

# **COVID-19 Preparedness and Response Plan YMCA CAMP TIMBERS**

## **For 2021 Summer Camp Programs**

This plan is intended to meet the State of Michigan's requirements for reopening, and is based on Michigan camp licensing requirements and guidelines, American Camp Association guidelines, and guidance from the CDC and local health department.

## **BACKGROUND**

Our priority continues to be the health and safety of our campers, guests, and staff. We are collaborating with camps across the country and health agencies at the local, state, and national levels to remain informed and proactive with regards to COVID-19.

We have worked to adapt our policies and procedures for guest groups to ensure that we can provide as safe of an environment as possible. This can only be achieved through honest and attentive collaboration between camp staff and group leaders. Please review the following guidelines that we are asking our groups to follow for the 2021 season.

## **PRIOR TO CAMP (14 DAYS and 7 DAYS)**

Please encourage campers to arrive well-rested, nourished, and hydrated. As possible, we recommend that for 14 days prior to arrival at camp, campers limit their potential exposure through social distancing, avoiding areas of large groups of people, following good hygiene practices at home and in public (washing hands, wearing a mask, etc.), and paying attention to any symptoms they or those around them display.

For the 7 days prior to arrival at camp, individuals should self-monitor their temperatures daily and consider COVID-19 related symptoms. These symptoms include: fever of 100.4 degrees F or higher, cough, shortness of breath, diarrhea, fatigue, headache, muscle aches, nausea, loss of taste or smell, sore throat, or vomiting. Those who exhibit a fever or related symptoms should not attend camp, unless COVID-19 can be ruled out by negative test or an alternative diagnosis from a medical professional is documented.

We recommend that parents/guardians of higher-risk participants consult their medical provider to assess their risk and determine if camp is an acceptable fit for their child.

## **ARRIVAL/CHECK-IN (1<sup>st</sup> DAY OF CAMP)**

It is our policy this year that all individuals must be fever free and symptom free, without any fever-reducing medications, for 72 hours before they are allowed at camp.

Each camper will be screened upon arrival at camp. This screening will include taking their temperature with a non-contact thermometer (must be below 100.4 degrees F) and answering two questions:

- Have you been in contact with a person who has COVID-19?
- Has you had any of the following symptoms in the last three days: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle aches, headache, new loss of taste or smell, sore throat, nausea, or vomiting?

Anyone who has a fever or responds “yes” to the above questions should not continue to camp with the group.

## **ONGOING HEALTH CHECKS**

The **camp health officer or unit leader** will complete daily health checks of all participants at the beginning of each day. This will include temperature checks with a non-contact thermometer (using gloves and mask) and a symptom check similar to the pre-arrival screening.

If at any time an individual at camp has a fever or 100.4 F or is displaying other symptoms of COVID-19, they will be moved to an isolated location at camp (designated quarantine cabin) and observed for one hour. If after an hour of resting and drinking water, symptoms do not improve the parent/guardian will be asked to come and pick up the individual immediately. If available, a rapid test may be administered by the Camp Health Officer to determine if the individual is positive for COVID-19. The communicable disease response plan will be followed (see later description).

## **SAFETY PRECAUTIONS AT CAMP**

### **Physical Distancing**

Groups will be organized into smaller cabin groups, not to exceed 12 individuals. These cabin groups will remain consistent for the duration of camp experience, and should limit interaction with other cabin groups. Cabin groups will have designated eating space at meals, shower schedules, and sleep quarters to reduce interaction with others. Camp leadership will collaborate with group leaders to support scheduling with this goal in mind.

Individuals are encouraged to maintain 6' physical distance as much as possible, especially with other cabin groups.

### **Masks**

All individuals are asked to bring a clean mask to camp, marked with their name. This is recommended any time physical distancing is not possible, or during indoor activities. Masks are not provided by camp, except for those who display symptoms during a health screen.

Outside is considered a mask-free zone for participants if they practice social distancing. Masks are not to be used during physical activity when they may restrict breathing or when sleeping, showering, swimming, or eating.

Camp staff will wear masks consistent with the above expectations, as well as during meal preparation, cleaning, and sanitizing tasks and when interacting with multiple cabin groups.

### **Gloves**

Camp staff will wear disposable gloves when preparing and serving food, performing first aid, cleaning and disinfecting, and any other situations involving items that have not been disinfected.

### **Hand Sanitizer and Soap**

Hand sanitizer dispensers will be installed at each cabin, at hydration stations throughout camp, and at activity areas. Pump bottles will be available at locations where dispensers cannot be installed. Individuals are encouraged to use hand sanitizer upon entering and exiting any building or program area.

Hand soap dispensers continue to be available at all sinks, including bathhouses and at the Handwashing Station at the Main Lodge.

Individuals should wash their hands before and after participating in an activity and before and after each meal.

### **Signage**

Signs with basic hygiene reminders (proper handwashing, physical distancing, etc.) will be located throughout common areas of camp.

### **Airflow**

Increased ventilation will be accomplished in cabins and other indoor locations with the use of fans and opened windows to maintain airflow. Cabin shutters will remain open, and each cabin will be equipped with at least one fan. Furnace filters at the Main Lodge and Aspen will be at least at a MERV 13 rating.

### **Beds and Sleeping Arrangements**

Built-in bunk beds are present in camper cabins. To ensure adequate spacing of at least 6' between individuals faces when sleeping, individuals will be required to alternate the orientation of each bed (sleeping head-to-toe). Signage will be included to identify the correct sleeping orientation for each bed and mattresses will be removed from beds that are not to be used due to inability to distance. Mattresses will be sanitized prior to the start of each camp session.

### **Visitors**

All visitors must check in at the camp office for a health screening upon arrival. Non-essential visits and tours will not be permitted at camp while guest groups or campers are on site. In available, a negative result from an on-site rapid test may be required prior to entry to camp.

## **CLEANING/SANITATION**

To help prevent the spread of germs around camp we will be taking extra precautions in our daily and weekly cleaning of facilities.

- Shared program equipment will be cleaned/sanitized between each group's use. This includes lifejackets, paddles, backyard games, and sports equipment.
- All cabins and general-use buildings (Main Lodge, Bathhouses, Meeting Rooms) will be thoroughly cleaned between guest groups. Each will also be cleaned/sanitized throughout the day at a minimum of every 6 hours based on usage. Frequently-touched surfaces (tables, drinking fountains, door handles, countertops, toilets, showers, and sinks) will be cleaned/sanitized with this same frequency.
- All water fountains and water stations will be used for filling water bottles directly, or disposable cups will be provided. Please make sure that **all individuals have a reusable water bottle** for this purpose.

## **FOOD SERVICE**

### **Staff Screening, PPE Use, and Kitchen Access**

All kitchen staff will be screened daily at the start of their shifts. Any staff displaying symptoms will be asked to leave and self-isolate immediately. Only camp staff will be permitted in the kitchen. Guests are encouraged to ask a staff member for any special requests (ice, water refill, food storage, etc.)

Kitchen staff will wear close or disposable masks and disposable gloves while preparing and serving food. Additionally, staff will be required to wash hands frequently, including at the start of shift, before putting on gloves or after taking them off, after using the bathroom, after touching their face, and before/after eating.

### **Routine Cleaning and Disinfection**

High-touch and food preparation surfaces will be cleaned and disinfected at the beginning and end of the day. Cleaning may be done with detergent and water. Disinfection will be done using an EPA-approved disinfectant.

### **Dishwashing**

All possible dishware will be put through the dishwashing machine for cleaning and sanitizing. Usual health codes will be followed for cleaning and drying dishes. Staff washing and storing dishes will wear masks and gloves. Any item that does not fit into the dishwasher will be washed in 3-part sinks using approved procedures and products for cleaning, sanitizing, and drying.

### **Meal Procedures**

Meals will be served individually (using pre-packaged bags) or with a staff-served buffet line. To limit the spread of germs through shared utensils and serving items, we have

temporary eliminated all self-serve or family-style practices. In lieu of our typical breakfast fruit, yogurt, and cereal bar and our lunch and dinner salad bars, we will offer staff-served options.

As possible, individuals will eat at designated picnic tables outside of the Main Lodge. Assigned tables will alternatively be available, spaced at least 6' apart, within the Main Lodge for inclement weather.

When finished with meals, individuals will be asked to "self-hop" by disposing of any trash and stacking their plates and other utensils at the dish window.

Camp staff will clean and disinfect the dining hall after each meal. This includes tables, benches, door handles, brooms, and garbage cans.

## **CAMP ACTIVITIES**

Camp activities and schedules will be modified to reduce the need of shared equipment and to provide for social distancing to the extent possible. Schedule adjustments will ensure that cabin-based pods are autonomous and separate from other groups. Additionally, all programming will occur in open-air, outdoor settings with the exceptions of in-cabin rest periods, reflections, and inclement weather alternatives.

At the start and end of each activity transition, all individuals must sanitize their hands, all high-touch surfaces or equipment will be disinfected, and review any area-specific procedures for health/safety.

All-camp activities in which the entire camp community participates in the same activity at the same time are discouraged. The exception to this will be for campfires. A designated campfire area will be available nightly for each group, and cabin groups are encouraged to spread out with physical distancing observed between each cabin group.

## **CAMP STAFF TRAINING**

All camp staff will be trained in pertinent procedures for preventing disease transmission and cleaning and disinfecting properly. Staff will be requested to follow safety protocols when away from camp, including physical distancing and use of masks. Staff will have health screenings upon arrival to camp.

## **COMMUNICABLE DISEASE RESPONSE PLAN**

### **COVID-19 Suspected Incidents**

If an individual at camp is suspected of having COVID-19 or any other communicable disease based on a screening, the following will occur:

1. The individual will be asked to put on a face mask and will be isolated from others, generally in the health office or a designated cabin.
2. The health care person attending the individual will wear an N95 mask or respirator, eye protection, disposable gloves, and gown/apron when in close contact.
3. If available, a rapid test will be administered to determine if the individual has COVID-19.
4. A plan will be made for the individual with suspected communicable disease to be removed from camp by their parent/guardian as soon as possible. They will be isolated from others until that is possible.
5. Camp staff will disinfect the individual's cabin and sleeping area and will gather their belongings, with the use of PPE to the extent noted above.
6. Camp staff will disinfect areas where the individual visited at camp within the past 24 hours.
7. Basic contact tracing will be done on-camp, with the assistance of group leaders; those who have been in close contact with the individual (within 6') for at least 15 minutes in the past 48 hours will be observed and monitored for symptoms. Parents/guardians of those individuals will be notified.

### **Management of Communicable Disease**

If an individual has any of the following signs or symptoms of illness, they will be immediately isolated and discharged to their parent/guardian:

- Diarrhea
- Severe cough
- Difficult or rapid breathing
- Yellowish skin or eyes
- Temperature of 100.4 F or higher
- Untreated infected skin patches
- Unusually dark urine and/or gray or white stool
- Stiff neck
- Vomiting
- Evidence of lice, scabies, or other parasitic infestation
- Severe stomach or head pain

If any of these symptoms are present prior to the start of camp, please do not proceed to camp to ensure the well-being of all individuals. If an individual has a communicable disease, a return note from a physician is requested.

### **Returning to Camp**

Individuals who were exposed to or tested positive for COVID-19 must follow guidance from their doctor and local health department. CDC guidelines include persons known to have been exposed should quarantine for 14 days after exposure based on the time it takes to develop illness if infected.

Individuals sent home due to suspected COVID-19 symptoms can return to camp under the following conditions:

- Temperature below 100.4 F for at least 72 hours without use of fever-reducing medicine, AND
- Improvements in respiratory symptoms (cough, shortness of breath, etc.), AND
- At least 14 days have passed since symptoms first appeared or since they tested positive for COVID-19, OR
- Negative results of an FDA Emergency-Use Authorized COVID-19 test for detection of SARS-CoV-2 RNA with documentation available.

## **REQUIRED PARTICIPANT FORMS**

Each participant must complete the following forms prior to arrival at camp. These will be maintained by the guest group leader while at camp and copies or originals must be submitted to the camp management for record keeping purposes.

- Release, Indemnification, and Hold Harmless Agreement
- Health History Form
- Insurance Information (recommended)
- Authorization for Photo/Video Release
- COVID-19 Disclaimer and Screening Agreement

## **DISCLAIMER**

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is a highly contagious virus that can lead to severe illness and death, and by attending camp participants voluntarily assume all risks related to exposure to COVID-19.