



June 21-25, 2021
SYNERGY Defense Camp
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 CAMP SCHEDULE	
Drop Off: (arrive mostly dressed for on-ice session)	8:30-8:45 AM
AM On-Ice Session:	9:00 AM
Lunch Break:	12:00 PM
PM On-Ice Session:	1:00 PM
Pick Up: (no later than 4pm)	3:45-4:00 PM
*All skaters will be participating in an AM and PM off-ice session each day, after their on-ice sessions.	

IMPORTANT CAMP 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 related physical activity.

- **For daily Check-In:** With the rink being INSIDE the old Mills Mall, we will ask parents to park and walk their skaters inside the building to the front doors of the ice rink, at least on Monday morning. Parents are not required to walk their skaters into the rink the rest of the week, but you are welcome to come in if you wish. 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. Parents/guardians will be given Name Signs (2 per family) for use during daily pick-up (more info below).
- Participants should arrive with most of their on-ice gear on. They can put their skates and helmets on once they arrive to the rink.
- **For daily Pick-Up: Curb-Side/Parking Lot pick-up!!** No need for parents/guardians to exit their vehicles. All parents/guardians will be given 2 Highlighter colored Name Signs (on Monday morning when you enter the rink with your skater) for display in the windshield of approved pick-up drivers at the end of each day. The Name Signs in the windshield will allow our coaches to ensure each skater is going home with an approved person. Please follow the traffic flow for curbside pick up, or park in the parking lot nearest the ice rink doors and walk to the main entrance (with your name sign in hand) to retrieve your skater(s). Our staff can assist with getting participants into their vehicles safely, for those that are curbside. Parents may enter the rink, with their Name Sign, if they wish to retrieve their skater from inside the building.
 - **PLEASE PAY ATTENTION TO PICK-UP TIMES! OUR STAFF CAN NOT LEAVE UNTIL EVERYONE IS PICKED UP. LATE PICK UP FEES WILL BE INCURRED (\$1.00/MINUTE) STARTING AT 4:10PM.**
- 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, **AND a packed lunch.** Please remind your skater that they are NOT TO SHARE ANY DRINK OR FOOD/SNACK ITEMS WITH ANYONE! It is also highly advised that your skater packs a bottle of sunscreen spray for outdoor, off-ice activities.
- **DO NOT Bring:** Toys, electronics, or other 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 camp participants will receive a camp jersey on Monday 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 camp staff to do as they see fit with any situation whether it be a warning or a removal from further camp participation.
- **LUNCH/SNACK:** This is a FULL DAY camp so lunch WILL be needed. Food or beverage will NOT be provided by SYNERGY Hockey so all skaters should have a packed lunch each day. Lunch and drink items are NOT to be shared or traded with others.
- **IMPORTANT:** If there is a special instructional message for Synergy coaching staff (ie: doctor appointment, picking up early, arriving late next day, etc), please write your message out on note paper – date the message with current date, provide skaters first and last name, and guardians name and phone number. Give the note to the coaching staff assisting your skater at morning drop-off.
- For any daytime emergency questions, please contact the St. Louis Ice Zone – 314-227-5288.



SUNDAY EVENING CAMP CHECKLIST:

- Hockey Gear is ready to put on or packed
 - Off-ice/dryland clothing and tennis shoes are ready to put on or packed
 - Water or drink bottles are labeled and ready
 - Lunch is packed
 - Review the drop-off and pick-up times and procedures.
 - Get to be early!
 - And, plan to eat a good breakfast in the morning!
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PLAY SMART! COVID-19 SAFETY PLAN



**IF YOU HAVE
A FEVER**



**HAVE BEEN
EXPOSED**



**OR DON'T
FEEL WELL**



**STAY
HOME!**