

# COVID-19 SAFETY PLAN SUMMER CAMP



## COVID-19 Safety Plan Summer Camp 2021

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### **Helpful tips for preventing the spread of germs:**

- Wash your hands often with soap and water or alcohol-based hand sanitizer.
- Sneeze and cough into your sleeve.
- If you use a tissue, discard immediately and wash your hands afterward.
- Avoid touching your eyes, nose or mouth.
- Avoid contact with people who are sick.

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- Stay home if you are sick.
- Avoid high-touch areas, where possible, or ensure you clean your hands after.
- Where possible, wear gloves when interacting with high-touch areas. Do not touch your face with gloved hands. Take care when removing gloves. Ensure you wash your hands after removing them.

If you are ill: notify your supervisor immediately, complete the government self-assessment (<https://covid-19.ontario.ca/self-assessment/>) and follow the instructions you get.

## 1. Summary

### 1.1 Summary Guidelines for Day Camp

Cohorts of no more than 15 children will be created. Cohorts cannot mix with other cohorts (indoors or outdoors).

Enrollment will be limited to allow for physical distancing. This is calculated by providing a 2 metre radius in each direction per person.

Face coverings are required to be worn by members of the public, staff and campers indoors.

A surgical/procedure mask is to be worn by all staff members when physical distancing is not able to be maintained indoors or outdoors, even within the staff members cohort.

Face coverings must be worn by staff and campers where physical distancing is not possible in outdoor spaces.

Personal Protective Equipment (PPE) that protects the eyes, nose and mouth is mandatory if a worker is required to come within 2 metres of someone who is not wearing a face covering and is not part of the same cohort (e.g. receiving first aid treatment from the healthcare team).

Any shared spaces must be cleaned and disinfected as frequently as necessary to maintain a sanitary condition. This includes but is not limited to washrooms, tuck shop, dining room, staff housing, etc.

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All high touch surfaces must be cleaned and disinfected at least two times a day, or more often if visibly dirty.

Field trips requiring group transportation are not permitted.

Activities with exposures to animals or pets that involve frequent touching by different camp participants (e.g. petting zoo, animal visitors, etc.) are not permitted.

Aquatic activities (e.g. pool, spray pad, waterslide etc.) must adhere to regulated requirements as well as to municipal guidance and restrictions at the time of activity.

All camp activities (archery, playground, trampolines, etc) will be limited to be used by one cohort at a time. Appropriate sanitation will be complete in-between each cohort.

## **1.2 General Guidelines for Overnight Camp**

Cabins will be limited to the number of beds in each cabin.

Each cabin will be considered a cohort. Cohorts cannot mix with other cohorts (indoors or outdoors). Depending on local health guidelines at the time of camp, multiple cabins may be included in one cohort.

Campers and staff are to limit their exposures (e.g. reduce the chances of becoming infected by limiting contact with individuals outside of their immediate household) to the greatest extent possible 14 days prior to arrival at to camp and provide the camp with a written attestation (included in screening) indicating they have taken all reasonable measures to limit exposure for the 14 days prior to their arrival.

Face coverings are required to be worn by members of the public, staff and campers indoors.

Face coverings are not required when inside each cohort's designated sleeping area (e.g. cabin) or eating/drinking.

Face coverings must be worn by staff and campers where physical distancing between cohorts is not possible in outdoor and indoor spaces.

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Face coverings are required to be worn by campers, staff and all other persons when indoors exempt inside each cohort's designated sleeping area (e.g. cabin).

Personal Protective Equipment (PPE) that protects the eyes, nose and mouth is mandatory if a worker is required to come within 2 metres of someone who is not wearing a face covering and is not part of the same cohort (e.g. receiving first aid treatment from the healthcare team).

Any shared spaces must be cleaned and disinfected as frequently as necessary to maintain a sanitary condition. This includes but is not limited to washrooms, tuck shop, dining room, staff housing, etc.

All high touch surfaces must be cleaned and disinfected at least two times a day, or more if visibly dirty.

Activities with exposures to animals or pets that involve frequent touching by different camp participants (e.g. petting zoo, animal visitors, etc.) are not permitted.

Aquatic activities (e.g. pool, spray pad, waterslide etc.) must adhere to regulated requirements as well as to municipal guidance and restrictions at the time of activity.

All camp activities (archery, canoes, trampolines, etc) will be limited to be used by one cohort at a time. Proper sanitation will be complete in-between each cohort.

## **2. Detailed Guidelines**

### **2.1 Screening and Check-in**

Full-time staff and daily volunteers – As soon as they arrive at the beginning of the week, they need to complete the digital screening. Found here: [countrysidecamp.com/staffscreening](https://countrysidecamp.com/staffscreening). Screening stations are set up in the stairwell of the office and the water room door of the shop. Full-time staff will continue to self monitor for symptoms throughout the week.



Summer Staff - As soon as summer staff arrive on Sunday, they will need to complete the digital screening. Found here: [countrysidecamp.com/staffscreening](https://countrysidecamp.com/staffscreening). Screening

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station will be set up in the health centre. During the week summer staff that have direct contact with campers (e.g. counselors) will be screened daily and recorded by a staff member with a temperature check and symptom check. Support staff members who do not have minimal contact with campers (e.g. kitchen/maintenance staff) will continue to self monitor for symptoms throughout the week.

Summer staff are to limit their exposures (e.g. reduce the chances of becoming infected by limiting contact with individuals outside of their immediate household) to the greatest extent possible 14 days prior to arrival at to camp and provide the camp with a written attestation (included in screening) indicating they have taken all reasonable measures to limit exposure for the 14 days prior to their arrival.



During weekends off during the summer, staff will be required to limit their exposures to individuals outside of their assigned cohort at camp. Staff will be permitted to stay at camp during the weekends.

Day Campers - As soon as they arrive every morning, parents will need to complete the digital screening on behalf of themselves and the campers. Found here: [countrysidecamp.com/screening](https://countrysidecamp.com/screening). A staff member will do a temperature check for campers during daily check-in. Staff doing screening and check-in will wear Personal Protective Equipment (PPE) that protects the eyes, nose and mouth.



Overnight Campers - As soon as they arrive, parents will need to complete the digital screening on behalf of themselves and their campers. Found here: [countrysidecamp.com/overnightscreening](https://countrysidecamp.com/overnightscreening). A staff member will do a temperature check for campers during check-in. Staff doing screening and check-in will wear Personal Protective Equipment (PPE) that protects the eyes, nose and mouth.



During the week overnight campers will be screened daily and recorded by a staff member with a temperature check and symptom check.

Overnight campers are to limit their exposures (e.g. reduce the chances of becoming infected by limiting contact with individuals outside of their immediate household) to the

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greatest extent possible 14 days prior to arrival at to camp and provide the camp with a written attestation (included in screening) indicating they have taken all reasonable measures to limit exposure for the 14 days prior to their arrival.

Alcohol-based hand sanitizer will be placed at all screening stations and entrances to camp.

Daily screening results will be recorded and records maintained for at least one month.

If a child or staff member fails the screening, they must be excluded from the day camp. They are advised to go to their nearest assessment centre for testing. See illness at camp for more information.

Campers or staff who are symptomatic prior to camp and are unable to arrive on the schedule day may enter the camp if they:

- have proof of a negative covid-19 tests conducted within 72 hours of the arrival of Camp
- are free of symptoms for the least 24 hours
- have not been directed by public health to self isolate
- have no contact with a confirmed case of covid-19 in the last 14 days

## **2.2 Illness at Camp**

Covid-19 symptom check sheet can be completed to show parents and for record keeping.

[https://docs.google.com/document/d/1ZBOOxeOEUP\\_O1y-ShSg5SgCBVPY3WamCm8tfXLidKsg/edit?usp=sharing](https://docs.google.com/document/d/1ZBOOxeOEUP_O1y-ShSg5SgCBVPY3WamCm8tfXLidKsg/edit?usp=sharing)

COVID-19 symptoms include:

Fever and/or chills - Temperature of 37.8 degrees Celsius/100 degrees Fahrenheit or higher

Cough or barking cough (croup) - Continuous, more than usual, making a whistling noise when breathing (not related to asthma, post-infectious reactive airways, or other known causes or conditions you already have)

Shortness of breath - Out of breath, unable to breathe deeply (not related to asthma or other known causes or conditions you already have)

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Decrease or loss of smell or taste - Not related to seasonal allergies, neurological disorders, or other known causes or conditions you already have

Sore throat or difficulty swallowing - Painful swallowing (not related to seasonal allergies, acid reflux, or other known causes or conditions you already have)

Runny or stuffy/congested nose - Not related to seasonal allergies, being outside in cold weather, or other known causes or conditions you already have

Headache - Unusual, long-lasting (not related to tension-type headaches, chronic migraines, or other known causes or conditions you already have)

Nausea, vomiting and/or diarrhea - Not related to irritable bowel syndrome, anxiety, menstrual cramps, or other known causes or conditions you already have

Extreme tiredness or muscle aches - Unusual, fatigue, lack of energy (not related to depression, insomnia, thyroid dysfunction, sudden injury, or other known causes or conditions you already have)

## **If a camper, staff member or volunteer becomes ill while at camp, the following immediate control actions will be implemented:**

Immediately separate the camper, staff, or volunteer who shows one or more symptoms compatible with COVID-19 (e.g. fever, cough, difficulty breathing, etc.) from others into a supervised area until the person can go home.

- Symptomatic persons should wear a surgical/procedural mask if able to tolerate.
- Refer the individual to an assessment centre for testing for COVID-19.
- See section on testing below for more information regarding requirements of symptomatic individuals.

Anyone providing care to a symptomatic individual should maintain a distance of 2 metres (6 feet) if possible and wear PPE including mouth, nose, eye protection and gown. The symptomatic individual must depart camp as soon as possible, after which the direct care provider should discard the PPE and perform hand hygiene.

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Once the individual has left camp, clean and disinfect the space the person occupied, as well as any toys/equipment used inside or outside by the person. Campers/staff in the same room should be directed to wash their hands.

Camp participants or staff who have been in contact with a suspected COVID-19 case should be monitored for symptoms and further cohorted (i.e., grouped together) until laboratory tests, if any, have been completed or until directed by the local public health unit.

## **2.3 Testing for COVID-19**

Staff members and camp participants awaiting test results who are symptomatic or have been advised to self-isolate by the local public health unit must be excluded from camp.

Household contacts of a symptomatic camper must isolate until the results are received.

Strongly recommend household contacts of staff/volunteers isolate until results are received.

Once results are received, individuals must do the following:

- Those who test negative for COVID-19 must be excluded from the program until 24 hours after symptom resolution. Household contacts no longer need to isolate.
- Those who test positive for COVID-19 must be excluded from the program. Public Health will contact the individual to let them know what to do.

If symptomatic individual tests positive for COVID-19, all campers and/or staff in their cohort should be tested for COVID-19 and should be placed in individual accommodations to self-isolate until they can be transported home for their self-isolation, and follow directions of the local public health unit.

## **2.4 Physical Distancing and Cohorting**

Infection spread can be slowed and more easily contained when people stay together in the same small groups (i.e., 'cohorts') throughout the day, every day.

For Day Camp, cohorts of no more than 15 children will be created.



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Overnight Campers will be limited to the number of beds in each cabin. Each cabin will be considered a cohort. Cohorts cannot mix with other cohorts (indoors or outdoors). Depending on local health guidelines at the time of camp, multiple cabins may be included in one cohort.

Staff assigned to a cohort must remain with that group until the session has completed. Staff plus assigned children together form a single cohort.

Camp cohorts cannot mix and must remain together until the end of the session/week.

Staff should not be covering lunches/break periods for staff outside of their assigned cohort.

No moving of rooms/campers during the session.

Ventilation will be encouraged inside the cabin. Fans should not oscillate but rather be used to improve ventilation.

Staff should be practicing physical distancing in staff rooms, offices, etc.

Indoor and outdoor spaces used for camp programs should restrict enrollment to allow for a 2 metre (6 feet) radius in each direction per person, in order to ensure adequate physical distancing.

Activities must promote physical distancing of at least 2 metres (6 feet) between cohorts, and between campers within cohorts where possible.

All camp activities (archery, canoes, trampolines, etc) will be limited to be used by one cohort at a time. Proper sanitation will be complete in-between each cohort.

Visual cues to promote physical distancing (e.g. signs, posters, etc.) will be used.

Face coverings must be worn indoors at all times and outdoors when physical distancing cannot be maintained.

Safety from other hazards should not be compromised due to physical distancing and cohorting.

Support staff (e.g. kitchen staff, lifeguard, maintenance staff) will be given a designated cohort based on sleeping arrangements, position, duties, etc.

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## 2.5 Face Coverings

Face coverings (aka Masks) must be worn indoors at all times, with limited exceptions.

Day Camp only: A surgical/procedure mask is to be worn by all staff members when physical distancing is not able to be maintained indoors or outdoors, even within the staff members cohort.

Overnight Camp only: Face coverings are not required by staff when within their own cohort.

Face coverings can be removed while outdoors where physical distancing of 2 metres (6 feet) or more is possible from other cohorts.

Cloth face coverings should **not** be placed on:

- Babies or children younger than 2 years old;
- Anyone with a medical exemption;
- Anyone who has trouble breathing or is unconscious; and
- Anyone who is incapacitated or otherwise unable to remove the cover without help.

Medical exemptions will be accepted as outlined here:

<https://www.regionofwaterloo.ca/en/face-covering-by-law.aspx#>.

We will not require proof of medical exemptions.

Face coverings can be temporarily removed when campers or staff are eating or drinking, however, physical distancing should be maintained.

Staff and campers should bring their own face covering to wear. Camp will have a supply of face coverings/shields available to provide to staff/campers if needed.

If face coverings become soiled or wet, they must be removed and replaced with a clean dry one. All face coverings should be washed or exchanged on a regular basis.

Staff and campers will be directed to wear face coverings properly.

When a camper has no symptoms of COVID-19 but is in need of care (such as toileting, first aid), staff should wear a surgical/procedural mask and face shield/goggles.

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Personal Protective Equipment (PPE) that protects the eyes, nose and mouth is mandatory if a worker is required to come within 2 metres of someone who is not wearing a face covering and is not part of the same cohort (e.g. receiving first aid treatment from the healthcare team).

Parents and campers will be required to wear face coverings during drop off and pick up procedures.

Support Summer Staff are required to wear face coverings in all indoor spaces except within their designated sleeping room or performing hygiene activities (e.g. showering, brushing teeth).

## **2.6 Environmental Cleaning and Disinfection**

In addition to standard cleaning protocols, clean and disinfect common and frequently touched surfaces including door knobs, light switches, toilet handles, and tabletops at least twice daily.

Frequently clean and disinfect program equipment and/or in between each cohort.

Cleaning products should not be used near children, and staff should ensure there is adequate ventilation when using these products to prevent children from inhaling toxic fumes.

## **2.7 Food**

Refer to the document labeled Food Services Coronavirus Prevention.

## **2.8 Office**

Refer to the document labeled Office Work Coronavirus Prevention.

## **2.9 Additional Requirements**

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The use of water or sensory tables is not permitted.

Activities with exposures to animals or pets that involve frequent touching by camp participants (e.g. petting zoo, animal visitors, etc.) are not permitted.

Aquatic activities (e.g. pool, spray pad, waterslide etc.) must adhere to regulated requirements as well as to municipal guidance and restrictions at the time of activity.

Limit any non-essential visitors, volunteers, and activities involving external groups or organizations as much as possible.

Outdoor play at camp is encouraged. Campers should play within their established cohorts, however face coverings should be worn during outdoor play unless physical distancing can be consistently maintained between other cohorts.

Activities and sports involving direct or physical contact should be avoided or modified to eliminate contact.

If activities such as group sports are being held, ensure only one cohort is participating in that activity at a time, and that all provincial policies and public health recommendations are followed.

## **2.10 Psychosocial Considerations for Campers**

Pay attention to the camper's feelings and reactions and let them know that it is okay to be concerned.

Reassure campers about their personal safety and health, and the many things they can do to stay healthy (e.g., hand washing, cough/sneeze etiquette, staying home when sick, keeping clean).

Let campers know they can ask questions and make sure that the information provided is suitable for their age level.

Give mask breaks throughout the day for the camper's mental well-being (when outdoors and 2 metre/6 feet physical distancing is being maintained).

## **2.11 Other Considerations**

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Campers who fail screening at the beginning of the week will be rescheduled for two weeks later. If campers receive a negative COVID-19 test, then they may be scheduled to come to camp sooner than 14 days. If that is not possible, campers will be issued a 50% refund. If campers fail screening partway through the week, campers will be refunded for the time missed due to illness but not more than 50% of the registration fee.

Camper's may also choose to receive a credit for summer camp in 2022.

Staff members who fail screening will be paid for sick leave.

If a tornado warning/watch is present in the area, staff will use their best judgement as to whether it is necessary to move campers and staff to a basement location for their safety. Campers and staff will wear face coverings and be physically distanced as much as possible.

Children or grandchildren of full-time staff will be permitted on site. They must complete the daily screening ([countrysidecamp.com/screening](http://countrysidecamp.com/screening)) just like a day camper. This can be completed by the parent/grandparent.

Information about vaccine availability will be communicated to summer staff. If a letter from the employer is required to access vaccines, then we will provide one.

If we are able to obtain a supply of "quick tests" then we will.

## 3. Outbreak Response Plan

In the case of a severe outbreak of illness at camp below are some guidelines on how to respond.

1. Seek the assistance of outside professional medical advice.
2. Large numbers of ill staff and children will need to be housed separately from the well staff and children.
3. Staffing ratios may be decreased, particularly if healthcare staff should become ill. This could impact camp programming and adequate supervision (e.g. pool activities may have to be cancelled if there is an insufficient number of lifeguards).

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4. Cleaning and disinfection of the camp will have to be increased and additional staff/resources may need to be used.
5. If necessary the notification of parents should occur in an efficient manner.
6. External services may have to be called in to support regular camp programming during an outbreak (e.g. food or cleaning services).

## 4. Standard Program Element COVID-19 Modifications

### Interest Groups

- Each cohort will do the same interest group at the same time.
- Appropriate sanitation will occur between each cohort.
- Interest groups can be led by a staff member who is not assigned to the specific cohort as long as appropriate physical distancing can be maintained.

### All Camp Games

- Games must not include physical interaction between different cohorts.

### Power and Praise/Revival

- All large group gatherings will be done outdoors.
- If weather does not permit outdoor use, Power and Praise/Revival will be replaced with activities led by the cohort leader.

### Free Time

- Each cohort will be given a designated activity or area.

### Cabin Time

- Each cohort will do the same activity at the same time.

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## Meal Times

- Each cohort will be given a designated outdoor eating area.
- Outdoor hand wash stations will be used by all staff and campers before mealtimes. Signage for proper handwashing procedure will be posted.
- Cohort leaders will go to the kitchen to retrieve their prepared meal items.
- Food will be served “family style”.
- Only the cohort leaders will serve food to the members of their cohort while wearing proper PPE.
- Refer to the document labeled COVID-19 Prevention Food Service for more info.

## Cabin vs. Cabin

- Games must not include interaction between different cohorts.

## Staff Meetings

- Meeting will be done primarily outdoors.
- Indoor meetings will be permitted if face coverings are worn and proper physical distancing can be maintained.

## Camp Fire

- Campers and staff must maintain proper physical distancing.

## Lice Check

- We will not perform Lice Check this summer.
- We will request that parents perform a lice check before arriving at Camp..

## Support Staff Housing

- Staff will be given a designated cohort based on sleeping arrangements, position, duties, etc.
- Staff must wear face coverings indoors, except when they are in their designated sleeping room with other members of their cohort.

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- Face coverings may also be removed when brushing teeth, showering, shaving, etc.

## Day Trips/Transportation (e.g. Spec, DISC)

- Everyone in the vehicle must wear a mask.
- Seating will be spaced out as much as possible.
- Windows will be open to increase air flow if possible.
- Day trip locations will be contacted in advance to gather information about their covid-19 policies.
- Day trips will be permitted for overnight campers only.
- The seat directly behind the driver should be left vacant, if possible.

## Bible Study

- Led by the cohort leader in their designated area.

## Medication Administration

- Staff who are required to come in close contact with campers must wear proper PPE (mouth, nose, eye protection).
- Medications will be administered using small disposable cups whenever possible.

## Tuck Time

- A limited number of staff will be permitted to enter the tuck shop at one time.
- The cohort leader will retrieve the bag of tuck.
- Tuck will be distributed to campers by the cohort leader.

## Pool

- Multiple cohorts may use the pool with a maximum capacity of 30 campers within the pool and on deck.
- One cohort may use the spray pad at a time.
- Maximum capacity of the entrance bathrooms is 6 people. Only one cohort may enter at a time.



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- Lifeguards are not required to wear a mask while guarding.
- Lifeguards may need to come within 6 feet of a camper/staff to perform life saving duties.

## Spray Pad

- One cohort can use the spray pad at a time.
- A different cohort can be using the pool and spray pad at the same time.
- Face covering can be removed in the spray pad area.

## Archery/Sling Shots

- Will be used by one cohort at a time.
- Appropriate sanitation will be completed between each cohort.

## Canoes/Kayaks

- Will be used by one cohort at a time.
- Appropriate sanitation will be completed between each cohort.

## Sports Fields/Basketball Court/Disc Golf

- Will be used by one cohort at a time.
- Appropriate sanitation will be completed between each cohort.

## Play Ground

- Will be used by one cohort at a time.

## Gaga Ball

- Will be used by one cohort at a time.
- Appropriate sanitation will be completed between each cohort.

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## Hammocks

- Will be used by one cohort at a time.
- Appropriate sanitation will be completed between each cohort.

## Trampolines

- Will be used by one cohort at a time.
- One camper on the trampoline at a time.
- Appropriate sanitation will be completed between each cohort.

## Open House

- Cancelled

## Friday BBQ

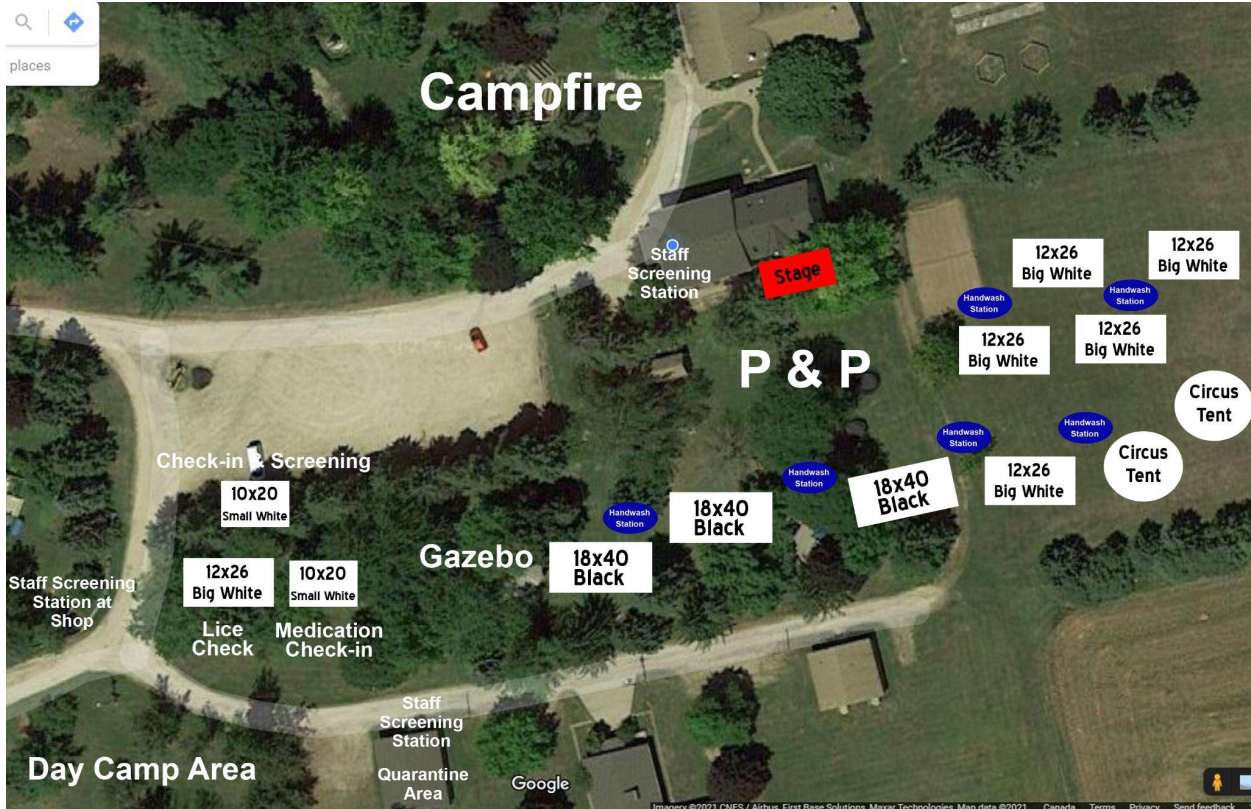
- Cancelled

## Sunday Service

- Cancelled

## **5. Site Map**

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## Questions and Comments:

**Adrian Stelpstra**  
Program Director

[adrian@countrysidecamp.com](mailto:adrian@countrysidecamp.com)

519-623-4860 x1x2