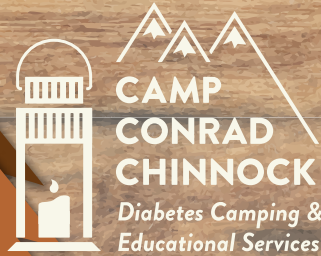


# CAMP CONRAD CHINNOCK



## COVID-19 PROTOCOLS GUIDE

To our Camp Campers, Staff, Families, and Friends,

This guidebook is intended to help us forge a partnership with our families to ensure we have another successful season. It remains a work in progress as we continue to gain more knowledge in our quest to ensure a safe, healthy, and successful time at Camp Conrad Chinnock. Our operation protocols and procedures have gone through a thorough review resulting in some updates for the 2022 season. Despite these changes, we are confident that Camp Conrad Chinnock will maintain its core values and unique spirit that our campers know and love.

Now more than ever, camp is critical for the mental health and positive social development of our children and youth. With that in mind, we are committed to ensuring Camp Conrad Chinnock will provide our campers with the best camping experience available.

All of us – our campers, our staff, our parents, & families – must work together to ensure a safe, healthy, and successful camp for all of our participants.

Please take the time to thoroughly read through our guidebook. We are always happy to discuss any aspect of this information. You are welcome to contact us at any time with your questions or concerns.

Thank you, be well, and stay safe.

Sincerely,  
*Diabetes Camping and Educational Services*

[info@diabetescamping.org](mailto:info@diabetescamping.org)  
[www.diabetescamping.org](http://www.diabetescamping.org)

*Drafted November 4, 2021*

# INTRODUCTION



During this time, the value of being at Camp Conrad Chinnock, being among friends old and new, and participating in fun camp activities is needed more than ever.

**This guidebook will outline changes to policies and procedures to help Camp Conrad Chinnock operate as safe as possible in 2022.**

**We ask that all parents/guardians review this guidebook with their campers.**

**All staff members must review this guidebook prior pre-camp training.**

## Guiding Principles

The COVID-19 pandemic has certainly provided a different landscape for Camp Conrad Chinnock programs in 2022. Camp Conrad Chinnock has adopted the following guiding principles in our approach to maintaining a safe, healthy, and successful camp community during the COVID-19 pandemic. They include: Being Outdoors, Masking, Cohorting whenever possible, Distancing, Vaccinating, Quarantining, Sanitizing, Communicating.

We will follow the ever-changing information about COVID-19 provided by the CDC and work diligently to make proper adaptations to mitigate the risk of COVID-19 exposure at camp. Should a camper contract the virus, we can confidently care for campers and staff and isolate and stop the virus from spreading further.

# A NOTE TO OUR CAMP FAMILIES

We have taken every measure to operate a safe, healthy, and successful camp. Even with all of these changes, camp may not be appropriate for some individual campers and staff during this time. Each individual and family must decide if camp, modified as detailed in the pages to follow, is the right fit. If you are uncomfortable with the potential risk you may be taking, please keep your child home. Camp Conrad Chinnock cannot be held liable if your child does contract COVID-19.

# REGISTRATION

We are moving slowly towards our traditional capacity levels for our camper and family camp sessions. This means for Family Camps we will assign (2) two families per cabin. We will place one family on each side of the cabin (there is a partition for privacy) with a shared sink and toilet. Sanitation wipes will be provided for each cabin. **Make sure you register as soon as possible as spaces will be limited.** Once you have submitted your application, the camp office will send you a confirmation email of enrollment once your lodging space has been confirmed. Camp will be requiring proof of vaccination. **Unvaccinated participants will need to provide a negative COVID-19 PCR test prior to attending camp.**

## COVID-19 RESPONSE TEAM

If you have any questions regarding anything in this guidebook or COVID-19 at camp, please contact:

- **Rocky Wilson, Executive Director**  
Rocky.Wilson@diabetescamping.org
  - **Ryan Martz, Development and Program Director**  
Ryan.Martz@diabetescamping.org
  - **Melanie Coyne, Operations Director**  
Melanie.Coyne@diabetescamping.org
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## CANCELLATION AND REFUNDS

To continue planning for our 2022 season, and to cover expenses associated with payroll, refunds will not be made after May 31st due to illness or change of heart. If you wish to cancel, please notify the office in writing of cancellation to receive a refund minus your \$100 non-refundable deposit. We understand that this is an investment for our families, but are unable to move forward if we do not secure finances.

If camp is unable to operate due to State Guidelines, our office will contact you to determine how you would like your fees allocated: 1) Refund your program fee (minus \$50 non-refundable processing fee), 2) Apply your fee to future session, or 3) Consider your fee a tax-deductible donation (either all or a portion of the fees that you choose).

## CAMPER TRAVEL TO AND FROM CAMP

For 2022 Teen Winter Camp season, we will be resuming our regular camp transportation for campers to arrive and depart from our Fontana bus stop. To better help us keep you, your family, and our camp community safe and healthy we ask that you take the time to thoroughly read and understand our transportation procedures for the 2022 season. Also, these procedures are subject to change.

**We will announce our Summer bus transportation plan in January 2022 during Summer enrollment.**

Non-vaccinated campers will be asked to submit their negative COVID-19 PCR test within 72 hours of departure. They will then be asked the following screening questions prior to entering camp:

- Have you come into contact with anyone who has been sick or shown signs or symptoms of COVID-19 in the past 7 days?
- Do you have a sore throat?
- Have you had a fever of 100 or above in the past 14 days?
- Have you recently experienced any loss of taste and smell?
- Have you recently experienced coughing?
- Have you recently experienced any shortness of breath or difficulty breathing?
- Are you experiencing nausea or the feeling that you need to vomit?
- Do you have a headache?
- Do you have any fatigue or body/muscle aches?

If all questions are answered 'No' You are ready to have an amazing summer up at camp! A staff member will help gather their luggage and walk them to their cabin to begin their camp session!

### FINANCIAL AID

Financial Assistance is  
available for qualified families.  
To inquire, email:  
[info@diabetescamping.org](mailto:info@diabetescamping.org)



# BEFORE CAMP

In order to mitigate the risk of COVID-19 being brought into camp, we will ask all campers and staff to take additional safety measures in the two weeks prior to their arrival. We may change these procedures at any time as we continue to review the latest data and guidance from public health officials.

## **Self-Quarantine (Applies to Non-Vaccinated Only)**

All campers and staff must self-quarantine for one week (7 days) prior to the start of their travel to camp. During quarantine, campers and staff should restrict contact to members of their household only. There should limit physical contact with anyone outside of their household unless absolutely necessary (if necessary, masking and physical distancing is encouraged).

During the 7 days prior to camp, we ask other household members to take appropriate physical distancing and preventative measures including but not limited to: wearing a mask, staying 6 feet away from other people, utilizing curbside store /restaurant services only, washing hands with soap and water frequently, and limiting non-essential travel.

**NOTE: Individuals who are fully vaccinated prior to their session, do NOT need to quarantine, or provide a negative COVID-19 PCR test.**

## **Non-Essential Travel (Applies to Non-Vaccinated Only)**

All campers and staff should avoid any non-essential travel for the 7 days of self-quarantine. If travel outside of the home is absolutely necessary, a face mask should be worn and physical distancing should be practiced at all times.

## **COVID-19 Tests (Applies to Non-Vaccinated Only)**

Within 72 hours prior to departing for camp, all campers and staff must complete a PCR COVID-19 test and submit proof of negative results to camp in order to enter camp. Please contact the Camp office if you need assistance determining testing options. After a test is conducted, the camper or staff should have no contact with anyone outside of their immediate household.

## **COVID-19 Vaccinations**

As you know, our organization Diabetes Camping & Educational Services, always makes the health and safety of our campers a priority in everything we do. The FDA has approved Pfizer vaccine for use for children 5 years of age and older. All campers who are fully vaccinated (at least 14 days after the 2 doses of Pfizer vaccine) do not need to quarantine and will not be required COVID-19 testing prior to attending camp. Vaccinating your camper is the best way to ensure a safe and fun camping experience (although it is not required to attend camp). We recommend you talk to your health care providers with any questions you may have regarding the vaccine for your child.

## **Staff Training**

We will be conducting in-person and online staff training to ensure the preparedness of our staff members. Staff will also be trained on all of our COVID-19 policies and how to abide by them during staff training.

If a member of the Camp Conrad Chinnock community exhibits COVID-19 symptoms, or tests positive prior to camp, they will not be permitted to join us at camp for the safety of our entire camp community. It may be possible for those campers to attend camp at a later session, within guidelines.

## DURING CAMP

All modified camp rules, requirements and procedures will be announced to all campers during the first day of camp. When possible and weather permitting, camp activities will be held outdoors including picnics and cookouts.

### **Outside, Masked & Distanced - Always 2 of 3**

Masking is the most important component and should be maintained whenever feasible. We will be using medical masks, that provide higher level of protection than do cloth masks, whenever possible. For any cross-cabin interactions, campers and staff should aim to always observe **at least** two of the three following rules: wear a mask, be outdoors, be physically distanced (at least 6 feet apart). Being outdoors is the most important if possible and we will try to be outdoors as much as possible.

### **Cabin-Based Quarantining/Distancing**

While we have implemented pre-camp requirements including quarantining and negative COVID-19 tests and symptoms, no self-imposed quarantine or test is 100% accurate. Each camper will travel with their cabin (also called a “cohort” or “pod”) together to activities and meals when feasible. Campers and staff must have a mask with them at all times throughout camp. One counselor per cabin will always have hand sanitizer. Under no circumstances shall campers be allowed or go into another cabin. Additionally, personal items, personal equipment, or clothing must not be shared with campers from their own or another cabin. When a cabin is at an activity as a group or in their own cabin, masks may not be required. When other cabin cohorts are present, each cabin should put on their masks and observe social distancing guidelines as quickly as possible. Masks are not required while campers and staff are inside their cabins or outside while social distancing.

Subject to Change, depending on COVID-19 activity:

Daily temperature checks will be taken simultaneously with blood testing once a day. Any camper or staff member not feeling well or exhibiting COVID-19 symptoms will go to the Health Center immediately.



### **Cabin Housing Guidelines**

Daily cleaning will be done with alcohol wipes of common areas by the campers in their cabins. Cabin access will be limited only to individuals who reside in that cabin. Campers should keep personal belongings organized and separate from other campers' belongings and avoid sharing common bathroom supplies (towels, soap, toothpaste, etc.) by bringing their own bathroom toiletries in a container such as, a bathroom tote or a 1-quart clear plastic bag labeled with their name.

### **Ventilation**

Cabin windows will be kept open as often as weather permits for ventilation. We will also use HEPA filters in cabins where feasible to provide additional reduction in transmission. Campers will be provided with alcohol-based hand sanitizer containing at least 60% alcohol before and after activities.

## DURING CAMP



### Mask Wearing Policy

Face masks that cover both the nose and mouth are required in all public, non-outdoor areas such as, Dining Hall (except while eating), Health Center, Pool Area (except in the water), Showerhouses (unless showering or brushing teeth), Nature Center, Camp Store, or Game Lodge. If there is ONLY one cabin in these spaces, it is the discretion of the Leadership Team if that cabin can be unmasked in the space. Mask wearing should be universal outside of cabin. They can remain off while eating, showering, and during medical exams as required by medical staff.

### Cleaning, Handwashing and Sanitization Procedures

All cleaning, handwashing, and sanitization procedures have been exceedingly increased this summer. Every table at meals will have a hand sanitizer available. All commonly touched areas will be wiped with antibacterial spray frequently and shared spaces will be cleaned and sanitized multiple times per day. Every building around camp and outdoor equipment will have a spray bottle of disinfectant available. Campers are to wash hands or use hand sanitizer before and after all activities.

## MEALS

Each mealtime, all cabins will wash their hands, test their bloods prior to going to the dining hall. Campers and staff are expected to keep their masks on at all times until they are seated at their table and begin eating. Each cabin will have their own assigned table(s) which are sufficiently distanced so that campers and staff can travel between tables and remain appropriately distanced.

There will be no self-serve areas, including the salad bar. Only assigned Counselors and serving staff will be permitted to touch the serving utensils and distribute food to the rest of camp. Campers will not be waiting in line or walking around, only counselors will retrieve food while the campers wait at their designated table.


While we encourage campers to try new things that may have a slight spin on what they are used to eating at home, we realize some children are picky eaters, we cannot accommodate special eating preferences at this time. This excludes campers with noted special dietary needs such as celiac disease. Campers will be served pre plated meals without special requests. If food is still available, second helpings will be allowed to be served by masked and gloved staff.

### Water

As always, staying hydrated is imperative to staying healthy and avoiding dehydration. Campers and staff are encouraged to refill their water bottles using the water faucets. All must use hand sanitizer before and after using faucets. Drinking directly from any of the water faucets is prohibited.

## WATER ACTIVITIES

There is no current evidence that COVID-19 can be spread to people through water in a pool or lake. Campers and staff should follow social distancing and proper hand hygiene practices prior to/following using any small crafts (canoes, kayaks, paddleboards, funyaks, etc.) All shared use equipment (paddles, boats, fishing poles, etc.) should be cleaned and disinfected before AND after each use. While at the waterfront and swimming pool, the buddy system will still be enforced. All buddies must be from the same cabin group.



## SHOWER HOUSE USE

Each cabin will be assigned their own designated time for daily showers. Shower house will only occupy one Cabin at a time. Campers need to bring their own supplies in a tote or Ziploc bag marked with name for toiletries to be stored in. Campers should not share bathroom supplies (towels, soap, toothbrushes, etc.). Staff will be expected to disinfect each shower and changing area after each camper. Campers and staff will use their designated shower house to go to the bathroom and can use them as nature calls (mask required).

## HEALTH CENTER

Should a camper or staff member begin to exhibit COVID-19 symptoms, they will be immediately isolated and quarantined. We are investigating ways to provide testing of campers as needed. Due to the length of our sessions, those identified to have the COVID-19 virus will need to depart camp for home as soon as possible. Camp Conrad Chinnock will work cooperatively with the family or emergency contacts of the participant to ensure safe transportation can be arranged promptly. The child or staff will be kept in medical isolation until their departure from camp.

### **Steps Taken if Someone in Camp Tests Positive for COVID-19:**

- Campers and staff members in the COVID-19 patient's cabin will be COVID-19 tested and quarantined from other members of the community while awaiting results.
- Parents/Guardians and emergency contacts of the other campers and staff in the COVID-19 positive cabin will be informed immediately that someone in their cabin has tested positive. Due to HIPAA laws, the exact identity of the COVID-19 positive patient cannot be shared.
- Contact tracing of anyone the COVID-19 patient came in contact with during the previous 48 hours will begin immediately.
- Contact traced campers or staff will be monitored closely by the Health Center staff.
- COVID-19 tests will be administered as needed.
- Should our Health Center staff determine that further care is needed for anyone exhibiting COVID-19 symptoms we will transport the affected camper or staff member to the hospital for further treatment.

### **Health Center and Isolation Facility Sanitization Procedures**

- The Health Center will be mopped with an antibacterial product every night.
- When in use, the Isolation Facility will be treated with an antibacterial product every night.
- Doorknobs, handles, and other commonly touched areas will be wiped down with an antibacterial product several times each day.
- When an ill patient checks out of the Health Center, their area will be fully sanitized and bedding will be changed.



## CAMP PROGRAM DETAILS

### Staff Time Off

In order to preserve the camp quarantine “bubble”, staff time off will be organized and coordinated by Camp Conrad Chinnock administration to avoid interaction with anyone from the public. This may include coordinated events on camp property, or chaperoned trips to areas off-camp property where staff can physically distance from the public while camp is not in session. During time off, staff must continue to observe the ‘2 of 3’ - Outdoors, Masked, and Distanced at all times. Staff are still subject to all COVID-19 protocols on time off, whether in or out of camp.

### Camp Vehicles

All staff members must sanitize high-touch areas of vehicles, the Gator, and golf carts before and after use.

### Visitors

To ensure we keep the camp quarantine “bubble” intact, personal visitors will not be permitted this summer. We will not be running any camp tours with prospective camp families.

### Mail

Since COVID-19 has the potential to add more anxiety than normal to being away from home, we encourage parents to write to their camper early and often. Postal letters are the preferred method of communication as they are frequently saved as cherished memories of the camp experience. Families are encouraged to pack stationary and stamps to allow their child to write letters home during their camp session. To minimize potential COVID-19 exposure, no food, snacks, or other food and non-food items to share should be sent to campers at camp.

### Package Policy

All packages sent to campers will be opened and inspected prior to being forwarded to the camper. Packages containing reading material (books, magazines, comics, decorations, other non-food items, or essentials) will be permitted. We will allow birthday packages as well. However, to reduce the potential for COVID-19 exposure, parents are not allowed to send food, candy, electronics or items intended to share with others to their campers. Food items will eventually be donated to local food shelves. Mail, approved packages and printed emails will be delivered to the appropriate cabins on a daily basis.

## AFTER CAMP

As you welcome back your camper(s), we strongly recommend that parents and guardians limit who interacts with the returning camper or staff member for two weeks. This includes anyone in the high risk group and anyone over the age of 65 (sorry, Grandparents!).






If your camper exhibits COVID-19 symptoms or tests positive within 14 days of returning home, please contact camp immediately so we can take appropriate measures to contact trace and inform other camp families as necessary.







# THANK YOU

-  Thank You for partnering with us to help mitigate the spread of the COVID-19 virus.
-  Thank You for quarantining before camp.
-  Thank You for reading this guide.
-  Thank you for sharing the new policies and procedures with your campers and making sure they understand them.
-  Thank You especially for supporting Camp Conrad Chinnock!

*Be well, stay safe, and happy camping!*



**The following resources were used to compile this Protocol Guide:**

- American Camp Association
- The Association of Camp Nursing
- Center for Disease Control and Prevention
- North Star Camp COVID-19 Playbook
- WeHaKee Camp for Girls Guidebook
- Field Guide for Camps on Implementation of CDC Guidance (prepared for the American Camp Association and the YMCA of the USA, prepared by Environmental Health and Engineering, Inc.)

