

## On Site Guidance Summary

### LUNCH and SNACKS: IMPORTANT

- Lunch is from 12:30 to 1:00. Parents are responsible for their children's food for lunch and snack time.
- Snack time is set to 10:30 (after the first morning lesson) and 4:00 (for full-day campers). Eating is not permitted during lessons.
- Unfortunately, food sharing is not allowed to avoid cross-contamination and to protect campers who have food allergies.

### RECESS – WE'RE MORE THAN JUST CHESS!

- We encourage outdoor play as it presents a valuable opportunity to promote social skills and build self-esteem.
- Weather permitting, we like to take campers outside for recess, so please dress campers accordingly. This includes warm, comfortable clothing and well-fitting shoes.
- Please label all personal belongings to minimize lost objects.

### HEALTHY HABITS:

- MASKS: We have a mask optional policy. If a child wishes to wear a mask, we will try to encourage proper mask application, removal and disposal.
- HAND WASHING: As always in the past, we will reinforce good habits such as washing with soap and water for at least 20 seconds.

**PROTECT YOURSELF AND OTHERS:** This year's flu and COVID-19 symptoms and can range from mild (or no symptoms) to severe illness. Please keep your children at home if they are sick and seek testing and/or medical attention if necessary.

If you have any questions, please contact our camp director **Slava** (at our Teaneck location 201-833-1741) or **Sean** (Glen Rock 201-797-0330). With your cooperation, we hope to meet and exceed everyone's expectations for a fun and engaging time at ICA this winter!