



Young Heart Yogis Summer Camp Safety Plan

1. Young Heart Yogis will hold our summer camp outdoors with up to 25 children in attendance at each session.
2. All yoga mats will be placed in a circle with physical distancing of six feet between mats with the instructor in the middle.
3. Each child will bring his/her own water bottle and there are restrooms close enough for the instructor to see.
4. Wearing face masks will be strongly advised.
5. There will be a fifteen minute staggered check-in with a wellness screening to be completed with each parent prior to the beginning of the yoga session. This will take place next to the yoga area with parents/child standing on dots to keep six feet separation. Parents will pick up their child(ren) by standing six feet apart on the sidewalk near the yoga area.
6. Hand sanitizer will be provided for children to use when arriving and leaving class.
7. Masks and gloves will be available for the instructor to care for a camper that becomes ill. A cell phone will be available to call a health care professional if needed. The "Stop the Spread of Germs" poster will be posted and protocols will be followed to report any cases of covid19.
8. Class will be rescheduled if instructor becomes ill or bad weather.



Young Heart Yogis Wellness Screening

Name: _____ Date: _____

Do you have a fever? Yes ___ No ___

Do you have any of the following symptoms?

___ Dry cough

___ Shortness of breath

___ Sore throat

___ Loss of taste or smell

___ Nasal congestion

___ None



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