prescription/non-prescription medications, no cell phone usage in locker rooms or bathrooms and anyone caught with an e-cig/vape device, illegal drugs or any sort of weapon will be immediately escorted out of the building either by Synergy staff, rink personnel or the police department. **Please make sure they understand our policies!** 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.
- **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.

PLAY SMART! COVID-19 SAFETY PLAN



IF YOU HAVE
A FEVER



HAVE BEEN
EXPOSED



OR DON'T
FEEL WELL



STAY
HOME!