

Health & Safety Guidelines



NexGEN Sports Camp is committed to the health and safety of its athletes. In order to provide our athletes with the ultimate sports experience, we must follow all safety precautions in order to limit the spread of COVID-19. We truly value the health and wellness of each athlete, and we will still be able to provide a high-quality experience if the measures listed are followed by everyone. This will be a key component to limiting the spread and having a successful camp. Our detailed plan is listed below. For COVID-19 Public Resources, please reference the Public Health Ontario website.

COVID-19 Mitigation Plan

Before Camp

1. Parents must drop off their child at the front of the building.
2. Parents will be required to fill out the Durham Dragons (Quest Sports Canada, NexGEN) Daily COVID-19 Screening Form prior to their child entering the day camp facilities. This form ensures campers are not experiencing any COVID-19 related symptoms. Current symptoms that may suggest a COVID-19 infection include but are not limited to:
 - Headaches
 - Body and muscle aches
 - Fever
 - Cough
 - Sore throat
 - Nausea
 - Stomach pains
 - Chills
 - Difficulty swallowing
 - Runny nose
 - Congested nose
 - Loss of taste or smell
 - Pink eye
3. Parents can complete the form upon arrival and send a confirmation of completion email to the front desk. Once the front desk staff receive the confirmation email, they will reply back saying "complete"; this will give the child the go ahead to proceed into the camp facility. If the child is experiencing symptoms, front desk will reply by saying "incomplete", meaning they will have to be sent home.
4. Campers must wear a mask that covers their nose and mouth as they enter the camp facility every day. Parents must provide their child with a clean bag that the mask can be placed in for when the child removes the mask in a clean, physically distanced space in the camp facility prior to the start of activities.
5. All staff will be wearing a mask covering their nose and mouth as they enter the camp facility every day. The mask will be removed and placed in a clean bag in a clean, physically distanced space in the camp facility once activities are about to begin.
6. Campers will receive a contactless temperature check by our front desk staff every day before camp. If a child's temperature is 37.5 degrees Celsius or above, they will not be allowed to enter the camp facility and will be sent home.
7. Front desk staff will be checking to ensure each child has their camper kit with them (items that must be included in the kit are outlined in Section 3)
8. Staff will complete the daily COVID-19 Screening Form and receive a contactless temperature check every day before entering the camp facility.
9. If any staff or camper has traveled outside of Ontario within the last 14 days and is experiencing any fever or cough, there is a possibility that the child or staff member will be sent home.

During Camp

1. Water fountains will be closed.
2. Only one boy and one girl will be allowed to go to the washroom at a time.
3. Staff will sanitize routine touch surfaces and materials after every use.
4. Children will sanitize and/or wash their hands as soon as they enter the indoor camp facilities, after group activities, before and after snacks, before and after lunch, and at the end of the day before going home.
5. Staff will sanitize and/or wash their hands before and after all meals and activities.
6. Staff will be dedicated to their sport(s) throughout the day. They will sanitize all equipment and the area in use before and after all activities.
7. Campers will receive a contactless temperature check by our front desk staff every day before leaving the camp facility. If a child's temperature is 37.5 degrees Celsius or above, parents will be notified immediately.

Required to Bring to Camp

*NOT included in registration cost of camp

1. Water Bottles (2-4)
2. Snacks and a lunch (enough snacks for every 3 hours)
3. Sports clothing and footwear
4. Soap
5. Thermos of warm water
6. Towel

Camper Kit

*Included in registration cost of camp

1. Hand sanitizer
2. Mask

Health & Safety Policies and Procedures

1. Ensure respiratory etiquette is followed by advising individuals to cough or sneeze into one's arm or a tissue.
2. Physical distancing will be enforced on a regular basis.
3. Extra PPE will be available for emergency purposes at all times.
4. Physical distancing with a minimum of 2m (6.7 feet) will be enforced throughout the day. While engaging in exercise, campers will potentially increase the distance to a maximum of 3m (10 feet), depending on the activity. "Exercise" includes any vigorous movement taking place at the camp (i.e. sports and physical games)
5. Equipment will be sanitized before, during and after use.
6. All routine touch surfaces will be sanitized hourly by staff. These surfaces include: tables, chairs, doorknobs, handles, push bars, railings, bathroom fixtures, computer equipment, and any other surface or object that is touched often.
7. Hands free coaching will be in effect for all activities.
8. Staff will sanitize their hands in between activities.
9. No huddles will be allowed to happen at any time.
10. No high fives will be allowed to happen at any time.
11. All camp registration is conducted online with paperless transactions.
12. In order to minimize physical contact with individuals who are not part of the camp, the majority of communication with parents and guardians regarding the camp and their children will be conducted through telephone, text message and email.
13. The coach to camper ration will be 1:9.
14. If an active employee or camper tests positive for COVID-19, camp will be immediately shut down and the entire building will be fully disinfected before the camp can be resumed. This may take a number of days and communication will be sent to all families.
15. If any camper or employee experiences COVID-19 symptoms, they will be sent home immediately, and it is suggested to go to the closest COVID-19 testing center for further assessment. The camper will not be allowed to return to camp until a negative test result is provided through public health. The nearest testing center is **Ajax-Pickering COVID-19 Assessment Centre, 580 Harwood Ave S, Ajax, ON L1S 2J4, (905) 683-2320.**