

SUMMER CAMPS – How they will run.

- Staff to participant ratio will be 1:10
- Camp day to be shortened to run half day only- 9am-12pm
- Our camp will be available for children aged between 5-11 year olds.
- All activities will be redesigned so that children can learn individually.
- Multi Sport Camps will still include 8+ sports a week. Some of the favorite sports like Lacrosse may be repeated.
- For our Multi Sports Camps, only sports that promote social distancing will be included. Sports where they need to share equipment like ultimate Frisbee will be removed.
- At this time we have removed all scrimmage based activities for all of our summer camps.
- Soccer camps will adapt rules to promote social distancing. No goalkeepers, tackling or throw-ins will be allowed.
- Fields will be adapted to ensure the children are staying the appropriate 6 feet apart.
- Each child will receive their own equipment that they will use for each of the sport rotations.
- Our coaches will ensure that all equipment is properly disinfected before each of the sport rotations. Children will also wash their hands or use hand sanitizer during this period of transition.
- Children will remain in assigned group throughout the day and not mingle with any other group.

A typical daily layout for a Multi Sports or Soccer camp will look like this:

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-9:30	Morning Sign in/Camp Warm up	Morning Sign in/Camp Warm up	Morning Sign in/Camp Warm up	Morning Sign in/Camp Warm up	Morning Sign in/Camp Warm up
9:30-10:10	Sport 1/ Exercise 1	Sport 4/Exercise 4	Sport 7/Exercise 7	Sport 10/Exercise 10	<u>Fav</u> Sport/Exercise 1
10:10-10:50	Sport 2/ Exercise 2	Sport 5/ Exercise 5	Sport 8/ Exercise 8	Sport 11/ Exercise 11	<u>Fav</u> Sport/Exercise 2
10:50-11:05	Snack Break	Snack Break	Snack Break	Snack Break	Snack Break
11:10-11:50	Sport 3/Exercise 3	Sport 6/Exercise 6	Sport 9/Exercise 9	Sport 12/ Exercise 12	<u>Fav</u> Sport/Exercise 3
11:50-12:00	Sign out	Sign out	Sign out	Sign out	Sign out