



July 6-9, 2021

(Tues-Fri)

High School Development Clinic

St. Louis Ice Zone
Hazelwood, MO

Thank you for trusting in Synergy Hockey for your skaters' hockey development. We encourage you to provide us with your feedback, before, during and after your skaters' week with us, so we can be sure we're meeting your expectations, along with our own. We're excited for your skater to **WORK HARD, HAVE FUN** and **GET BETTER** with us this week!

DAILY CLINIC SCHEDULE – Tuesday to Friday	
Drop Off:	10:45 AM
On-Ice Session:	11:00-12:30 PM
Lunch Break:	12:45-1:15 PM
Off-Ice Session:	1:15-2:15 PM
Pick Up/Finished for the day:	2:15 PM
*All skaters will be participating in an AM and PM off-ice session each day, after their on-ice sessions.	

IMPORTANT CLINIC INFORMATION:

While the COVID virus is still a concern for many, we will do our best to follow all local and facility rules and protocols, as well as our own policies to keep all our participants, their families, and all our staff safe and healthy this summer. We ask that you please follow any guidelines set forth in the information below, if not just for yourself and your skater, but also out of respect for others. As we're sure you've heard many times before this past year, if your skater has ANY symptoms of illness, please do not send them to the rink!

All individuals entering the rink should wear a mask/face covering when NOT engaged in a camp/clinic related physical activity.

- **For daily Check-In:** Our coaching staff will be at the front entrance of the rink each day to greet your skaters as they enter the building and walk down the hall towards the rink entrance.
- **For MONDAY Check-In:** Participants will be given their camp jersey, after entering the rink.
- **For daily Pick-Up:** With this being a High School camp, we are not enforcing any certain pick-up requirements. We know some participants will require a parent or friend for transportation, while others will be driving themselves. We will leave it up to the parents to communicate and instruct their skaters of their preferred arrangements once the clinic is over each day. No sign out required by parents.
- Medications of any type (prescription, over the counter, cough drops, etc) are NOT allowed with camp participants. Company policies/procedures MUST be followed. Should your participant require medication through the camp day, please follow these detailed instructions.
 - Prescription medications - MUST be in original container with original labels, showing participants name and dosage instructions. Place medication(s) in a ziplock bag with the participants name on the outside of the bag. Enclose an index card in the ziplock back with the participants name and any medication dispensing instructions (amounts and times).
 - Over the counter medications – follow same instructions as above (ziplock bag, index card with instructions, etc.)
 - Give any and all medication to the Synergy staff member AT CHECK-IN.

All medications will be kept in a safe, secure area until needed, and at that point will be distributed by a SYNERGY Staff member to the appropriate camp participant, and then returned back to its secure location until end of camp day (or

end of camp week) when it will be returned to participants guardian. PLEASE REMIND STAFF ON FRIDAY AT PICK-UP SO IT CAN BE RETURNED!

- If your skater has a medical condition that may affect him/her in any way at camp, please inform our office and or SYNERGY staff during check-in at camp.
- Face masks are required during arrival, departure and encouraged any other time when not engaged in physical activity. Hand sanitizer will be provided and participants will be reminded to wash hands and use sanitizer frequently throughout each day.
- **Bring/Wear to the Rink:** Full USA Hockey approved gear for all on-ice sessions. Comfortable, athletic clothing for off-ice sessions (t-shirt, shorts, running/athletic shoes – no flip flops/sandals). **Skaters can arrive mostly dressed for their on-ice sessions each morning to eliminate the need for lengthy locker room time.** It is also suggested that participants consider wearing clothing under their hockey equipment that can also be worn for their off-ice session to eliminate the need for locker room or private space for changing clothing. Each rink has their own COVID-19 policies on locker room usage as it depends on the size of the rooms and number of participants in each locker room. Space aside from locker rooms may be used to allow adequate space between participants.
- **Bring:** Water bottle or sports drinks with participants name CLEARLY marked. Please remind your skater that they are NOT TO SHARE ANY DRINK OR FOOD/SNACK ITEMS WITH ANYONE! It is also advised that your skater packs a bottle of sunscreen spray for outdoor, off-ice activities.
- **DO NOT Bring:** Any items that may get misplaced or stolen! Synergy Hockey will NOT be responsible for lost or stolen items. Cell phone usage NOT allowed in locker rooms or restrooms and will be taken away if usage rights are being abused.
- No money will be required for anything unless a small amount is wanted for purchasing items from a concession stand or beverage/snack machine, if one is even available in the rink.
- All clinic participants will receive a camp jersey on Tuesday morning at check-in. This will be their jersey to keep and wear throughout the week. We are advising that equipment be properly dried out each evening, wiped down with sanitizing wipes, sprayed with Lysol sanitizer or washed.
- Please inform your participant that Synergy Hockey will not tolerate bullying, horseplay, foul language or other forms of unacceptable and disrespectful behavior. **Please make sure they understand our policies for prescription/non-prescription medications and NO Cell Phones in Locker Rooms/Bathrooms – anyone caught abusing any of these rules will be reprimanded.** It is at the discretion of the staff to do as they see fit with any situation whether it be a warning or a removal from further participation.
- **LUNCH:** Lunches are being provided each day. Use this link to submit your lunch choices: <https://forms.gle/gV7H3AcPuGys8DQN7> If you do not submit your form, lunch items will be chosen and ordered for you. Campers will be separated by 6+ feet during lunch breaks.
- For any daytime emergency questions, please contact the St. Louis Ice Zone – 314-227-5288.

IMPORTANT: DON'T FORGET TO COMPLETE YOUR LUNCH FORM!! NO LATER THAN SAT. JULY 3RD!

<https://forms.gle/gV7H3AcPuGys8DQN7>

PLAY SMART! COVID-19 SAFETY PLAN

IF YOU HAVE A FEVER **HAVE BEEN EXPOSED** **OR DON'T FEEL WELL** **STAY HOME!**