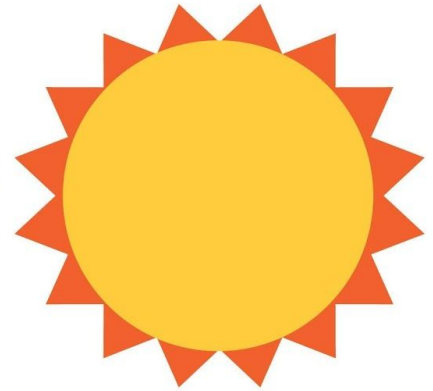


THE CAMP

@ Cleveland Park Club



Camper Handbook
Summer 2020

Cleveland Park Club
3433 33rd Place NW
Washington, DC 20008
www.clevelandparkclub.org

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DAILY THEMES AND ACTIVITIES FOR 2020

Daily themes will include at least one (or possibly more) of the following elements (this is not an exclusive list):

Sports activities will include -

Soccer
Yoga
Olympics
Handball

Arts and crafts will include -

Theatre/play-making
Painting
Drawing
Slime-making
Beading
Making bracelets
Assorted crafts
Arts and crafts for smaller hands

Game Room/Picnic Table activities will include -

Camp Songs
Do YOU know how to play ____? / How to be a game master

May be included as a bonus -

Football
Karate

8:45am: Campers Group A arrive, check in
Temperature checks

9:00am: Campers Group B arrive, check in
Temperature checks

Morning Welcome
Camp Rules

9:15am - 10:15am --

Group A: Sport/game/physical activity on the turf or in the main room

Group B: Arts/crafts activity in the art room OR activity in the game room

10:15am - 10:30am -- Snack

10:30am - 11:30am --

Group B: Sport/game/physical activity on the turf or in the main room

Group A: Arts/crafts activity in the art room OR activity in the game room

11:30am - 12:00pm -- Free time in 2 designated separate areas, on alternate days:

Group A - picnic tables/porch, Group B - turf

12:00pm - 12:30pm: -- Lunch ****Groups A and B eat separately by location****

Group A eats inside the main room (or on the porch), Group B eats outside at the picnic tables.

12:30pm - 1:30pm

Group A: Water play on the turf

Group B: Arts/crafts activity in the art room, OR , OR activity at the picnic tables

1:30pm - 2:30pm

Group B: Water play on the turf

Group A: Arts/crafts activity in the art room, OR activity at the picnic tables

2:30 - 2:45pm Afternoon snack

Snacks are camper provided with the exception of Friday popsicles

Group A eats inside the main room (or on the porch), Group B eats outside at the picnic tables.

2:45pm Clean up of areas
 Group Time

3:00pm Parent pick up for Group A

3:10pm Parent pick up for Group B

Important Information

Arrival

Campers in Group A should arrive no later than 8:45am every day. Campers in Group B should arrive at 9:00 a.m. every day. **Due to COVID-19 this summer we will only be using the entrance on 3433 33rd Place NW.**

Due to COVID-19 restrictions it is highly recommended parents follow the arrival instructions listed above. Parents must wear face masks when dropping off campers and remain 6ft apart between other families.

At no time should cars drive onto 33rd Place NW outside the Clubhouse nor should cars stop on Highland Place NW to drop off campers. This is both unsafe and a nuisance to neighbors.

Entrance will have a prominent sandwich board sign that reads “Camp @ Cleveland Park Club” and camp personnel with a thermometer for health screening will be at the entrance to greet and direct your campers.

Any campers with any of the following symptoms should not enter the facility, and instead should be taken to their healthcare provider:

- Fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, nasal congestion, nausea or vomiting, diarrhea, or otherwise feeling unwell.

If you find you must arrive at camp before 8:45 am, please wait with your camper(s) outside of the clubhouse until it is time to start.

We cannot overemphasize the importance of having campers arrive at the appropriate times for their groups to camp. If you arrive after the designated time for your group campers will have to wait till the group is done with their health screening check to enter the facility.

Children must provide their own snack, lunch and water bottle.

Departure

Camp dismisses at 3:00 p.m. each day. Group A will be dismissed at 3:00pm and Group B will be dismissed at 3:10pm. For afternoon pick-up, please follow the same guidelines:

3433 33rd Place NW – campers departing on foot

Parents who are driving should park their cars on Ordway Street and walk up to the clubhouse to pick up campers

Parking is very limited and we ask parents to park on Ordway Street. The Camp @ Cleveland Park is not liable or responsible for any parking infractions that may occur during this time period.

Please use great care, patience and caution when dropping off or picking up campers, and when driving on nearby streets. Let’s keep everyone safe! We thank you in advance for your cooperation.

Late Departure Fees

Due to COVID-19 aftercare is canceled and campers that are not picked up by 3:10pm will be brought to the office and attempts will be made to contact parents. Please note that a late fee of \$15.00 for the first 10 minutes, and an additional \$1.00 per minute thereafter will be charged.

Aftercare - Due to COVID-19, there will be no aftercare this summer.

Schedule Changes

If campers are going to be absent, arrive late or leave early, or have any change in their departure routine (e.g. go home with a friend or be picked up by a different person), you must notify Mercedes at manager@clevelandparkclub.org or Donta at cpcsummercamp@kaizenfitnessusa.com. For emergencies only Viran can be reached at 301-938-2711.

Any campers with any of the following symptoms should not enter the facility, and instead should be taken to their healthcare provider:

- Fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, nasal congestion, nausea or vomiting, diarrhea, or otherwise feeling unwell.

Clothing

The Camp @ Cleveland Park is very active and we want the campers to be comfortable. Please follow the dress code below:

- Children have the option of wearing a face mask based on a decision made by the parents considering medical and developmental factors. If the face mask results in the child touching their face more, it may lead to increased exposure to the virus and should be taken into consideration.
- Sneakers are recommended- please avoid sending campers in open toed shoes, flip flops and/or hard bottomed shoes to prevent injury
- Clothing should cover the midriff area
- All shirts should have straps or sleeves
- Shorts should be worn under dresses and skirts
- Pack a bathing suit and towel for water play (or campers may opt to wear dry suits to camp and bring a change of clothing)
- All personal items should be marked with campers' names

Snack and Lunch

Please send campers with a large water bottle and packed snack and lunch (please label these items). Please note that **The Camp @ Cleveland Park Club is a nut-free (peanut and tree nut) environment. Do not pack any nuts or products with nuts for lunch as some campers are allergic.** We do not have space to refrigerate lunches. Please include ice packs if needed.

Medicine and Illness

Campers at high-risk for experiencing severe illness due to COVID-19 should consult with their medical provider *before* participating in summer camp. This includes campers with the following diagnoses or in the categories listed below:

- o Chronic Lung Disease
- o Moderate to severe Asthma
- o Serious heart conditions
- o Immunocompromised conditions
- o Severe obesity (>40 Body Mass Index)

It is imperative that parents completely fill out the medical and emergency information on the Camper Information Form. The staff needs to be aware of any illness, special requirements, allergies, etc., to ensure campers have the best experience possible. Campers who are ill must remain home to ensure the wellbeing of other campers. A doctor's note will be needed for your child to return to camp in the event of a serious illness. Please note that the staff is not allowed to dispense medication to campers.

Potential Exposures and Positive COVID-19 Cases

If any camper or staff member has been in close contact with a person who is positive for COVID-19, then the camper or staff member should not enter the camp until evaluated by their healthcare provider, or until they have completed their quarantine period without becoming symptomatic or diagnosed with COVID-19.

If any camper or staff member has been in close contact with a person who is awaiting a COVID-19 test result, then the camper or staff member should not enter the camp until the close contact tests negative. If the close contact tests positive, then they should seek guidance from their healthcare provider or DC Health.

In the event that an on-site director identifies a camper or staff member who has tested COVID-19 positive, we will follow the following protocols. Staff or campers diagnosed with COVID-19 will not enter the childcare facility until they have been cleared from isolation. Camp Directors will notify DC Health by emailing coronavirus@dc.gov with the following information:

- "COVID-19 Consult" in the email subject line
- Name and direct phone number of the best point of contact for DC Health to return the call
- Short summary of incident/situation
- An investigator from DC Health will follow-up within 24 hours to all appropriately submitted email notifications.
- In consultation with DC Health, we will have a notification process in place to share the following with staff and parents:
- Education about COVID-19, including the signs and symptoms of COVID-19

- Referral to the Guidance for Contacts of a Person Confirmed to have COVID-19, available at <https://coronavirus.dc.gov>
- Information on options for COVID-19 testing in the District of Columbia, available at <https://coronavirus.dc.gov/testing>

Cleaning and Disinfecting

Camp directors should clean surfaces, toys and materials every hour and before switching group locations.

- High-touch surfaces, including but not limited to door handles, chairs, light switches, elevator buttons, toilets, and faucets.
- Toys, including those used indoors and outdoors, must be frequently cleaned and sanitized throughout the day.
- High touch surfaces and toys must be cleaned and sanitized by a staff member wearing gloves, before being used by another child.

Social Distancing

Camp Directors should ensure appropriate physical distancing by having:

- No more than 10 individuals (staff and campers) clustered in one group,
- For indoor activities, this means 10 people in one room.
- For outdoor activities, each group of 10 should interact with their own group and not mix between other groups.
- Siblings will be grouped together to minimize household exposure to the smallest number possible
- Each group of 10 should have extra social distance (>6 ft) between them and the next group of 10.
- Six feet of distance between each individual
- Grouping the same campers and staff together each day (as opposed to rotating counselors or campers)
- No mixing between groups to include entry and exit of the building, at meal time, in the restroom, on the playground, in the hallway, and other shared spaces.

Swim Test - Is currently on hold due to COVID-19 restrictions

If and when we are able to allow small group swimming the following guidelines will apply.

All campers are required to pass the Club's swim test in order to swim in the deep end of the pool. If you do not want your children swimming in the deep end of the pool, please inform Donta Hawkins and Mercedes.

Campers who are Club members and have already passed the swim test and received their green and white 2019 wrist bands do not need to retake the test. However, they must wear their wrist bands to camp every day.

The swim test, which will be administered by a CP Club lifeguard, is as follows:

1. The swimmer will enter the deep end of the pool and immediately begin treading water for 60 seconds with head above water.
2. After the lifeguard calls time, the swimmer will immediately swim in a cleared lane to the shallow end, tap the tile, and swim back to the deep end wall, without break, touching the bottom or sides of the pool.

Lifeguards and camp staff will maintain a log of all campers their swim test status. Those passing the test will be issued a green and white wrist band indicating they may swim in the deep end. Wristbands should be kept and used throughout all camp weeks. Lost or damaged wristbands can be replaced by lifeguards.

Campers who have not passed the swim test shall be prohibited from the deep end of the pool.

Swim tests will be given by the lifeguards any day, provided the lifeguard feels it is safe to do so.

Swim Instruction - Is currently on hold due to COVID-19 restrictions

Campers may take swim instruction during camp hours. The swim instructor will coordinate with the camp directors to escort campers to and from the pool. Campers will be responsible for changing into and out of their bathing suits. Campers may opt to wear dry suits to camp and pack a change of clothing. **Campers who participate in the Shark swim class from 2:30 to 3:00 p.m. must be picked up at the pool by their parents or caregivers.** For further information about swim instruction please visit clevelandparkclub.org or contact the club managers at manager@clevelandparkclub.org.

Social Distancing Rules and Courtesies

The Camp @ Cleveland Park Club takes pride in being a small neighborhood camp. We do not have a thick rulebook. However, in light of our need to protect and preserve the clubhouse and grounds, as well as respect our neighbors, we have established the following basic rules and common courtesies.

- Campers must adhere to the directions of camp staff
- Staff must wear face mask at all times
- Staff and campers must practice social distances at all times
- No more than 10 individuals (staff and campers) clustered in one group,
 - For indoor activities, this means 10 people in one room.
 - For outdoor activities, each group of 10 should interact with their own group
- Each group of 10 should have extra social distance (>6 ft) between them and the next group of 10.
- Six feet of distance between each individual including campers and staff
- No mixing between groups to include entry and exit of the building, at meal time, in the restroom, on the playground, in the hallway, and other shared spaces.
- Running is only allowed on the turf
- Campers must stay on Club property
- No sitting, leaning, or jumping on any railings
- Shoes must be worn at all times, except in the pool area
- Camp is nut (peanuts and tree nuts) free! No nuts or products with nut ingredients allowed
- Always use proper language
- All camp participants and staff shall treat each other with respect and kindness
- Sand and toys must stay in the sandbox
- Always use your inside voice
- Pick up after yourself
- No electronic devices allowed!
- Non-essential visitors are not allowed on the premises due to COVID-19 restrictions.