

\*Subject to changes as CDC/State/Local update recommended guidelines for residential camp.



Summer 2025

A healthy camp starts at home, and we need our MAFHC families to work together with the staff to help keep our campers, staff, and families safe. MAFHC thanks you for being diligent and for your understanding as we work together to provide the lowest risk environment possible for a safe residential sports camp season for our field hockey players!

The Mid-Atlantic Field Hockey Camp prides itself in having quality medical staff at camp. We also have great cooperation with Beebe hospital and Atracare health in Lewes, which are minutes away from camp. Please upload any additional medical information that would be helpful in making the camp week a safer and more healthful situation for your child. My medical staff wants to be as prepared as possible to know our participants as best we can prior to your camp session check-in date. MEDICAL INFORMATION will be kept private and confidential.

If any matter arises before camp begins that our staff should be aware of, please notify us promptly. Please don't allow your child to attend camp if sick or injured, to jeopardize their future or the health of other campers. Thank you for your cooperation.

The information below will inform you of the camp check in and wellness protocols we will be following during our residential field hockey camp this summer.

### **Before Arriving at Camp**

- Please be sure to read the [Additional Information Packet](#). This packet has everything you need to know to prepare for your week at camp.
- Payment of balance due for camp no later than June 15<sup>th</sup>.
- A current **physical date** is **required**. Each camper must have completed physical within the year of your first day of your camp session (ex. Sports Physical 8/1/24 would qualify your child as cleared for camp; Sports Physical 7/1/24 would not qualify your child as cleared for camp.)
- If you have a **recent** injury, concussion, illness, etc. - it is required that you include a medical release from a doctor to participate in MAFH weeklong overnight sports camp.

\*PDF scan is recommended, NO pictures or images. For each task due – only one upload per task, if you have multiple pages for each task, they should be scanned as one PDF document.

[Directions to scan using a smartphone](#)

[Login to your account.](#)

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### **At Sunday Camp Check In**

- Any new information or paperwork that may have changed since registration (Ex: medical/injury physician release; new insurance card; prescription, contact information, etc.)
- Balance that may be past due
- Money – Cash/check that you may want to deposit for the week in the camp bank
- Please leave packed items/hockey gear in car – until after you're checked in and receive dorm assignment

### **Drop Off Procedures Sunday 3-5 pm**

Drop off times will be staggered based on last name of camper. If you are carpooling with another camper, you may use either camper last name for your arrival. **Please** contact [MAFH](#) if you may have a late arrival. Your safe travel is most important!

Please follow assigned times:

Last names ending in **A-L** are asked to arrive between 3 - 3:45pm and last names ending in **M-Z** are asked to arrive between 4-4:45pm. Upon arrival, you will proceed to the check in point. It is recommended that only one family member check-in the camper. Only one family member can escort and assist camper at check in and dorm move in. To keep traffic flow, we ask visitors to exit campus once your camper(s) is moved in. The Camp Store will be open to set up camp bank card and for sales at check-in. \*Cash or checks accepted only.

### **Pick Up Procedures by NOON Thursday**

Only one family member can assist camper at dorm move out. To keep traffic flow, we ask visitors to exit campus once your camper(s) is moved out. We encourage campers to cash out bank cards prior to pick up; however, a check with the remaining funds from Camp Store will be mailed to the camper by the camp director within two weeks at the close of camp. The Camp Store will still be open for sales at pick-up. \*Cash or checks accepted only.

### **Spectators**

Camper family members are **invited** to attend Thursday's All Star and championship games starting at 9 am, concluding at 11:40 am with closing awards/remarks at 11:45 am. Each team plays at least **two** games.

Please use the designated spectator areas. It is **best** to park near your camper's dorm or in designated parking past hockey fields.

**Bring** sunscreen, water, chair, and umbrella for shade/rain if needed.

### **Group Size**

Campers will be assigned to a dorm of approximately 14 campers. Dorm Capacity will meet DE State Park guidelines.

### **Cleaning Protocols**

Each camp will have dedicated cleaning staff. High touch surfaces will be cleaned regularly throughout the day. Daily cleaning of activity equipment will be done per recommended guidelines.

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### **Handwashing Stations**

Handwashing and/or sanitizing stations will be available at camp. It is recommended that all participants always carry a personal hand sanitizer.

### **Food and Meal Procedures**

Meals will be eaten with your assigned dorm and will be scheduled at staggered times. There are indoor and outdoor (weather dependent) seating options available. Meals will be served by designated staff.

Contact the camp director with any concerns about dietary restrictions ASAP or at least four weeks in advance of the start of the camp session. \*If your child has allergies to foods/restrictions, it is important that we are contacted immediately, to ensure that your child's needs can be accommodated by our staff and venue.

### **Housing**

Indoor capacity will meet DE State Park guidelines. It is mandatory that campers keep items separate and not share personal items with others.

### **Camper(s) with Illness/Injury Return to Camp Policy**

If a camper shows symptoms of illness and/or injury. If determined by medical staff that camper is not able to return to participation, parent will be called, and the camper's family is expected to come and retrieve the camper within travel time from your destination, plus two hours for arrangements. Please contact the director with any additional questions regarding this policy. \*Determined case by case.

### **After**

It is recommended all camp staff and campers monitor their health following their stay at camp. If an illness or concern is found, please contact MAFH, so that, if warranted, necessary protocol can be taken.

References used to establish MAFH Operational Plan: CDC Guidelines; Delaware Health and Social Services; American Camp Association