

ADULT WOMEN AND/OR TRANS SKATE RETREAT

YMCA SEQUOIA LAKE FACILITY

CAMPER INFORMATIONAL

AUGUST 9-13, 2021

WE CAN'T WAIT TO SKATE WITH YOU!

The YMCA camp is a skateboarder's paradise! Located beside the beautiful Sequoia Lake, skate camp offers a unique connection to nature and community. For over thirty years, YMCA has run skate programs at this magical space. Making history this year, Skate Like a Girl is taking over and offering a 5 day/4 night skate retreat for Women and/or Trans skaters! We can't wait to shred, sing karaoke, swim, and become lifelong friends with you!

Please read this document very carefully. If you have any questions, please contact ashley@skatelikeagirl.com

CAMP SCHEDULE

Monday Aug 9	Tuesday Aug 10	Wednesday Aug 11	Thursday Aug 12	Friday Aug 13
	Early Risers Activities 7-7:45am	Early Risers Activities 7-7:45am	Early Risers Activities 7-7:45am	Early Risers Activities 7-7:45am
	Circle up at Homebase 7:45-8am			
	Breakfast 8:00-9:00am			
	Workshops or Open Skate 10-11:30am	Workshops or Open Skate 10-11:30am	Workshops or Open Skate 10-11:30am	Zumiez Skateboarding Showcase & prizes! 10-11:30am
	Circle Up at Homebase 11:45-Noon			
	Lunch Noon-1:00pm			
Camp Check-in & Swim Test Noon-4pm	Lake Activities Group A or Open Skate 1-2:30pm	Lake Activities Group A or Open Skate 1-2:30pm	Lake Activities Group A or Open Skate 1-2:30pm	Clean Cabin, Check Out, & Goodbyes!
	Lake Activities Group B or Open Skate 3-4:30pm	Lake Activities Group B or Open Skate 3-4:30pm	Lake Activities Group B or Open Skate 3-4:30pm	
CAMP WELCOMING! 4-5pm	Circle Up at Homebase 4:45-5pm			
Dinner 5:30-6:30pm	Dinner 5:00-6:00pm			
Camp Tour and Open Skate 6:30-8pm	Open Skate 6-8pm	Open Skate 6-8pm	Open Skate 6-8pm	
Camp Fire + Evening Activities 9-10pm	Camp Fire + Evening Activities 8:30-10pm	Camp Fire + Evening Activities 8:30-10pm	Camp Fire + Evening Activities 8:30-10pm	
Bedtime	Bedtime	Bedtime	Bedtime	

Every moment of the day will be magic at skate camp! Read below and get pumped!

7AM Rise and Shine!

For our early risers, we'll be offering some type of physical activity to get our bodies moving and ready for the day!

7:45AM Circle Up at Homebase!

Homebase is the community meeting area where campers gather before meals. Here we announce the activities for the days as well as conduct fun team bonding games, exercises or just get weird with a silly check in question.

8AM Breakfast!

Breakfast is seeeeeerved! It is crucial for campers to make it to breakfast, so they can sign up for workshops and take time for that day. Vegan, vegetarian, and gluten free will be available at every meal, and additional diets can be accommodated - please note on your registration form!

9:15AM Freshin' Up!

This is the time for campers to brush their teeth and/or shower, and get their gear together for morning activities.

10AM Open Skate or Workshops

Between 10am-11:30am, campers can shred the multiple skate parks at the YMCA facility on their own accord, or participate in some amazing workshops, both skate specific and otherwise. During breakfast, campers can sign up for their workshops for that specific day. Below are some of the workshops.

- High Ropes course & Rock Climbing wall
- Skate Wild Program- making fire, cooking, spoon making, archery
- Art Making- something you can take home as a skate camp memory!
- Skate workshops for beginner/intermediate (pushing/riding, drop-ins, ollies)
- Progression sessions for advanced - skate sessions on specific obstacles

11:30AM Back to our cabins

The bell rings to signify the end of the morning session. Everyone heads back to their cabins to regroup and head to homebase for circle up.

11:45AM Circle Up at Homebase!

Just like the morning, this is our time to come together as a camp, share any wins from the morning and introduce the activities for the afternoon.

12PM Lunch

Time to fuel up and get ready for a raring afternoon water fun and skating! Vegan, vegetarian, and gluten free will be available at every meal, and additional diets can be accommodated - please note on your registration form!

1PM Open Skate Or Lake Life!

Between 1-5pm are some of the hottest parts of the day! During the afternoon, campers can enjoy various lake activities, including kayaking, swimming, boating, SUP, and the legendary lake launch. During breakfast, campers can sign up for their lake time, either lake session A from 1-2:30pm, or lake session B from 3-4:30pm. Outside of lake activities, campers can enjoy open skate at any of 4 YMCA skate facilities on campus.

4:30PM Back to our cabins

Get ourselves nice and clean for dinner time!

4:45PM Circle Up at Homebase!

Final announcements for the evening and hear more wins from the day!

5PM Dinner

By this time, the temperature has cooled down and Sequoia lake begins to glisten with the sherbert hues of dawn. Eating on the patio offers a gorgeous view of the campgrounds. Vegan, vegetarian, and gluten free will be available at every meal, and additional diets can be accommodated - please note on your registration form!

6PM After dinner, we shred again!

This tends to be the best skate session of the day because it's not as hot and there is beautiful sunset lighting. Skate Like a Girl personnel will be stationed at every skate park on campus, to provide encouragement, trick tips, shoot your photo, or maybe help you get a clip! If you weren't able to take a shower in the morning, 6-8PM is another time slot for you.

8PM Back to our cabins

The sunlight is gone. Time to clean up and wind the evening down with spectacular activities.

8:30PM Campfire & Evening Hangz

Campfire is where we spend our nights laughing until our bellies hurt. The evenings of camp will include activities such as guest speakers, trivia, karaoke, film screenings, and more!

10PM Back to our cabins

Time to take showers, brush our teeth, and prepare for bed.

11PM Lights out

Catch that beauty rest before another epic day of skate camp!

IMPORTANT TO KNOW

- There is no cell phone service or wifi at camp
- Alcohol, drugs, tobacco, pets, weapons, or fireworks are NOT allowed at camp.
- Helmets are REQUIRED while skating. We will be enforcing this policy. Bring your own helmet with you to camp!

Learn more in the FAQ section later in this document!

COVID PROTOCOLS

- Campers are required to provide a vaccination card during registration, which will be a photo of their documentation of vaccination via document upload. If campers are not vaccinated, they must provide documentation of a negative covid test (from within 72 hours of camp start) upon arrival at the YMCA camp facility.
- Masks must be worn when indoors at all times, except for while in your cabin. Additionally, masks are required during skate instruction workshops (example: learning to drop-in). Campers can remove their masks outdoors, as long as social distancing of 6 ft is taking place (example: open skate, swimming, meals, etc)

WHAT TO BRING TO CAMP

- Refillable water canteen
- Sunscreen
- Hat
- Flash light
- Sleeping bag
- Pillow
- Swimsuit
- 2 towels (one for showering, one for water activities)
- Lake launch shoes (ones you don't mind getting wet!)
- Plenty of socks and underwear
- Pair of pants

- Pair of shorts
- T-shirts
- Jacket (it can get chilly at night)
- Extra masks
- Personal hand sanitizer
- Wrist watch
- Helmet (required) & pads (optional)
- Skateboard

LODGING

- Campers will be staying in either cabins or in tents. Campers can make requests on their registration form for other campers they would like to be placed with, but we cannot make any guarantees. Cabins typically sleep 9, but this summer we will only be placing 4 campers in each cabin, so they will not be crowded. Tents have extremely limited availability, and we cannot guarantee a tent spot. If you plan to stay in a tent, you must bring all of your own tent and camping gear, and your tent cannot be larger than a 4 person tent.

TRAVELING TO CAMP

- Participants are responsible for getting themselves to the YMCA camp facility. At arrival, you will be provided a safe place to park your vehicle. Parking is outside of the camp perimeter so plan to not be back at your car until camp ends on Friday. The address is: **YMCA CAMP SEQUOIA LAKE 49716 CA-180, Miramonte, CA 93641.**

ADDITIONAL FAQs

Is there WIFI / Does my cell phone work at camp?

- No. There is no cell reception or wifi available at camp. One of the best things about camp is its remote location, and the opportunity to interact in-person with other campers without screens or technology. Plan accordingly, as there will be no access to internet or phone data until you leave camp.

If someone needs to reach me while at camp what should they do?

- The easiest way to contact a skater during the camp session is via email at sk8@campsequoialake.org. Another option is to call the office at (559) 624-1110.

How are food allergies handled at camp?

- Vegan, vegetarian, and gluten free options will be provided at each meal. For any additional dietary needs, campers must list their food allergies/requests on the Skate Like a Girl camper registration form. Upon registration, Skate Like a Girl will communicate your dietary needs to the YMCA Food Service Director, and the YMCA kitchen staff will make accommodations as per your needs. Campers are encouraged to speak up in-person about their dietary needs to ensure the food matches their requests.

Do I need to bring safety gear?

- Yes! All campers must wear a helmet at all times while skateboarding at camp. Pads (elbow pads, wrist guards, knee pads) are strongly recommended. Skate Like a Girl will bring a VERY limited supply of helmets as a back-up, however, there will NOT be enough for everyone and campers must bring their own helmet.

Do I really have to wear a helmet while skating?

- YES! Really. We will enforce this policy, no exceptions.

Can roller skaters, roller bladers, BMX, and/or other wheels attend camp?

- No, sorry. While we love and appreciate our friends on quads, bikes and various wheels, this camp is limited to skateboarding only. To ensure the safety of our participants, we cannot instruct or allow any other type of wheels at camp that isn't skateboarding.

Are we gonna be contactless skate coaching at YMCA?

- Participants will be invited to join various skateboarding workshops to learn skills and specific tricks, and will not be required to make contact with instructors. However, certain tricks are not able to be taught by instructors without contact (example: Drop-ins, going down ramps), and therefore campers may need to adjust their skateboarding goals to stay safe while learning new moves.

I can't make it for the entire week of camp (Monday-Friday). Can I attend a portion of the week?

- No. All Campers must arrive Monday 8/9 between 12-3pm and depart Friday 8/13 by 12pm.

I AM INTERESTED IN CARPOOLING WITH OTHERS, IS THAT POSSIBLE?

- We will be sharing a contact list for folks to add their name and info to once registration closes. Those who want to connect directly with each other to figure out carpooling (either looking for a ride or offering a spot in their car) will have the opportunity to do so. Participants are ultimately responsible for coordinating communication and transportation logistics to get to and from camp on their own -- Skate Like a Girl unfortunately cannot assist with this beyond the contact list.

CAN I BRING ALCOHOL TO CAMP IF I'M 21 YEARS OLD OR OVER?

- No. YMCA does not allow alcohol, drugs, tobacco, pets, weapons, or fireworks on site. Do not bring these things or we could risk our partnership and ability to host camp again next year. We will be enforcing this rule, so leave any all of the above at home.

CAN I BRING MY DOG OR PET, THEY ARE FRIENDLY!

- No. YMCA does not allow alcohol, drugs, tobacco, pets, weapons, or fireworks on site. Do not bring these things or we could risk our partnership and ability to host camp again next year. We will be enforcing this rule, so leave any all of the above at home.

REFUND POLICIES

COVID Related Refunds

- In the event of Covid exposure during camp hours, camp will not be cancelled for the remainder of the week. Skate Like a Girl will follow the YMCA protocol for Covid exposure (listed below). However, any campers who decide to leave camp due to the Covid exposure, will be entitled to a full refund. If our staff are exposed to Covid they will not continue to work, and therefore the camp schedule may be altered as a result. If participants are exposed to Covid or test positive prior to camp, they should not attend camp and will be entitled to a full refund.

Non Covid Related Refunds

- All registrations generally have a 10% non-refundable deposit. This non-refundable deposit covers administrative processing and costs of registration. Any general refund request will be honored in full, minus the 10% non-refundable deposit, if requested more than 14 days prior to the first day of the program. No refunds will be processed within 14 days of the program start date, however, we can honor a program credit to be used towards a different Skate Like a Girl program. Refunds can

only be processed (a) back to the original form of payment, (b) a mailed check, or (c) as a credit towards a future Skate Like A Girl program.

2021 YMCA COVID CAMP OPERATION PROCEDURES & PROTOCOL

Social Distancing - Is defined by the current guidance from the State of California—Health and Human Services Agency - California Department of Public Health. Social distancing, also called “physical distancing,” means keeping a safe space between yourself and other people who are not from your household. To practice social or physical distance, stay at least 6 feet (about 2 arm lengths) from other people who are not from your household in both indoor and outdoor spaces.

Daily COVID protocol while at camp

We will be requiring all those at camp (staff and campers) be following 2 of the 3 social distance requirements at all times:

- 1) Wear a mask
- 2) Remain 6 feet apart from each other
- 3) Be outdoors

(Ex: if you are indoors, then you must abide by “1” & “2”. If you are outdoors-“3”, you can do “1” or “2”.)

PPE - Personal Protective Equipment

Emergency PPE will be offered while at camp by Skate Like a Girl. This includes- extra masks, gloves, sanitizer, first aid, temperature checks upon arrival and at mealtime.

The following individuals are exempt from wearing face coverings at all times:

- Persons with a medical condition, mental health condition, or disability that prevents wearing a face covering. This includes persons with a medical condition for whom wearing a face covering could obstruct breathing or who are unconscious, incapacitated, or otherwise unable to remove a face covering without assistance. Such conditions are rare.
- Persons who are hearing impaired, or communicating with a person who is hearing impaired, where the ability to see the mouth is essential for communication.

Note: Campers must provide medical documentation to Skate Like a Girl prior to attending camp if they have the conditions listed above.

Health Screening

Pre-Arrival Health Screening Documentation & Expectations

Upon arrival there will be a COVID Checkpoint where **all campers will be asked to provide a completed 14 day health log**. This will be sent out in a welcome email prior to camp. Campers will also abide by the following expectations to ensure optimal safety:

1. All campers and staff will comply with all social distancing requirements of their home community prior to arrival.
 2. Campers will fill out a pre-screening worksheet stated above.
 3. Present a pre-screening worksheet at time of arrival and check in (in hardcopy form)
 4. Self-monitor for 14 days and conduct pre-screening activities such as:
 - VITALS - Taking and recording their own temperature for 14 days before camp (refer to the individual instructions provided with the thermometer).
 - SYMPTOMS - Self-screening for the presence of symptoms (fever of 100.4 °F or greater, cough, shortness of breath, diarrhea, fatigue, headache, muscle aches, nausea, loss of taste or smell, sore throat, vomiting, etc.) within the past two weeks.
 - TRAVEL - Limit individual travel; nationally or internationally.
 - PROXIMITY - Determine the number of times the individual has been in close contact with a person who has been diagnosed with, tested for, or quarantined as a result of COVID-19.
- Staff will take camper's temperature
 - All campers will need to upload their vaccination card during registration or provide a negative COVID test from within the last 72 hours prior to camp start date.

Daily Health Screening - Skate Like a Girl personnel will take temperature checks prior to each meal.

Response and Management - Below are procedures detailing the response and management of medical concerns regarding COVID-19 or other public health issues.

Cause - Anyone showing **symptoms** or who has had recent contact with a person with a confirmed or suspected case of COVID19 cannot attend camp until they are asymptomatic and tests negative for SARS-COV-2.

Symptoms - Any camper showing symptoms such as: fever of 100.4 °F or greater, cough, shortness of breath, diarrhea, fatigue, headache, muscle aches, nausea, loss of taste or smell, sore throat, vomiting, etc. while on Camp premises.

Step 1 - Initial Quarantine

- Place camper or staff member in isolation (Directors cabin in Millwood), and initiate COVID-19 Testing Protocol

- Testing Protocol - If COVID-19 Testing Protocol indicates a suspected case in a staff member or camper:

1. YMCA Leadership team will be notified
2. On site Registered Nurse will be consulted
3. Fresno Department of health will be notified
4. An interview will be conducted

Preventing the Spread- Camper and Staff interaction

- Campers will be placed in cabins with only a total of 4 campers per cabin.
- When interacting with others in your unit you must follow at least 2 of the social distance requirements that are listed:
 1. Wear a Mask
 2. Remain 6 ft apart
 3. Be outside
- Campers must avoid shaking hands, bumping fist or elbows, and other physical contact.
- Meals will be eaten outside where social distance of 6 ft. can take place.

Facilities and Facility Management

- Mattresses - Cabins come with vinyl covered mattresses to allow for easy cleaning
- YMCA Camp Sequoia Lake just provides beds and mattresses
- Bedding - No bedding is provided by the YMCA. Campers are responsible for their own bedding, such as a sleeping bag and pillow.

Cabins are sanitized between each camp session. Cleaned and ventilated.

Windows left open for two hours prior to cleaning crew going in.

- Wipe down entryways and other surfaces
- Sanitize with EPA recognized chemical (Re-Juv-Nal)
- Allow to air dry

Dining Hall - Location of food services while on Camp premises

Procedures and Precautions:

- Hand sanitizer will be available at the entryway of dining hall
- No campers are permitted in the dining hall without supervision
- Social distancing rules **MUST** be as followed
 1. Masks - masks to be worn at all times when inside the building.

2. Social Distancing – Every effort must be made to maintain a 6-foot distance from others

Sanitization Procedures

Pre Meal:

- All tables and serving areas must be sanitized and wiped down with EPA recognized chemical (Re-Juv-Nal)

Post Meal:

- All tables and serving areas must be sanitized and wiped down with EPA recognized chemical (Re-Juv-Nal)• Allow to air dry

Bathrooms – Camp buildings containing either toilets, showers, sinks, or a combination of all three

- No personal belongings should be kept in the bathrooms.
- Sanitation procedures- followed and recorded daily. Record sheets will be displayed at all entryways.

Procedures:

- Remove all mats and trash cans
- Wipe down all surfaces to remove dirt and grim
- Rinse all surfaces
- Use EPA recognized sanitizing spray (Re-Juv-Nal) to spray all counters / walls / toilets / sinks / doors
- Allow to air dry
- Sweep and mop floor with PH7

General Camp Areas Procedures and Precautions

- Hand washing stations are spread throughout camp
- Hand sanitizer stations are at every entrance to communal buildings / program areas that do not have easy access to sinks

Pre Existing Medical Conditions

Conversations have been taking place with everyone regardless of their conditions. We are very open about the dangers for those with preexisting conditions, or if you care for / live with anyone that meets these criteria.

Campers are encouraged to roll their fees over to next year if they have any concern about coming to camp.

In the case of a COVID Outbreak or Health Emergency due to COVID-19:

- Camper(s) with symptoms or diagnosed with COVID will be isolated.

- Camper's fellow pod members will undergo temperature check and/or rapid COVID testing on site immediately.
- And further measures will be taken by the nurse and lead staff to track any contact made with other campers. Those who have been in contact with sed camper(s) will be tested with rapid tests as well and isolated until results are clear.
- Any campers testing positive will be excused from camp and provided a full refund. Any camper who feels the need to leave camp due to safety concerns will be eligible for a full refund as well.

If you have any questions, please contact ashley@skatelikeagirl.com See you at camp!