

# Milton Springers Summer Camp

## Parent Information

### What to pack:

- Leak-proof water bottle (only water, please)
- **Nut-free** snack
- **Nut-free** lunch (and 2nd snack) for full day campers
- Sunscreen (spray on is best) & a hat
- Change of clothes (just in case)
- **Do not** bring any valuables to camp
- A small personal bottle of hand sanitizer



### What to wear:

- Comfy & stretchy clothes that are good for exercise (such as leggings, shorts, t-shirt, leotard, etc).
- It's best to avoid big buttons, buckles & zippers
- Long hair tied up
- **No** necklaces, bracelets, anklets, fit bits, etc.
- **No** dangling earrings (studs are okay)
- Bare feet in the gym (so we don't slip)

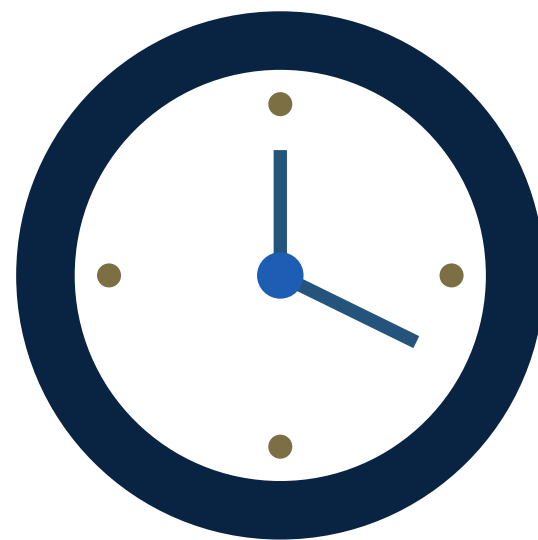


### Camp Starts:

**Half Day:** 9:20am

**Full Day:** 8:40am

*Doors open 5-10 min before start time to get everyone in & ready to go! We will put up a sign when we are ready.*



### Camp Ends:

**Half Day:** 12:20pm

**Full Day:** 3:40pm

*In rainy weather, we ask for patience as it will be a slower process to dismiss (or check in) due to distancing protocols.*

## Please pre-screen before coming to camp

To ensure the gym is as safe as can be, we are asking that a parent/guardian pre-screens their camper before coming to camp using these questions:



- Do they have any of the following symptoms: fever or feverish, new or existing cough and/or difficulty breathing/shortness of breath?
- Have you been informed by public health that they are suspected to or may in fact have contracted COVID-19?
- Have they traveled outside Canada in the last 14 days?
- Have they had close contact with a confirmed or probable COVID-19 case?

**Important:** If the answer to *any* of the above questions is yes, please stay home, call us at the gym (905)878-5030, and then seek medical advice (your family doctor, telehealth or the health unit).

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### Arriving at camp & signing in- what to do!



To follow government mandated & Gymnastics Ontario protocols that ensure the safety of all our campers, families & staff, we have a new entry & screening procedure as campers sign in.



- Our sign in table will be outside on the sidewalk of the Sports Centre's north parking lot (near the accessible parking spots closest to the gym).

- We will sign in one camper at a time - please wait (one parent each) in line on marked spots on the sidewalk.



- At the sign in table, our camp staff will double check:

- your **child's name** & any **allergies**
- your **child has been pre-screened** & is healthy
- your **child's temperature** (with non-contact forehead thermometer)
- your emergency contact number
- the **name of the adult who will pick up** your child when camp is over



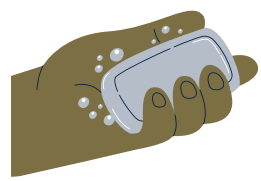
- Each camper will get a name tag (in their pod's colour - see below)

- Say goodbye to the grown ups! After sign in, a coach will bring your camper to a hand wash station before connecting them with their camper pod!

### Keeping safe in the gym



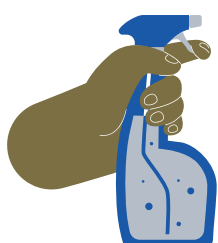
Campers will stay with the same coach & pod all week long.



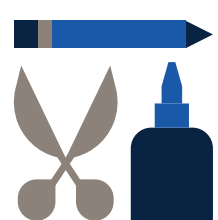
Hand washing required before and after snack & craft, plus hand sanitizing after each event rotation.



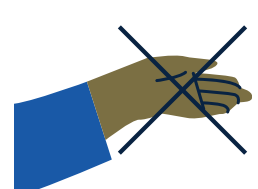
All camp activities are designed with physical distancing in mind! We can still have fun together while 2m apart!



Thorough cleaning & equipment sanitation between each pod's use. Common spaces will be disinfected between each pod's use as well.



Each camper has a dedicated craft bin for the week to avoid sharing supplies



Coaches will be getting creative using their words & setting up fun drills as we are not allowed to "spot" gymnasts in the current phase.

### Camp Pods

- Each pod is made up of 1 coach and 6 campers.

- Pods will not interact with other pods and mats & supplies will be cleaned between each pod's use

- Every pod has their own colour - it will be on their name tag at sign in

- At home time, we sign out one pod at a time. We'll show a coloured flag for each pod when it's their turn.



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### Sign out & dismissal

At the end of the camp day, here is what will happen:



- We will get the campers ready inside before it's time to go.
- Our staff will signal to parents which pod is being dismissed with a colour coded flag. When it's your camper's turn please line up on the side walk.
- One at a time, **parent/guardians will need to show ID** to match the name provided at sign in (if your pick up plan changes mid-camp, please call to let us know).
- Our staff will bring your camper out to you! See you tomorrow!

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### A couple notes on our policies



#### What happen if my camper shows signs of illness?

As mandated, if a camper shows signs of illness they cannot be at camp. Any campers who develop signs of illness during the camp day will be removed from their pod and isolated from others until they can be picked up by a parent/guardian. The rest of the pod will have their temperatures taken and will be monitored.



#### When can my child return to camp if they were sick?

As per the direction of the Halton Region Public Health unit, any campers who stayed home or were sent home due to illness or showing symptoms of Covid-19 will require a doctor's note or a negative Covid-19 test result in order to return to camp. Missed camp days will be given a credit or refund. If there is a positive case of Covid at camp, we will work with the health unit to initiate contact-tracing protocols & communication with families. We appreciate the cooperation of our families to keep our community safe & healthy.



#### What happens if my child struggles with physical distancing?

Our coaches will do their very best and employ multiple strategies to help campers understand & ensure physical distancing. If, despite all best efforts, a camper is unable to comply, we will provide a credit or refund for the remainder of the week. We recommend parents speak with their children about the importance of following physical distance requirements at camp.

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### Any questions?



No problem, reach out to us by email at [info@miltonspringers.ca](mailto:info@miltonspringers.ca) or call 905-878-5030. You can also find additional details about fees & policies are on our website.

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### Not signed up yet?

Visit our website to register - spots are limited!  
[www.miltonspringers.ca](http://www.miltonspringers.ca)

