

# SOCIALLY DISTANT CAMP ACTIVITIES

**NOTE: For all activities, please follow the below guidelines from the Camp Ho Mita Koda COVID-19 Mitigation and Operation Plan**

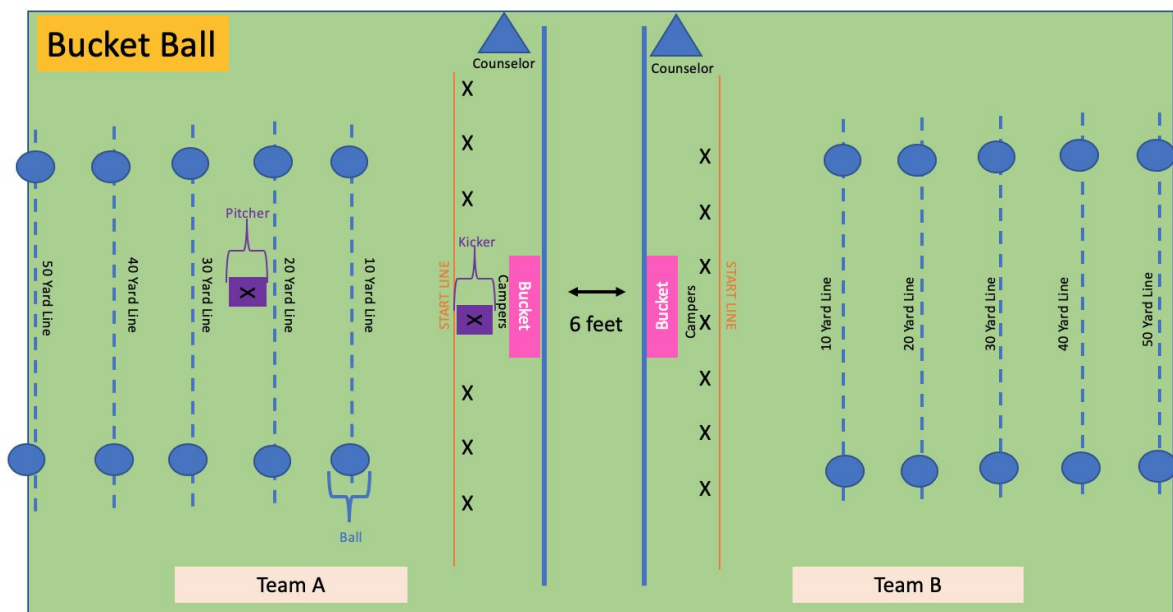
\*Camp Ho Mita Koda COVID-19 Mitigation and Operation Plan

- Activities
  - Intact family cohort groups will consist of 7 campers, 2 instructors, and 1 registered nurse. The group will participate in activities as an intact group.
  - Campers and staff will wash and sanitize their hands before and after each activity, before and after eating, before and after bathroom use, and after coughing or sneezing
  - Masks will not be required for each group when they are appropriately distanced from other cohorts. Masks will be required when indoors, in a close quarters situation or activity, where 6 feet distance is not able to be maintained between cohorts, and when traveling between activities when contact with others is possible.
  - Appropriate social/physical distancing between intact family cohort groups will be observed during all activities.
  - Campers within the same group and their counselors are not required to maintain full social distance from each other.
  - Intact family cohort groups will maintain social distance of at least 6 feet from other groups. Groups will observe if stations or activities are occupied and either wait at a safe distance or move on to another location.
  - All camp activity equipment will be thoroughly wiped down before and after each individual use by an approved CDC sanitizer.
  - All camp activity and sport equipment will be disinfected prior to another cohort utilizing the equipment.

## Bucket Ball

- *Two central parallel lines are marked in the field 6 feet apart. Each team should remain on their side of the lines. A 10 yard line, 20 yard line, 30 yard line, 40 yard line, and 50 yard line are marked parallel on each side of the 2 central lines. 2 balls are spread on each yard line. Each team has a designated ball for pitching. Each team lines up at the start line facing away from each other. If it is your team's turn, one kicker should step forward and one pitcher should stand 20 yards away from the kicker. Once the ball is kicked, all members of both teams must run to the yard line that the counselor yells and then grab the pitching ball and all of the balls between that yard line and the start line and place them in the appropriate bucket. Example scenario: Team A is up to kick. The kicker kicks the ball and it lands just past the 30 yard line. The counselor yells 30! And all members on both teams have to run and touch the 30 yard line and then grab the pitching ball and all the balls between the 30 yard line and the start line and place them in the bucket near the central lines. The first team done gets a point. The balls should be replaced on all the lines. Then the next team is up to kick. The team with the most points at the end wins.*

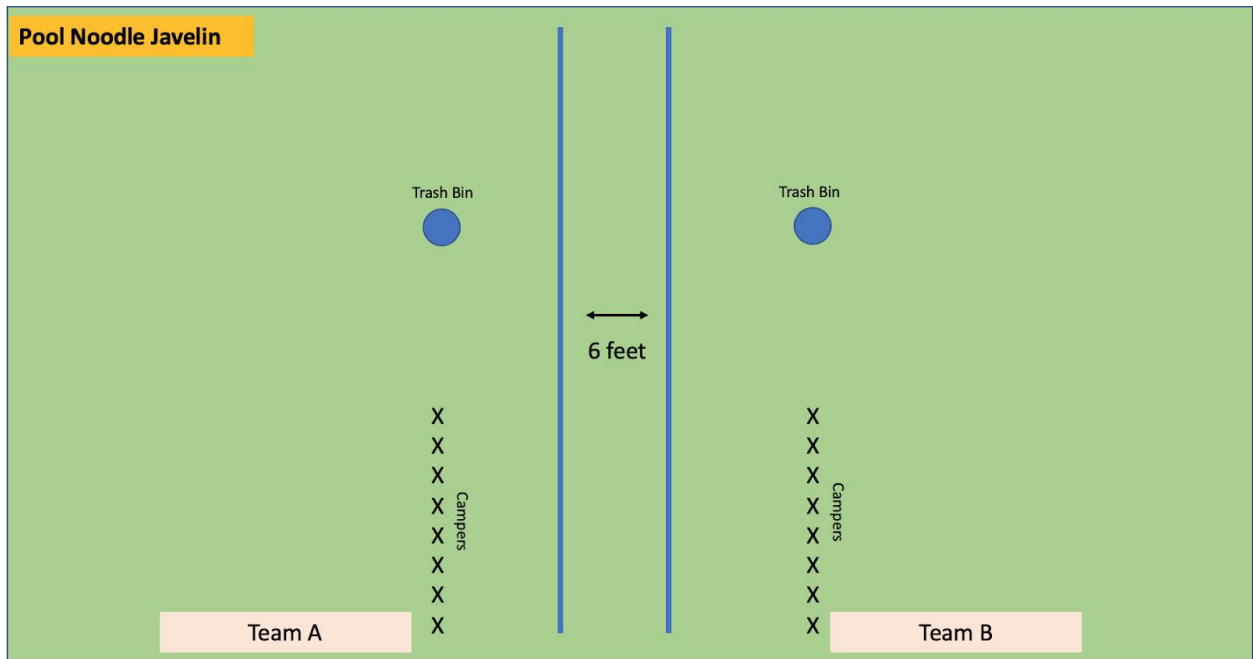
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## Pool Noodle Javelin

- Description: Two central parallel lines are marked in the field 6 feet apart. Each team should line up parallel to each other at least 6 feet apart behind their respective lines. Each team must throw the pool noodle javelins into a large trash bin. Only one camper throws at a time. After one camper throws a pool noodle javelin, the next camper will go. The team with the most pool noodle javelins in the trash bin at the end gets a point. The activity may be repeated. The team with the most points at the end wins.*

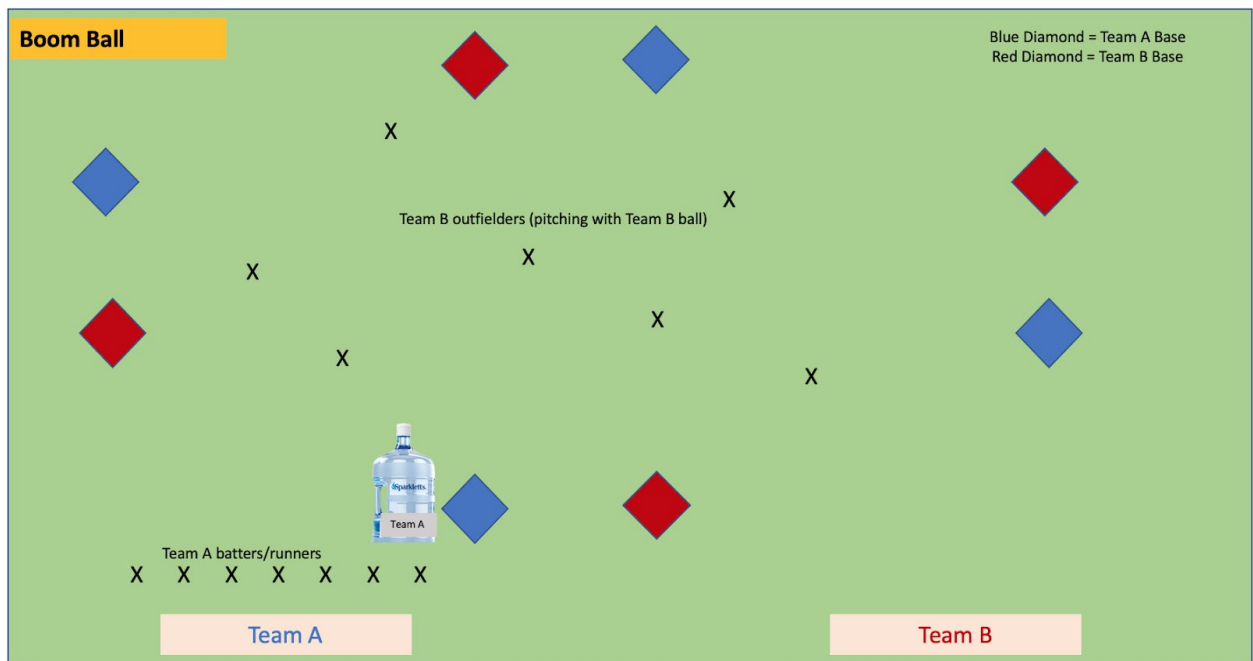
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## Boom Ball

- Description: The normal rules of kickball apply except for the following changes: 8 bases will be set up. 4 bases will belong to Team A and can only be touched by Team A. 4 bases belong to Team B and can only be touched by Team B. The bases will be set up in a double diamond as depicted in the diagram, with the bases being at least 6 feet apart. Each team will have an empty Sparkletts water jug and a ball. The campers are only to touch the “handle” end of their jug and their own ball. The jug will be used as a bat to hit the other team’s ball. The only way a runner can get out is if the ball touches their own team’s bases (the base that corresponds to the runner’s actions). For example, Team B pitches the Team B ball and the Team A batter hits the Team B ball with the Team A Sparkletts jug. If the Team A runner is running to Team A’s second base, the outfielder from Team B must touch Team B’s second base with the ball in order for the Team A runner to be out. The outfielders are not to touch the other team’s bases. When the inning is over, Team A would proceed to the outfield and would be pitching with Team A’s ball. The campers are only supposed to touch the handles of the jugs so that the clean part of the jug hits the other team’s ball.*

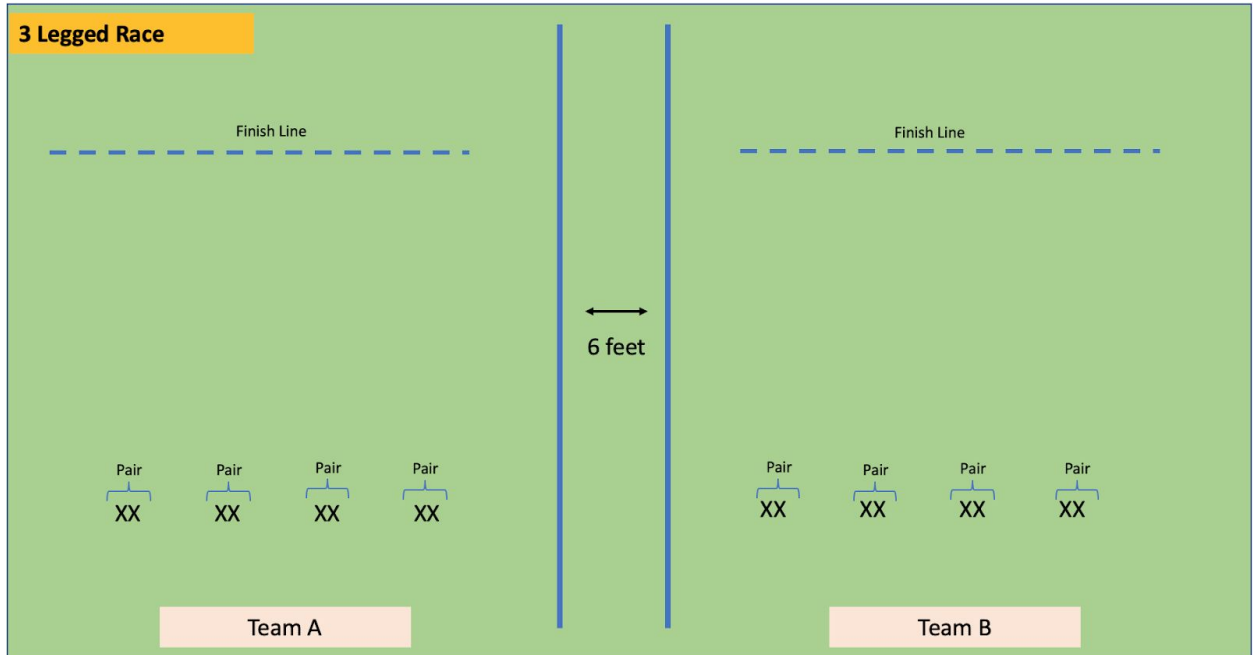
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### 3 Legged Race

- *Description: Two central parallel lines are marked in the field 6 feet apart. Each team should lineup in a perpendicular line to the central parallel lines. This race involves pairs of campers running with the left leg of one runner strapped to the right leg of another runner. The objective is for all of the campers on one team to cross the finish line before all the campers on the other team. The campers will race to the 30 yard finish line. The first team to cross the finish line gets a point. The Activity may be repeated. The team with the most points at the end wins.*

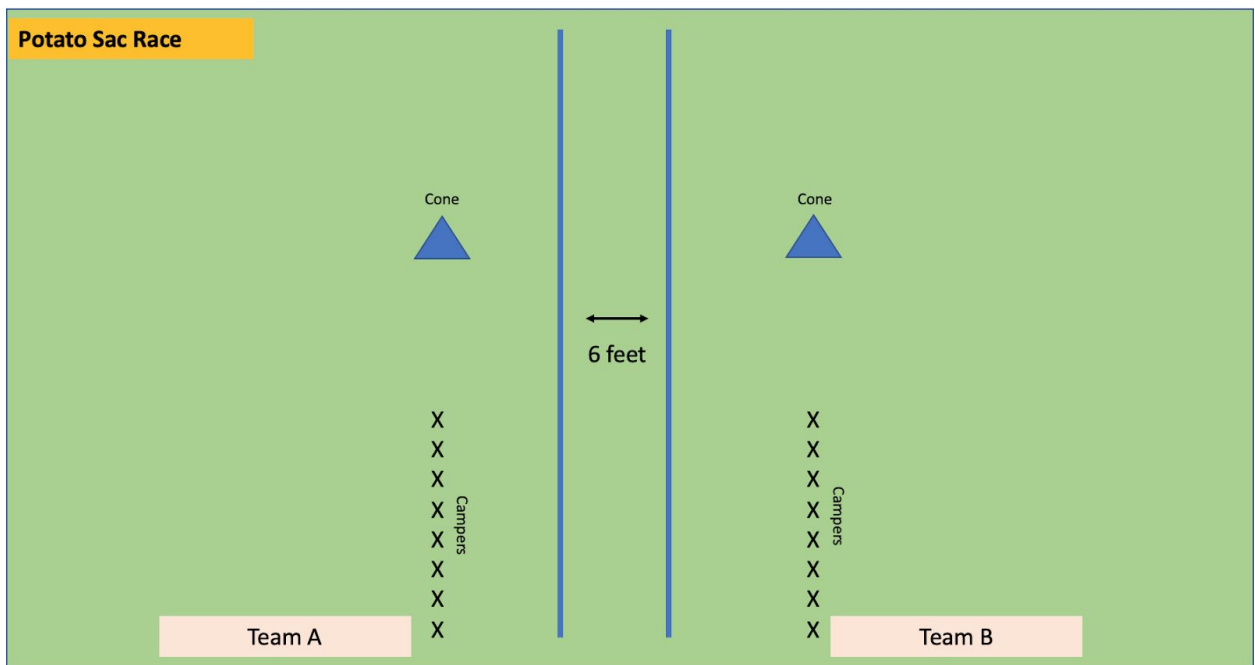
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## Potato Sac Race

- Description: Two central parallel lines are marked in the field 6 feet apart. Each team should line up parallel to each other at least 6 feet apart behind their respective lines. Each team will have 1 potato sac. A cone will be placed at the 30 yard line. When the counselor blows the whistle, the first camper will get into the potato sac and hop around the cone and back. They will tag the next camper and get out of the sac. The next camper will get into the sac and hop around the cone and back. The cycle repeats. Once a camper has gone, they should sit criss-cross-applesauce behind the other campers. The first team to finish gets a point. The activity can be repeated as many times as you wish. The team with the most points at the end wins.*

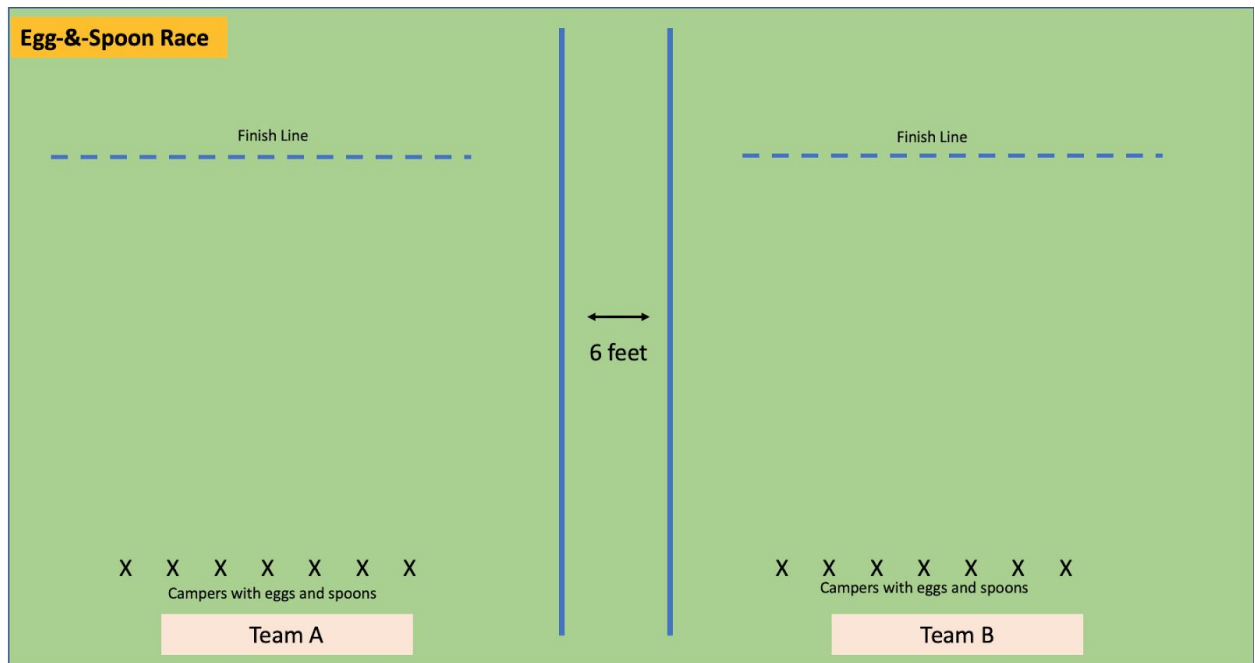
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## Egg-& Spoon Race

- Description: Two central parallel lines are marked in the field 6 feet apart. Each team should remain on their side of the lines. Each team should lineup in a perpendicular line to the central parallel lines. Each camper will have 1 egg and 1 spoon. The campers will place their eggs on their spoons and the handles of their spoons in their mouths. The campers will race to the 30 yard finish line. If your egg falls you are out. The team of the winner will be awarded 1 point. The campers who made it to the finish line will lineup again and race back. The team of the winner will receive a point. This cycle will be repeated until there is 1 camper left. When the ultimate egg-&-spoon champion remains, their team will be offered 2 points instead of 1. The team with the most points at the end wins.*

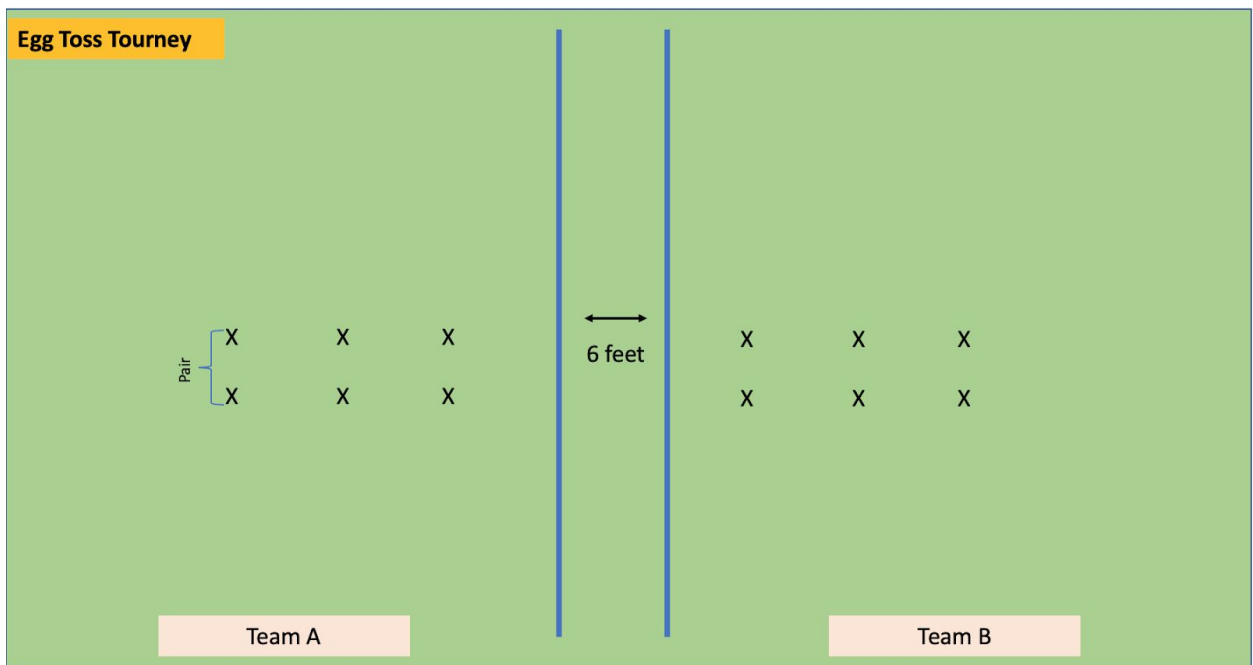
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## Egg Toss Tourney

- Description: Two parallel lines are marked in the field 6 feet apart. Each team must stay behind their respective line. Every camper will have a partner. The pairs will line up in a perpendicular line to the center parallel lines. Each camper will start out standing 1 foot from their partner. 1 camper in each pair will have an egg. When the counselor blows the whistle, each camper will toss an egg to their partner. If your egg breaks your pair is out. After the other camper catches the egg, the camper holding the egg will take one step back. When the whistle blows, the camper will throw the egg. This cycle repeats until there is 1 winning pair. The team of the winning pair gets a point. Multiple sessions of this can occur. The team with the most points at the end wins.*

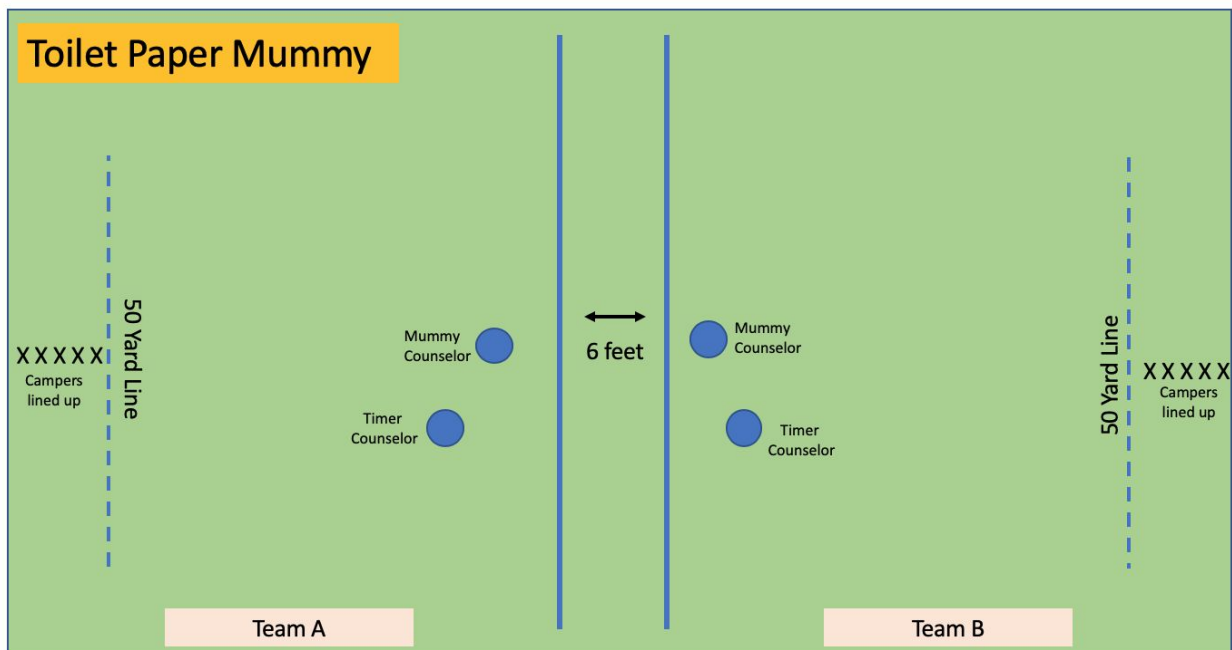
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## Toilet Paper Mummy

- Description: Two central parallel lines are marked in the field 6 feet apart. Each team must stay behind their respective line. A counselor from each team will stand in front of their team's line in the center. This counselor will soon become a mummy. The other counselor will have 3 toilet paper rolls and a timer and will stand near the counselor who will soon be a mummy. Each team will line up 50 yards away from their counselor on their side of the line. Once the game begins, the first camper will run to their counselor and start wrapping them with toilet paper. The counselor will time the camper for 10 seconds. Once time is up the camper must stop where they are and run back and tag the next camper in line. This camper will run to the counselors and will pick up where the other camper left off. This camper will also have 10 seconds, and the activity will continue in this fashion. Once a roll runs out, the counselor who is timing will provide the next roll until all three rolls are done. Once all three rolls are done, the campers must continue and unwrap the mummy! Each camper will again have 10 seconds to unwrap before they have to leave the ball of tissue for the next camper. Once a roll is unwrapped it can be placed in a bucket next to the counselor who is timing. The first team who completely unwraps their mummy and is seated criss-cross-applesauce 50 yards away from their counselors wins.*

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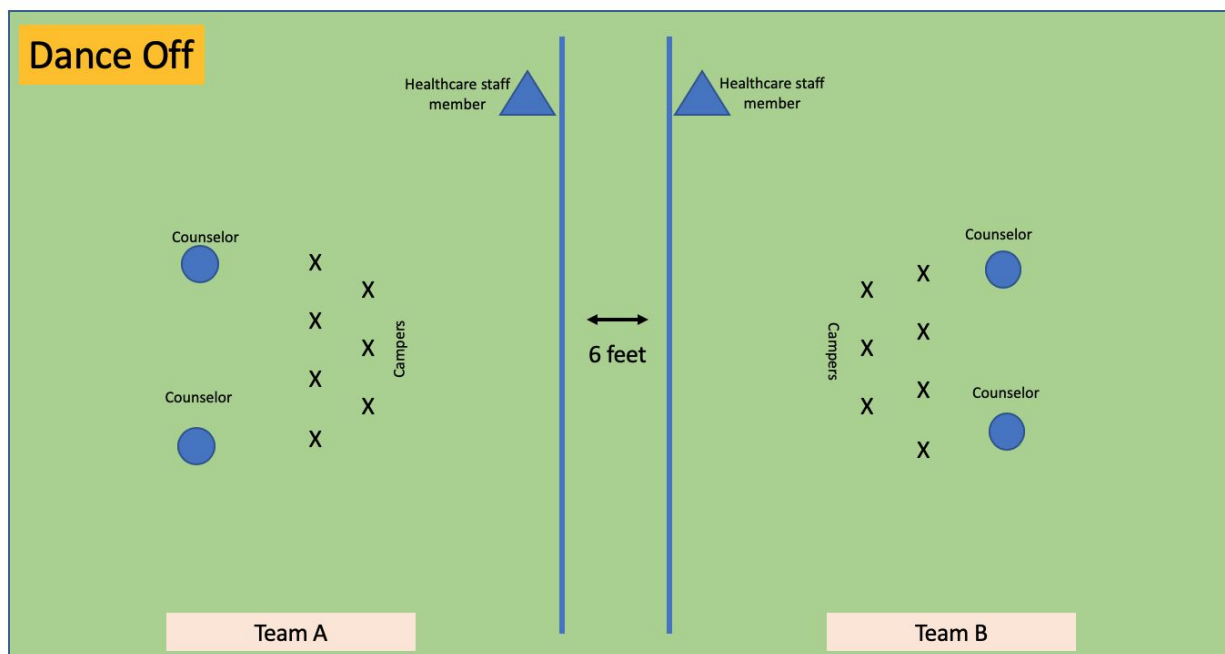




## Dance Off

- *Description: Two central parallel lines are marked in the field 6 feet apart. Each team must stay behind their respective line. The counselors will help their team create the best dance routine possible for a dance off. Once both teams come up with their dance combinations, the teams will face each other while remaining behind the marked lines and have a dance off. After the dance off, the healthcare staff member from each team will stand 6 feet apart and decide who wins.*

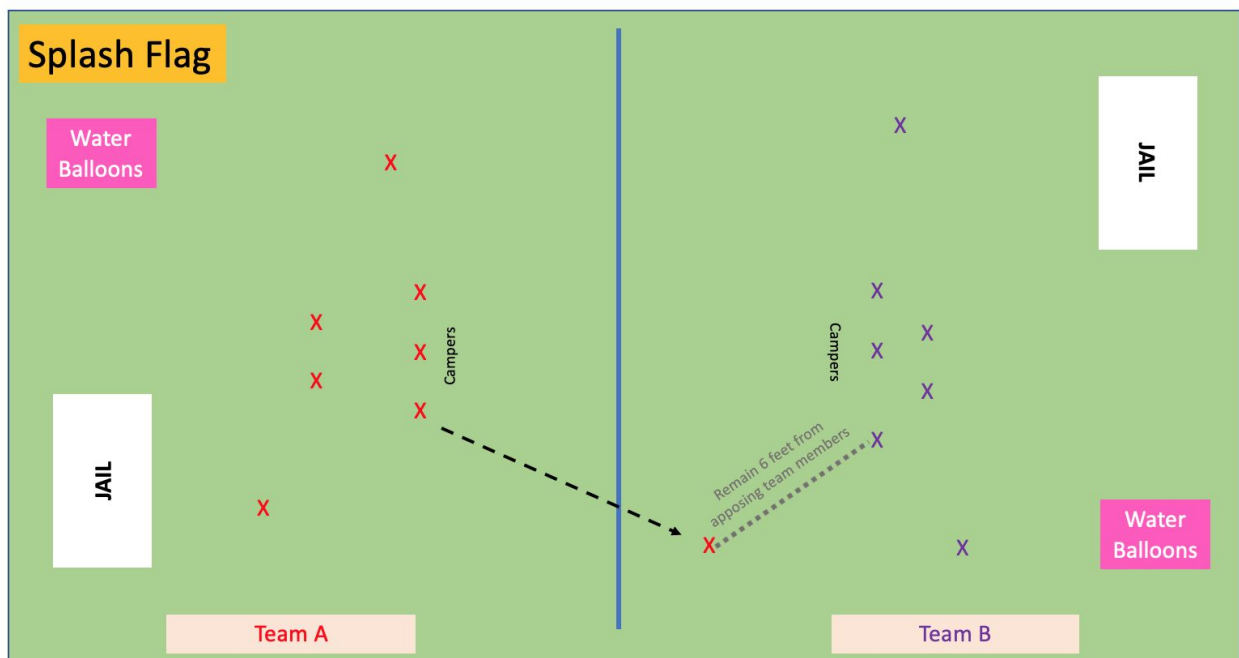
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## Splash Flag

- Description: Socially distant version of capture the flag. Both teams get 5 minutes to hide their flags. One counselor will assist each team in hiding their flag. The counselor will disinfect the flag prior to the game and will be the one who places the flag in the hiding spot. Once the flags are hidden the game begins. In order to win the game, you must capture the other team's flag and bring it back to your territory. If an enemy team member hits you with a water balloon while you're standing on their part of the field, you must go straight to their jail (a small patch of land in their territory). You can be freed from jail if one of your own team members hits you with a water balloon. If freed from jail, the person who was freed and the person who did the freeing are allowed to return to their side without being put in jail. All players must remain at least 6 feet away from an opposing player at all times during the activity.*

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## Scavenger Hunt

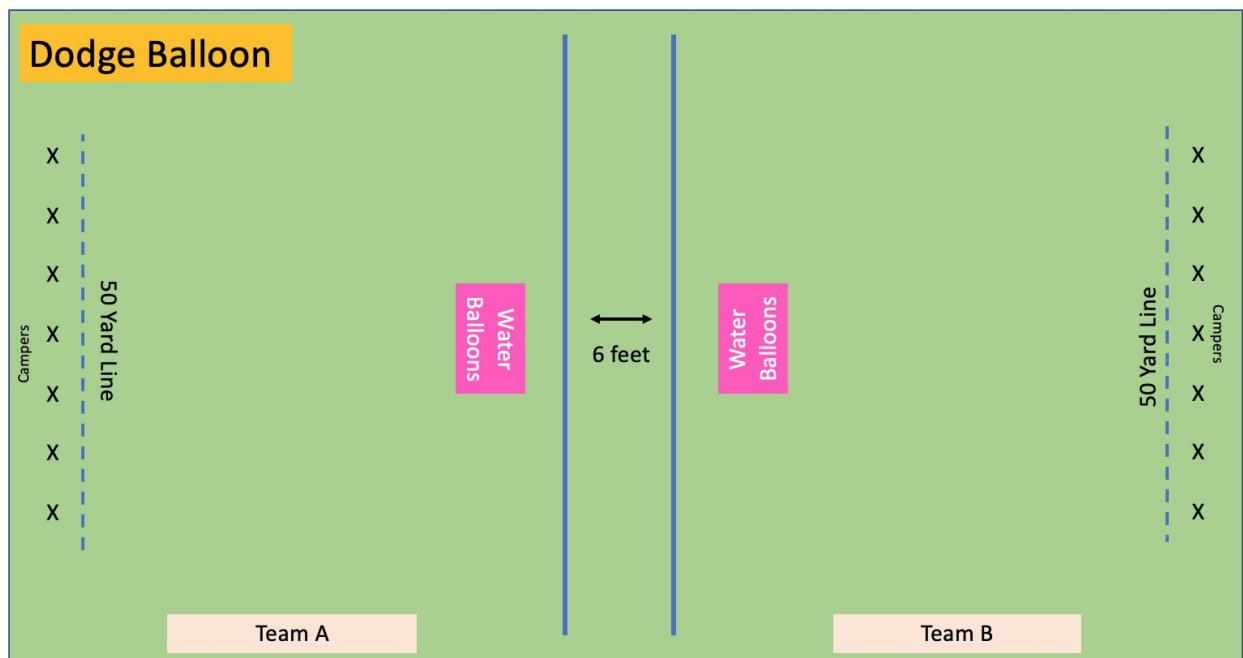
- Description: There will be a red team and a blue team. The counselors will create the clues to the scavenger hunt and mark the clues on a card that matches the color of their team. The teams will participate in different scavenger hunts at the same time that are the same level of difficulty to ensure that both teams remain 6 feet apart. Different color clues must be hidden at least 6 feet apart, teams must remain at least 6 feet apart while searching for their clues. If campers find a clue that does not match the color of their team, the clue should be left alone and not touched. The counselors will follow their own team throughout the scavenger hunt. The first team to successfully complete the scavenger hunt wins.*

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## Dodge Balloon

- Description: Socially distant version of dodgeball. Two central parallel lines are marked in the field 6 feet apart. Each team must stay behind their respective line. A big bucket of water balloons is placed near each team's line at the center. Both teams must stay behind their lines at all times. The campers will line up 50 yards away from the bucket of water balloons. Once the game begins, the campers can all run to their bucket and grab 1 water balloon. The campers must then all run back to the 50 yard line just this one time. Now the campers can throw water balloons to the opposing team's territory in an attempt to hit one of their players. If a player is hit, they must stand on the 50 yard line and cheer on their players. If a water balloon is thrown and it lands on the ground in the opposing team's territory and does not break, an opposing team member must step on the water balloon to crush it without touching it and one of their team members who is out (go in order of who got out first) is welcome back into the game. The game ends when an entire team is eliminated. If both teams run out of water balloons and there are still members in the game, the team with the most members wins. If both teams have the same number of team members still in the game, one member from each team will stand behind their team's line and a game of rock-paper-scissors will determine the winner.*

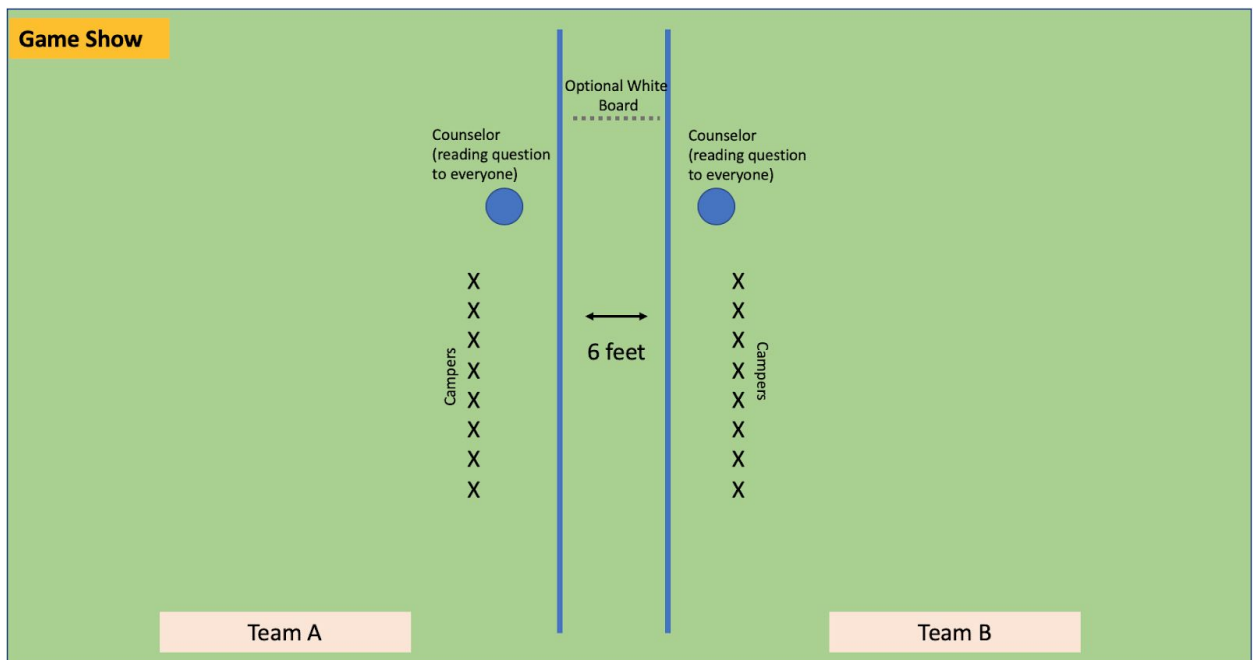
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## Game Show

- Description: Two central parallel lines are marked in the field 6 feet apart. The family cohorts must stay on their side of the lines. The teams will sit facing each other. The counselors on both teams will have flashcards with trivia questions and they will speak the questions out loud. The first hand that is raised gets to answer. If a question is answered correctly, that team receives a point. The team with the most points wins. This activity can be modified so that one member from each team faces each other to answer the question, and new contestants are up each time. The game can also be modified into socially distant jeopardy if the camp has access to a large white board that the counselors could use to show the categories. The same 6 feet social distancing rules apply for all versions of this game. The team with the most points at the end wins.*

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## Talent Show

- Description: Two central parallel lines are marked in the field 6 feet apart. The family cohorts must stay on their side of the lines. Give the campers time to choose/practice their talent. The campers from each family cohort will alternate performing their chosen talent in front of both groups.*

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## Star Gazing

- Description: Two central parallel lines are marked in the field 6 feet apart. Each family cohort will remain on their side of the lines. The campers and counselors will lay down and gaze at the stars.*

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## Yoga

- *Description: Two central parallel lines are marked in the field 6 feet apart. Each family cohort will remain on their side of the lines. One instructor will lead the yoga session.*

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