



Camp W

COVID-19 Handbook

INTRODUCTION

The information surrounding COVID-19 is constantly changing and evolving. This handbook organizes COVID-19 best practices for summer camp published by the [CDC](#) and [American Camp Association](#), as well as countless discussions with pediatricians, emergency room doctors, epidemiologists, and infectious disease experts into one place. This handbook intends to provide camp families and staff with information about how Camp W is adapting policies and procedures this summer to mitigate the risk of COVID-19 in camp.

This book was developed in March 2021. **Changes will most likely be made by the time camp begins.**

While we have worked to adapt Camp W to mitigate the risk of COVID-19 exposure in camp, it is important to note that there is **no way for us to guarantee that COVID-19 will not be present.**

Camp will look and feel a little different this year. But the value of being at Camp W, among friends old and new, and participating in fun camp activities is needed more than ever during this challenging year.

We ask that all parents review this handbook with their child and they must complete the COVID-19 daily screening prior to their child arriving at camp.

All staff members will go over this handbook during staff orientation. It has been required that all Camp W staff get the vaccine before camp starts with only five staff members not getting the vaccine for health reasons.

COVID-19 BASICS

Prevention - Masks

The best and most effective way to decrease the risk of COVID-19 is by [wearing a mask](#). An effective mask should completely cover your nose and mouth, and fit snugly against the sides of your face without any gaps. The best masks have two or more layers of breathable fabric.

Wearing a mask helps stop you from potentially spreading the virus to others, and also [protects you](#) from droplets or aerosols that may be in the air that have the potential to infect you.

There are a variety of types of masks: face masks, gaiters, shields, bandanas, N95.

Prevention - Cleaners/Disinfectants

Outside of the human body, the virus is unable to survive for a significant amount of time. Coronaviruses are enveloped viruses with a protective fat layer, but that fat layer is easily broken down when it comes into contact with disinfectants. Therefore, something as simple as [washing hands](#) with soap and water for 20 seconds after you have been in a public place can break down the virus if it is on your hands. Most basic disinfectant cleaners or sprays will kill the virus if it is on a surface.

The most important items to disinfect are [high touch surfaces](#), such as door knobs, toilets, sinks, light switches, touch screens, etc.

There is no single action that can guarantee that a person will not get sick with COVID-19. Simply washing your hands frequently doesn't mean you won't breathe in the virus from someone who is exposed. Wearing a mask won't protect you fully if you are in the same room as someone with the virus for an extended period of time, even if they are wearing a mask too.

The more precautions and steps taken prior to and during camp to mitigate the potential exposure to COVID-19, the less risk there will be that there is a major spread of the virus at camp. With more precautions, a camp will be relying on more than just luck to keep COVID-19 out -- it'll be based more on precautionary *scientific* measures that are layered on top of each other to allow fewer openings for the virus to slip through.

Coronavirus Outdoors

A large amount of the summer at camp is spent outdoors, so it is important to understand the risk of Coronavirus [outdoors](#). There is evidence that the Coronavirus becomes weaker as the [temperature and humidity increases](#). The virus has more ability to spread in enclosed spaces, so the great outdoors, with wind and other weather factoring in, means that the virus transmission is quite low. Being outdoors while also remaining socially distanced is the best way to limit the potential spread of coronavirus at camp.

Different types of ways to show (or not show) symptoms

One of the most frustrating things about COVID-19 is that infected individuals experience different symptoms and it can be transferred by people who don't even realize they are sick.

Symptomatic

When someone with COVID-19 is symptomatic, they exhibit symptoms of the virus. This can include fevers, body or muscle aches, cough, diarrhea, fatigue, and many more symptoms.

Asymptomatic

Asymptomatic carriers of COVID-19 do not exhibit any signs or symptoms of the virus, but their body is still infected with the virus and is fighting it. Asymptomatic carriers are contagious and can unknowingly spread the virus to others.

Presymptomatic

Presymptomatic carriers may not yet be displaying symptoms of the virus because those can take up to 14 days to show. Presymptomatic people are contagious and can spread COVID-19 to others.

Paucisymptomatic

Paucisymptomatic people have such mild symptoms and are unaware that they may have the Coronavirus. An example could be someone who has a cough or very low fever for a couple of days, passing it off as just a cough or low fever, only to discover later on those symptoms were indicators of a positive COVID-19 virus present in their body. Paucisymptomatic people are contagious.

COVID-19 Symptoms

Primary symptoms of COVID-19 may include one or more of these symptoms:

- Fever of 100 degrees or higher
- Body or muscle aches
- Congestion or runny nose
- Cough
- Diarrhea
- Fatigue
- Headache
- Loss of taste or smell
- Nausea or vomiting
- Shortness of breath or difficulty breathing
- Sore throat

Higher Risk for Complications

If a camper or staff member is at higher risk for COVID-19 complications, it is highly recommended that they consult their medical provider to assess the risk of attending camp. High-risk conditions include (but are not limited to):

- Asthma
- Chronic kidney disease undergoing dialysis
- Chronic lung disease
- Diabetes
- Liver disease
- Immuno-compromised
- Immuno-compromised as a result of a condition, such as:
 - Bone marrow or organ transplantation
 - Cancer treatment
 - Immune deficiencies
 - Poorly controlled HIV or AIDS
 - Prolonged use of corticosteroids and other immune weakening medications
 - Smoking
- Serious heart conditions
- Severe obesity (body mass index [BMI] of 40 or higher)
- 65 years of age or older

Duration of Symptoms

If a camper is showing symptoms or has been exposed to someone with a suspected or confirmed COVID-19 diagnosis, it is imperative that the camper is isolated and quarantined immediately, until the camper is picked up. * **(Within 1 hour of being notified, the camper must be picked up)* Parents should have plan ready in case this happens.**

In general, the [incubation period](#) of the virus is between 4-14 days. That means once the virus enters the body, it can sometimes take between 4-14 days for symptoms to appear or for the person to be contagious. It is important to remember though that each person could have different types of symptoms (asymptomatic, symptomatic, etc.) so just because an incubation period has been reached, doesn't mean that the person will definitely exhibit symptoms.

COVID-19 POLICIES AND PROCEDURES

COVID-19 RESPONSE TEAM

If you have any questions regarding anything in this handbook or COVID-19 at camp, please contact:

Evan Wofsy- Owner & Director- evan@campwdaycamp.com (201) 232-5705

Patrice Bagdanoff- Camp Nurse- info@campwdaycamp.com (631) 692-6223

BEFORE CAMP

In order to mitigate the risk of COVID-19 being brought into camp, we will ask all campers and staff to take additional safety measures in the two weeks prior to their arrival. We may change these procedures at any time as we continue to review the latest data and guidance from public health officials.

Two Weeks Prior to Camp

During the two weeks prior to camp, we ask staff, campers and other household members to take appropriate social distancing & preventative measures including but not limited to:

- Staying 3 feet away from other people
- Utilizing curbside store/restaurant services
- Washing hands with soap and water frequently
- Limiting non-essential travel

Every day Before Camp

Every morning before a camper is allowed to attend camp, the parent/guardian must complete the COVID-19 daily screening form no later than 7:00 am, The form will be emailed every day.

Non-Essential travel

All campers and staff should avoid any non-essential travel for the 14 days prior to camp.

If a member of the Camp W community exhibits COVID-19 symptoms in the 10 days prior to camp, tests positive for COVID-19, or has COVID-19 symptoms during their intake exam prior to the start of camp, they will not be permitted to join us at camp. We understand how much campers love camp and we want to share the Camp W experience with them, but it is critical that anyone who exhibits symptoms or tests positive stays home for the safety of the entire Camp W community.

Staff Screening

- Employees have been requested to be vaccinated. There are a couple of employees who will not get vaccinated due to medical issues.
- Employees who are well but who have a sick family member at home with COVID-19 should notify Evan.
- If an employee is confirmed to have COVID-19, we will inform fellow employees of their possible exposure to COVID-19 in the workplace while maintaining confidentiality as required by the Americans with Disabilities Act (ADA).

Safety and Social Distancing Guidelines

- Campers are not required to wear a face cover outside, but if a parent/guardian asks that their camper wear a face-covering outside we will assist and monitor them throughout the day.
- **All campers riding a camp bus are required to wear a face cover. Any camper riding the bus to go swimming must wear a mask on the bus.**
- Parents must supply their own child's face cover.
- Counselors and campers will wear face coverings while in buildings. Counselors and campers may remove their face coverings while outdoors.
- Frequent hand washing and use of hand sanitizer will be a requirement. Hand sanitizer will be strategically placed throughout the campgrounds and will be carried by each counselor.

No Choice Periods or Late Nights/Sleepovers

- Choice Periods will not be permitted, due to the mixing of groups and no Late Nights or sleepovers due to COVID-19

Parent Communication

Once someone on the camp property has a temperature above 100 or complains of other COVID-19 related symptoms, a notification will happen in the following ways:

- Campers and staff in the group will be notified by Evan or the Camp Nurse who will then contact the camper's parent.
- Campers and staff will be sent home for no less than 10 days and advised to self-quarantine or until a negative test result is supplied to the camp by the suspected person.
- If a confirmed case of COVID-19 was reported the camp will notify the DOH immediately. Contact tracing will begin.

Staff Interactions

- Staff will limit physical contact with campers this summer. However; there will be times staff will need to physically touch a child. In these times staff will wash hands or use hand sanitizer (where possible) before touching the child.
- Instances that a staff person may need to touch a child:
 1. Rendering first aid for physical or social-emotional situations.
 2. Confirming a piece of safety equipment is secured (ex. helmets), applying sunscreen or similar situations.
 3. A child is putting themselves or others at risk, physically fighting, or running away to an unsafe location.
 4. Post contact the child and staff person will wash or use sanitizer to the area of contact.
 5. Applying sunscreen staff will use plastic gloves

Activity Adjustments

- Each group will be in a room for a specific time during an activity.

Travel to Camp

Upon arrival at camp, campers and parents/guardians should stay inside their vehicles. From outside the vehicle, a staff member will take each camper's temperature to ensure it is below 100 degrees Fahrenheit.

- Before heading to camp, PLEASE MAKE SURE YOU HAVE COMPLETED THE DAILY COVID-19 SCREENING FOR EACH CHILD THAT IS ATTENDING CAMP.
- Campers who have a temperature over 100 degrees Fahrenheit, show COVID-19 symptoms, or have been exposed to COVID-19 in the previous 10 days will not be permitted to enter camp.

- Bus counselors will take temperatures of camper prior to the camper getting on the bus.

Arrival & Departure on Property

- Any parent/guardian or family member that needs to come onto the campgrounds or the office at a time that is not normally a drop-off or pick-up time, for any reason, is required to wear a face covering and have their temperature checked at the gate. They wait for their child to arrive at the Welcome Table. A staff member will bring their child to the Welcome Table for dismissal.
- Campers will be brought to the Welcome Table for early pick-up so that the parent will not have to come onto the property.
- Campers will be temperature checked before they leave their cars or get on a bus.
- Staff will all be temperature-checked and asked about their pertinent medical history of the past 72 hours when arriving for work.
- Any person showing a temperature over 100 degrees will not be permitted to be on the property for 72 hours.

Mask Wearing Policy

In order to contain possible exposure and spread of COVID-19, we are requiring face masks that cover both the nose and mouth when campers and staff are inside for all indoor areas. Please provide a small plastic Ziploc bag for your child to store his/her mask while they are outside. Campers will be carrying their camp bag with them all day, so they can put their mask in the Ziploc and in their bag while outside.

When being transported to the pool and back all campers and staff are required to wear a mask.

When campers and staff are outdoors they are not required to wear masks.

Cleaning, Handwashing, and Sanitization Procedures

Camp W will significantly increase its cleaning, handwashing and sanitization procedures this summer. Every table under the tent will have a large pump of hand sanitizer. Picnic Tables, door knobs, handles and other commonly touched areas will be wiped with antibacterial spray frequently. Bathrooms and shared spaces will be cleaned and sanitized multiple times per day.

We will follow the concept of “**sanitize in and sanitize out**”. One counselor per group will carry a backpack at all times that contains hand sanitizer and disinfectant spray to sanitize activity equipment before AND after use, especially shared camp

equipment like baseball bats etc.

Campers also will use the disinfectant spray to sanitize their hands after using shared camp equipment.

Every building around camp where an activity is held, as well as high use outdoor equipment, will have a hand sanitizer pump. Every camp vehicle will also have spray bottles of sanitizer.

Meals

During lunch and snack time a third tent will be used so groups have more space in-between each picnic table. This will allow groups to eat lunch and ensure social distancing between groups. During this time, temperatures will be taken again of all campers.

Water

As always, staying hydrated on a warm summer day is imperative to staying healthy and avoiding dehydration. Campers and staff are encouraged to refill their water bottles at the water fountain located by the Cafeteria or get water at one of the water stations outside.

Campers and staff should not drink directly from any water fountains.

Swim Point

There is no current evidence that COVID-19 can be spread to people through water in a pool. Each grade level will be assigned their own bus when going to the pool. This will limit the mixing of groups and the buses will make several runs to the pool and back.

Nurse

Camp W has adapted its Health Center procedures and policies to help mitigate the potential spread of COVID-19 should it enter camp.

Policy and Procedure for Suspected COVID-19 Symptoms

- If Camp W gets notified that a camper has tested positive for COVID-19, the camp will notify the campers and staff members in the COVID-19 patient's group.
- Parents/guardians/emergency contacts of the *other* campers and staff in the COVID-19 positive group will be informed immediately that someone in their group has tested positive. Due to HIPAA laws, the exact identity of the COVID-19 positive patient cannot be shared.
- Contact tracing of anyone the COVID-19 patient came in contact with during the previous 48 hours will begin immediately.

- Campers in a group that get quarantined will be credited the ten days for next summer. To be clear, if your child is not sick but their group gets quarantined due to a camper having COVID-19, then the campers in that group who have to stay home will be credited that time towards next summer.

Any camper or staff member who is not feeling well should go to the Nurse's Office immediately as usual, *especially* if they are exhibiting COVID-19 symptoms.

Any camper or staff who has symptoms of COVID-19 will rest in a separate area away from all campers.

Camp W will follow the latest CDC and American Academy of Pediatrics protocols to determine when it is appropriate for the COVID-19 positive patient to rejoin their group at camp. Currently, that guidance states that children should be fever free without the use of medication for 72 hours and 10 days from the onset of their symptoms.

Health Center Sanitization Procedures

Camp W will be taking additional steps to disinfect and sanitize the Health Center this year:

- The Nurse's Office will be mopped with antibacterial product every night.
- Doorknobs, handles, and other commonly touched areas will be wiped down with antibacterial product often.
- When a sick camper checks out of the COVID-19 Spot, their area will be fully sanitized and bedding will be changed.

Camp Vehicles

All staff members must sanitize high touch areas of vehicles, and golf carts before and after use.

Visitors: Service Providers, Contractors & Deliveries

Visitors that are necessary for the functioning of camp, including outside service providers and contractors, will be limited to staying outdoors and must be masked for the duration of their time at camp. Their contact with anyone at camp will be limited to as few individuals as possible, who also must be wearing a mask while in contact with the visitors. If it is necessary for contractors or service providers to enter camp facilities or buildings, those areas will be cleared of campers and staff for the duration of the service visit.