



Camp Parent Info

Updated 12.28.2022
subject to change

Summer Camps at HealthQuest

1. Health Checks for Staff as Well as Campers. Camp directors will monitor the health of campers and staff. If there is any question of their health, they will be sent home or parents called to pick camper up. Please be sure we have your child's medical info – we can't take a child without their immunization records. We will have a quarantine area to keep a sick camper until they can be picked up. Please - if your child is sick or showing signs of being ill – please keep them home. Especially if they are coughing. We will follow CDC guidelines for sick campers.

2. IF YOUR CHILD IS SICK OR COUGHING PLEASE KEEP THEM HOME. Your child's safety is our number one priority and we will continue to adjust to the guideline and protocols set forth by the CDC and other authoritative organizations.

3. Smaller Groups. We will keep smaller age/ability appropriate groups to ensure the wellbeing of all the campers and follow social distancing protocol while still having fun. We are fortunate to have a large facility where we can play and still be socially distant. We are asking all campers to bring a mask. While they are not expected to wear them at this time, we would like them to have one with them.

4. Cleaning and Sanitation. We will have numerous hand sanitizer stations and require hand washing between activities. Staff will disinfect all equipment between groups and every morning and night. Staff will observe all campers washing their hands.

5. Staff and Camper Orientation. Staff as well as campers will be trained on all new procedures and policies to make camp a great experience while still being safe. There will be a "new normal" but we will address all concerns and make sure all campers have a great time.

6. Parent Communication. Camp Directors will email each parent the first day of camp. Communication is key, email is checked hourly, always feel free to email any concerns. Emailing is never a bother – we are here to help and want your child to have fun and be safe while they are at camp.

7. To keep check-in time quick and minimal please make sure all paperwork is filled out and ready when you arrive if you have not already submitted it, including Camp Registration, Swim form and Medical forms. We will be doing a new **"Outside Check-In /Pick Up"** to limit who has access to the camper area.

Coach Candace
HQ Camp Director
(908) 782-4009, ext. 234

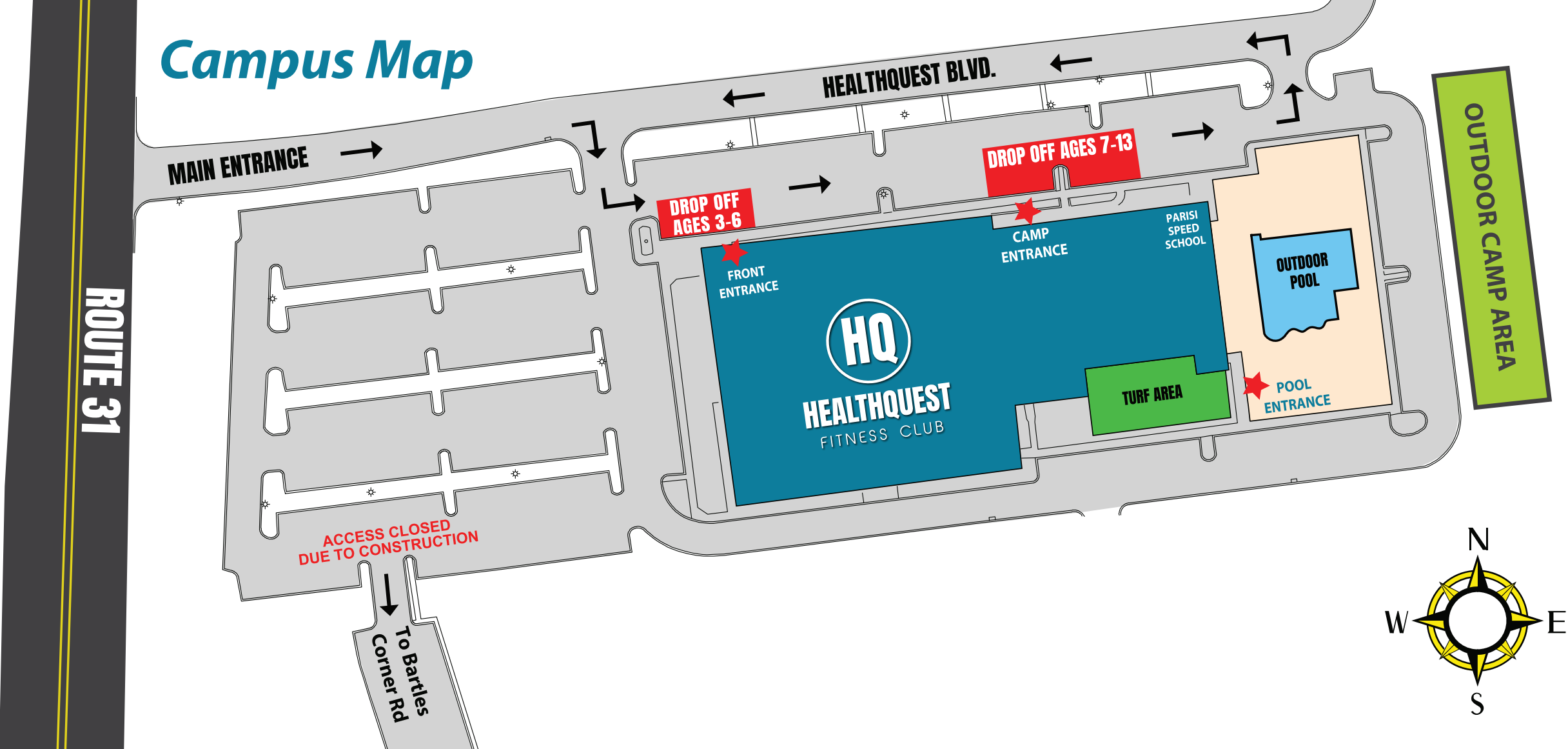


Drop-Off & Pick Up Areas



310 Hwy 31 N ♦ Flemington, NJ
hqfit.com ♦ 908.782.4009, Ext. 234

Campus Map



Options for Early or Random Camp Pick Up + Drop Off

- ❑ Camp Contacts List:
 1. Call Kids Camp Area (908) 782-4009 ext 261
 2. Email Camp Director bunnell@hqfit.com
- ❑ **Camper's full name + age** must be given in **ALL** communication so we can have your child ready for you.
- ❑ Upon arrival for pick up of ages 7+, please ring the '**CAMP DOOR BELL**' located at the camp entrance.
- ❑ For ages 3-6, please proceed to KidQuest upstairs for pick up assistance.
- ❑ You **MUST** give your **Pick Up Password** to receive your camper.



NO PARENTS ALLOWED IN THE CAMP AREA

Welcome Info / Parent Reminders



Welcome to HealthQuest Summer Camp!

Here is some information to help you on your first day. Please remember I am always here to help so feel free to call me anytime you need. All parents will receive a card with multiple ways to contact me and remember I am here for whatever your needs are!

We are asking all parents to self-screen at home 2 weeks prior to the campers start date. Basically, what this means is if they have been around anyone that has been diagnosed with COVID-19 or have had a fever at any time 2 weeks prior to their camp start please keep them home. We are trying to keep camp as the safest environment possible so everyone's cooperation is greatly appreciated. We are following this same procedure for staff.

Please remember if your camper is ill, PLEASE keep them home. If they have a fever or constant cough they cannot be at camp. If they have any type of fever or have been around anyone diagnosed with COVID-19 two weeks prior to camp please keep them home. We want everyone to be safe and enjoy camp so everyone's cooperation during this time is appreciated. We would also appreciate you talking to your camper about following new rules and procedures. While I am sure everyone knows the new normal with social distancing and hand washing you as parents reminding them that this is important at camp will help my staff. Camp does have modified guidelines so we can still enjoy the things your child loves about camp and we will go over them with the campers at the beginning of the day. Also please make sure you have submitted the media and swimming waivers prior to drop off.

Check in:

7:30-8:45AM for Before Care

8:45-9:15AM Regular Camp

Parents will park in the reserved spaces marked for camp located on the rear of the facility by the camp door. **NO PARENTS WILL BE ALLOWED IN THE CAMP AREA FOR ANY REASON.**

What to Bring to Camp?

We ask the campers bring their own snack as well as refillable water bottle. There is no need for towels but if you prefer you can bring your own. Sunscreen and goggles/mask/ personal flotation device (only for campers that can't swim well) are okay for the pool. No pool toys and please tell your camper they are not allowed to share their towel or goggles with other campers. If your camper is swimming, they **MUST BRING WATER SHOES OR SANDALS** – this year they must have some type of footwear to be at the pool to use the bathrooms and shower.

Reminders Continued...



Electronics:

No electronics are permitted at Camp for any reason.

Tablets, phones, smart watches, video games, etc. must stay home.

If electronics are brought to camp, they will be taken until the camper leaves.

Pick up:

12:00PM Specialty Half-Day Camps Only

3:00PM Camp Dynamite or Specialty Campers that added PM Swim

6:00PM After Care

Ages 3-6 Pick up at KidQuest upstairs

Ages 7+ Ring doorbell located on Camp door for Pick up

When your arriving for pick-up it will run just like drop off.* Please give the counselor the **campers name and your pick up password**. Once verified the counselor will have the camper and all their belongings brought out to you. If your child has any medications, they will be sent home each day with the camper.

* See Camper Drop Off & Pick Up video at hqfit.com/camp

**PLEASE REMEMBER: NO PARENTS
ALLOWED IN THE CAMP AREA.**

Early or Random Pick Up/Drop Off:

Normal drop off and pick up times are 7:30,9:00,12:00,3:00,6:00

If you need to pick up your camper early or at a non-drop off/pick up time we have made steps to make it as easy as possible with still following the ACA/CDC camp guidelines.

There will be a card given to each parent with this info as well.

Options for Contact for Early or Random Pick Up/Drop Off :

1. Call Camp Kids' Area - (908) 782-4009, Ext 261
2. Call Camp Director's Office line - (908) 782-4009, Ext 234
3. Call the Front Desk at HQ – (908) 782-4009, Ext 0 – Give the camper name and pick up time.
4. Email Camp Director bunnell@hqfit.com

Upon arrival, remember to ring the “CAMP DOOR BELL “– located at the camp entrance.

Please give **camper's full name and age** so we can get them ready for you. When you arrive please stay in your car and one of the counselors will bring the camper out to you as no parents are allowed in the camp area.

Please note if your camper is dropped off before 8:45AM or picked up after 3:30PM, Before Care or After Care will be charged to card on file.

Procedures & Disinfecting Plan



Procedure if the rare event that a camper tests positive:

If a child seems ill, they will be kept in a room isolated from other campers until parents can pick up the camper. We ask if this happens and you are called you do your best to arrive quickly. We will make sure the child is comfortable and not alarmed. The Camp Director will stay with the camper until the parents arrive.

In the case the child is sick and leaves camp and it's non-COVID-19 related we ask them to not return for 2 days. If they leave with a fever or any COVID-19 like symptoms they must be out 2 weeks and have a Doctor's note to return to camp.

We are doing our best to Keep everyone safe so please keep sick campers home. If you every have any concerns or need my help please reach out to me - I am here to help!

You MUST notify camp director of a positive COVID-19 diagnosis. If a positive case is reported the Camp Director will go into trace contact reporting mode. The Camp Director will not release a camper's name for any reason but will contact all groups with the contact trace details so parents can monitor their camper's health. If a camper cannot attend camp or we cancel it due to COVID-19 related issues they will receive a refund for unused camps.

CAMP DISINFECTING PLAN:

Camp area is disinfected with the fogger 30 min prior to the start of camp. Each camp "family" will stay in their location - each location will have a sanitation station consisting of sanitizer gel, paper towels, Lysol spray, gloves

and masks. These will be used/distributed by the camp counselor as needed.

Between all games and activities campers will be taken to wash their hands or use the hand sanitizer. This year we have our own camp bathroom and camp locker room. **ONLY CAMPERS AND CAMP STAFF CAN USE THESE AREAS.**

When camp groups do change locations a "Clean Team" member will sanitize the area before the new group comes in. All equipment will be sanitized between "families" and at the end of camp. When camp is over each "family's" equipment is locked up in their own box.

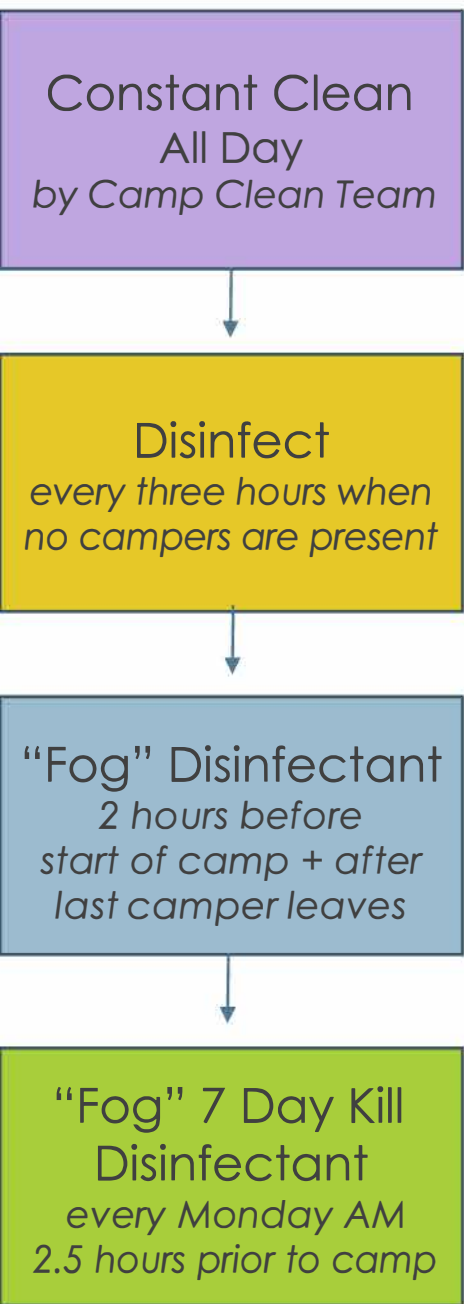
During lunch the same camp "families" will eat together while having social distance. Before lunch is served "families" will be taken to the rest room and have supervised hand washing.

At the end of the camp day and intensive sanitation will be done. This is a wiping down/disinfecting of all equipment and a MAJOR fogging of the camp area. Bathrooms and locker rooms are sanitized every 2 hours and deep cleaning at the end of the camp day.

We also have a "clean team" and their sole job is to just constantly clean camp areas. With all these protocols in place I know camp will be safe and clean for all the campers.

Please feel free to contact me with and questions or concerns. We are all trying to get give these campers the fun safe summer they deserve.

Coach Candace, Camp Director (bunnell@hqfit.com or (908) 782-4009 EXT 234)



TASK	6-9 AM	9-12 PM	12-3 PM	3-6 PM	6-7 PM
Camp Cleaner continuous cleaning + sanitizing throughout the camp area					
Camp Cleaner sanitizes with wipe after campers use area/equipment					
Camp Cleaner disinfects high traffic areas + equipment when not in use					
Fog Disinfect all surfaces + equipment 2x per day					
United BacFighter 64 Disinfectant and sanitizer that is effective for 7 days	1x PER WEEK				

Campers will also wash hands frequently and hand sanitizer will be at every location.



Preparing for a new camp environment

We are making space and service updates to maintain hygiene, safety and physical distancing best practices in three ways:



Increased sanitation

We've implemented heightened cleaning measures to ensure the health and wellbeing of our campers. We are disinfecting equipment more frequently, creating sanitation stations to provide easier access to sanitation products to our members and purchasing **new** technology to improve our overall cleaning, sanitation and disinfection strategy.



Prioritizing personal space

By limiting the amount of **campers** in **various spaces** throughout the **facility**, following the guidance of the state and local government, **campers** can still maintain a healthy physical distance from each other.



Behavioral signage + enforcement

New cleaning standards are expected from every **member** of our team and all **campers**. Cleaning and capacity protocols will be reinforced **by** strategically placed signage, and **friendly reminders** that the wellbeing of our community depends on all of us to do our part.

Increased Sanitation



Knowledge is power. We want our campers and employees to know they are safe in our facility. For us to ensure their safety, we must understand the difference between effective cleaning, sanitizing and disinfecting. This will now be a vital part of each team member's position. Being able to distinguish between these methods and implementing them effectively will help us kill viruses, such as COVID-19 and prevent its spread.

☒ Clean

What it does:

Removes soil, dirt, and debris from surfaces. It does not kill microorganisms.

What products do you use?

Soaps, detergents, water and microfiber towels to physically remove soil, dirt, and debris from surfaces.

Why clean?

Cleaning lowers the count of germs by removing them from a surface, not necessarily killing them.

☒ Sanitize

What it does:

Kills a high percentage (99.9%) of microorganisms on surfaces.

What products do you use?

Heat (i.e. steam, hot water, and hot hair) and requires at least 171° surface contact or an EPA (Environmental Protection Agency) registered product with specific contact time to kill microorganisms on surfaces.

Why sanitize?

Sanitizing reduces and kills the amount of germs on a surface to safe level recognized by the EPA, but it does not eliminate the occurrence and growth of bacteria, viruses, and fungi.

☒ Disinfect

What it does:

Kills a higher percentage (99.999%) of microorganisms on surfaces.

What products do you use?

Disinfecting uses an EPA registered product with specific contact time (1-10 minutes, depending on the chemical) to kill harmful microorganisms, like bacteria, and pathogens on surfaces.

Why disinfect?

Disinfecting reduces and kills the amount of germs on a surface to safe level recognized by the EPA, and reduces the occurrence and growth of bacteria, viruses and fungi.

Sanitation stations

INCREASED SANITATION



Additional sanitizer wipes and hand sanitizers were added throughout the facility.

Sanitation station

- ☐ New cleaning protocol communication
- ☐ Sanitation wipes + trash can
- ☐ Hand sanitizer
- ☐ Gloves and pump spray where necessary

Campers will be required to use hand sanitizer and wash their hands often throughout the camp day.

Enhanced products + technology

INCREASED SANITATION



Sanitation Wipes

Zogics/Purell antibacterial wipes to clean, deodorize, and kill bacteria, viruses, and fungi on all surfaces.

Hospital-Grade Disinfectant

Hospital-grade disinfectant has always been a staple of HealthQuest's cleaning protocol. HDQ Neutral by Spartan is on the list as an effective product against COVID-19. This is used by our staff and is also the disinfectant we keep in the spray bottles. It destroys antibiotic-resistant bacteria including MRSA. It also kills HBV, HIV and HCV (Hepatitis C). We also use Clorox in the locker rooms.

BioBlast Disinfectant

BioBlast is USDA organic that cleans and disinfects hard surfaces. It is a COVID-19 killer and hospital grade disinfectant used with electrostatic sprayers and fogger systems. The application process is state-of-the-art and eliminates human error and cross contamination.

Electrostatic Sprayers - patented technology provides an electrical charge to solutions, allowing them to wrap conductive surfaces with an effective and even coverage. Double-charged particles envelope all conductive surfaces – shadowed, vertical and underneath.

Daily Foggers - foggers have been shown to be more effective than a traditional sprayer because it is able to reach areas that might have been missed by the spray/wipe combination.

United BacFighter 64 Surface Solution

A quaternary disinfectant, sanitizer, fungicide and virucide with the additional benefit of persistent kill for 7 days per application.



We can't wait to welcome you back.