

**North Gait Equestrian Center
Camp Welcome Packet
Summer 2021**

Welcome Campers and Parents!

We are incredibly excited for our summer camp season this year! I hope that all of you are safe, happy, and finding ways to get back to “normal.” We will do the absolute most to ensure the safety of all our guests at North Gait Equestrian Center. We understand that there is an inherent risk to being out in public and exposing you and your family to other persons; however we have done all within our power to create a safe structure during the COVID-19 pandemic.

Please thoroughly read through this packet to be best prepared for your camp this year.

Masks

“What are you going to do about the masks?!”--the most asked question of the year!

In accordance with the Centers for Disease Control and Prevention's (CDC) recommendation released May 28, 2021, *Guidance for Operating Youth Camps*, Section 4: Guidance for Camps Where not Everyone is Fully Vaccinated, We will continue to wear masks.

Why:

1. We will wear masks to protect children age 12 and under who are not inoculated. These children and adults can still get sick, carry the virus and transmit it to others.
2. Vaccinated persons age 12 and up will be asked to wear masks when in close contact (within 3-6 feet) of an unvaccinated person.
3. The chances of transmission occurring when outside are greatly reduced. Due to the nature of our camp, and the amount of contact our staff and campers may have, we will mask up during activities that require closer proximity.

Vaccinated Person:

1. Although people who are fully vaccinated do not need to wear masks, camp programs should be supportive of campers or staff who choose to wear a mask. (CDC, 2021)
2. Vaccinated persons will wear masks when within 3 feet of an individual who is not vaccinated.

We will wear masks during the following activities/circumstances:

1. Learning to groom and saddle horses.
 - a. Our staff will have to be close by during this time to ensure the safety of the horses and students as well as to check that all tack is placed and fitted properly, again for safety.

2. Completing activities in close range of one another i.e. being in a stall together, washing and bathing horses, learning to handle horses (ground work), or other group activities.

We will allow masks to be removed during the following activities/circumstances:

1. While riding and distanced from their instructor. If both the rider and instructor are vaccinated, and away from those who are unvaccinated, they may both be unmasked.
2. During socially distanced lunch and snack times.
3. During socially distanced games that involve more rigorous movement.
4. When standing outdoors (our barn is an enclosed facility)--socially distanced.

What you can do:

We support everyone's right to do what is best for themselves, their family, and their health. If getting vaccinated is the right thing for you, we encourage you to do so before camp.

Masks can be uncomfortable and warm, what can I do?

In our experience disposable medical masks have been the most breathable and comfortable on warm days.

The mask must be well fitted and cover the nose and mouth.

There will be plenty of opportunities for your camper to pull their mask down and get some fresh air.

Camp Essentials

Activities

- | | | |
|------------------|--------------------|-----------------|
| ★ Grooming | ★ Ground work | ★ Anatomy |
| ★ Tacking | ★ Animal husbandry | ★ Bathing |
| ★ Western riding | ★ Mucking | ★ knot -tying |
| ★ Horsemanship | ★ Oiling | ★ So much more! |

Camp Structure

1. Upon arrival we will ask a few screening questions, take temperatures, and assign kids to their teams.
2. Campers will learn about safety, horsemanship, and so much more! They will learn to groom, saddle, and ride as well as learn to clean and care for the barn, etc. We will return them to you exhausted, dirty, and happy!
3. Campers will be split into small groups and will be assigned one group of instructors.
 - a. These groups will not commingle but will remain separate for the duration of camp.
4. Groups will rotate activities throughout the day. Everyone will have equal riding time twice a day!

Cleanliness

1. All high touch surfaces will be disinfected between use.
2. Tables will be cleaned before and after lunch/snack time.
3. North Gait will have hand sanitizer available as well as hand washing stations around the property.

Camp Checklist

Footwear:

Cowboy boots or english riding boots are great. Otherwise sneakers with a smooth sole are best. Hiking boots/rain boots with a thick tread are not recommended as they can get caught in the stirrup.

*Target, Amazon, Concord Feed, Boot Barn, Tractor Supply, Stateline Tack are good resources!

Horseback riding helmet:

Why a horseback riding helmet specifically? Bike/skate/snowboarding helmets are not designed to protect from the impact of an equestrian fall. We will not allow students to ride in anything but a horseback riding helmet for their own safety. We try to expect the unexpected but do not plan to have any accidents--safety first!

*Amazon, Concord Feed, Stateline Tack are good resources!

Pants:

Jeans, leggings, jeggings, and breeches are OK! Students can pack shorts that are knee length in case it is hot and they would like to change. We want to protect as much of the rider's leg as possible.

Tops:

Fitted shirts that cannot get caught on the saddle. Necklaces and jewelry are not recommended.

Hairstyles:

Hair can be worn up or down. If you are going to have your child's hair in a ponytail, braid, or bun make sure to place it low on the nape of the neck so that the helmet can properly fit their head.

Water, water, water!

We have some refill tanks around the property but it is the rider's responsibility to bring water bottles. North Gait does not have water bottles for our campers.

Plenty of snacks and packed lunches!

Medications:

If your child has allergies please plan accordingly! The barn can be dusty, we have horse dander, dog dander, pollen, and hay.

If your child needs to take medication while at camp please provide this information to North Gait prior to the start of camp.

- ❑ Fridays we will provide pizza and ice cream for lunch. We do NOT provide snacks and water on Friday. If your child has any food allergies or sensitivities please contact North Gait.

- ❑ Collection of Forms:

Please be sure to bring your release forms to camp. There are two separate Release Forms. They will be sent

- ❑ Payment:

Invoices will be sound out shortly so that you can take care of your balance. If you would like to pay your remaining balance on the first day of camp you may! We accept cash, check, or card.

Other Important Information

Enrolling with a friend or family member:

If your child has signed up with a friend or family member please contact us so that we can pair them together in a group.

Contact info:

Please do not hesitate to call us at 925-932-2282 or email at northgait@northgait.com. Ask for Rachel Henderson and she will do her best to assist you!

We look forward to working with you and your family!

Best,

Rachel Henderson

North Gait Equestrian Center

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