



# JULY 6-10, 2020

## SYNERGY Defense Camp

RecPlex – St. Peters, 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 CAMP SCHEDULE	
Drop Off:	8:30AM
On-Ice Session	9-10:30AM
Lunch:	12:00PM
On-Ice Session	1-2:30PM
Pick-Up:	4:00PM
Off-Ice Sessions will be conducted after On-Ice Sessions each day.	

### IMPORTANT CAMP INFORMATION:

- Due to new COVID-19 restrictions/precautions, we are requesting assistance in maintaining a low number of people in the building at one time. With this said, we are requesting that **ONLY** registered camp participants, coaches and rink staff to be in the ice rink during camp hours. To assist with this request, we will conduct a CURB-SIDE check-in each morning and CURB-SIDE pick-up each afternoon. Further details to follow in the next bullet points.
- **For daily Check-In:** Coaching staff will greet skaters at the main entrance at the **SOUTH building** each morning. Parents/Guardians are asked to utilize the circle drive for Curb-Side Drop Off. Our coaching staff will be there to help skaters out so drivers don't have to exit their vehicles and can quickly move on. Each morning participants will be given a quick health screening and a temperature check, while still at their car, and 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. Parents/Guardians are welcome to park and walk to the main doors to assist their skater with check-in but are requested not to enter into the rink.
  - **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. Participants will utilize the main **SOUTH building** doors for exiting. Please utilize the parking area near the EXIT area to watch for skaters to begin exiting, at which time you

can then pull up to the curb for pick up – with your Name Sign in the windshield so Synergy staff can easily see. Please do not pull up to the curb and block the circle drive until you begin to see skaters exiting. The Name Signs 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. If you prefer to remain parked in the parking lot and walk up to retrieve your skater, that is fine, just have the Name Sign with you to show staff.

- **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 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.
- **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) AND a face covering/mask. Skaters should come mostly dressed each morning – skates and helmets can be put on once inside the rink. We want to limit locker room usage so arriving mostly dressed in the mornings will help. Skaters will be spaced out among locker rooms and or hallways 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. The RecPlex Concessions area is closed.
- 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 participant GUARDIANS must read and complete the SYNERGY waiver (quick and easy to complete) at this link: <https://forms.gle/xHdm9fqPxNqHiD9VA>
- For any daytime emergency questions, please contact the Synergy Office at 636-237-2220 or the St. Peters RecPlex at 636-939-2386

### **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.
- Face covering/mask
- 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.
- 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!**