

Keeping Our Camp Community Healthy This Summer

As of May 14, 2021

Catholic Youth Camp's number one 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 are looking forward to having your camper with us at CYC 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 2021. 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 after reading this document and you have more questions, please feel free to contact us at 651-636-1645 or by email.

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Core Assumptions:

1. **We continue to believe we can operate safely.** The trust our families have in CYC 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, Catholic Youth Camp adheres to the regulations of numerous local, state, and federal agencies.
3. **Vaccines will NOT be widely available for children under 12.** At this time, medical experts still tell us there will likely be no vaccine specifically for children under 12 by Summer 2021. We are educating, encouraging, and incentivizing our staff and will be of great benefit to eligible campers to receive the COVID-19 vaccine.
4. **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, cohort-based 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.

5. **Testing will be readily available.** We are operating under the assumption that testing 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 & Cohorting
6. Symptom Management Plan

Campers and staff will be expected and encouraged to follow physical distancing, mask-wearing, proper personal hygiene/handwashing practices, and cabin cohorting. 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 two weeks before camp will impact how successful we will be in keeping COVID-19 out of camp.

For the purposes of this guidance, people are considered fully vaccinated for COVID-19 ≥ 2 weeks after they have received the second dose in a 2-dose series (Pfizer-BioNTech or Moderna), or ≥ 2 weeks after they have received a single-dose vaccine (Johnson and Johnson [J&J]/Janssen)[±]; there is currently no post-vaccination time limit on fully vaccinated status. Unvaccinated people refers to individuals of all ages, including children that have not completed a vaccination series.

In the 14 days before camp, we recommend campers and staff:

- Complete a daily symptoms tracker to screen for fever and other symptoms 14 days before the start of their session. This COVID-19 Pre-Arrival Screening Form is a reminder for your family to be extra self-aware the two weeks prior to your camper's arrival. This form is available on our website. All campers and staff are encouraged to follow "[Stay Safe Principles](#)" the two weeks prior to their arrival.
- Turn in an updated health history form before camp.
- Unvaccinated Campers or staff who receive a confirmed positive Covid-19 test, have known exposure, or symptoms of COVID-19 within two-weeks of arrival contact us immediately. Vaccinated campers and staff who receive a confirmed positive COVID-19 test or symptoms of COVID-19 within two-weeks of arrival contact us immediately.

In the 10 days before camp, unvaccinated campers and staff must:

- 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 (though we recommend practicing NPIs all the time). Visit the [CDC website](#) and the [MN Department of Health](#) for more information on prevention and protection.
- Catholic Youth Camp 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.

- Campers and household members are able to attend school, childcare programs and work as long as they practice mask wearing, physical distancing, and frequent handwashing. Campers attending other camps or youth programs should be in touch with Courtney to discuss the other program's protocols.

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

- Receive a molecular PCR COVID-19 test within 72 hours before arrival at camp or have received their final COVID-19 vaccination at least 2 weeks before their session. Even if vaccinated, we strongly encourage a molecular PCR COVID-19 test for all campers and staff within 72 hours prior to arrival.
 - Documentation of the negative test or proof of full vaccination will be required upon their arrival at camp.
 - Campers will not be admitted into camp without negative test results or proof of vaccination.
- Unvaccinated individuals should remain quarantined from the time of the test administration until admittance into camp.
- Unvaccinated individuals will not be admitted into camp without a negative test result. We ask that unvaccinated individuals without a negative test OR vaccinated individuals without proof of full vaccination do NOT board airplanes/bus or drive to camp.

Staff Time-Off

- Unvaccinated staff that leave for an extended period of time-off (i.e. week off), they will be required to have a negative PCR COVID-19 test within 72 hours of their return AND provide written confirmation that they have been symptom-free and have not been exposed to their knowledge.

Travel

Air Travel

- Air Travelers must follow [CDC Guidelines](#).

Bus Transportation

- Bus transportation will be an option TO and FROM camp. However, capacities will be limited for bussing TO camp. It is recommended that parents or guardians drive their camper to camp if able.
- Campers who have a temperature of greater than 100.4, or have multiple COVID-19 symptoms and/or do not have proof a negative PCR COVID-19 test or full vaccination upon arrival, 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 will be required to wear masks while on the bus.
- Campers may be assigned seats by cabin group or pod and seating assignments will be recorded. Campers will be required to remain in their assigned seat unless using the restroom.

Arriving to Camp

- Check-in and Registration will take place between at camp on the Sunday of the session.
- When arriving to camp, there will be a multi-step check-in process. Steps and locations will look different than in previous summers. Staff and signage will be posted to guide you to the correct locations.
- Whenever possible, we ask that parents drive their camper to camp vs. the option of taking the bus to camp. Bussing capacity will be limited TO camp. We prefer and encourage campers to be dropped off by ONE parent or legal guardian but understand that some people may need to carpool.
- All campers and parents must remain in their vehicle until after their COVID-19 screening and given direct permission from staff.
- Campers who have a temperature of greater than 100.4, or have multiple COVID-19 symptoms, and/or do not have proof a negative PCR COVID-19 test or full vaccination on arrival day 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.
- Everyone in the car will have their temperature checked and screen for symptoms or possible exposure before being proceeding with registration.
- For the safety and well-being of everyone, we encourage parents and guardians to expedite the good-bye process and depart swiftly after registration.
- After registration parents/guardians may proceed drop their camper off, deliver luggage to the field. Counselors will be there to assist with luggage and getting campers settled into their space. There will be designated restrooms available for parents/guardians to use during registration day.
- Please note that parents/guardians and campers will be asked to wear a mask the entire time you are at camp through the check-in process, even if you are vaccinated. 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. Please remember that physical distancing with everyone other than your camper is necessary!

Departing from Camp

- Due to visitor guidelines there will be no parent program on Friday.
- Masks will be required on departure day for all parents/guardians/family members/guests regardless of vaccination status.
- 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.
- Cabin groups will be spread out by cabins for departure day. Cabin groups will continue to maintain 6 feet of distance from other cabin groups.
- We recommend that campers be tested for COVID-19 within 3-5 days upon their return home.

Testing & Screening

We expect the testing technology to continue to evolve between now and summer and are in conversation about testing options during camp. We will align testing protocols with industry best practices based on the advisement of CDC, ACA, MDH, our Healthcare staff, and our Board of Directors.

- All unvaccinated campers and staff will be required to demonstrate a negative molecular PCR COVID-19 test completed within 72 hours of their arrival at camp. Vaccinated campers and staff will be required to demonstrate proof of full vaccination upon arrival at camp. Even if vaccinated, we strongly encourage a molecular PCR COVID-19 test for all campers and staff within 72 hours prior to arrival.
- Staff and campers will be screened for symptoms and may have their temperature checked throughout the session.
- 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.
- If symptomatic campers and staff may receive a rapid antigen test, regardless of vaccination status.

COVID-19 Vaccine

- Catholic Youth Camp will not be mandating the COVID-19 vaccine for campers or staff.
- We will educate, encourage, and incentivize our staff and eligible campers to be vaccinated.

Preventing Spread at Camp

Cohorts (Cabins) & Pods

- We will be operating in "cohorts" this summer and there will be 3-5 cabins in a "pod".
- Campers and counselors will be organized into cohorts, designated by their cabin, which will remain together all day, every day. Cabins will generally not exceed 11 campers and 2 counselors per cabin and will have limited contact with other cabins.
- Campers and staff must sleep in the head-to-toe arrangement heads of the person on the top bunk will be over the feet of person on the bottom bunk. This will allow us to maintain 3-6 feet of separation while sleeping.
- Pods will include small groupings of cabins. These pods may be assigned program areas, or evening activities together while maintaining 6 feet of distance from other pods.
- Campers cannot interact with members of other cabins without masks. Physical distancing of 6 feet must be maintained whenever possible.
- Any staff members who come into contact with multiple cabins will provide instruction from 6 feet away to the greatest extent possible. If closer interaction is needed, this would be extremely brief (to help bait a hook at fishing, for example), and program staff will be in masks and at all times when 6 feet of distance cannot be maintained.
- Cabins may have to mix during times we are in severe weather shelters. All campers and staff must wear mask during this time.

Masking & Physical Distancing

Campers (Masking requirements: Required for vaccinated and unvaccinated campers)

- All campers will be required to wear masks in all indoor spaces, excluding their cabin.
- All campers will be required to wear masks when 6 feet of distance cannot be maintained from campers in other cohorts while outdoors.
- Campers will be given "mask breaks" whenever needed and as much as possible.
- Campers are not to enter any other cabin that is not their own.
- Masks will not be required when:
 - Campers and are in their cabin with only their counselors and cabinmates
 - Eating or drinking (unless within 6 feet of others outside of your cohort)
 - Sleeping
 - Water-based activities that involves submerging or soaking a face covering in water, such as swimming, boating, or showering
 - Communicating with a person who is deaf or hearing impaired or has a disability, medical condition, or mental health condition that makes communication with a face-covering difficult
 - Outdoors and greater than 6 feet from other cohorts.
- Catholic Youth Camp suggests that campers and staff come to camp with a minimum of 5 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.
- 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.
- **It is our goal to have you camper in a mask the least amount of time safely possible.**

Staff

- All vaccinated staff will be required to wear masks in all indoor spaces, excluding their cabin or in staff-only areas (i.e. Staff Lounge, Program Office, Staff Cabins).
- All vaccinated staff may mix with single camper cohorts unmasked.
 - For example, a vaccinated program staff would not have to wear a mask when instructing campers from G1 cabin while outside whether they are within 6 feet or not. However, if the vaccinated program staff is instructing multiple cabins during orientation rotation or times cohorts mix, the program staff must be masked.
- All staff must wear masks on arrival days, departure days, any times campers are required to wear masks, and other times as directed by management.
- Unvaccinated staff must be masked indoors at all times (excluding their personal living space) and whenever 6 feet of distancing cannot be maintained outdoors.
- Unvaccinated staff (excluding counselors with their cohort) must maintain 3 feet of distance from others when eating outdoors and 6 feet of distance when eating indoors.

Cleaning and Disinfection of Equipment and Facilities

- The health center will be disinfected between patients, bathrooms two 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.
- Cabins will be cleaned and disinfected a minimum of one time per day.
- Staff will disinfect all shared equipment between each group that visits their activity.

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 accessible all 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

Camp Capacity

- We have limited camper capacity in sessions to about 65 camper (50-60% full)

Visitors & Vendors

- Only essential visitors will be permitted with prior arranged clearance from the Camp Program Director or Executive Director.
- Vendors will work with the camp staff to ensure safe delivery of products and services. Vendors are required to wear masks and practice physical distancing when on site regardless of vaccination status.

Programming

Altered Programming

- We are fortunate that many of our regular activities are already held outdoors. Our few traditionally indoor activities such as dining, arts and crafts, dance, drama, and mass will be held outside whenever possible.
- Group activities such as mass, evening games, and campfires will be altered to adhere to smaller group sizes, designated areas and physical distancing.
- Expect campers to be scheduled at program areas throughout the day and even a block or two after dinner. Campers will do all camp activities with their cabin groups. Cabins may also have scheduled times for showering and camp store.

Food Service

- Campers and staff will be encouraged to eat outside when space and weather allow.
- Food service will be cafeteria-style and self-serve items will be eliminated.
- Food will be served by a staff member wearing appropriate face coverings and gloves.
- Campers and staff will wear their masks until at their designated table for meal time. Campers will eat at a table with their cabin group which will be socially distanced from other cabin groups.

Camp Store & Mail

- Campers will still have opportunities to attend the camp store daily, though their times may be scheduled.
- The store may be open on arrival and departure day, though we ask that physical distancing be used and masks be worn by everyone.
- We will offer email communication per usual using your Ultra Camp account.
- Sharing personal items and food items is discouraged. Please talk to you camper about notsharing personal items.

Positive or Suspected COVID-19 Cases

What if a camper or staff is suspected of having COVID-19?

- If a camper or staff presents symptoms of COVID-19 that are not severe enough to warrant hospital care, they will receive an rapid antigen COVID-19 test onsite by Catholic Youth Camp Healthcare staff.
- If a camper's rapid antigen test is positive, 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. The remaining campers and staff in the cabin group will be quarantined as a group with access to limited activities (all parents/guardians of that cabin group will be contacted). A positive test will require pick-up from the parent or guardian within 12-24 hours. A negative rapid antigen test will constitute that the camper can rejoin their group for the remainder of their session.
- Campers with a positive rapid antigen test will continue to be isolated from the community and given temporary care from our medical staff. Parents would be expected to arrange to pick up of the camper within 12-24 hours. If this is not possible due to an emergency, camp will make an accommodation onsite for isolation until pickup can be arranged.
- If a staff's rapid antigen test is positive, the staff will receive a PCR test performed at a local clinic and remain in isolation onsite until the test results are confirmed. A positive PCR test will require staff to isolate off-site. If this is not possible, camp will make accommodation for the staff to isolate onsite.
- Confirmed cases will not be able to return to camp for ten days after symptom onset and 24hours with no fever without the use of fever-reducing medication.
- All confirmed cases will be reported to the Minnesota Department of Health.
- It is our goal for members of our community to return to camp as soon as safely possible.

What if campers or staff are directly exposed to a case of COVID-19?

According to CDC guidelines, these restrictions do not apply to vaccinated campers or staff.

- Campers and staff that are considered in close contact will have parents/guardians called to pick up campers that were in direct exposure to be picked up from camp within 12-24 hours.
- These individuals will need to be home and symptom free for 10 days from the last day of exposure or provide camp with a negative COVID-19 test to return to camp.
- It is our goal for members of our community to return to camp as soon as safely possible.

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 registered for camp in 2021 may cancel up to two weeks prior to their camp week with written/email notice and request a refund or rollover all their payments made for camp in 2021.
- Campers who cancel less than one week of their enrolled camp date will lose all payments.
- If a camper is sent home after arrival and stay at camp 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, Catholic Youth Camp believes that the safety of unvaccinated children is in our best interest. Many of our procedures and protocols are following 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/community/schools-childcare/summer-camps.html>

American Camp Association (ACA)

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

Vaccine Finder (All states):

<https://www.npr.org/sections/health-shots/2021/02/18/967448680/how-to-sign-up-for-a-covid-19-vaccine-in-your-state>

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>

