

## Lakehead University Athletics Camps

### OVERVIEW

This document outlines our role on how to safely facilitate camps and leagues. Some of the recommendations in this proposal contain information from the Ministry of Health, Guidance for facilities for sports and recreational fitness activities during COVID-19, COVID-19 response framework: keeping Ontario safe and open - Sports and recreational fitness facilities, Ontario Public Services Health & Safety Association's "Precaution When Working in Day Camps, as well as best practices from other university programs.

Please note we reserve the right to make changes to policies and guidelines as we see fit.

### CAMP FORMAT AND GENERAL GUIDELINES

- Please note that as government regulations and guidelines change, our programming will adapt to continue to follow the guidelines provided by the Government, Ministry of Health and our local health unit. This may mean the program you initially signed up for, may be modified as the Covid guidelines change. Thank you in advance for your understanding.
- On July 24, 2020 the City of Thunder Bay issued the directive to make masks mandatory in indoor public spaces. Please note that Day Camps are NOT considered an enclosed public space under the order.
- All camps on campus will follow cohorting and additional sanitization.
- Camp group sizes will be limited to a maximum 50 including staff.
- Cohorts will never cross paths or participate in activities together.
- Drop off and pick up locations will be at the front desk, outdoors, or at PACI gym entrance.
- Only one parent/guardian can stay to watch camp sessions. A designated viewing area will be provided, and parent/guardian will follow mask policies and social distancing during the session.
- Other general public will not be allowed in designated camp areas.
- When possible, separate bathrooms will be provided for campers and bathrooms will be cleaned regularly throughout the day.
- Staff members, parents/guardians, and children must not attend the program if they are sick, even if their symptoms are very mild.
- Hand sanitizer, will be available for each camper to use throughout the camp.
- Campers should bring their own mask to camp and it should be worn at all times except when actively participating in activities and when physical distancing cannot be maintained.
  - Face coverings may not be tolerated by everyone based on underlying health, behaviour issues or beliefs. Consideration should be given to mitigating any possible physical and psychological injuries that may inadvertently be caused by wearing a face covering (e.g., interfering with the ability to see or speak clearly, or becoming accidentally lodged in equipment the wearer is operating).
- Staff members will be adequately trained on proper health and safety practices.

## **CLEANING**

- Our facility custodians and building staff will be taking extra care to clean and disinfect all public spaces, including door knobs, handrails, washrooms and equipment frequently throughout the day.
- Athletics staff will clean and disinfect equipment, highly touched surfaces, door handles, etc. in between camps
- Our custodians and staff will be using cleaning products that have been proven effective against the COVID-19 virus.
- Our facilities will undergo a deep cleaning every night before the start of our next camp day. Where needed, staff will arrive early to clean and disinfect equipment, highly touched surfaces, door handles, etc.
- Hand washing stations will be available around facilities and outdoor fields for staff and campers to use.
- Campers will be instructed on proper techniques to sanitize their hands
- Camp cohorts will be assigned their own equipment that is labeled and assigned to only that cohort for the duration of camp. If equipment needs to be shared between cohorts due to limited resources, it will be properly cleaned and disinfected between cohorts.

## **COVID SCREENING & PRACTICES**

- Individuals, including camp participants, and staff must be screened including daily temperature checks and will camp participants will be asked to screen for the symptoms of COVID using our COVID-19 Daily Screening Questionnaire based on the Ontario's COVID-19 online self-assessment tool at home prior to the arrival at the camp.
- If a camp participant begins to experience symptoms of COVID while attending the camp, they will be immediately separated from others and placed in a supervised isolation room and the parent/guardian will be notified for immediate pick-up.
- No staff member or camper who displays symptoms of COVID will be allowed to attend camp.
- Program Coordinator and Coaches must keep daily records of anyone (e.g. camp participants, parent/guardians, or staff) entering the program setting who stays for 15 minutes or longer. Record name, contact information, time of arrival/departure, screening completion, etc, must be kept up to date and available to facilitate contact tracing in the event of a confirmed COVID-19 case or outbreak.
- Physical distancing of 2 metres will be emphasized when possible, with the exception of staff interventions for skill development coaching, behaviour management, issuing first aid, etc. Medical masks and goggles or face shield will be used at all times by staff.
- Personal belongings brought to camp should be minimized. If personal items are brought to camp, (backpack, clothing, water bottles, food, etc.) they should be labeled and kept in an area designed for the individual's cohort only.
  - Water bottles should be labeled and kept with them during the camp, and not shared. Fill water bottles rather than drink directly from the mouthpiece of water fountains.

## **Sport Specific Guidelines**

### **Track & Field / Cross Country**

- Track & Field / Cross Country camp is a 8 - 10 week camp for 2 hours twice a week. Camp will take place outdoors. Camp will run outside rain or shine.
- During activities campers will be asked to social distance as much as possible.
- When possible, separate bathrooms will be provided for campers and bathrooms will be cleaned regularly throughout the day.
- The same coach will work with the campers for the duration of the camp. In the case that one coach will have multiple cohorts, a mask along with goggles or a faceshild will be worn.
- Campers will use hand sanitizer before camp begins, everytime they change activities, and again before going home.
- In throwing events each camper will have their own implement (shot put, discus, javelin) to throw. If this is not possible implements will be sanitized after each use.
- Coach will wear a medical mask at all times during camp along with goggles or a face shield.
- Campers are required to bring a mask with them to camp, and masks will be worn at all times unless they are actively participating.

### **Basketball**

- Masks are to be worn at all times by campers unless instructed by a coach during high intensity activity
- Basketball camps will run between 4 - 8 weeks running 1 - 3 times a week with cohorting for the duration of the camp. When possible larger camps will also be split into multiple cohorts
- Camps will run with a 15 minute buffer for cleaning in between camps and allowing one cohort to leave the building before the next one enters.
- Basketball camp will be indoors in the main gymnasium or at PACI
- Coach/staff will work with the same group of campers for the duration of the camp when possible. Coach/staff will wear a medical mask and goggles or a faceshild at all times.
- Equipment will be cleaned and disinfected in between each camp by coach/staff following each session.
- Campers are required to bring their own labeled water bottle
- Following water breaks, campers will use provided hand sanitizer before heading back onto the court
- Campers will check in at the front desk and daily screening will be checked including temperature checks.
- Campers will be encouraged to practise social distancing during the camp
- Campers will be placed in cohorts and will follow provincial sport guidelines (OBA and/or Canada Basketball)
- When possible, separate bathrooms will be provided for campers and bathrooms will be cleaned regularly throughout the day