



Aug 3-7, 2020  
**Pre-TryOut Prep 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.**

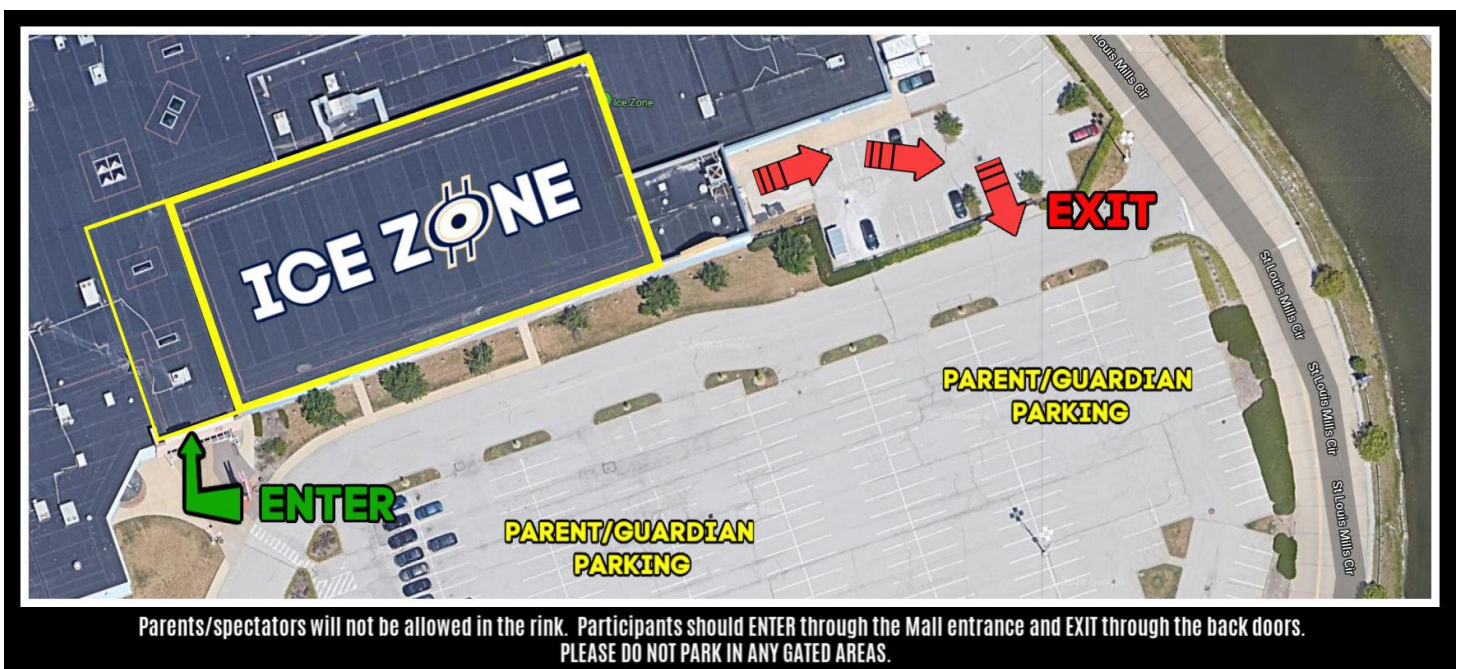
**All individuals in the ice rink MUST wear a mask/face covering when not engaged in a camp related physical activity. All camp participants should arrive each day with a mask/face covering on.**

DAILY CLINIC SCHEDULE		DAILY CLINIC SCHEDULE	
Group 1 – for skaters with birth years of 2013, 2012, 2011, 2010 and 2009		Group 2 – for skaters with birth years of 2008, 2007, 2006 and 2005	
**Arrive Dressed for On-Ice Session**		**Arrive Dressed of Off-Ice Session**	
Drop Off:	8:30AM	Drop Off:	9:00AM
AM On-Ice Session:	9:00AM	AM On-Ice Session:	10:45AM
Lunch Break:	12:00PM	Lunch Break:	12:30PM
PM On-Ice Session:	1:00PM	PM On-Ice Session:	2:45PM
Pick Up:	4:00PM	Pick Up:	4:15PM

\*All skaters will be participating in an AM and PM off-ice session each day, either before or after their scheduled on-ice sessions.

**IMPORTANT CAMP INFORMATION:**

- Due to new COVID-19 restrictions/precautions, we are doing all we can in connection with the local ice rinks to reduce person to person exposure for the safety of our participants, staff and the families everyone goes home to each day. With this said, we are requesting that only registered camp participants, coaches and rink staff be in the ice rink during camp hours. We are requesting that there are no spectators inside the rink.



- **For daily Check-In:** Coaching staff will greet skaters at the main rink door entrance. Parents are welcome to walk up to the doors to assist with check-in/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, prior to entering the building. 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 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.
    - Parents/guardians to submit/return a printed, signed Centene waiver (see last page)
  - **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.
  - Group 1 Participants should arrive with most of their on-ice gear on. They can put their skates and helmets on once they arrive to the rink. Group 2 Participants can arrive in their off-ice gear since they will begin with an off-ice session.
- **For daily Pick-Up:** All parents/guardians will be given 2 Highlighter colored Name Signs (on Monday morning) for display in the windshield of approved pick-up drivers at the end of each day. Please park in the parking lot near the designated exit area until you see skaters starting to exit the building. At that time, please form a safe and organized car line, with your Name Sign clearly displayed in your windshield. We ask that parents/approved pick up people, remain in their cars and our coaching staff will assist skaters with finding their cars and send them off for the day. The Name Signs in the windshield will allow our coaches to ensure each skater is going home with an approved person.
  - **PLEASE PAY ATTENTION TO PICK-UP TIMES! OUR STAFF CAN NOT LEAVE UNTIL EVERYONE IS PICKED UP. LATE PICK UP FEES WILL BE INCURRED (\$1.00/MINUTE) STARTING AT 4:20PM.**
- 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. Because we keep the medication secure, PLEASE ASK A STAFF MEMBER TO RETRIEVE THE MEDICATION AT THE END OF THE WEEK! WE WILL NOT BE RESPONSIBLE FOR MAILING ANY LEFT OVER MEDICATION BACK TO YOU!

- 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 are required and hand sanitizer will be provided. 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). AND, a mask, face/covering! Group 1 Skaters should come mostly dressed in hockey gear each morning – skates and helmets can be put on once inside the rink. Group 2 Skaters should come dressed for their off-ice session each morning. It is highly suggested that participants consider wearing clothing under their hockey equipment that can also be worn for their off-ice session to eliminate the need for locker room or private space for changing clothing. Each rink has their own COVID-19 policies on locker room usage as it depends on the size of the rooms.

- **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 FOOD/SNACK 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 one is even available in the rink.
- 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 Centene Community Ice Center at 314-451-2244.



## MONDAY MORNING CHECKLIST:

- Hockey Gear is ready to put on or packed
- Off-ice/dryland clothing and tennis shoes are ready to put on or packed
- Face mask/covering ready to take with and wear upon arrival
- Water or drink bottles are labeled and ready
- Lunch is packed
- Mom/Dad signed and submitted SYNERGY Hockey's online COVID-19 waiver through link provided.
- Mom/Dad signed and submitted the Ice Zone's online COVID-19 waiver through link provided.
- Review the drop-off and pick-up times and procedures for your assigned group.
- Get to be early and eat a good breakfast in the morning!

### PLAY SMART! COVID-19 SAFETY PLAN



IF YOU HAVE  
A FEVER



HAVE BEEN  
EXPOSED



OR DON'T  
FEEL WELL



STAY  
HOME!