



Armada Swim & Adventure Camp

Camper Health & Safety Guidelines

To ensure a safe and enjoyable experience for all campers, **each participant must read and agree to the following health and safety guidelines prior to registration.**

What to Bring to Camp Each Day

Campers are required to bring the following items for their personal use:

- **Lunch & Snacks** – Pack enough food for the entire day, including a **large refillable water bottle** and **healthy snacks**.
 - **Extra Clothing & Footwear** – A **full change of clothes** for post-swimming activities and comfortable **walking/hiking shoes**. Camp is **active and outdoors all day**, so **layers are important**. Remember to pack **undergarments** so campers can change out of wet swimsuits.
 - **Swim Gear** – Swimsuit, **towel(s)**, **swim cap & goggles** (required). **Kickboards and training fins** are optional but helpful for swim sessions.
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Daily Health Check Requirements

Parents/guardians must **screen campers for symptoms each morning** before sending them to camp. If your camper is experiencing **any** of the following symptoms, they must stay home and notify the Camp Director:

Symptoms Requiring Absence from Camp:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat

- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

✓ **This list does not include all possible symptoms.** We rely on **your judgment** to keep our camp community safe—when in doubt, **err on the side of caution.**

🚑 **If a camper develops symptoms while at camp, we will call their emergency contact for immediate pickup.**

COVID-19 Testing & Exposure Protocols

Before Camp Starts:

- **If your child is sick within five (5) days prior to their camp session with any COVID-related symptom,** we ask that they take a **COVID-19 test** and report any positive result to the Camp Director.

During Camp:

- **If a camper develops COVID-19 symptoms while at camp, they may only return with a negative COVID test result** submitted to the Camp Director.

Exposure to a Positive COVID-19 Case (Within 5 Days Before or During Camp):

- **Vaccinated campers** or those who **had COVID-19 within the past three months** may continue attending camp but must **monitor for symptoms.**
 - If symptoms develop, **a negative COVID test result is required** to return.
 - **If a camper tests positive for COVID-19,** they must **quarantine** according to public health guidelines in effect at that time.
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By registering for Armada Swim & Adventure Camp, you acknowledge and agree to adhere to these health and safety policies.

Thank you for helping us create a safe and fun environment for all campers!