

Hi All -

We are so excited for you to be joining us at our Women and/or Trans Adult Skate Camp!

We have been receiving a flurry of emails and inquiries so we wanted to quickly go over some covid policies and precautions, as well as some general reminders, to hopefully bring everyone more peace of mind in their journey and experience at camp!

We appreciate you taking the time to read over this email thoroughly. We have over 200 folks joining us over the next 2 weeks of camp, and don't have service/wifi while we will be at camp or the administrative time to respond to each and every inquiry. We will still do our best to respond to inquiries if the following does not answer your specific question.

We look forward to an awesome time with you all!

CAMP CONTACT / EMERGENCY PHONE NUMBER

888-401-0195 ext 3

This is the number to call if you need to communicate with US (due to covid issues, unexpected travel plans, emergencies, etc). Reminder, we will NOT be able to check our e-mails consistently so calling this number and leaving a voicemail is your best option.

You can also give this number to family members in case they need to get a hold of you.

COVID TESTING

- All participants must provide a negative lab administered PCR or ANTIGEN test, provided in PRINTED hardcopy form during camper check-in on day 1
- If you HAD Covid 10+ days prior but are NO LONGER experiencing symptoms and you anticipate NOT being able to produce a negative lab administered test - BRING AT LEAST 2 self-administered rapid tests with you to camp and masks (we highly recommend N95 or 2 surgical masks)
 - You will test on site upon your arrival in the presence of a Skate Like a Girl team member
 - *If you test negative* upon arrival with a self-administered rapid test, you will be able to participate as planned
 - *If you test positive* upon arrival with a self-administered rapid test, you will be isolated and together with Skate Like a Girl team members, we will create a reasonable game plan to ensure your safety and the safety of others at camp

COVID SAFETY PRECAUTIONS

- Though you are welcome to, you do not need to use group facilities, for example, there are individual showering and toilets stalls for people to use

- Though you are welcome to, you are not required to sleep in a cabin with others, for example you can pitch a tent or sleep anywhere outside that is approved
- If you or any other camper comes down with symptoms or tests positive during camp, we have several individual quarantine bedrooms and bathrooms in the infirmary
- Masks must be worn when indoors at all times, including in the dining hall, except for while in your designated cabin
- Masks may be required during skate instruction workshops per instructor discretion (example: learning to drop-in), however, campers can remove their masks while outside, as long as social distancing of 6 ft is taking place (example: open skate, swimming, meals, etc)
- Skate Like a Girl asks all campers and staff to consider using COVID safety measures including masking when traveling to camp and in the days leading up to camp, in an effort to reduce exposure to COVID for the safety of yourself and your fellow campers and staff - *thank you!*
- Skate Like a Girl asks all campers and staff who are feeling ill in any way, or think they have been exposed to any illness, to stay home and take care of themselves, if campers think they have been or are exposed to COVID and are unable to attend camp, they will receive a refund per our policy
- Skate Like a Girl asks all campers and staff to consider bringing with them self-administered rapid tests, and test yourself at the first indication of symptoms, protecting yourself and your fellow campers is of utmost importance
- If you are experiencing any of the following symptoms prior to camp: please take a self-administered rapid test at your earliest opportunity and contact us sfbay@skatelikeagirl.com / P: 888-401-0195 ext 3
 - Coughing, sneezing, runny nose and/or cold like symptoms
 - Sore throat and/or congestion NOT due to allergies or bad air quality.
 - A repeated temperature over 100.3 for more than 1 day; consecutive days or not
 - Loss of taste or smell, trouble breathing, potential exposure to illness

ARRIVING TO CAMP

- [Search “YMCA Camp Sequoia Lake” in Google Maps](#)
 - Address is: 49716 CA-180, Miramonte, CA 93641
- Arrival Time is Monday between Noon and 2:00 pm
 - Please let us know in advance if you are going to be arriving after 4pm (emergencies only)
- Directions to camp (watch this video before you leave, service is spotty once you arrive) <https://www.instagram.com/p/CRjaalXh--e/?igshid=MDJmNzVkJY%3D>
- Meals/Bringing Snacks:
 - The camp chef will cater to almost all food allergies. Breakfast, lunch and dinner will be served each day with the exception of dinner only on Monday and breakfast only on Friday. We recommend bringing additional non-perishable

snacks to eat between meals. There will be a storage area for your dry food, and we recommend having a container/bag to clearly label your food. There will be a refrigerator to store perishable foods in but we ask that this is reserved only for campers with medical conditions or unique circumstances. ALL FOOD MUST BE STORED IN THE DINING HALL.

IMPORTANT TO KNOW

- There is no cell phone service or wifi at camp (be prepared to disconnect!)
- As noted there is no wifi at camp, however some may wish to bring portable electronics
There are power outlets in cabins and in communal areas such as the dining hall.
- 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!

WHAT TO BRING

Whether this is your first time coming to a camp or your tenth camp experience, there is always a sense of excitement and anxiety when it comes to packing and making sure that one has the “right” amount of gear and clothing. We have written the following list as a guide and to help alleviate some of the anxiety that may go into getting ready for camp.

Suggested Pack List:

- Hat
- Extra shoes for Lake launch (ones you don't mind getting wet!)
- Plenty of socks and underwear
- Pair of pants
- Pair of shorts
- T-shirts
- Jacket/Sweatshirt (it can get chilly at night)
- Swimsuit
- Flashlight / headlamp
- Sleeping bag
- Pillow
- 2 towels (one for showering, one for water activities)
- Extra masks
- Extra Rapid Tests
- Personal hand sanitizer
- Bug Spray
- Wrist watch - very helpful for time management since phones are off
- Helmet (required) & pads (optional)
- Skateboard
- Snacks for in between meals (non-perishable)

- French Press (optional) - we will have Verve coffee grounded for french press

Each camper will be receiving a Yeti water bottle, sunscreen from SunBum, a camp t-shirt, shoes from Nike SB and many more goodies from our sponsors. If you are flying, pack knowing that you will be traveling home with more than you came with!

Footwear safety: All footwear worn outside must be able to fully secure the foot. Flip flops and crocs can be used for the shower or lake time, but not for walking around camp or skateboarding.

Lastly, please be as CAREFUL as possible in your time leading up to camp ie) wear a mask indoors, while traveling (on flights, while carpooling) and in crowded areas outdoors. Help us prevent COVID from ruining our time at camp.

Best,
Skate Like a Girl

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Leave a voicemail if we don't answer, we will get back to you as soon as we can.