



Safe & Fun @ Camp in '21

Camper Handbook for a Safe and Fun Summer
at North Woods & Pleasant Valley Camps in the age of COVID-19

March 2021

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1.0 Introduction

Camp having been closed for operations during the summer of 2020 was a heartbreaking loss. At the time, the thought that camp might not be able to be open for business in the summer of 2021, a full year later, was frankly unthinkable for many of us. The good news is that North Woods and Pleasant Valley Camp will be operating this summer! Tempering that good news is that the summer of 2021 is going to have some restrictions to manage the realities of operating under the conditions of the ongoing COVID-19 pandemic. Keeping our campers, camper families, and staff safe is our most sacred responsibility.

This guide has been created in accordance with the guidelines from the State of New Hampshire, American Camping Association (ACA), YMCA of the USA and public health departments. It focuses on three key components for responsibly operating a camp in this environment.

1. Frequent health screening and monitoring.
2. Vigilant hygiene practices.
3. Keeping group sizes small and consistent as much as possible.

This document is an evolving set of practices built around the key components to keep us all as safe as possible while at camp. New information is likely to come out to aid in our plans, so this document contains information that should be considered fluid.

We hope that this guide will help everyone in the North Woods & Pleasant Valley community understand what the experience of camp will look like for the summer of '21.



We understand you may have additional questions after you read this document, please feel free to reach out to our office at campingservices@ymcaboston.org or 603-569-2725.

High Risk and Vulnerable Populations

Vulnerable or high-risk populations require special consideration for camping programs. Camp cannot be presumed COVID-19-free, and we advise staff members and campers' parents to consult with their primary care providers to determine if camp is a reasonably safe option for them. Families of campers with high-risk individuals residing in their homes must consider COVID-19 exposure risks if they send their child to camp and determine if it is safe.

People at high risk for severe illness from COVID-19 are strongly encouraged and recommended to get the COVID-19 vaccine when it is offered to them, but even people fully vaccinated against COVID-19 must continue to follow all public health guidance (e.g., masking and physical distancing), and follow the guidance outlined in this document when on camp premise and participating in camp activities.

Important Pre-Season Dates

Deposits are no longer refundable	December 31, 2020
Safe and Fun @ Camp in '21 Communicated	March 1, 2021
50% Camp Tuition is Due	April 1, 2021
100% Camp Tuition is due	June 1, 2021

Please note that with regard to dates for payment deadlines, we recognize that the ongoing pandemic poses additional uncertainty around the ability to come to camp. We are committed to doing everything we can to ensure camp is safe, but also that you are not forced to pay for camp if, heaven forbid, you cannot come due to COVID-19.

Important Summer Dates

Staff Arrival	June 16
Session 1	June 27 – July 10
Session 2	July 11 – July 24
Session 3	July 25 – August 7
Session 4	August 8 – August 21
NW & PVC Family Camp	August 22 -28

2.0 Prior to Arriving at Camp

This section details what is expected of everyone prior to arriving at camp. These requirements will all need to be completed **PRIOR** to your arrival on the first day of your session(s) at camp to help us remove un-necessary contact and streamline check-in. **Links to required forms will be sent to you closer to your camp start date.**

10-Day Pre Screen

Staying safe at camp begins by staying safe at home. The NH State guidelines ask that all campers engage in “low risk pre-camp behavior.” This includes avoiding unnecessary interactions outside of your family group and minimizing potential exposure as much as possible. We will be asking all of our campers and staff to be overly cautious about all contact outside the home during the 10 days before your arrival. In addition, campers will be required to complete a documented pre-camp clinical screening from home, prior to arrival at camp.

Provide Evidence of Negative COVID-19 Test

All campers will be required to provide proof of a negative (PCR) based diagnostic test no more than seven days prior to the day of arrival at camp. **At this time, this test is required for all campers regardless of vaccination or immunization status.** Nobody may arrive at camp who tests positive. We recommend obtaining clarity from your health care provider about the best way and time to have the results back prior to the first day of camp.

Provide COVID-19 Vaccination Record if Applicable

Some have asked if vaccination is or should be mandatory for coming to North Woods & Pleasant Valley this year. For a variety of reasons, mandatory vaccination is not required. We request that if you can get vaccinated against COVID-19, that you do. Vaccination is not a requirement for attending or working at camp this summer. *We are aware that most children are not currently being vaccinated.

Cabin as Cohort

In order to keep our community safe, we have instituted the concept of a “cohort.” A cohort is a group of up to 10 people that can dine together, be in a cabin together, or generally not maintain the same level of strictness around physical distancing guidelines. Each and every camper will be in one and only

one cohort. At North Woods & Pleasant Valley Camps, a **cohort will be the people in your cabin that you will enjoy all of your program activities with.**

To accommodate physical-distancing during mealtimes Dining Hall operations have been changed. We are expanding dining areas to include outdoor dining (under a tent).

Sign-up for an Arrival and Departure Time

So that arrival and departure times are smooth and to prevent crowding, you will sign up to check-in and check-out at an allotted timeslot. Sign-ups will be via an online form and the sign-up link will be sent prior to your arrival at camp.

Complete the Community Agreement

There will be a Camper Culture Contract we will be asking every camper to sign. This agreement will outline our united commitment to keep each other safe.

3.0 Checking in at Camp

Document Verification and On-Site Screening

Upon arrival, all campers will undergo a thorough clinical screening including a temperature check and symptom screening. In addition, campers will not be able to travel to North Woods and Pleasant Valley without proof of negative (PCR) COVID-19 test results.

COVID-19 Diagnostic Test

A second diagnostic test will be conducted at check-in when you arrive at camp. This will be for all campers. These tests will be provided at cost; current estimates are about \$50 per test.

Camper Paperwork

We are requesting that you have all standard paperwork completed and uploaded by June 1st to attend camp. You **MUST** complete paperwork before you arrive at camp. If you need assistance to complete your paperwork, please call our office and our registration team can assist you. All the camper paperwork is managed through the Camp-In-Touch camper platform through our online registration system. COVID-19 related paperwork and due dates are forthcoming.

Check in Process

Campers should arrive between 1-4 pm. The camper paperwork should be complete and medications ready to be checked in with our medical team. At check-in we will conduct screening and testing as described above, as well as conduct a screening for head lice. More information specifically about the check-in process will be sent to you a few weeks before camp begins. We'd like to note one change for this summer is that cabin counselors will be supporting campers moving into cabins to minimize exposure during check-in or check-out.

4.0 At Camp

During your first few hours at camp, we will have a welcome and orientation session. We will discuss general camp rules, important operations guidelines, and the following items which are new under the current circumstances:

- What camp is doing to protect everyone from getting sick

- Ground rules for operating as cabins and sections/villages
- Hand washing protocols
- Physical distancing guidelines and when face coverings will be necessary
- Dining hall operations and food service
- What symptoms to look out for and when and who to report them to

Use of Proper PPE (Personal Protective Equipment)

All campers and staff must wear a mask or face covering in any situation where physical distancing cannot be reasonably maintained outside of your cohort. *Face coverings will be required in cohorts at all times (with the exception of sleep) until the PCR tests are returned.

Camp will promote healthy hygiene practices as recommended by the State of New Hampshire and the ACA Guidance for Resident camps, including training, signage, and additional reinforcement of required hygiene and safety practices.

Continued Clinical Screening

Clinical screening will be required daily for all campers. The screening will be the same as the pre-camp at home screening required prior to arrival.

In addition to the routine testing required above, any person at the camp who develops symptoms of COVID-19 (even mild singular symptoms) identified on daily temperature and symptom screening will be tested for COVID-19 and will be asked to isolate until test results are returned.

At this time, all campers and staff will have an additional PCR-based test during their second week of camp.

COVID-19 Diagnostic Test

An additional test (on day 5-7 of the session) may be administered based on the State of New Hampshire Overnight Camp Guidelines. This will be for all campers. These tests will be provided at cost, estimated at \$50 per test.

Health Care Enhancements on Camp

This summer North Woods & Pleasant Valley will increase our medical team with additional nurses and a physician. All medical and general staff will be trained on helping to keep the community safe.

If someone has symptoms, we will be following our communicable disease plan.

- If a camper feels unwell, they will be evaluated for symptoms that could indicate COVID-19 infection, such as fever, loss of smell or taste, cough, runny nose, nausea, etc.
 - Individual will be brought to the nurse and isolated.
 - Individual will be tested for COVID-19.
- Due to CDC guidelines, a camper that tests positive for COVID-19 is required to be picked up within 4 to 6 hours of being notified, as we are unable to isolate you at camp. We are requiring all families to plan ahead just in case the situation arises.
- At this time, all cohort members in close contact with an individual that has been confirmed positive for COVID-19 will also be required to go home.

Communication

If there is a confirmed positive case of COVID-19, we will notify the whole camp population while maintaining confidentiality in accordance with all applicable regulations. We are not able to share any names or identifying information regarding medical information for any person.

Program

Many of the protocols and adjustments contained in this section are in accordance with ACA and state guidelines. This year program / activities will be organized and run-in cabin groups or cohorts. Camper cohorts will rotate through all program / activities areas at camp and have 4-6 classes per program / activity area. We are excited about this new model and feel like it is a great way to expose all our campers to the full variety of program and activities we offer at camp.

Food Service Procedures

We will reduce the number of tables in the dining hall, increase distance between tables, and make use of outside dining areas at camp. There will be lots of outdoor dining this summer. All meals will be served by staff members. There will be no self-serve salad bar. Prepared salad options will be available. Campers will be required to wash their hands and sanitize them upon entry. We will still be able to accommodate children and staff with food allergies and other dietary restrictions.

Sanitation Protocols

- Hand sanitizer stations will be located in high traffic areas.
- An additional handwashing station is being installed outside the dining hall.
- Our housekeeping team will clean all bathrooms, public spaces, and doorknobs throughout the day.
- An ionizing disinfectant sprayer will be used to clean large areas and equipment.
- Instructional areas and sports equipment will be sanitized before and after each use.

Visitation and Guest Policy

Unfortunately, there will be a strict no visitation policy for summer 2021. Everyone arriving at Camp this summer must go through the formal check in procedure through the North Woods Camp site on Sunday. Camper's staying for more than one consecutive session will be part of the no visitation policy. More information on camper/family communication during holder-overs will be forthcoming.

5.0 Staff Operations

All staff will report a full 10 days prior to interacting with any campers. Staff will be tested with the same guidelines as campers. Staff will receive additional training during orientation on hygiene, adjusted camp protocols, our Communicable Disease Plan, their role in monitoring symptoms and expectations for responsibly adhering to these guidelines.

Staff Screening & Arrival

- All staff members must complete a pre-summer quarantine at home 10 days before camp.
- All staff will arrive at camp by June 16, 11 days before opening or earlier.

- Staff symptoms and temperature screenings will be conducted at the airport, upon arrival to camp, and daily at camp.
- All staff will be required to take a COVID-19 test **prior to** their arrival at camp and **upon** arrival at camp.
- Staff will adhere to all distancing and PPE guidelines.

Staff Management

Residential staff will not be permitted to leave camp during the summer except to visit pre-approved, exclusive-use locations that are owned, leased, supervised, or managed by camp or camp management. Staff will be required to wear face coverings when proper physical distancing cannot be maintained and they are outside their cohort group.

6.0 References

[NH Guidelines for Overnight Camps](#)⁽⁰⁸⁾

[American Camping Association Guidance](#)