



COVID-19 PREPAREDNESS & RESPONSE PLAN

YMCA CAMP NISSOKONE

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, modified health care practices, and social distancing 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, parents can transfer to a later week or request a refund. 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 12+) receive the COVID-19 vaccine prior to attending camp. We ask that leading up to the start of your camp session that unvaccinated 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 the current MDHHS and CDC guidance for gathering and face masks usage.
- 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.
- Avoiding any unnecessary travel, especially travel that requires the use of mass transit.

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 will provide a refund or credit for future use. 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, staff and campers will be screened on arrival at camp. The health screening will include taking their temperature and answering a few questions about their recent health. If riding the bus to camp, this process will take place before your child is allowed to get on the bus. It is our policy this summer that all participants be fever free and symptom free, without any fever reducing medications or other symptom-altering medications (e.g. fever reducers), for 72 hours before they will be allowed at camp. If at any time during those 14 days leading up to your child's camp session, they have a fever greater than 100.4° or are exhibiting any COVID-19 symptoms, please keep track of all medication given to ensure that they can meet our fever/symptom free requirement. We reserve the right not to admit any person who poses a communicable disease risk to others.

Upon arrival, please stay in your vehicle. Families will also be asked to only have one adult attend the check in. YMCA Camp staff (wearing masks and gloves) will be welcoming camper families in the parking lot and directing campers and their one adult where to go for check-in. We ask that family members do not walk campers to their groups, but rather allow our staff to escort each camper to their groups. Parents/guardians will not be allowed to enter any of the cabins or take a tour of camp at this time. Unvaccinated persons will be required to wear a face mask to enter the camp office.

To ensure that our camp community stays as healthy as possible; every camper and staff will have their temperature taken upon arrival, and twice daily in our overnight camp program. Temperatures will be taken with a no-touch thermometer and questions will be asked:

- a. Have you or your child been in contact with a person who has COVID-19?
- b. Has your child felt unwell in the last 3 days? (fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and/or diarrhea)

We will visually check campers for signs of illness, including flushed cheeks, rapid or difficulty breathing (without recent physical activity), fatigue, or confused mental state. Anyone who exhibits COVID-type symptoms or answers any question positively will not be permitted to stay onsite. To help expedite check in, please remember to bring any medications (not expired) in the original package, inside a clear bag, labelled with the camper's name on the bag.

Note on Temperatures: Any camper screened with a temperature above 100.4 will be asked to sit 6 feet away from others and wait 5 minutes, and then be rechecked, to avoid false results. If after the second check the temperature is still over 100.4 the camper cannot stay at camp.

TRANSPORTATION / BUSSING

- We will conduct the check-in screening at the bus pickup location. Individuals whom are ill or experiencing any flu-like symptoms will not be permitted to board the bus.
- Wash or sanitize hands before boarding the bus.
- Practice good hygiene: cough or sneeze into your elbow and avoid touching your mouth, nose, and eyes.

- If possible, maintain physical distance by maximizing distance between yourself and other passengers. Campers will be asked to sit individually in each seat, unless in the same family.
- Face coverings are required, regardless of vaccination status per CDC guidelines.
- Vehicle operators and staff will wear a face mask on the bus.
- Maintain physical distance by limiting interactions with other passengers.
- When possible and safe to do so, operators will open windows prior to campers boarding.
- Busses will be cleaned and disinfected between uses.

CAMPER CHECKOUT (PICKUP)

Please be patient during this process, we can only greet so many vehicles at one time. Upon arrival, please stay in your vehicle. A staff member will come to you (they will be wearing a mask) and they will ask you who you are picking up. Once your ID is verified, your camper (and their gear) will be walked to your vehicle by a camp counselor. Parents/guardians, please stay in your vehicle at this time.

Once your camper has arrived at your vehicle, you are welcome to get out and greet your camper. Please load their gear and depart camp as quickly as possible so that we can get the next vehicle started in the process.

Visitors – All visitors must check in at the office for a health screening. Non-essential visitors will not be permitted to camp this summer. At this time we will not be allowing parents/guardians to tour camp or visit their child’s cabin. We will not host our traditional rodeos this summer for parents of campers in our equestrian programs. Please email us at camp@ymcadetroit.org with any questions.

ONGOING HEALTH CHECKS

If at any time a camper (or staff member) has a fever of 100.4° or is displaying other symptoms of COVID-19, they will be moved to a separate location in our medical facility and will be observed for one hour. During this time the camper will be given water and a cool place to relax, if the fever does not decrease it may be an indicator of an illness and you will be asked to come and pick up your child immediately.

- All campers and staff will be screened at the beginning of each day.
- Will be conducted before breakfast AND before dinner and will consist of a temperature and COVID-19 symptoms check.
- Staff will wear masks and gloves. They will use a no-touch thermometer.

Individuals will be given a face mask & follow *Suspected COVID-19 Case* procedures if:

- A temperature is over 100.4° and when the staff recheck their temperature it is still over 100.4°
- An individual has COVID-19 symptoms including: cough, shortness of breath or difficulty breathing, fever, chills, muscle pain, sore throat, new loss of taste or smell, gastrointestinal symptoms like nausea, vomiting or diarrhea.

Anyone who exhibits symptoms of communicable disease will be isolated from other people in our Health Center and the communicable disease response plan will be enacted (pg 7).

SAFETY PRECAUTIONS TO EXPECT AT CAMP

Physical Distancing

Group sizes will be kept to 10 or fewer campers, groups (campers and staff) will remain together all day throughout the week. Interactions with other campers and staff will be restricted. We will try our best to accommodate buddy requests, but

your camper may not see every other camper throughout the week. Staff will help campers maintain 6-foot physical distance as much as possible, especially when near other groups than their own. Markers may be used to visually demonstrate this distance. Campers will not be allowed to sit on each other's beds or in close proximity in other indoor settings.

Masks

- Campers will be asked to bring a clean mask daily.
- Outside is considered a mask-free zone for campers, as we will practice physical distancing. We will be spending most of the day outside to make this easier for all.
- Campers are welcome to wear a mask more often than required based on your family's wishes. Masks will not be used during physical activity such as swimming that may restrict breathing. The American Academy of Pediatrics provides tips for how to help children be more comfortable wearing cloth face coverings. Face coverings should never be placed on children under age 2, anyone who has trouble breathing, or anyone unable to remove the face covering without assistance.
- Staff will wear masks at check-in, when indoors if unvaccinated (ie. due to inclement weather) or if identified in a health screening that they are not feeling well. Unvaccinated staff will be required to wear masks outdoors if physical distancing cannot be maintained.
- In occasional settings where interacting with others within a 6-foot distance, and inside buildings (including office, restrooms, or in case of inclement weather) unvaccinated staff and campers are required to wear masks.

Gloves

Staff will wear disposable gloves when serving/preparing food, administering medications, performing first aid, managing laundry, cleaning and disinfecting, and other situations when dealing with belongings that have not been disinfected.

FACILITY

- **Signage** - Signs with basic hygiene rules (including proper handwashing and physical distancing) 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.
- **Beds (overnight camp)** – Beds will be spaced apart, and campers will be required to sleep head-to-toe. This means that, within a bunk, one camper sleeps in one direction on the bottom bunk and the camper on the top bunk sleeps in the other direction, giving 6 ft of space between campers' heads. Campers on adjacent bunks will be opposite.

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.

- Shared program equipment will be cleaned/sanitized between each groups use. This includes all equipment that has a non-porous surface as well as a sanitizing spray that will be used on porous surfaces. Campers are welcomed to bring their own USCG approved lifejackets (Type I, II, or III). **Please send your camper with their own craft box including crayons, markers, glue/glue sticks, scissors.**
- All cabins and general use buildings (dining hall, welcome center, health center, bathhouse, etc) will be thoroughly cleaned between camp sessions. Each of these buildings will also be cleaned/sanitized throughout the day by our camp staff at a minimum of every 6 hours depending on use. Common areas will be sanitized at least 3 times daily. Examples of frequently touched surfaces include tables, drinking fountains, door handles, hand railings, light switches, countertops, cabinet handles, desks, phones, keyboards, toilets, faucets, and sinks. Any other surfaces frequently touched by campers or staff will be cleaned and disinfected several times per day.
- To prevent the spread of germs on surfaces, all water fountains will be for filling of water bottles only, not drinking directly from a water fountain. **Please make sure to send a reusable water bottle with your camper's name on it.**
- 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.

FOOD SERVICE

- 1. Staff** - All kitchen staff will be screened at the beginning of their shifts. Any staff who has a positive result will be asked to leave.
- 2. Protective gear** – Kitchen staff will wear disposable gloves while preparing food and follow all CDC and local health department guidelines. They are advised to wear aprons as well, especially when cleaning and disinfecting areas.
- 3. Hygiene** – Kitchen staff will wash hands frequently, including at the start of shift, before putting on gloves and after taking them off, after using the bathroom, after touching face, and before and after eating.
- 4. Disinfection** – High-touch and food preparation areas of the kitchen will be cleaned and disinfected at the beginning and end of the day (if clean already in the morning, disinfection only may be done). As described in the following section, cleaning may be done with a detergent and water. Disinfection will be done using an EPA-approved disinfectant.
- 5. Dishwashing** – All possible dishware will be put through the dishwasher, which will be inspected daily for proper temperature and proportions of detergent and sanitizer. Usual health codes will be followed for cleaning and drying of dishes. Dishwashers will wear masks and gloves when washing and putting away dishes. Any item that does not fit into the dishwasher will be washed in the 3-part sinks using approved cleaning and sanitizing products and drying procedure.

Dining Hall

When possible, meals will be served outside of the dining hall at picnic tables, or spaced out in the dining hall, allowing for physical distancing between cabin groups. In case of inclement weather, groups will eat in camp cabins or in the dining hall at reduced capacity with tables spaced at least 6 ft apart.

To limit the spread of germs through shared utensils and serving items, we have eliminated all self-serve stations. These stations include the salad bar and morning cereal bar. These

food options will still be available; they will just be served to the campers instead of it being self-serve. Meals will be served by staff, rather than shared in a communal fashion.

A staff cleaning crew will disinfect in the dining hall after each meal shift. This includes doors and handles, tables, benches, brooms, and garbage can.

COMMUNICATION

All families will receive the current guidelines prior to the start of their camp session. Parents will receive updates on the state of camp weekly. In case of an incident of suspected or confirmed COVID-19 at camp parents enrolled during that session will be notified, while maintaining privacy for the individual(s) affected. As usually, daily photos will be available and the private gallery links will be emailed to parents. Due to the nature of time away from home and the duration of the sessions, you may notice that photo galleries may be more focused on overnight camp groups. Please understand our capacity to provide daily photos will be reduced this summer. To send a one way email to your camper, please visit: <https://ydev.org/campergram/>

STAFF 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. Counseling staff will be trained in how to introduce these new routines to their campers effectively and how to uphold standards while maintaining a positive camp environment. Staff will receive specific training on all of these protocols, so they may uphold them and also teach their campers how to do the same. Staff will be requested to follow safety protocols when away from camp, including physical distancing and use of masks. Staff will be screened for health upon arrival back to camp.

ALL-CAMP ACTIVITIES

A large part of the camp experience is the activities the campers get to participate in. Each cabin will have 1-2 counselors working with their cabin group (up to 10) for the week. Those counselors will remain the same for the week. Some program areas (archery, arts & crafts, horseback riding, swimming, etc.) are led by a program staff member with specialized training. While at any of those activities, the program staff member will be wearing a mask if unvaccinated, as they will be working with multiple cabin groups throughout the week. To help keep our campers healthy and safe, activities will be held within cabin (activity) groups. All-camp activities in which the entire camp community participates in the same activity at the same time will not take place this summer, with an exception to this policy for campfires. We will allow campfires to be held with proper physical distancing between cabin groups.

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:

Unvaccinated persons known to have been exposed to an individual with a positive COVID-19 diagnosis should quarantine for 14 days after exposure based on the time it takes to develop illness if infected. Vaccinated individuals do not need to quarantine from suspected exposure, but should continue to monitor for symptoms.

Campers sent home 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 10 days have passed since their symptoms first appeared or since they tested positive for COVID-19

Staff will report contact with anyone outside of work who has had a documented case of COVID-19. Unvaccinated staff will self-quarantine for 14 days if they have been exposed to COVID-19 and seek medical care if they develop symptoms. Staff isolating due to suspected COVID-19 symptoms or who test positive for COVID-19 can return to work under the following conditions:

If a staff member or camper exhibits symptoms of COVID-19 or an individual 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 10 days have passed since their symptoms first appeared or since they tested positive for COVID-19

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

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.