



Camp Rim Rock Health Guidelines

Summer 2020



Pre-Camp Quarantine:

We are not requiring campers to be tested for COVID-19 before arrival, at this time. However, they must quarantine and self-monitor for 14 days (if no test) or 7 days (with a test) and conduct pre-screening activities such as:

- Taking and recording their own temperature for 7 days before camp (refer to the individual instructions provided with the thermometer).
- Self-screening for the presence of symptoms (fever of 100.4 °F or greater, cough, shortness of breath, diarrhea, fatigue, headache, muscle aches, nausea, loss of taste or smell, sore throat, vomiting, etc.) within the past two weeks.
- Determining if the individual has been in close contact with a person who has been diagnosed with, tested for, or quarantined as a result of COVID-19.
- Assessing the implied risk of any pre-existing illnesses.

If a camper or staff member is flagged during the pre-screening process, Camp Rim Rock will follow our communicable disease plan (CDP) to make a decision about attendance.

****If your camper has any pre-existing conditions, you must contact camp at least 2 weeks before arrival. We will have a nurse talk to you about the medical appropriateness of camp this summer.**

Campers **MUST** bring their pre-camp screening form to camp on Opening Day.

Opening Day:

- There will be scheduled drop off times by Unit. Campers within a Unit are to be dropped off at camp during a designated, staggered timeframe. Families with campers in multiple units will likely be scheduled at the time of the earliest drop off.
- Our aim is to reduce density and physical interaction of individuals at any given time in the drop off area.
- We will send communications to camp families assigning each camper their drop off time window. Here is what we expect:
 - One family member or guardian accompanying camper per vehicle
 - You may exit vehicle to take out luggage
 - **Remain next to your vehicle as you unload and say goodbye**
 - Minimize the time you take saying goodbye to allow for the continual flow of traffic

- We strongly suggest not having anyone 65 or older or medically vulnerable individuals in your vehicle on Opening or Closing Day.
- All medication must be pre-entered in CampMinder before you arrive at camp. Please bag medication in a clear, Ziploc bag with your camper's name clearly marked on it and hand it to the staff person checking you in.
 - All medications **MUST** be in their original containers. Prescription medications should be labeled with the camper's name.
 - **Medication not entered in CampMinder will not be administered.**
 - Only bring medications taken on a daily basis. We have plenty of symptomatic "just-in-case" medicine (such as Benadryl, Tylenol, etc.).
 - Do *not* bring gummy vitamins or herbal supplements.
- If you are bringing special food due to allergies, please have it in a labeled box or bag, and we will deliver it to the Dining Hall.
- All campers will need to bring their Pre-Camp Screening Form and negative COVID test results, if applicable. These will be collected by a staff member upon arrival.
- All other forms in CampMinder must be completed **PRIOR TO ARRIVAL**.
- We will perform an initial health screening of campers upon arrival.

The use of Cohorts at Camp Rim Rock:

- **Cabin Groups:** At Camp Rim Rock this summer, a camper's cabin will be their primary group. Individuals within each Cabin will be free to interact with each other during the camp session. During showering and sleeping, campers and staff will interact with their cabin "family" only.
- **Cohort/Unit Groups:** Prior to the start of their session at Camp Rim Rock, campers will be divided into 'units' made up of several cabin groups occupied by campers and staff. Campers within a unit are of a similar age range and individuals within each unit will be able to interact with each other during the camp session.

Guidelines for Unit:

- Each Unit will be organized into Cabin Groups as described above. These groups will remain consistent throughout the camp program.
- "Cabins" will live, shower, and do most group activities together.
- For activities, Cabin Groups will combine to form Units .
- We will minimize mixing between Units.
- If Units must mix, we will adopt mitigation methods such as physical distancing between groups or the use of facial coverings if age and developmentally appropriate. Group size will always comply with state and local requirements. Proper staff to camper ratios and minimum staffing requirements will be maintained.
- Larger gatherings, especially inside buildings, increase the potential of communicable disease spread. Mitigation for these and any mass gathering will include splitting large assemblies into smaller groups (by "Cabin" or "Unit"), transitioning indoor programming to an outdoor setting, implementing dining and programmatic changes to minimize mixing, and encouraging physical distancing between "Cabins" and facial coverings (as age and developmentally appropriate) when distancing cannot be accomplished.
- We will be implementing staggered dining times to allow for social distancing between Units.

- Visits to camp will be limited to essential business **ONLY**.

Daily Health Checks:

Camp Rim Rock will conduct screenings on a daily basis for both campers and staff members. Counselors already conduct daily checks to assess their campers' health. In addition to the standard health checks, we will include taking temperatures and asking about symptoms consistent with COVID-19.

On a daily basis, all campers and staff members will be screened for any of the following new or worsening signs or symptoms of possible COVID-19:

- Cough
- Shortness of breath or difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- Loss of taste or smell
- Diarrhea
- Known close contact with a person who is lab-confirmed to have COVID-19
- Feeling feverish or a measured temperature greater than or equal to 100.4 degrees Fahrenheit
 - We will check temperature of campers and staff members daily

Response Management of Case(s) or Probable Case(s):

If a staff member or camper is identified as having a potential or confirmed case of COVID-19, Camp Rim Rock will isolate the individual in our separate **isolation room** of the infirmary, as part of the camp's communicable disease plan (CDP) and consider the following:

- If a camper or staff member warrants further clinical evaluation. If it is the case, we will make arrangements to do so at the discretion of our on-site health professional.
- If a camper or staff member does not require an immediate clinical evaluation, we will isolate the individual until she is deemed healthy.
- If camper or staff member does not require immediate clinical evaluation, and if CDP calls for isolation of individual within the camp facility:
 - Clean the person's sleeping & cabin areas.
 - Consider testing options and notification of State and local officials.
- If a staff member exhibits new or worsening symptoms of possible COVID-19, she will receive a COVID-19 test.
- If a camper tests positive for COVID-19, the camper's parents or guardian should pick up, or arrange to have the camper picked up within **8 hours**.

- If a staff member tests positive for COVID-19, the staff member will be isolated, and camp will notify parents/guardians of those possibly exposed.

Camp Rim Rock Mask Protocol:

All campers and staff members will bring at least two face coverings to camp. These should be labeled with the camper's or staff member's name.

- Staff will wear a face covering when indoors and interacting within 6 feet of anyone outside of their Unit.
- Within a "Cabin," campers and counselors are not required to wear masks.
- Units can occupy the same indoor space without wearing face coverings if the units are separated by at least 6 feet (i.e. Dining Hall, etc).
 - Anyone serving food will wear masks and gloves.
 - Campers and staff will wear face coverings in the nurse's office unless otherwise instructed by our medical professionals.
 - Staff members will wear a mask inside the camp store if campers outside their unit are present.
 - The arts and crafts studio, dance pavilion, and amphitheater are open air and therefore not considered to be indoor spaces.

Additionally, staff members will wear a face covering when interacting within the personal space of a camper outside their Unit (i.e. the camper could easily reach out and touch them) for more than 2 minutes.

- For example, while placing a safety harness or lifejacket on a camper, a staff member from a different unit will wear a mask. Once the staff member is no longer in the camper's personal space, the mask may be removed.
- **Face coverings will not be required for campers or staff during outdoor activities.**

Parent Communication:

During Camp:

- We will keep parents/legal guardians up to date on COVID-19 as it relates to the camp. If necessary, we will report the number of confirmed cases (if any), as well as the camp's responses.
- Parents are not permitted to send campers packages while they are at camp. If a camper is in need of an essential item, camp staff will get this item to the campers and charge it to the camper's account on CampMinder.

In the event of a Potential Exposure:

- Inform parents/legal guardians about any potential contact their children may have had with confirmed cases.

- If a camper is experiencing symptoms of illness, including symptoms of COVID-19, they will be assessed by our medical staff. If medical staff suspect a case of COVID-19, parents will be informed. Pick-up from camp may be necessary.
- If necessary, we will communicate the following things:
 - Your child is being tested for symptoms of COVID-19.
 - Your child *has tested positive* for symptoms/COVID-19.
 - Your child was identified as having contact with a confirmed case.

Closed Community:

A goal of pandemic response is to reduce interpersonal contacts to limit potential exposure to coronavirus. In the camp setting, this means limiting the amount of off-site exposure of staff and campers in the community (e.g., staff days off, etc.). Camp Rim Rock is asking all on-site summer staff members to remain on camp property, even during their times off. This will limit the chance of exposure and encourage counselors to stay within the “camp bubble” throughout the entirety of the summer. Employees living off-site (kitchen staff, housekeepers, maintenance team) will maintain strict social distancing of 6 feet unless wearing a mask.

Visits to camp will be limited to essential business ONLY.

Travel Bans

Sadly, travel bans have turned our normally diverse international community into a domestic one. This summer, we will have no international staff or campers on camps grounds.

Cleaning and Disinfection

To minimize transfer of coronavirus at Camp Rim Rock, cleaning methods will be employed to reduce risk to campers and camp staff.

- **Communal Spaces:** Our staff members will clean and disinfect communal spaces between groups.
- **Water Fountains:** We have water fountains positioned all over camp, traditionally used as drinking fountains. This year, these fountains will NOT be used as drinking fountains, but rather to fill up personal water bottle or as hand washing stations. It is more important than ever to bring a reusable water bottle clearly labeled with a camper’s name so campers can stay hydrated wherever they go around camp.
- **Shared Items:** Cleaning and disinfecting of shared items between Unit uses.
- **Frequently Touched Surfaces:** Cleaning and disinfecting frequently touched surfaces and common spaces twice daily. Examples of frequently touched surfaces include tables, door handles, hand railings, light switches, countertops, cabinet handles toilets, faucets, and sinks.
- Cleaning of outdoor structures made of plastic or metal will be carried out according to typical camp cleaning practices. More frequent cleaning of high touch outdoor surfaces, such as railings, will take place. Outdoor wooden surfaces, such as play structures or

benches, will be cleaned according to standard camp practices and more frequently if needed to remove obvious soiling.

- **Toilets, Showers, Restrooms:** High touch surfaces including toilets, showers, and restrooms are cleaned and disinfected multiple times daily. We plan to have surfaces hand-cleaned twice daily by our staff and sanitized multiple times daily using an approved bleach solution.

Personal Hygiene

At the beginning of camp, staff members will train campers on behaviors and precautions they should abide by to prevent the spread of COVID-19, including:

- How and when to effectively wash and sanitize hands
- How to practice physical distancing in various settings (dining hall, activity spaces, cabins, etc.)
- Face mask policy
- Which symptoms to look out for and when to report them and to whom
- Coughing etiquette

Bathrooms and Showers:

- Campers will avoid sharing common bathroom supplies (towels, soap, toothpaste, etc.). Campers need to bring their own bathroom supplies and a container for toiletries to be stored in for the duration of camp (for example, a bathroom tote or a 1-quart clear plastic bag labeled with their name).
- Campers should keep personal items in their bag or tote and store their bag or tote in a designated area.
- We will implement a staggered shower schedule to limit the number of people using the bathroom/shower facilities at one time.

- We are posting handwashing signs in the bathrooms to remind campers and staff when and how to properly wash hands.
- Bathrooms will be monitored by staff members to ensure campers are following handwashing guidelines and using best practices.
- There will be bathroom breaks between every activity, and we will ensure that campers wash hands properly afterwards.

Cabins/Bunk Arrangements:

- We are positioning sleepers head-to-toe or toe-to-toe to maximize distance between heads/faces:
 - In bunk beds, counselors will ensure that we position the head of the camper in the top bunk opposite the position of the camper in the bottom bunk.
- We will keep each camper's bedding separate.
- Laundry will be once per session by a professional laundry service.
- Our screened cabins allow air circulation and ensure healthy ventilation throughout.

Camp Rim Rock Distancing Protocol:

- 1) Campers and staff within a Unit will limit interactions with members of other Units.
- 2) To the extent that they must interact, members of different Units will do so with at least 6 feet of separation when possible.
- 3) If members of different Units must interact in close proximity (such as a staff member instructing campers outside of their "Unit), the following must be true:
 - a) They will follow the Camp Rim Rock Mask Protocol.
 - b) They will consciously minimize the duration of this interaction (less than 15 minutes).

Dining Hall

- Our Kitchen Manager will screen food service employees and assess their symptoms prior to starting work each day.
- Camp Rim Rock will be offering two meal-times with designated seating arrangements. Different units will be assigned to separate areas of the dining hall. Meals will be served in an expanded window of time in order to decrease the number of diners in the Dining Hall at once. We will clean and disinfect all dining areas between meal shifts.
- We will decrease the occupancy density by half.
- Cabins will be assigned specific tables for the entire camp session so they occupy the same table at each meal.
- All meals will be served to campers from staff members wearing face masks and gloves. There will be no self-serve or buffet style options. For the salad bar, camp staff will serve campers what they wish to have from a distance.
- We anticipate that all plates, cups, and utensils will be disposable to eliminate the risk of exposure through shared dishes. We hate this level of waste but understand the need to err on the side of caution.
- In addition to proper hand washing prior to every meal, campers and staff will also apply hand sanitizer containing at least 60% alcohol prior to entering the dining facility.
- The Dining Hall will have signs posted reminding campers of the guidelines such as washing hands, maintaining social distance, etc.

Closing Day

- There will be a pickup schedule in which groups of campers are to be picked up from camp during staggered timeframes based on unit. Families with campers in multiple units will likely be scheduled at the time of the earliest pick up.
- We aim to reduce density and physical interaction of individuals at any given time in the pick-up area.
- We will send communications to parents/guardians that assign each camper their pick up time window. Expectations:
 - Only 1 parent or guardian present within the vehicle to pick up their camper.
 - Parents/ guardians **MUST** remain next to their vehicles.
 - Minimize the time you take greeting your camper and loading belongings to allow for the continual flow of traffic
 - *We strongly suggest not having anyone 65 or older or who is medically vulnerable in your vehicle on Opening or Closing Day.*

- We will escort campers to their parent's/guardian's vehicle.