



Youth Sports Virginia Training Center, Inc 14023 Noblewood Plaza Woodbridge, VA 22193

SUMMER CAMP

Youth Sports is happy to have you back!

Good News!

We have opened registration for our day camps during Phase 2. Please read all information below so there is no confusion. If you still have questions, you can email us at youthsportsgymnastics@gmail.com or call the gym at 703-590-8400. We also understand that some families will not feel ready to return.

Thank you for your patience while we navigate Phase 2 of the Covid-19 safety standards for Northern Virginia. Please follow all the guidelines listed below along with other important information regarding Phase 2.

HOW TO SIGN UP:

Please come to the gym and register in person. Enter through the gym's main entrance. During the registration process, you will be asked to sign our new wellness agreement, a waiver, and a couple of other things. Children will not be allowed in camp without the above process. To minimize long lines, it is recommended to stop by the gym the day before your child's camp to register. Registration will begin Monday June 15, beginning at 10:00 am. The first day of camp will be Wednesday June 17. Please note that facemasks are required for entry into the building per Phase 2 requirements.

THINGS TO REMEMBER:

- Campers will be assigned a cubby, please have your child bring a small bag for their belongings, lunch, and snacks which they will store in the cubby. Label if possible. Refrigeration is available. Please be sensitive to food allergies.
- The water fountains will not be available so please have a water bottle for your child with enough water for the entire duration of the camp. Water is available for purchase in the vending machine at a cost of \$1
- Your child can bring their own hand sanitizer if they would like.
- To help keep our numbers at 30%, parents are asked to not be in the building during camp.
- The updated "Waiver/Release" and "Safe to Return Wellness Agreement" MUST be agreed to in person before your child can participate.
- As per Phase 2, a mask is not required during workouts. (parents may choose to have their child wear masks but must bring their own PPE).
- All Youth Sports Staff will be wearing masks.
- Campers must be signed in and out daily by parent or guardian.

CAMP ATTENDANCE PROCEDURE:

Upon arrival to the gym, a Youth Sports staff member will take the camper's temperature with a touch-less thermometer before they enter and verify the Wellness Agreement answers verbally. Campers will need to sanitize their hands as soon as they enter the building.

Wellness agreement questions:

Due to the spread of COVID-19, we need to make sure all those coming into the building are well. Please check through this list below and if your child can answer YES to ANY of these then they will not be able to participate. We will be checking temperatures at the door and confirming that they are free of the following symptoms. Please do not drive away until the child is cleared.

- FEVER over 100.0°F in the last 48 hours.
- NAUSEA, VOMITING, or DIARRHEA in the last 24 hours
- CONTACT with a confirmed case of COVID-19
- HOSPITAL STAY and/or E.R. VISIT
- SHORTNESS OF BREATH
- COUGH, SORE THROAT, or LOSS OF TASTE/SMELL

Parents are asked to please stay outside of the building during camp due to the limited number of people permitted in the building.

Once cleared, pre-registered campers will enter the gym through main entrance. If there is a line, please follow the social distancing rules and use marks on the floor in the registration area. Campers will proceed to the bleacher area. (a staff member will be there to help them). Once in the bleacher area, they will be staged there until the camp warmups begin at 8:30. As per Phase 2 rules, masks are not required during workout. (Parents may choose to have their child wear a mask but must bring their own personal mask). All Instructors and Coaches will be wearing masks.

Things the students should bring with them: (labeled if possible)

- Drinking Water Bottle: The water fountains will not be available to drink from or refill. Please make sure they bring enough water for the entire camp time. Water is available in the vending machine at a cost of \$1.00
- Bag lunch and 2 snacks.
- Personal Hand Sanitizer: Can be used between each event. Youth Sports will supply as needed.
- Finally, they will need a bag to keep everything in to put in their cubby. They will NOT be sharing anything. T

We are doing absolutely everything we can to ensure a safe return and continued safe training for our athletes. We love them dearly!

Reminders:

- Pre-register your child for camp
- Payment balance is due by the first day of camp. Preferably a day or two prior to camp.
- Camp ends at 4:30. Late pickup is available and must be scheduled in advance to help us maintain allowed gym occupancy.
- Bring filled water bottle, food and bag for their belongings.
- May bring personal hand sanitizer.

What will camp look like:

- Youth Sports will be following mandated requirements for social distancing. The ropes will be off limits until Phase 3 due to the challenge of cleaning.
- Each event will run with stations to keep everyone separated. The students will wipe equipment down before switching. In between each event, campers will wash hands or use sanitizer.
- Coaches are not allowed to spot in Phase 2.

Cleaning:

- To ensure the safety of our students, we will be cleaning the gym, lobby and bathrooms extensively during the day. The carpets will get sprayed, mats will be wiped down, bathrooms cleaned, and bars and beams zapped with UV light sanitizing wands as required.
- We use CDC approved sanitizers in the gym. Signs are posted throughout the entrance and are listed below in this document.
- All coaches, staff, campers, and any parent who must enter the building are required to wear masks.

EXIT PROCEDURE:

After camp, students will be staged in the bleacher area using mandated social distancing procedures where you can see them. A Staff member will escort and release campers to be signed out. Exit through the main entrance.

Please be patient with us at first as we work through all these new procedures. It will help to go over these changes with your students before they come so they have an idea about what to expect when they return.

If there are any questions, just let us know.

We are very excited to see our campers!

WHAT WE ARE DOING TO KEEP YOUTH SPORTS SAFE

CLEANING PRODUCTS:

Daycon KBQ-32 EPA# 1839-168 Disinfectant Cleaner -Sanitizer on all floor, carpet surfaces and on all mats, 80% Sanitizer on all shared workout surfaces, Premium Hand Sanitizer (80% Alcohol), Clorox/Lysol Wipes, UV Light Sanitizing Wands on all bars and beams

OVERVIEW:

To ensure the safety of our students and staff, we will be cleaning the gym and lobby extensively during and after classes and camps. Our coaches will also ask students to wash hands or use personal sanitizer between events. Foggers will be used after hours if a student or staff member is suspected to have been in possible contact with a case of COVID-19

STAFF RESPONSIBILITY:

Our staff is dedicated to keeping your children and our Youth Sports family safe and healthy. Our coaches are wiping down all surfaces between rotations and throughout the practice. They will also thoroughly clean the gym during the 10 minutes between classes. Staff will be disinfecting the lobby, restrooms, and sitting areas hourly.

HOW YOU CAN HELP:

Use proper handwashing technique—20 seconds with soap and water.

Use elbow when coughing or sneezing.

Keep hands away from face.

No high fives or handshaking.

And most importantly, STAY HOME if you or a family member is sick.