

BELMONT HILL SUMMER = SPORT CAMPS =



June 2023

Dear Parent/Guardian:

We are delighted that your child will be joining us for Sport Camps this summer.

All parents and campers should review our protocols prior to the start of camp. If you have any questions, please do not hesitate to reach out to the Summer Programs Office.

We look forward to a safe and fun summer for all campers here at Belmont Hill.

Sincerely,

Corey Cofield
Sport Camps Director

summerprograms@belmonthill.org
617-993-5215

350 Prospect Street • Belmont, MA 02478
TAX ID: 04-2103870 • WWW.BELMONTHILL.ORG/SPORTCAMPS

Physical and Immunization Summary

Following guidelines set by the Belmont Board of Health, a physical signed and dated within the last 18 months, and a summary of immunizations for your child must be submitted as soon as possible. Campers will not be allowed to attend camp without completed, up to date health records. This camp must comply with regulations of the MDPH and be licensed by the local board of health.

You can email scans of your materials to: summerprograms@belmonthill.org

Mail: Summer Programs, Belmont Hill School, 350 Prospect Street, Belmont, MA 02478

Sports Medicine Services Policy

By law, the camp must comply with the regulations of the Massachusetts Department of Public Health and be licensed by the local Board of Health.

- Camp is staffed by a health care supervisor.
- If an injury occurs during a camp, the student must report it to a coach who will then notify the sports medicine staff. Injuries will be triaged and assessed accordingly.
- Any camper who is suspected to have suffered a concussion will be assessed by the health care supervisor. Should a concussion be suspected, the supervisor will contact parents to pick up their child, and recommend a consultation with a physician.
- Our health care supervisor will control medication. All medications taken by campers must be documented. Medications should be given at home, with exception to inhalers and emergency medications.
- All medications, with the exception of inhalers and emergency medications, which require accessibility, will be stored in a locked cabinet.
- Campers must have parental and physician permission to self-administer medication. Final assessment will be made by the health care supervisor.
- Medications should be given to camp staff on the first day of camp and picked up at the end of camp week. All medications left at the end of summer will be discarded.
- All medical questions and concerns should be discussed with our health care supervisor prior to camp.
- In case of emergency, we will call the Belmont Police and area hospital, which is Mount Auburn in Cambridge. Parents or the the emergency contact person will be notified as soon as possible.

Illness Guidelines

Campers who are ill should stay home from camp.

Please do not send your child to camp if he/she has the following:

- Nausea, diarrhea (loose stool), or vomiting (throwing up), or if your child has thrown up during the night
- A cough that is not caused by asthma or allergies
- A temperature of 101.5°F or 38.6°C or above. Keep your child home from camp until her/his temperature has been normal for 24 hours without taking Tylenol or Motrin.
- A sore throat (especially if they have a fever, rash, complain of a headache, or if you see white patches in the back of their throat)
- A diagnosis of strep throat. Keep your child home from camp until she/he has been on antibiotics for 24 hours and does not have a fever.

COVID-19 Protocols

If your child tests positive regardless of symptoms, they must isolate at home and may not attend camp or summer school. Please notify the camp director regarding your child's illness. Follow recommendations from your child's pediatrician regarding isolation/quarantine and symptom management.

If your child has had a recent COVID-19 illness, please be sure they have medical clearance to return to play before attending sports camp.

Masking

Masks are optional for all camp participants and staff.

Masks continue to be among the most effective ways to prevent the spread of COVID-19 and other respiratory viruses. Keep in mind these three important masking tips:

- Fit: Masks should fit securely over both your mouth AND nose.
- Filtration: Aim for 90-95% filtration.
- Wearability: Comfort is key to keeping masks on

Sunscreen/Bug Spray

Please plan to apply sunscreen and bug spray before your camper arrives at camp. Campers will be reminded to reapply at lunch. Hats and long sleeve shirts are encouraged for added protection.

Hydration Policy

Campers should bring their own labeled water bottle to camp each day, and it should have the camper's name labeled or written on it.

Water coolers will be placed at all playing venues. If possible, water bottles should be filled before arrival at each playing venue. Coaches will allot time before, during, and after sessions for campers to fill their water bottles.

Athlete Hand Hygiene

Campers will be encouraged to wash their hands before and after lunch, and any other points throughout the day that would be practical.

Bathroom Use

The following restrooms will be open for use in the Jordan Athletic Center:

- The public restrooms across from the trophy case
- The restrooms in the main locker room area

Lunch

Each camper should bring their own lunch. **Meals will not be provided or available for purchase on campus.** Vending machines in the Jordan Athletic Center will be available for snacks.



Traffic Plan for Pick Up and Drop Off

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