

Kanata Academy of Martial Arts ASP

Enhanced Policies and Procedures due to COVID-19

PLEASE NOTE: As our understanding of COVID-19 and best practices changes, so might the things in this guide. We'll keep parents as up to date as possible with changes.

COVID-19 AT THE ASP In this guide, you'll find all the ways KAMA ASP is working to minimize the risk of COVID-19 exposure. However, it's important that both students, parents/guardians, staff, and friends realize that we cannot guarantee that there will be no exposure to COVID-19 while at the ASP. As you'll read, we're screening students and staff, cleaning and sanitizing more, and changing a lot of our policies to make sure the risk is as low as possible, but there's always a chance of exposure.

COVID-19 RESPONSE TEAM If you have questions about COVID-19 and camp, please contact our Program Director, Sherry Coulterman at Sherry@oama.ca, call (613) 831-7900, or text (613) 866-5720.

PROGRAM OFFERINGS Under the guidance of the Province of Ontario & Ontario Health Services, we will be making modifications to our program to help protect the health and safety of our students and staff. Please carefully review the information below. It is possible that our health and safety policies will change (either enhanced or relaxed) as new guidance from our partner agencies becomes available. Our program is committed to keeping our network informed and will issue updates to our policies as they develop.

Before School

HOME HEALTH SCREENING Prior to attending school, we request that parents screen their children for symptoms of Coronavirus on a daily basis. If your child is exhibiting symptoms, has been in close contact with someone that has COVID-19 (or is displaying symptoms), they will be advised to **home isolate** and may return to camp after 14 days of having no symptoms, or a negative test & 24 hours of no symptoms.

WHAT TO BRING KAMA ASP will provide drawstring bags for each child to keep their uniforms in. Each camper will need to bring snacks from home, and a labeled water bottle. As always, we recommend sending young children with a change of clothing. Masks are highly recommended when social distancing is not possible, and we encourage children to wear their own washable cloth masks.

WHAT NOT TO BRING In consideration with the health and safety of our staff and participants we are asking that campers leave personal items at home. Examples of personal items include: toys including but not limited to stuffed animals, action figures, pokemon cards, tablets or electronics, etc. unless requested for specific themed Friday's.

Arriving at KAMA

USING SHUTTLE SERVICE Children 10 and older are encouraged to wear a mask during transportation, as well as entering the facility. It is also highly recommended for all school aged children, if they are able to wear & remove their mask without assistance.

BEFORE ENTERING ACADEMY At our front door, children will participate in a Pre-Camp Health Screening. They will be asked if they have shown symptoms of COVID-19 or have been exposed to COVID-19 in the past 14 days. Your child's temperature will be checked with a touchless thermometer. Campers who have a temperature above 100.3, or have confirmed "yes" responses to the pre-screening questions will not be admitted into the academy, and

parents will be contacted. Children must be fever free for at least 48 hours before returning to the academy. If the fever is a result of COVID-19, children cannot return to camp for 14 days.

Pick Up at KAMA

CHECK OUT PROCEDURES We recognize that parents, family members, and friends all love our students and want to see them training and having fun. However, this year we are asking parents not to bring any additional people to the Academy during pick-up. We also ask that anyone who has experienced any COVID-19 symptoms in the last 14 days or been exposed to COVID-19 in the last 14 days choose to stay at home. Lastly, we ask that you consider leaving family members 65+ at home. All parents/authorized adults entering the academy at any time, for any reason, must wear a face covering. Children, where possible, should also wear a mask when exiting the academy.

For 2020, we have changed our check out procedure to allow for adequate social distancing. At this time, pick up will be held outside the front door. Please stand 6 ft apart, or wait in your car for your child. Ring our outside video doorbell when you arrive, and we will meet you outside the doors. Pick up must occur by 5:30pm, if you will be late, please contact us.

ASP Program

Pursuant to our current health order, at this time our modified program will adhere to the following guidance:

- Students will be sorted into smaller groups for the entire week, and activities are designed within social distancing guidelines, including structured Funday Friday's.
- Staff will be stable and remain with one group of students.
- Staff will self-screen at home for symptoms and participate in temperature checks daily.
- Staff and students will practice 6-foot social distancing as much as possible.
- Staff and students will wash hands with soap and water, or use alcohol based hand sanitizer before and after eating, drinking, touching eyes/nose/mouth, toileting, and physical contact with each other.
- High-contact areas and surfaces (i.e. counters, sports equipment, telephones, doorknobs, etc) will be cleaned and disinfected frequently.
- Only one child will be allowed in the changeroom at a time.
- Delivery of Martial Arts & Fitness programs will be modified to allow for social distancing. Siblings may physically train together.
- Each group will have snacks at a designated area where they will be distanced from the other group. Our no-food sharing policy will be enforced during snack time.
- We will make efforts to utilize outdoor space where possible. As usual, instructors will be trained to use shaded areas, have students regularly apply sunscreen, and encourage children to constantly hydrate themselves. Children will apply their own sunscreen and sunscreen sharing will not be permitted.

POSSIBLE EXPOSURE If a child shows symptoms of COVID-19, parents will immediately be contacted and a staff member with appropriate PPE gear will help isolate the child and stay with them until parents arrive. If an individual tests positive, parents/guardians of other children in the classroom will be informed. We will get guidance from local health authorities and proceed as advised, closing the academy if COVID-19 is suspected.