

# Camp Protocols

We have developed the following protocols in accordance with the guidance of the Oregon Health Authority (OHA). The information outlined in this document is meant to minimize risks and prioritize the health and safety of all camp participants, coaches, and staff.

## Mask & Face Covering Guidelines

- Based on the most recent guidance from the CDC, OHA, City of Portland, and Portland Parks & Recreation, masks and face coverings are no longer required for players, coaches, and spectators.
- Unvaccinated individuals, or those in high-risk categories, are strongly encouraged to continue to wear a mask.
- All players and coaches who prefer to wear a mask are also welcomed to do so.
- All players, coaches and spectators are still required to wear a mask when entering the office/restrooms at Buckman Field.

## Criteria For Participation:

- **No signs or symptoms of COVID-19.** *Symptoms of COVID-19 include fever over 100 degrees, cough, shortness of breath, loss of taste or smell, persistent headaches, muscle or body aches, sore throat, diarrhea, congestion or runny nose, nausea, or vomiting.*
- No close contact or exposure to anyone exhibiting symptoms of COVID-19.
- Notify Zayn Khan (khanpcu@gmail.com) immediately if any of the situations below occur:
  - The player has tested positive for COVID-19.
  - The player has COVID-19 symptoms (see above)
  - The player has been in close contact with anyone exhibiting symptoms or anyone who has tested positive with COVID-19.

## Check in/out:

- Cones will be laid out to help form a socially distant line leading to the check in/out tent.
- Parents should have ID ready to show at the tent during check out.
- Each camper will be screened for symptoms and have their temperature taken at check in.
- Campers will be split into smaller, stable groups based off of the camper's grade.
- After checking in, campers will go to their group coach and stay with them for the duration of camp.
- Within their groups, campers will have their own socially distant cone to place their belongings and remove their mask during breaks.

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## Camper Responsibilities

- Practice social distancing of 6 ft when entering and exiting the facility.
- No group celebrations, high fives, hugs, handshakes, or non-essential contact of any kind. No spitting.
- Place bags and equipment at least 6 ft apart. Do not touch or share anyone's equipment, water or any other items.
- Wash hands and/or use hand sanitizer before and after camp. Bring personal hand sanitizer with you every day.

## Parent Responsibilities

- Ensure campers are aware of and adhering to the Player Responsibilities (as noted above).
- Check your child's temperature 30 minutes prior to arrival and monitor for symptoms daily.
- Ensure all clothing, equipment, cleats, ball, shin guards, etc. are sanitized before and after every camp day.
- Show ID at check in/check out

## Coach Responsibilities

- Wash hands and/or use hand sanitizer before and after camp. Bring personal hand sanitizer with you every day
- Sanitize all equipment before and after camp
- Escort campers to socially distant cones to put their belongings
- Check in/temperature scan campers
- Ensure campers are adhering to Covid protocols
- Ensure campers are socially distant at meal times
- Check out campers at the end of camp.
- Ensure 1 in 1 out policy for indoor bathroom breaks

## Confirmed/Suspected Cases

- Parents, coaches, and club staff should notify Zayn Khan (khanpcu@gmail.com) immediately if any of the situations below occur:
  - Camper has tested positive for COVID-19.
  - Camper has COVID-19 symptoms.
  - Camper has been in close contact with anyone exhibiting symptoms or anyone who has tested positive with COVID-19.
- If a camper or coach has a confirmed case or close contact with a confirmed case, we will follow all state and association guidelines as needed in order to:
  - Temporarily suspend camp activities for affected participants.
  - Communicate with affected camp participants.
  - Disinfect equipment and facilities.