

Yoga Camp Social Distance Guidelines

- **Outdoors:** Camp will be ALL outdoors this year to minimize risk. We will be outside in all weather, except storms. If a storm is supposed to last all day, camp will not happen. If it is a short storm, we will hold camp under covered open air patio or in the open air /open door garage area.
- **Social Distance:** To honor social distance guidelines, we will maintaining a 6-foot distance between everyone, during all activities. Yoga mats will be more than 6 feet apart.
- **Limited Capacity:** I have lowered the amount of participants to 5-9 to ensure that we can keep our distance!
- **Face Masks:** Your child is welcome to wear one. I will wear a mask if I need to be closer than 6 feet to someone, if they should need help.
- **Food / Drinks:** Bring your own food and water. No sharing of food or water.
- **Supplies:** Each child will receive their own supplies (own paint brush, paints, etc.) and no supplies will be shared. Everyone will bring their own mat. Mats will be cleaned at the end of each day.
- **Sanitation:** There will be a hand washing station set up outside and hands will be washed before camp, during camp, before any eating, and after camp. Hand sanitizer will also be used.
- **Sunscreen/ Bug spray:** Parents will apply sunscreen and bug spray on kids before camp.
- **Restroom:** One child at a time may use the restroom. The restroom will be cleaned by my assistant after every single use.
- **Health:** No one with a temperature or feeling sick may come to camp. If I should become sick, camp will be rescheduled.
- **Touch Free Forms & Covid-19 Questionnaire:** Participants will be emailed forms and consent waiver to be filled out electronically. All participants will complete a Covid-19 questionnaire. If any answers are affirmative, you may not attend camp. You will receive a full refund.