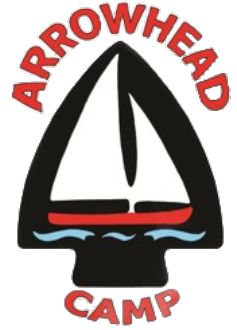


# Arrowhead Camp

## Women's Weekend

### COVID Policies and Procedures



This is a living document and will be adjusted according to the current Covid protocols and procedures, as mandated by our local health unit.

#### Arrival Screening and Contact Tracing

Just prior to arriving at Camp, please complete our screening form (sent via email closer to the date of the program) and submit it to our staff while still in the parking lot at Camp. Upon arrival, every individual will be screened, rapid tested, have their temperature taken before entering the camp.

#### Mask Wearing

Masks will be required to be worn when inside all buildings, hallways and washrooms, except your own sleeping quarters. When approaching and standing at the coffee/tea/tuck shop counter we also ask that you wear your mask.

#### Sleeping Arrangements

You will come to camp and bunk with the cabin group you requested upon registration. (It will be up to you as to whether you feel comfortable bubbling with these people for the weekend).

There is cleaner inside every cabin. We recommend using it to wipe down surfaces in the washroom after every use, and before using your table for meals. There is also sanitizer outside the door of your cabin, to be used before you enter and when you leave your cabin.

### Eating Arrangements

Each cabin group has a designated picnic table in front of their cabin, and a round table and chairs from the dining hall inside their cabin. All meals are brought by our staff to the cabin and dishes are then brought back to the kitchen by our staff.

### Activities and Programming

The dining hall will be kept available for our programs in the event of unfriendly weather. It is a large space where we will all wear our masks and if we are not worrying about also trying to eat in there, we can leave it available for yoga, crafts, talks, games, etc.

The rec hall may be off limits due to restrictions at the time. If so, we will do our physical distance dancing in the dining hall or under the stars on Saturday night.

Each cabin has designated equipment (canoes, kayaks, paddles, life jackets, sports equipment, etc) for them to use during their stay.

We do not know yet whether Massages will be able to happen. We'll let you know closer to the date!

I'm sure you have questions and I'm here to answer them as best I can. We are taking a conservative approach to all programming during this amazing weekend with the aim to be able to add or alter as we get closer to the date. Please don't hesitate to be in touch.

Yours in camping,

Becca Birnie

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