



COVID-19 PREPAREDNESS & RESPONSE PLAN

YMCA CAMP OHIYESA

A HEALTHY CAMP STARTS AT HOME

As always, our priority is the health and safety of our campers and staff. We are partnering with Y camps across the country and with local, state, national agencies to remain informed and proactive as new information develops regarding COVID-19. Specifically, we are working to adapt our procedures including pre-camp health screening, upgraded sanitation practices and modified health care practices in accordance with CDC recommendations. We're implementing new procedures and practices into our camp operations this summer to minimize the potential spread of illness in our camp community. The following guidelines are the building blocks to help your child begin a healthy camp experience, starting before they even arrive at camp. We ask that each camper and staff member arrives well rested, nourished and hydrated. If a camper is ill before a session starts, we ask that you do not send your child to camp. Please read carefully; **some items require action on your part up to 14 days before your camper arrives at camp.**

We are strongly encouraging all eligible staff and participants (currently ages 5+) receive the COVID-19 vaccine prior to attending camp. We ask that leading up to the start of your camp session that participants limit their potential exposure by asking you to consider having your camper(s) socially distanced for 14 days prior to arrival. This includes:

- Avoiding areas of large groups of people (graduation parties, family reunions, shopping malls, zoos, parks, etc.)
- Following good hygiene practices at home and while out in the community (washing hands etc).
- Paying close attention to symptoms of the participant and the family/friends they are spending time with and avoid those who display respiratory symptoms.

To help you keep track of your child's health, we request that you monitor your camper(s) temperature and any COVID-19 related symptoms on a daily basis for the 14 days leading up to your camp session start date. COVID-19 symptoms include: fever of 100.4°F, cough, shortness of breath, diarrhea, fatigue, headache, muscle aches, nausea, loss of taste or smell, sore throat, vomiting.

It will be important to keep campers home if they exhibit any one of the symptoms listed above during the pre-screening process. Participants with a fever or other COVID-19 symptoms should stay home. We recommend parents/guardians of higher-risk campers to consult their child's medical provider to assess their risk and determine if camp is an acceptable fit for their child. While immunizations are not required to attend camp, the State of Michigan recommends that children should be up to date with current vaccination schedules to protect from vaccine-preventable infectious disease outbreaks, including influenza. If vaccines have been delayed as a result of the stay-at-home order, families should consider a plan with their child's medical provider for catch-up vaccinations in a timely manner.

CHECK-IN/INITIAL SCREEN

We are encouraging participants to complete a COVID-19 PCR test 1-3 days prior to the start of the camp session. In addition, campers will be screened on arrival at camp. The health screening will involve taking their temperature and answering a couple of questions about any recent symptoms. If riding the bus to camp, this process will take place before your child is allowed to get on the bus. Temperatures recorded that exceed 100.4F are considered a fever and constitute a symptom of COVID-19. We reserve the right not to admit any person who poses a communicable disease risk to others.

ONGOING HEALTH CHECKS

Campers who begin to exhibit any symptoms of communicable disease will be referred to the camp nurse for evaluation and placed in isolation in our Health Center. Common symptoms of COVID-19 can be found in this document and on the CDC website.

Anyone who exhibits symptoms of communicable disease and is isolated from other people in our Health Center, the communicable disease response plan will be enacted (pg 3).

SAFETY PRECAUTIONS TO EXPECT AT CAMP FACILITY

- **Signage** - Signs with basic hygiene rules (including proper hand washing) will be posted throughout camp, including cabins, the dining hall, and the office.
- **Hand sanitizer and soap dispensers** – Hand sanitizer dispensers will be installed at each activity areas. If dispensers cannot be installed, pump bottles will be used. Soap dispensers will continue to be at all sinks. Each camp counselor's pack will include hand sanitizer. The high traffic program area includes a hand sanitizing station that each camper will be asked to use before and after participating in that activity.
- **Airflow** – Airflow will be maintained in all cabins and indoor program areas through use of fans. Depending on weather conditions, windows will be open and fans running to keep air circulating.
- **Dining Hall-** We encourage the use of our outdoor seating areas when weather permits, as well as spaced out dining inside our dining hall.

Cleaning/Sanitizing

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

- All cabins and general use buildings (dining hall, welcome center, health center, bathhouse, etc) will be thoroughly cleaned during and between camp sessions, including frequently touched surfaces such as tables, drinking fountains, door handles, hand railings, light switches, countertops, cabinet handles, desks, phones, keyboards, toilets, faucets, and sinks.
- Please make sure to send a reusable water bottle with your camper's name on it as single use cups will not be available.
- Please label all belongings; we will not save 'Lost and Found' items for more than one week.

Hand Washing

We will reinforce regular health and safety practices with campers and staff. Wash hands often with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, sneezing; going to the bathroom; and before eating or preparing food. Soap and water are the best option, especially if hands are visibly dirty.

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 patient will be asked to put on a face mask and will be isolated from others, generally in a separate room in the Health Center.
2. The health care person attending the patient will wear an N95 mask or respirator, eye protection, disposable gloves and gown or apron.
3. Camp management and guardians will be notified.
4. Further assessment will be sought from an appropriate healthcare provider.
5. A plan will be made for a camper 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. If a staff or camper tests positive for COVID-19, the local health department will be notified.
8. A trained disinfection crew will remove the patient's belongings from their cabin and disinfect the area.
9. It will be determined where the patient has been in the past 24 hours and those areas will also be disinfected.
10. Basic contact tracing will be done on-camp; those who have been in close contact with the patient (within 6 feet) for at least 15 minutes in the last 48 hours will be observed. Guardians of those campers will be notified.
11. Staff may only return to work 10 days from symptom onset or test sample taken and 24 hours without fever (without fever-reducing medicine) and other symptoms are improving.

Management of Communicable Disease

If a child has any of the following signs or symptoms of illness, he/she shall be immediately isolated and discharged to his/her parent/guardian:

- Diarrhea
- Severe Coughing
- Difficult or rapid breathing
- Yellowish skin or eyes
- Temperature of 100.4 degrees Fahrenheit
- 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 occur prior to dropping off at camp, please do not send your child to camp for the well-being of all children. If the child has a communicable disease, a return note from the physician will be requested. If an individual in a shared area is identified with a positive test for COVID-19, the shared area will be closed until cleaned and disinfected, and everyone that came into close contact with the individual that tested positive needs to self-quarantine for at least 14 days. Contact tracing with the local health department will be initiated. Parents/ guardians are encouraged to have back-up child care plans if the camper or a family member becomes ill or is required to self-quarantine due to possible COVID-19 exposure. If your camper leaves camp due to illness, we will provide a refund for the session, prorated for time attended.

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: Those who are not up to date on their COVID-19 vaccinations and are known to have been exposed to an individual with a positive COVID-19 diagnosis should quarantine for 5 days after exposure based on the time it takes to develop illness if infected and continue to monitor their health for an additional 5 days, and wear a mask when you are around others. Vaccinated individuals do not need to quarantine from suspected exposure, but should continue to monitor for symptoms for 10 days.

Campers and staff sent home or isolated due to suspected COVID-19 symptoms can return to camp under the following conditions:

- Temperature below 100.4° for at least 24 hours without the use of fever-reducing medications AND
- No respiratory symptoms (e.g., cough, shortness of breath) AND
- at least 5 days have passed since their symptoms first appeared (but must wear a well-fitting mask for an additional 5 days)

Staff will report contact with anyone outside of work who has had a documented case of COVID-19. Those staff that are not up to date on their COVID-19 vaccinations will quarantine for 5 days if they have been exposed to COVID-19 and seek medical care if they develop symptoms.

If a staff member or camper tests positive for COVID-19, the individual must stay home or isolated until:

- Temperature below 100.4° for at least 24 hours without the use of fever-reducing medications AND
- No respiratory symptoms (e.g., cough, shortness of breath), AND at least 5 days have passed since their symptoms first appeared (but must wear a well-fitting mask for an additional 5 days)

Staff and families are also required to report to the camp if they become symptomatic or receive positive COVID-19 test results.

Campers sent home with respiratory symptoms who do not test positive for COVID-19 must remain home until the presenting symptoms have subsided without the use of medications.

After camp

We recommend that campers, their families, and camp staff follow the guidance [Domestic Travel During COVID-19](#) following travel from camp (self-monitor for symptoms for 14 days).

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, you voluntarily assume all risks for your family related to exposure to COVID-19.