

Camp Red Cedar's COVID-19 Prevention and Response Plan

SCREENING AND PREVENTION

1. **Admissions** –Everyone that has registered for camp this summer must complete the Camper Assessment form, which will serve as a new application to attend camp. This assessment will provide us with data to make informed decisions regarding capacity as we have limitations due to social distancing requirements and reduced staffing. The Camper Assessment includes questions regarding the health risks of each camper and the ability to follow the CDC guidelines. Upon review of your completed assessment, the Camp Red Cedar staff will contact each camper and either accept or decline your application to attend camp this year.
 - a. Registered campers will be screened for any high-risk health conditions.
2. **Pre-screen** – Parents/Caregivers are requested to quarantine their camper for 14 days prior to camp and record a daily screening including checking temperature and for symptoms, including: fever over 100.4, cough, shortness of breath, diarrhea, fatigue, headache, muscle aches, nausea, loss of taste or smell, sore throat, or vomiting. Parents must verify that their camper has not travelled to a COVID hotspot or been in close contact with a person who has been diagnosed with or suspected of having COVID-19
3. **Initial Screen** – Staff and campers will be screened on arrival at camp. Temperatures will be taken with a no-touch thermometer and questions will be asked:
 - a. Have you experienced any flu-like symptoms (see above)
 - b. Have you travelled internationally or nationally to a COVID-19 hotspot?
 - c. Have you been in close contact with a person who has been diagnosed with or suspected of having COVID-19?

This information will be recorded; for staff and campers, it will be added to their file. Anyone who exhibits COVID-type symptoms or answers “yes” to any question will be asked to leave our facility. If a camper has been exposed to a person with symptoms within 14 days prior to camp the camper will not be able to attend.

4. **Daily Screening** – All campers and staff will be screened at the beginning and throughout each day. Camper will be screened by an administrator, checking temperature and for other symptoms. This will be recorded in their file. All staff are required to check in with screening at the beginning of their workday. Anyone who exhibits symptoms will be isolated from other people and the camp communicable disease response plan. will be enacted. (see below)
5. **Visitors and Vendors** – All visitors and vendors on site must check in at the office and complete health screen. Signs will be posted at other entrances directing everyone to the office, however, once screened vendors needing to access to back a/c utility room will be directed to enter through back service door. No non-critical visitors will be allowed on campus. Vendors must set up arrival times with an administrator, to avoid coming near campers or staff. Camp will request that the same driver come every time. All visitors must wear masks upon entering buildings. Delivery people must wear mask while making deliveries at CRC.
6. **Note on Temperatures** – Anyone screened who registers a temperature above 100.4 will be asked to sit a minimum of 6 feet away from others and wait 15 minutes, and then be re-checked, to avoid false results.

COMMUNICABLE DISEASE RESPONSE PLAN

If a camper or staff member is suspected of having COVID-19 or other communicable disease based on a screen, the following will happen:

1. The individual will be asked to put on a face mask and will be isolated from others, in a designated room.
2. The health care person attending the patient will wear personnel protective gear.
3. Camp management and guardians will be notified.
4. If COVID-19 is not ruled out, camp staff will complete a BDDS report when required.
5. A plan will be made for the individual with a suspected communicable disease to be removed from camp by guardians as soon as possible. In the meantime, they will be isolated from the rest of camp.
6. Staff suspected of illness will work with camp management to either leave camp or be isolated if leaving is not feasible.
7. Staff will remove the patient's belongings from their cabin and disinfect the area, as described in the cleaning, disinfection, and protection section.
8. It will be determined where the individual has been in the past 48 hours and those areas will also be disinfected.
9. Basic contact tracing will be done on-campus; those who have been in close contact with the individual (within 6 feet) will be notified and observed.
10. Staff may only return to work with a negative COVID-19 test or after 72 hours fever free and 14 days after symptoms first appeared.

FACILITY

1. **Signage** - Signs will be posted at entrances disallowing entry of anyone with symptoms or who has been in contact with someone with suspected or confirmed COVID-19 in past 14 days. Signs with basic hygiene rules (including proper handwashing and physical distancing) will be posted throughout campus, including at all cabins, the kitchen areas, barn, and the activity center.
2. **Hand Hygiene** – Hand sanitizer stations will be set up throughout camp. Hand washing will be encouraged to all participants throughout the day, before and after all activities.
3. **Bathrooms** – Cabins will be assigned for participants to use throughout the week on a daily basis, to store their belongings and for changing.

FOOD SERVICE

1. **Protective gear** – Staff will wear a cloth or disposable mask and disposable gloves while preparing food. They are advised to wear aprons as well, especially when cleaning and disinfecting areas.
2. **Hygiene** – Staff will wash hands frequently, including before putting on gloves and after taking them off, after using the bathroom, after touching face, and before and after eating.
3. **Disinfection** – High-touch and food preparation areas of the kitchen will be cleaned and disinfected at the beginning and end of the day.
4. **Utensils**– Efforts will be made to not share kitchen equipment or to sanitize between users. Disposable utensils will be provided when needed for individual use.

5. **Dishwashing** – All possible dishware will be put through the dishwasher after each use if not utilizing disposable utensils.
6. **Handwashing/sanitation** – Groups will wash their hands at their cabin before and after eating. They will also use the hand sanitizer dispensers at the activity center on their way in and out.
7. **Dining Arrangement** – Tables will be separated by at least 6 feet. Meal times may be staggered. Groups will be encouraged to eat on tables outside when weather allows.
8. **Condiments** – In most cases, condiments will be served in individual packets.
9. **Water bottles** – Campers will be encouraged to carry their personal water bottle provided by Camp Red Cedar. These can be filled at the no touch water refill station.
10. **Lodge Cleaning** – After each meal shift, tables will be cleaned by staff, using disinfectant on tables, chairs, and all other high touch areas.

MEDICAL

1. **Wellness Rooms** – The Wellness Rooms will be disinfected daily, and any area used by a camper or staff (to sit, lie down, etc.) will be disinfected right after use. Any equipment used for treatment will be appropriately cleaned and disinfected directly after use.
2. **Isolation** – If someone displays symptoms of COVID-19, they will be initially isolated in one of the wellness rooms. They will remain there until a removal from camp plan can be set up. Only a nurse or designated administrator may attend to them with proper protective wear in place.
3. **Medication** – All staff will be trained to give out medications. When dispensing medications, staff will need to wear mask and gloves. Staff will only administer to camper at a time out in the wellness rooms and disinfect the rooms after each use.

CLEANING, DISINFECTION AND PROTECTION

1. Hygiene

- a. **Handwashing** – Campers and staff will follow a routine of handwashing with soap and water, for a minimum of 20 seconds, following CDC guidelines for thorough cleaning. Staff will ensure this happens at these times:
 - i. Before and after meals
 - ii. After using the bathroom
 - iii. After entering cabins
 - iv. After being in contact with someone who might be sick
 - v. Before and after activities
 - vi. After using common items, like sports equipment
 - vii. After coughing, sneezing or nose-blowing

How to wash:

- i. Wet hands; turn off water
 - ii. Lather with soap, including back of hands and fingers
 - iii. Scrub for at least 20 seconds
 - iv. Rinse under clean running water
 - v. Dry with paper towel or personal towel
- b. **Hand Sanitizer** – Hand sanitizer containing at least 60% ethanol or 70% isopropanol will be used in dispensers around camp and program areas. They will be used when handwashing

is not feasible. Participants will be taught to apply to hands, rub together, including back of hands and fingers, about 20 seconds.

2. Protection

- a. **Physical Distancing** – Staff will help participants maintain 6-foot physical distance as much as possible, especially when near other groups than their own. Aids may be used to visually demonstrate this distance.
- b. **Face Mask** – In settings where interacting with others within a 6-foot distance for more than 15 minutes, inside some buildings, for instance, if able campers and staff will wear face masks, either cloth or disposable. Staff will teach participants how to put masks on and take them off. Masks will not be used during physical activity as they inhibit breathing. Disposable masks will be thrown away after a session of use is over. Cloth masks must be laundered before being reused. Staff masks will be laundered nightly at camp.
- c. **Gloves** – Staff will wear disposable gloves when serving food, administering medications, performing first aid, providing direct care, managing laundry, cleaning and disinfecting, and other situations when dealing with belongings that have not been disinfected, including packages.

3. Cleaning and Disinfection

Camp Red Cedar may use a number of products, produced by Cintas, that meets the CDC disinfecting recommendation. Cleaning and disinfecting may also be done with a diluted bleach solution.

- a. **Cabins** – Daily cabin cleaning and disinfection will include doorknobs, light switches, beds, chairs, tables, wooden parts of beds, and cabin equipment like brooms as well as bathrooms, including sinks, toilets, showers, door handles, and soap and paper towel dispensers. Each staff will disinfect cabins after use.
- b. **Activity Center** – Staff will disinfect the activity center after each meal. This includes doors and handles, tables, chairs, brooms, and garbage cans.
- c. **Common Equipment** – Staff will clean program equipment after each use. Staff will be trained on what equipment they need to clean themselves when their group has finished using it.
- e. **Porous Surfaces** – Items with porous surfaces will be minimized, as they cannot be adequately disinfected in a short period of time.
- f. **Electronics** – Electronics may be disinfected with an alcohol-based product. Computers will not be shared and will be disinfected after each use.
- g. **Cleaning After a Suspected COVID Case** – When cleaning the area of someone suspected of having COVID, mask, gloves and gown or apron should be worn. If possible, wait 24 hours. Wipe down, bag up and remove the person's belongings. Clean their personal area and 12 feet in all directions. Start the furthest in and work your way out. Keep good airflow while working. Focus on horizontal and high-touch surfaces. Include the bathroom and all other places where this person has been for at least 15 minutes, such as activity areas. Use paper towels and dispose of them and all other cleaning materials after use; they are considered contaminated.
- h. **Laundry** – If masks, gowns and cleaning cloths are laundered, wash in the warmest possible setting. For all laundry, wear gloves and mask while handling.

ACTIVITIES

For all activities, Camp Red Cedar will follow the ACA Good, Better, Best Practices for Activity Types below. Activities will be altered where needed to assure physical distancing and to keep groups at a safe distance. If an activity takes place inside, participants, if tolerated, and staff will wear masks. Each person will be assigned their own gear, which will be disinfected after they are done using it.

“GOOD, BETTER, AND BEST” PRACTICES FOR ACTIVITY TYPES

Activity Type	“Good, Better, and Best” Practices
Sports & Range Activities	<ul style="list-style-type: none"> • Good practice: All shared equipment (e.g., bows and arrows, tennis rackets) should be cleaned immediately after each use or session. Cleaning and disinfection at the end of each day should also be conducted on all sports and range equipment. • Better practice: Provide campers with dedicated equipment for the camp session, if feasible. All equipment (e.g., bows and arrows, tennis rackets) should be cleaned and disinfected immediately after each use. Cleaning and disinfection at the end of each day should also be conducted on all sports and range equipment.
Swimming	<ul style="list-style-type: none"> • Best practice: For free swim, continue safe swim practices, such as the swimming buddy system where each camper is assigned a “buddy” to stay with at all times. • Best practice: For athletics, maintain 8-foot lane width in swimming pools and maintain spacing between individuals swimming by creating a rotation. • Best practice: For counselors, maintain the same instructors with each group of campers each day. Refer to the guidelines in the Using Cohorts at Camp section of this guide.
Small Craft Activities	<ul style="list-style-type: none"> • Good practice: Limit the amount of shared supplies and equipment per activity. Hand wash life jackets in hot soapy water. Allow to air dry and spray lifejackets with alcohol-based disinfectant spray. • Better practice: Hand wash life jackets in hot soapy water. Use a dryer to ensure complete drying with a temperature setpoint not to exceed 140 °F. Spray lifejackets with alcohol-based disinfectant spray before use. • Best practice: Designate certain equipment (e.g., lifejackets) to individuals for the duration of camp, to decrease the quantity of shared items. • Best practice: Commonly-touched surfaces of boats should be cleaned and disinfected after each use, following manufacturer instructions and the guidance in the Cleaning and Disinfecting section of this guide. Do not use bleach products on ropes or lifejackets.
Equestrian Activities	<ul style="list-style-type: none"> • Good practice: All shared equipment (e.g., tack, helmets) should be cleaned immediately after each use or session. Cleaning and disinfection at the end of each day should also be conducted on all tack and helmets. • Better practice: Each rider has their own riding gloves and helmet. • Best practice: Groups should remain small and maintain safe ratios outlined in the Safety section of this guide.
Wilderness Activities	<ul style="list-style-type: none"> • Good practice: Consider activities that are accessible by foot, biking, or other alternatives to vehicle travel. Ensure cloth masks are available for all during travel by car, van, or bus. • Good practice: Limit the quantity of shared supplies and equipment per activity.
Performing Arts	<ul style="list-style-type: none"> • Better practice: Consider planning performing arts activities to include the same group of campers each day and consider keeping the same instructors per group. Follow the guidelines in the Using Cohorts at Camp section of this guide. • Best practice: Require performing arts activities to be limited to the same groups and instructors for a given group. • Good Practice: Limit the amount of shared supplies and equipment per activity. • Best practice: Consider designating certain equipment to individuals for the duration of camp to decrease the amount of shared items.
Creative Arts & STEM	<ul style="list-style-type: none"> • Good practice: Seating should incorporate increased spacing and physical distancing should be encouraged. • Best practice: Limit the number of individuals to the craft/STEM area, incorporate increased spacing and physical distancing, and require staff to wear masks or face coverings. • Good Practice: Limit the amount of shared supplies and equipment per activity. • Ensure there are enough supplies to minimize sharing during each activity. • Best practice: Designate certain equipment to individuals for the duration of camp, to decrease the number of shared items.

GROUP

Camp Red Cedar’s program model is uniquely conducive to the changes recommended for preventing disease transmission. Our campers will stay in small groups, no larger than 10 individuals, depending on the camp the participant is registered for. This is in line with the CDC recommendation to limit any spread of contagion.

STAFF

Here are the safety measures in place to ensure a healthy and virus-free staff.

1. **Staff Screening** – will be screened on entry and then throughout the day and asked to reduce any outside activities for potential exposure.
2. **Extra Training** – Staff will receive specific training on all of these protocols, so they may uphold them and teach their campers how to do the same.
3. **Days Off** – Staff will follow safety protocols when off from work, including physical distancing and use of masks. They will be screened on arrive back to camp.

COMMUNICATION

In this unusually time, Camp Red Cedar will maintain frequent communication and transparency with participants, guardians, and staff.

1. **Parents** – In addition to ongoing communication with parents will receive camp wide updates on the state of camp. In case of an incident, parents will be notified.
2. **Staff** – The camp directors will keep staff informed of changed protocols, pertinent outside guidance, and any incidents.
3. **Participants** – We want to minimize anxiety among our campers. **Staff will teach them new procedures and then COVID-19 will generally not be discussed.** Posters will be put up reminding how to wash hands and stay socially distant.
4. **Communication Regarding Changes to the Plan-** As States continue to reduce restrictions, Camp Red Cedar recognizes there may be an increase in positive COVID-19 cases resulting in changes to protocol. Any changes to this plan will be communicated to individuals and/or parents/guardians in writing or through their preferred method of communication.

TRAINING

All staff will be trained in all pertinent procedures for preventing disease transmission and cleaning and disinfecting properly. They will be instructed in which parts of the process are their responsibility. Staff will be trained in how to introduce these new routines to their participants effectively and how to uphold standards while maintaining a positive camp environment. Retraining will happen each week or as needed throughout the year.