

Keeping Our Camp Community Healthy This Summer

As of March 11, 2022



Camp Olson's #1 goal has always been the safety and well-being of our campers and staff, and again this summer, we feel that more strongly than ever. We look forward to having your camper with us at Camp Olson this summer. Ensuring a safe and healthy camp will require a strong partnership among all of us. As always, our top priority is to keep our campers, families, and staff safe. In light of our current reality, we have reviewed and updated our medical protocols and practices using recommendations from the Centers for Disease Control and Prevention (CDC), Minnesota Department of Health (MDH), American Camp Association (ACA), and with guidance from our Board of Directors.

In our commitment to the health and protection of our families and staff, we will continue to monitor guidance from the CDC and other state health agencies. We recognize that recommendations and guidelines will change and commit to updating our programming and protocols accordingly. This document is dynamic and will be updated on an ongoing basis. This document is NOT our final operations manual for 2022. Instead, it is a snapshot of our thinking *if we were to open camp next week, based on what we know and what best practices are telling us today.*

If you have more questions after reading this document, please feel free to contact us at 218-363-2207 or by email.

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Core Assumptions:

1. **We continue to believe we can operate safely.** The trust our families have in Camp Olson to keep their children safe is so important to us. If at any time throughout the season we (Staff, Healthcare Providers, or the Board of Directors) feel we cannot deliver a safe environment, we will not hesitate to act accordingly.
2. **Regulators will allow us to operate.** As an overnight camp in the state of Minnesota, accredited by the American Camping Association and licensed by the Minnesota Department of Health, YMCA Camp Olson adheres to the regulations of numerous local, state, and federal agencies.
3. **COVID-19 will be present in our communities and at camp.** We must operate under the assumption that COVID-19 will still be present in the communities we serve across the world, AND that COVID-19 could be present in our camp community as well. It is not a

question of IF COVID-19 will be at camp, but WHEN. Our goal is to develop suitable protocols and safety measures for pre-camp screening, onsite testing, and safe programming to prevent large-scale spread and an ability to handle any case when it appears. This is not a one-size-fits-all approach but instead should be viewed as a multi-layered system to keep our communities safe.

4. **Testing will be readily available.** We are operating under the assumption that testing (both rapid antigen and standard PCR) will be readily accessible and not cost-prohibitive to complete when necessary onsite, at our local clinic, and in the communities we serve.

How are you keeping my child safe from COVID during Camp?

The risk of viral spread at camp will be significantly reduced by layering the following mitigation strategies on top of each other at all times throughout the summer:

1. Safe at Home
2. Testing & Screening
3. Handwashing
4. Cleaning & Disinfecting
5. Masking & Physical Distancing
6. Symptom Management Plan

Campers and staff will be encouraged to follow physical distancing, mask-wearing, and proper personal hygiene/handwashing practices. We will provide clear training and guidelines to staff and campers upon arrival. We have enhanced our cleaning and medical protocols, which are highlighted below. Although we have implemented and will be following CDC, ACA, and the MDH guidelines, there is no guarantee that a camper or staff person will not be exposed or infected by COVID-19 while at camp. A surge in cases at camp or in the communities we serve may require us to close camp and all campers to be sent home.

Protecting our Most Vulnerable

If your camper has a medical condition that puts them at high risk for severe illness from COVID-19 (e.g., moderate to severe asthma, diabetes, immune deficiency, obesity, etc.), it is recommended that you provide a letter of clearance to attend camp from your child's primary care physician. In addition, if someone in your child's household is high-risk, it is recommended that you consult with your physician to determine if Camp activities are appropriate for your child and family.

Safe at Home (Pre-Arrival)

We are all in this together. The behavior of camp families before camp will contribute to our success or failure during camp this summer. We require families to adhere to a set of behavior

guidelines before camp because, ultimately, what families do in the weeks before camp will impact how successful we will be in keeping COVID-19 out of camp.

For the purposes of this guidance, a fully vaccinated person is considered "Up to Date" using the CDC's guidance on their website, [found here](#). Up to date means a person has received all recommended doses in their primary series COVID-19 vaccine and a booster dose when eligible.

In the 10 days before camp, we recommend campers and staff:

- Turn in an updated health history form before camp. These forms now include questions about previous COVID-19 diagnoses and vaccination. They are due through the online forms portal two weeks before you arrive at camp.
- Campers or staff who receive a confirmed positive COVID-19 test, have known exposure, or symptoms of COVID-19 within 10 days of arrival contact us immediately.
- Follow COVID-19 Safety Protocols and use non-pharmaceutical interventions (NPIs include masks, physical distancing, handwashing, etc.) in the 10 days before the start of their session if you are in an area with a high COVID-19 community level. Visit the [CDC website](#) and the [MN Department of Health](#) for more information on prevention, protection, and to find the community levels in your area.
- Camp Olson defines COVID-19 Safety Protocols for **Unvaccinated People** as:
 - Avoid all non-essential travel and gatherings, including but not limited to restaurants, social gatherings, movie theaters, etc.
 - Wear a well-fitted mask that covers both nose and mouth anytime you interact with individuals outside your immediate household.
 - Maintain 6 feet of physical distance when in groups or with members outside your immediate household, whenever possible.
 - Use conscious awareness of [risk factors](#) associated with COVID-19 transmission.
 - Practice immunity-boosting practices such as rest, vitamins, healthy diet, and good hygiene.

In the 3 days before camp, campers and staff must:

- Receive a molecular PCR or rapid antigen COVID-19 test within 72 hours before arrival at camp. Attestation of a negative test will be required upon their arrival at camp.
- Unvaccinated individuals should limit exposure from the time of the test administration until admittance into camp.

Staff Time-Off

- Staff who leave for an extended period of time-off (i.e., week off) may be required to have a negative molecular PCR or antigen COVID-19 test within 72 hours of their return, provide attestation that they have been symptom-free and have not been exposed to their knowledge.

Travel

International Campers & Staff

- Camp Olson is only providing transportation for international campers that arrive in organized groups from MSP airport. All other air travelers must coordinate their own transportation to and from the MSP airport.
- Each participant must have a negative molecular PCR or antigen COVID-19 test within 72 hours and be fully vaccinated, following [CDC's requirements](#) for international travelers.
- Participants must quarantine and follow all non-pharmaceutical interventions (NPIs) between testing and arrival to camp.
- All international staff and campers are HIGHLY encouraged to get a refundable flight and traveler's insurance.

Bus Transportation

- Bus transportation will be an option TO and FROM camp. Capacities may be limited for bussing TO camp. It is recommended that parents or guardians drive their camper to camp if able.
- Campers who fail their symptoms screening and/or cannot attest to having a negative PCR or antigen COVID-19 test will not be allowed to board a bus TO camp. All or one may be reason we do not allow your camper or board the bus.
- All campers and staff are encouraged to wear masks while on the bus.

Arriving to Camp

- Check-in and Registration will take place between 1:00pm and 4:00pm on the Sunday of the session.
- When arriving to camp, there will be a multi-step check-in process, including a COVID-19 Symptom & Exposure Screen. Staff and signage will be posted to guide you to the correct

locations. All parents and visitors are asked to remain masked when indoors or when physical distancing is not possible, **even if you are vaccinated.**

- Whenever possible, we ask that parents drive their camper to camp vs. the option of taking the bus to camp. Bussing capacity may be limited TO camp. We ask that to keep camp safe and healthy, you limit the number of people arriving on camp to drop off or pick up your camper.
- All campers and parents must remain in their vehicle until after their COVID-19 screening and given direct permission from staff.
- Campers who fail their symptoms screening and/or cannot attest to having a negative PCR or antigen COVID-19 test will not be allowed to stay in camp or board a bus TO camp. All or one may be reason we do not allow your camper to stay at camp or board the bus.
- For the safety and well-being of everyone, we encourage parents and guardians to expedite the good-bye process and depart swiftly after registration.

Departing from Camp

- Camper pick-up time is between 8:00, and 10:00 am.
- Bussing FROM camp to home is available for all, and capacity will not be as restrictive (other than usual bus capacities).
- All camper's luggage will be prepacked and waiting on the athletic field.
- We recommend that campers be tested for COVID-19 within 3-5 days upon returning home. If your child tests positive after their stay at camp, please notify us.

Programming

Activities

- We will resume afternoon free-choice activities and evening group games. Camp Olson reserves the right to alter programming based on the current COVID-19 situation.

Food Service

- Cabins may eat in shifts by pods to maintain reduced capacities in our indoor dining spaces. Campers and staff will be encouraged to eat outside when space and weather allow.

- The menu will be modified to include more 'grab-n-go' items, and more single-use packaging items will be used this summer.

Leadership Trips

- Leadership Trips will still go out as planned. All COVID-19 protocols will be adhered to when traveling off main camp.
- Trip participants may have a rapid antigen test before their departure to trail.

Field Trips

- Field trips MAY be limited or canceled based on current restrictions and guidance. This includes LITs rock climbing, CIT night off to a restaurant, International Trips to MOA.

Preventing Spread at Camp

Masking & Physical Distancing

- **Unvaccinated participants**, including staff and children, are at higher risk for getting and spreading the virus that causes COVID-19. They should wear masks in the following settings, regardless of local transmission levels of COVID-19:
 - During all indoor programming, since the risk of transmission is heightened in indoor settings.
 - During outdoor programming, if physical distance cannot be maintained. People who are not fully vaccinated should wear masks in crowded outdoor settings or during activities that involve sustained close contact with other people who are not fully vaccinated.
- Camp Olson suggests that campers and staff come to camp with a minimum of 3 recommended face coverings.
 - Recommended masks have two or more layers of washable, breathable fabric and fit entirely over your mouth and nose.
 - Masks must fit snugly against the sides of your face with no gaps.
 - Gaiters and Face Shields do not meet the requirements for face coverings based on recent recommendations from the CDC.
- Masks may be required, if:
 - We enter severe weather shelters due to close proximity.
 - A positive case of COVID-19 is confirmed as a close contact to your camper.
 - Any other circumstances are deemed appropriate.

- Campers must be prepared before their arrival and understand the masking requirements of camp. Campers must have the ability to independently, comfortably, and cooperatively wear their mask for up to an hour at a time.
- All campers and staff are encouraged to practice physical distancing indoors, especially from those outside of their cabin group.

Cleaning and Disinfection of Equipment and Facilities

- The health lodge will be disinfected between patients, bathrooms three times a day, dining hall and all food service areas between rotations, kitchen continuously throughout the day.
- All cabins will have individual first aid kits to avoid as many trips to the Health Center as possible. When possible, healthcare staff will examine campers for non-COVID-related needs outside.
- Activity counselors will disinfect all shared equipment between each group that visits their activity.
- Camp vehicles will be between each use.
- Most cabins are equipped with exhaust fans.

Handwashing

- Campers and staff will be instructed in proper handwashing techniques and must wash their hands regularly throughout the day. Good hygiene practices will be taught and enforced through counselor training and signage throughout camp.
- We will encourage and teach other healthy habits, including covering coughs and sneezes, not touching face coverings, and proper use of hand sanitizer.
- Hand washing and/or hand sanitizing stations will be set up around camp. Participants will be required to visit them before and after each period. More specifically, hand washing/sanitizing will occur:
 - Before and after each activity
 - Before and after eating
 - After sneezing, coughing, or nose-blowing
 - After using the restroom
 - Before handling any food
 - Before and after using any shared equipment
 - After contact with face covering
 - After touching or cleaning surfaces that may be contaminated
 - After assisting children with handwashing

- Before and after administration of medication
- Before entering vehicles

Visitors & Vendors

- Only essential visitors will be permitted with prior arranged clearance from the Camp Director or Executive Director.
- Vendors will work with the camp staff to ensure the safe delivery of products and services.

Testing & Screening

- All campers and staff, regardless of vaccination status, will be required to attest to having a negative molecular PCR or rapid antigen COVID-19 test completed within 72 hours of their arrival at camp.
- We may do a COVID-19 rapid antigen test on the day of arrival.
- Campers and staff staying for more than one session may have a rapid antigen test done at camp between sessions.
- Camper and staff may be screened for symptoms and have their temperature checked throughout the summer.
- Any camper or staff who is not feeling well is expected to go to the Health Center for a detailed assessment by our Healthcare staff as usual. This is a requirement if they are exhibiting COVID-19 symptoms.
- All symptomatic campers and staff will receive a rapid antigen test, regardless of vaccination status.

COVID-19 Vaccine

- YMCA Camp Olson staff and volunteers are required to be fully vaccinated or provide a medical exemption.
- We **HIGHLY RECOMMEND** eligible campers to be vaccinated.
- Should your camper be exposed to COVID-19 while at camp, asymptomatic vaccinated campers who test negative may be permitted to stay. Unvaccinated campers will be required to quarantine at home after exposure to COVID-19, regardless of test results.

Positive COVID-19 Cases at Camp

Campers and staff that display COVID-19 symptoms have had a suspected or known exposure to COVID-19 will receive a COVID-19 antigen test onsite by Camp Olson Healthcare staff.

Our goal is for members of our community to return to camp as soon as safely possible.

<p>Camper tests positive for COVID-19 or has symptoms, regardless of vaccination status</p>	<p>The camper will be isolated from the community and given temporary care from our medical staff, and the camper's parent or guardian will be contacted. All remaining campers and staff in the cabin and other close contacts will receive a rapid antigen test and be quarantined until results are received (all parents of that cohort will be contacted).</p>
	<p>Parents are expected to arrange to pick up the camper within 12-24 hours.</p>
	<p>Staff or multi-week international campers: If available, the staff or international camper, will be asked to isolate off-site. If that is not possible, camp will accommodate the staff or camper to isolate onsite.</p>
	<p>Confirmed cases will not be able to return to the camp community for five days after symptom onset, 24 hours with no fever without the use of fever-reducing medication, and with confirmation of a negative rapid antigen test. Confirmed cases will be required to wear a mask for 5 days after their 5 days of isolation.</p>
<p>Camper was exposed to COVID-19 and ARE NOT up-to-date on vaccinations</p>	<p>All unvaccinated cabin mates and close contacts must return home within 12-24 hours. Arrangements will be made for international campers to quarantine onsite for at least 5 days with care provided by our Healthcare staff, following quarantine guidelines.</p>
	<p>Parents are expected to arrange to pick up of the camper within 12-24 hours.</p>
<p>Camper was exposed to COVID-19 and ARE up-to-date on vaccinations (or had confirmed COVID-19 within the past 90 days)</p>	<p>Vaccinated campers and staff will be tested if exposed to a known case of COVID-19. If negative and asymptomatic, they DO NOT need to quarantine and are welcome to resume regular activity.</p>
	<p>Healthcare staff will continue to monitor individuals for symptoms.</p>
	<p>Exposed individuals will be asked to wear a mask indoors for 10 days.</p>

[Per CDC Quarantine & Isolation Guidelines](#)

Cancellation & Refunds

- When you enroll your child in a program, you are reserving space, time, meals, supplies, and staffing whether or not your camper attends the program.
- Campers who cancel within less than four weeks of their enrolled camp date will lose all payments.
- If a camper is sent home after arrival because of testing positive, they will forfeit all payments.
- Any camper who experiences COVID-19 symptoms or has known or suspected exposure to COVID-19 within 10 days of the start of their session should notify camp immediately and will be provided a full refund.

Resources

Although the CDC and MDH have loosened restrictions around physical distancing and masking, Camp Olson believes that the safety of unvaccinated children is in our best interest. Many of our procedures and protocols follow best practices in the overnight camping industry, which are more restrictive than the guidelines for the general public and businesses.

Minnesota Department of Health (MDH):

<https://www.health.state.mn.us/diseases/coronavirus/youthguide.pdf>

Center for Disease Control & Prevention (CDC):

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

American Camp Association (ACA)

<https://www.acacamps.org/resource-library/coronavirus/camp-business/field-guide-camps>

COVID-19 Community Check:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

MN Testing Sites:

<https://mn.gov/covid19/get-tested/testing-locations/index.jsp>

Free At-Home Testing (MN Residents):

<https://learn.vaulthealth.com/state-of-minnesota/>

Testing Sites (All States):

<https://www.hhs.gov/coronavirus/community-based-testing-sites/index.html>