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## 2020 Summer Recess Pedal, Paddle, Fish and Hike Camps

*Revised: 05/27/2020...additional updates will be forthcoming*

### COVID-19 Safety Measures

A. If you show any symptoms below do not attend camp:

- 1.) A new fever (100.4°F or higher), or a sense of having a fever.
- 2.) A new cough that you cannot attribute to another health condition.
- 3.) New chills that you cannot attribute to another health condition.
- 4.) New shortness of breath that you cannot attribute to another health condition.
- 5.) A new sore throat that you cannot attribute to another health condition.
- 6.) New muscle aches that you cannot attribute to another health condition, or that may have been caused by a specific activity (such as physical exercise).
- 7.) A new headache that you cannot attribute to another health condition.
- 8.) New loss of smell or taste that you cannot attribute to another health condition.
- 9.) Every student and staff will have their temperature taken at the start of each day.
- 10.) Face masks are optional for both students and staff while outside; students and staff will be required to wear a face mask while inside a building.

B. Practice social distancing (6ft from nearest person):

- 1.) Maintain 6 feet while biking.
- 2.) Maintain 6 feet while kayaking.
- 3.) Maintain 6 feet while hiking.
- 4.) Maintain 6 feet while fishing. Each student will have their own fishing rod and bait can to keep with them throughout the day/week.
- 5.) Maintain 6 feet while stationary (each student will receive a dome cone they will keep in their backpack and place on the ground a minimum of 6 feet from others).
- 6.) If students do not follow social distancing policies, parents will be notified and the student will be sent home.

C. Wash hands thoroughly with hand sanitizer frequently:

- 1.) Upon arrival and departure to and from camp.
- 2.) Before snack and after snack.
- 3.) Before lunch and after lunch.
- 4.) Before fishing and after fishing.
- 5.) Before kayaking and after kayaking.
- 6.) Before hiking and after hiking.
- 7.) Anytime you have contact for any reason with your mouth, nose or eyes.
- 8.) After using the restroom.

D. If you have to sneeze or cough, do so into your elbow and away from others

### 2020 Summer Camp Change

A. Adjusted group sizes - prior to first day of camp, students will be separated into groups of no more than 8 students and 2 staff members. Group requests will be accepted:

- 1.) Families will be emailed prior to first day informing them of where to meet at the Lynnhurst Park Building or Lynnhurst Play Fields and who their staff leader will be.
- 2.) Groups will leave at different times and different directions and will not come in contact during the week.
- 3.) Pete Hill or Pat Caldwell will be available in Minneapolis during the week in "safety vehicles" if support is needed.

B. Daily activities:

- 1.) Biking - maintain 6 feet and no touching or sharing of others bicycle; look for new

bike routes this summer.

- 2.) Fishing - dome cones will be placed on the ground and students will be required to stay put unless permission is given by lead instructor. Each student will be given a fishing pole and bait container at the beginning of camp that they will keep in their backpack.
- 3.) Kayaking - maintain 6 feet at all times. Paddles, kayaks and life jackets will be sanitized after each use.
- 4.) Hiking (replaced beach play and swimming) - maintain 6 feet.

C. What to bring each day:

- 1.) Bicycle and helmet
- 2.) Backpack with padded straps (no string backpacks)
- 3.) Lunch
- 4.) Two snacks
- 5.) Face mask
- 6.) Hand sanitizer - parents need to supply (we will have extra)
- 7.) Water bottle - Active Solutions will supply bottled water to refill students bottles
- 8.) Extra clothing - be prepared for the weather
- 9.) Fishing rod - Active Solutions will supply
- 10.) Dome cone - Active Solutions will supply

D. If unsafe weather conditions at start, middle or end of camp are imminent, parents will be sent an email for your child to be picked-up ASAP (please plan accordingly). Normally we hunker down in park buildings or schools and these facilities are closed at this time. Camp will resume once safe weather conditions resume.

If you have any questions or concerns, please contact either Pat Caldwell or Pete Hill.

Thank You

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