

2020 Day Camp Guidelines

Dear Parents and/or Guardians,

With the current COVID-19 pandemic, all of Fitset Ninja's decisions are being made with the safety of all of our customers, members, and staff in mind. These decisions are based on guidelines from Alberta Health Services and the Government of Alberta.

Alberta Health officials have provided guidance on protocols for operating day camps in the current environment. These guidelines unfortunately present many challenges, however are necessary to reflect the current state of the COVID-19 pandemic. Despite the challenges, Fitset Ninja is committed to deliver the ultimate ninja experience to you and your families for this summer and beyond.

Fitset Ninja is running weeklong, 3-hour, day camps this summer and we are taking steps in order to create a safe environment for ninja training.

As a team we have been working diligently over the past few weeks to adapt our camp programming and operational plans to meet and exceed the anticipated health and safety guidelines that have been developed by the Government of Alberta. We will continue to be diligent and to ensure that we are always up-to-date with those guidelines, to make certain of the well being of all our customers.

We thank you for your support and understanding. We hope to see you on the Ninja course.

THE FITSET NINJA TEAM

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Government Guidelines

Alberta Government Guidelines classify day camps as short-term programs that provide care and education to children of all ages. Safety is paramount to Fitset Ninja and we understand the importance of ensuring our camp attendees are in a safe environment and the importance of mitigating the risk of exposure to COVID-19.

We will meet and exceed the protocols put in place by the Government of Alberta and the Workplace Guidance for Business Owners.

To see Government Guidelines for COVID-19 guidance, please visit:

<https://www.alberta.ca/biz-connect.aspx>

Location

Under the guidance of Alberta Health Services and the current Government of Alberta protocols our summer day will take place both indoors and outdoor. The location for the outdoor portion of our day camps will be in an outdoor green space located at 11418 120th Street, just down the road from the Fitset Ninja facility.

Both drop off and pick up of camp attendees will take place at our indoor facility (11511 120th Street). Both spaces are set up with safety in mind in order for all participants to have a safe and fun ninja experience.



Outdoor location in relation to Fitset Ninja Building

Camp Times

Day Camps are 3-hours each day for a full week (Monday-Friday).

There are 2 time slots available each week:

- 9am - 12pm
- 1:30pm - 4:30pm

We will also be operating 2 full 4-day camps this summer that will run from 9am-4pm.

Groups (Cohorts)

In order to comply with the current day camp guidelines, camp attendance will be limited to 46 campers MAX, along with up to 4 coaches, for a total of 50 people per cohort. Each cohort will have their own equipment and space to use during the camp, and will maintain a distance of 10m from the other cohort.

There will be 2 separate cohorts per time slot, one for kids aged 6-9 and one for kids aged 10-13.

Distancing

In accordance to the current distancing guidelines, camps will operating under the following protocols:

- Separate tables will be used for camper check-ins and check-outs and attendees will need to line up 2m apart while waiting
- Groups (cohorts) will consist of 46 campers MAX and up to 4 coaches for a total of 50 people
- There will be no contact between cohorts and neither cohort will enter the other's designated space
- Each designated space for a cohort will be 10m apart
- Each camper will have a designated area with a chair to put their belongings (water bottle(s), jackets, etc.)
- Within each cohort, coaches will be educating and encouraging campers to maintain a distance of 2m between themselves and other

Cleaning/Disinfecting/PPE

Fitset Ninja promotes and facilitates frequent and proper hand hygiene for employees and campers. Daily coach briefings will occur at the beginning of the camp to remind campers of the proper protocols. **The better we educate, the safer everyone is.**

Staff and campers are required to use an alcohol-based hand sanitizer that will be provided on-site.

Hand washing with soap and water is required after using the washroom.

Proper respiratory etiquette is required (e.g., coughing or sneezing into a bent elbow, promptly disposing of used tissues in the trash).

Cleaning and disinfecting of all equipment will be done by Fitset Ninja staff before and after each cohort time slot.

Fitset Ninja coaching staff will wear face masks. Campers may wear a mask if they choose to do so, however this will not be mandatory. The reason for masks not being mandatory for campers is that the nature of the physical exercises and activities at the camp may make it easy for masks to slip off and cause campers to be touching their faces too frequently. It is up to each parent/guardian to discuss with their child whether they will wear a mask during the camp.

Checking-in and Screening Protocols

Sign-in and pick-up protocols are designed to support distancing for participants and minimize any unnecessary exposure. Camps will implement the following procedures:

- Parents/Guardians should plan to drop off their camper **no earlier** than 15 minutes before the camp starts, and pick up their camper **no later** than 15 minutes after the camp ends
- Only one parent/guardian can accompany the camper for drop off and pick ups
 - No non-essential visitors are permitted on-site (eg. additional parents, siblings not attending the camp, etc)
- Check-ins/outs will be conducted at separate designated cohort tables via separate entrances/exits to the building
- Contactless temperature scans will be conducted upon check-in at the designated cohort table by a Fitset Ninja staff member
 - If your child has a temperature consistent with that of a fever (100°F or higher), the camper will not be permitted to attend the camp for that day
- Campers will be asked to wash their hand upon arrival or sanitize using the provided hand sanitizer

- Name and phone number of the parent/guardian dropping off/picking up each camper will be required in order to create a contact tracing list should one need to be provided to Alberta Health Services

Washroom Protocols

Fitset Ninja facility washrooms will be used in the case that a camper has to use the washroom. In this instance, a coach from the camper's cohort will accompany the camper down the street to the Fitset Ninja facility (if the cohort is currently outdoors). We have multiple washrooms at the facility, and each cohort will have their own designated washroom. Fitset Ninja will also implement the following washroom protocols:

- Fitset Ninja recommends the Health Services Guidelines for handwashing and will provide ample soap and single-use paper towels in washrooms
- Fitset Ninja will follow a "wipe-twice" method to clean and disinfect high-touch surfaces such as faucets, door handles, soap dispensers, and towel bars. Our protocol calls for a first wipe with cleaning agents to clean off soil and a second wipe again with a disinfectant to remove bacteria.
- Signage will be posted in bathrooms to inform users of steps to mitigate risks of COVID-19 transmission (E.g., hand hygiene, respiratory etiquette).
- Washrooms will receive a thorough surface cleaning between each camp time slot

Meals/Snacks

Camps will run for 3 hours each day. We kindly ask that campers eat before attending the camp as no snacks will be permitted during the 3 hours. Not only do we want to maximize the time spent during the camp, but we also want to mitigate the potential COVID-19 exposure risk associated with eating and with hands touching faces, even in a small cohort setting.

Please ensure your camper has a full water bottle for the camp (at least one but please bring multiple if your child is likely to need more). As our camp takes place entirely outdoors, we will not have a water cooler on site, however we will have bottles of water available for purchase if your child forgot to bring a water bottle.

Illness Protocols

Staff members, parents, guardians and campers must not attend the program if they are sick, even if symptoms resemble a mild cold. Current Alberta public health orders also mandate that individuals remain in isolation for 10 days after symptoms resolve following a positive diagnosis of COVID-19. Symptoms include, but are not limited to the following:

- fever
- cough
- shortness of breath
- sore throat
- runny nose
- nasal congestion
- headache
- a general feeling of being unwell.

In the event that a camper begins to show any symptoms of COVID-19 during the camp, the camper will be isolated from their cohort, and a coach from their cohort will accompany and wait with the camper while the parent/guardian is called to come and pick them up. Should a camper test positive for COVID-19, Fitset Ninja will work with Alberta Health Services to notify other camp participants as necessary

FAQ

Will the camp still run if it's raining outside?

Yes! We are prepared for all scenarios. In the case of light rain, we have several massive coverings (1200 sq ft.) that we will erect overtop of our monkey bar rigs outdoors in order to continue the fun without getting wet. In the case of severe rain or thunderstorms, we will run all portions of the camp that day at our indoor facility.

I have multiple children that want to attend, but they fall into different age categories. Is that ok?

Given the current situation regarding COVID-19, we are taking every precaution possible to ensure the safety of all of our campers. For this reason, all children from the same household will be placed into the same group (cohort) regardless of age. Our coaching staff will ensure that the activities are suitable for all ages within each cohort.

Can I stay and watch the camp?

We really appreciate your enthusiasm in wanting to be on site to support your child, however given the current environment, we have decided in the interest of public health to not allow spectators to remain on site for the duration of the camp. We know that your child might want to show off some of their awesome new ninja moves to you however, so parents will be allowed to stay at the facility for the first 15 minutes after the camp starts, and may come back into the building up to 15 minutes before the camp ends. You must wear a face mask during this time. Outside of this time frame you will be asked to leave the facility.

LAST UPDATED: June 23, 2020