

YMCA CAMP SANTA MARIA
YMCA OF NORTHERN COLORADO



YMCA Camp Santa Maria

COVID Policies and Procedures SUMMER 2021

Pre-Camp Communications

- Prior to the start of camp, parents/guardians will have access to the YMCA Camp Santa Maria Parent Guide and COVID Policies and Procedures. This will explain all policies and procedures for camp, including packing lists, daily schedules, check-in procedures, health and safety screenings, and FAQs.
- Parents/guardians will receive several pre-camp emails reminding them to read the Parent Guide and last-minute reminders of the new check-in process at camp.

Facility Changes

- Hand sanitizers have been added to every program area and cabin space.
- Increased portable hand-washing stations have been added to areas further from bathrooms.

Physical Distancing

- Each cabin group and counselor will be consistently together for the whole session and will be considered a "cohort."
- Each cabin group will get a cabin space assigned as their own for the week. This space will have changing space and can be used in rainy day weather.
- Cabin groups will not be asked to wear masks when interacting or participating in activities within their cabin group.
- Masks will be worn any time a cabin group cannot keep 6 feet of distance from individuals or 12 feet between another group or when inside a building.
- Cabin groups will eat lunch together. This can be done inside the dining hall at camp table spaced 12 feet apart.

Wearing Masks

- Campers will be asked to bring multiple masks (1 for each day) clearly marked with their name.
- Masks must cover the nose and mouth and extend below the chin and be able to hold that position without the use of hands.
- Masks will be worn when in large groups indoors or spacing cannot be maintained.
- Counselors will follow the same guidelines with the exceptions when they will be asked to wear a mask.
- Staff that are not fully vaccinated that interact with multiple groups will be required to wear masks at all times.

Pre-Camp Communications

- Prior to the start of camp, parents/guardians will have access to the Resident Camp Parent Guide. This will explain all policies and procedures for Resident Camp including packing list, daily schedules, bus procedures, check in procedures, health and safety screenings, and FAQs.
- Parents/Guardians will receive several pre-camp emails reminding them to read the Parent Guide and last-minute reminders of the new check in process at camp and at the bus stops.

Pre-Camp COVID Test and Health Screening

- **A COVID-19 test is mandatory within 72 hours of camp. We are a testing site and can provide a rapid test at check-in. If a child tests positive, they will not be allowed to attend camp.**
- Families will be asked to self-monitor and conduct the following pre-screening activities for 14 days before the start of the program.
 - Camper's temperature taken daily.
 - Self-screen for the presence of COVID-19 symptoms: fever of at least 100.4 F, cough, shortness of breath, diarrhea, fatigue, headache, muscle aches, nausea, loss of taste or smell, sore throat, vomiting, etc.
 - Inform YMCA Camp Santa Maria staff if camper has been in close contact with a person who has been diagnosed with, tested for, or quarantined as a result of COVID-19.
- Campers who exhibit any one of these bullet points will be asked to stay at home. Families should contact camp for a system credit or rescheduling options.
- Families and campers will be asked to limit large group activities (especially indoors) prior to camp.
- Parents/guardians of campers with underlying medical conditions, we recommend they consult their child's medical provider to assess their risk and determine if camp is an appropriate fit for this summer.

Camp Check In (Car transportation)

- Check-in times will be staggered to help minimize traffic and limit number of people on camp at one time.
- Parents/guardians will be directed to the main camp entrance for a curbside check in.
- YMCA Camp Santa Maria staff wearing masks will greet cars.
- Campers will remain in their vehicle and will have their temperature taken with a touchless thermometer. If their temperature is over 100.4 F, there will

be a recheck done. If the camper still has a temperature, the camper cannot stay at camp.

- If the camper's temp is lower than 100.4, the parents/guardians and camper will be asked the following health screening questions:
 - Has this camper been in contact with a person who has COVID-19?
 - Has this camper felt unwell in the last 3 days? Including fever, chills, cough, shortness of breath, difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestions, or runny nose, nausea or vomiting, and/or diarrhea.
 - Is this camper feeling well today?
- Camp staff will make sure that all paperwork has been submitted online.
- Any medications that need to be checked in for the week will be done at this time.
- Staff will unload luggage from the car and put into the campers designated luggage area to be moved to the cabin at a later time.
- Camper will then be directed to their counselor and to the cabin group in the "line up" field (or rainy-day designated area inclement weather) to find their cabin group.
- Parent/guardians will be directed to continue driving out of the parking lot. If anyone has questions for the camp director or camp nurse, they can park, and the camp director will come to their car for assistance.
- If a parent is dropping off after the designated check-in time, they will be asked to come into the main camp office area with masks on (both adult and camper) and a staff member will conduct the health screening and temperature check.

Daily Health Screenings During Session

- Each morning before breakfast, we will line up campers and staff for a screening.
 - Their temperature taken with a touchless thermometer. If their temperature is over 100.4 F, the camper will be isolated and there will be a recheck done. If the camper still has a temperature, the camper cannot stay at camp.
 - Each camper will be asked how they are feeling and report any symptoms of illness. If symptoms are present, the camper will be isolated and screened by the camp nurse, who will decide on the next steps of protocol.

End of Session Camp Check Out (Car transportation)

- Check-in times will be staggered to help minimize traffic and limit number of people on camp at one time.
- Parents/guardians will remain in their cars in a line in the parking lot.

- Staff (in masks and gloves) will check their IDs and communicate to the camp staff to call checked-out campers to come to the cars.
- Parents/guardians will remain in their cars for check out.
- Campers and staff will load the luggage in the car from the designated luggage staging area.
- Parents/guardians will receive a parent information pack about the session before they exit camp.

Bathrooms and Drinking Fountains

- The bathhouse and port-a-potties will be sanitized daily.
- Camp counselors will help fill camper water bottles at the drinking fountains and will wipe all surfaces with disinfecting wipes after use.

Building Ventilation

- Windows and doors will be left open when possible, during the day, to ensure ventilation throughout the building.

Sleeping Orientations and Beds

- Bunks will be assigned by staff.
- Body orientation of each bunk will be designated beforehand to facilitate "Head to Toe" sleeping and 6 feet of distancing from head-to-head while sleeping and resting in bed.

Daily Cabin Procedures

- Campers will sanitize their hands upon entering the cabin.
- Camp staff and campers will clean these cabin spaces daily.
- Campers and staff will clean/sanitize high-use surfaces including door handles, faucets and light switches using the in each cabin.

Dining Hall

- Everyone will wash or sanitize their hands before eating meals.
- Cabin groups will sit together at the same assigned table in the dining hall for each meal.
- Tables will be spaced out at least 12 feet from each other.

- Tables and high touch areas will be sanitized after each meal time to be ready for the next meal.
- There may need to be multiple meal shifts to decrease crowding and to comply with 12 feet cohort distancing guidelines.
- Dinners will be served to the staff family style with masked servers to decrease cohort cross contamination. Salad bar will be cafeteria style with designated masked servers. Cabin groups will take turns at the salad bar to keep with the 12 feet cohort distancing guidelines.
- Afternoon snack will be given to each cabin group and will be eaten on the go to the next activity or outside.
- All staff and campers are asked to stay out of the kitchen prep area.

Health Center

ONGOING HEALTH SCREENINGS

- Touchless thermometers will be disinfected in between user.
- Individuals will follow suspected COVID-19 case procedures if:
 - Camper or staff presents with a fever of at least 100.4 or primary symptoms of COVID-19: Cough, shortness of breath or difficulty breathing.
 - Additional symptoms associated with COVID-19 will be monitored on a case-by-case basis.

SUSPECTED AND POSITIVE COVID-19 CASES and RETURN TO CAMP

- The YMCA of Norther Colorado Vice President of Camping Services/YMCA Camp Santa Maria Camp Director is designated as the COVID-19 lead/coordinator and liaison.
- Public health makes the final determination of who is a close contact and will be placed in quarantine.
- If a camper or staff is found to have a temperature of greater than 100.4 degrees Fahrenheit, they will be isolated in a designated isolation area away from all other campers and staff protected from the sun and weather.
- A repeat temperature check will be done 15 minutes later to ensure accuracy. For campers, if the second temperature check remains elevated then their parents/guardians will be notified immediately to come and pick up the camper and advised to contact the camper's physician for COVID-19 testing. They will be given county and state guidelines for isolation and quarantine.

- While waiting for the camper's parent/guardian to arrive, the camper will be kept in isolation. If the camp nurse needs to have contact with the camper, appropriate personal protective equipment including gloves, gown, eye protection and an N95 mask will be used. The room used for isolation will be thoroughly cleaned once the camper is picked up.
- The camper will not be allowed to return unless the parent/guardian has documentation of a negative COVID-19 test.
- If a staff member is found to have a temperature of greater than 100.4 degrees Fahrenheit, then they will be asked to immediately proceed to the isolation cabin and not have any contact with staff or campers. Arrangement will be made for COVID-19 testing. All campers that have had contact with that staff will be monitored, and all parents will be notified.
- If the camp nurse needs to have contact with the staff member, proper personal protective equipment including gloves, gown, eye protection and an N95 mask will be used. The cabin used for isolation or quarantine will be thoroughly cleaned once the staff member leaves. The staff member will not be allowed to return unless they have documentation of negative COVID-19 testing.
- A female and male quarantine and isolation rooms have been established for staff. Two yurts in Pioneer village and two rooms in the lower level of the staff cabin. All rooms are separate from the general population. Meals will be delivered in a no contact way to any staff required to isolate or quarantine.
- Any camper who needs to be isolated or quarantined will be done temporarily in the health center designated room until their parents can pick them up. Parents agree to follow all Colorado isolation and quarantine guidelines to not have any contact with the public while in transit to their isolation or quarantine location.
 - If a camper is placed in quarantine or isolation, the family must follow travel rules:
 - Campers or staff who are in quarantine or isolation may not travel by air.
 - Campers or staff who are in quarantine or isolation may not leave the state of Colorado without permission from public health.
 - Campers or staff who are in quarantine or isolation may not travel with others unless those people will quarantine with them.
 - Campers or staff who are in quarantine or isolation may only travel by car if they can reach their destination without stopping (for gas, rest stops, etc.).
 - If parents would like to remove a camper in isolation or quarantine from camp, but cannot get them home while following the travel rules, the parent may choose to stay in a hotel with their child for the duration of quarantine or isolation.
 - Cost for this is covered by parents/guardians, as pre-determined in written camp COVID-19 plan.
 - If a camper in quarantine develops COVID-19, their parent/guardian must remain in the hotel for the duration of

their quarantine (i.e., if a child gets COVID-19, their parent will need to start a 7- or 10-day quarantine after 10th day of child's isolation).

- No one in isolation/quarantine may leave the hotel room, including to obtain food.

If a camper or staff member tests positive for COVID-19 during their time at camp or within 14 days of leaving camp, the individual should notify camp immediately. If camp is notified of an individual testing positive for COVID-19 who has been at camp, the camp director will immediately notify the local Park County Health Department as well as the appropriate licensing agency and follow all recommendations and protocols.

EMERGENCIES

- Staff will continue to follow protocols per their CPR training (ASHI, Red Cross, Etc) including using breathing barriers (CPR mask, BVM) during CPR and rescue breathing.
- If uncomfortable or a breathing barrier is unavailable, BVM or staff will provide compression-only CPR until EMS arrives.

FIRST AID

- The camp nurse will be out and about camp and accessible by radio to assist with first aid needs.
- Campers will only enter the infirmary when absolutely necessary with one buddy while the counselor and cabin group wait outside.
- If a camper or staff needs to go to urgent care for non-COVID-19 symptoms (e.g. Potential broken bone or stitches, etc) staff and campers will wear masks and the vehicle will be sanitized after use.

Bunks and Sleeping

- Campers and cabin staff will be housed in cabin/cohorts. They would be encouraged to maintain social distancing of 6 feet from individuals and will sleep assigned beds with opposite body orientation from their bunkmate as well as the bunks next to them (head-foot) giving them 6 feet spacing between individuals. Mask do not need to be worn in the cabin/cohort.

Stayover Weekends

- Provided campers elect to stay at camp between their sessions, they will be housed in the same cabin making a temporary stayover weekend cohort. They would be encouraged to maintain social distancing and would sleep in opposite orientation from their bunkmate (head-foot). And will wear masks as much as possible during the stayover weekend. They will be walked through check-in screening before other campers arrive for the new session.

Borrowed Items

- Any items that are borrowed from camp (i.e. backpacks or camping equipment) will be washed or sanitized after use.
- Lost and found items will be held for 2 weeks after the end of the session and then will be donated or thrown away.

ACTIVITY

All Camp Games

- Campers will move in cabin groups and must stay together. Groups will maintain social distance of at least 12 feet from other groups.
- Groups will observe if stations or activities are occupied and either wait at a safe distance or move on to another location.
- No large congregation spot. Change to multiple spaced out areas.
- Activities will be spaced to prevent overlap. There will also be a waiting spot if timing is off.
- Items can be used in a single transaction and turned in to a touchless container before being sanitized (e.g., coins go from a character to the group, and then from the group to a roaming character's bag or treasure chest. Items are then cleaned before they are returned to game).
- No tag/touch games will be played to minimize contact. All campers and staff will be expected to wash hands/sanitize before and after any group activity.
- Masks will be required for any indoor or joint-cabin activity.

S'mores

- All s'mores (chocolate and graham crackers) will be individualized in bags for all programming. 1 s'more in 1 bag per camper. Camper will not be permitted to grab their own materials.
- Marshmallow will be given out by a counselor wearing gloves and a mask. Campers will not be permitted to share their s'more sticks.

Outdoor Cooking

- All food will be individually plated by one to two counselors wearing masks and gloves. Fire building and all utensils/pots/pans will be utilized by one

counselor. All meals will be prepared at least 20 feet away from campers outdoors. Campers will be not permitted to touch/grab their own food or plates until served. All food/items will be handed by a staff member wearing gloves and a mask.

- Before campers head to their cookout location, all campers must wash their hands for at least 20 seconds or sanitize their hands if handwashing is not available.
- After they eat, campers will head to the nearest bathroom to wash their hands for at least 20 seconds or sanitize if handwashing stations are unavailable.

Rainy Day

- All cabins will be provided with a list of available rainy-day options.
- If inclement weather is in the forecast, we will work to schedule all cabin activities in advance.
- If weather becomes an immediate threat to the continuation of outdoor activities, cabins will:
 - Return immediately to their cabin.
 - Turn on their cabin radio to ensure communication with leadership.
 - Communicate their rainy-day plan and wait for confirmation.
 - Once confirmed by leadership staff, proceed with rainy day activity.

Hiking

- Campers will go on hikes only with their cabin groups.
- Staff will consist of one leader and one drag "walker" who will walk the trail and make sure everyone stays with the group.
- Campers must wear closed-toe shoes while out hiking.

Rock Climbing

- Two cabins available at a time, one on the big crag and one on the small crag. Cabin cohorts will stay 12 feet apart.
- Each cabin will be provided with gear specific to their use.
- They will proceed to the rock-climbing area and receive assistance in set-up and operation from a qualified staff member.
- They will follow all safety precautions.
- Once the activity has been complete, a staff member will disinfect all equipment before packing up.
- Upon arrival back to camp, the cabin will place their gear in the area marked for gear disinfection.

- A leadership staff member will disinfect all gear before it is sent with another cabin.

Swimming

- Groups will be scheduled at a time and area to swim.
- Groups will be allowed to distance from other groups.
- Commonly touched surfaces will be sanitized between rotations.
- Cabin groups will utilize separate spaces for placement of towels, shoes, clothes.
- Campers and staff will wash or sanitize their hands before and after this activity.
- Campers will swim in cabin/cohorts. If two cabins are swimming the same time, they will maintain 12 feet distancing between cohorts.
- Campers and staff will change clothes into swim gear in their cabins. Campers should wash their hands before and after changing their clothes and entering the pool area. Those who are not swimming shall stay with the group.
- Campers with swim bands shall be allowed to swim in the deep end while campers without a swim band will only be allowed in the shallow end.
- Non-lifeguard counselors will choose a role during swim time to lead non-contact games and supervise conduct in the pool/on the pool deck.
Lifeguards are to keep kids safe by watching the water – not to supervise and lead games.
- Once the lifeguards are in position and blow the whistle to start, campers and staff can enter the pool.
- After putting equipment away, everyone must wash hands and sanitize at earliest moment upon leaving the waterfront.
- Daily cleaning: As part of the daily routine, aquatic staff will wipe down the surfaces that are not constantly hit with pool water like: handrails, climbing levels, surfaces that campers touch and recreational equipment.

Kayaking/Canoeing/Boating

- The boathouse will be equipped with a checklist of cleaning instructions to be checked off by the staff.
- Campers will be asked to wash their hands or use hand sanitizer before coming to the boathouse.
- USED equipment will be separated into an area for cleaning in between uses. PFDs will be disinfected and dried for at least 10 minutes before being moved to the CLEAN area.
- Paddles will be separated into USED and CLEAN bins. USED paddles will be sanitized and dried for at least 10 minutes prior to use or movement to the CLEAN bins.
- Boats will be sanitized at the end of each activity period if used.

STEM

- Before STEM activities, campers use mounted hand sanitizer and/or hand washing station.
- Campers are not allowed to grab supplies and equipment freely. Staff will wear gloves and divide up individual supplies to provide each camper their own supplies for activity. Campers will raise their hand and ask for what they need, if not supplied to them, from closets/storage, to minimize number of things campers touch and potentially contaminate.
- Every time a camper is finished using a tool or art supply, staff must sanitize it before storing it properly.

Arts and Crafts

- Campers will be asked to wash their hands or apply hand sanitizer before entering the craft area.
- Arts and crafts will be scheduled for one cabin group at a time.
- Supplies necessary for the craft will be laid out before campers arrive. There will be 2 sets of supplies for the activity to ensure proper sanitizing in between groups.
- Tools will be cleaned in between groups by either being wiped with disinfectant wipes or by soaking in a bleach water mixture.
- Tables and benches will be wiped down in between groups.
- The arts and crafts specialist will wear a mask while working with the cabin groups inside the building.

Archery

- Campers and staff will sanitize their hands upon arrival and exit.
- Campers will be spread out at the archery range.
- Camp staff will sanitize bows and arrows and sling shots (if used) before use.
- Before the equipment is put away for the day, camp staff will do additional sanitation and wipe down any high touch areas.

Sports and Games

- All campers and staff will wash their hands before and after activity sessions.
- All sports will be conducted only between cabin group members.
- Balls will be sanitized by camp staff after each group's use.
- Everyone washes hands before activity.
- Everyone sanitizes hands at activity area.
- No more than one cabin at an activity. If multiple activities run in an area, groups must remain at least 12 feet apart.
- Games and activities should be as low contact or no contact as possible. No full body contact or games that involve things like holding hands, linking elbows, or crawling under others.
- All equipment handled by campers or staff (balls, racquets, etc.) will be sprayed and wiped down after each activity.
- Commonly touched surfaces (gaga pit ledges, gate latches or handles, etc.) will be wiped down after program sessions.
- Use sanitizer between games (hydration break + clean hands, at least every 10 minutes).
- Everyone sanitizes hands as they leave area. Using handwashing stations whenever possible.

Basketball

- When possible, limit games to low or no contact (e.g., HORSE, Knock Out, etc.) or drills (e.g., dribbling, passing, etc.).
- Team games can be played within the same cabin (e.g., 5-on-5), but not against other cabins or mixing with other campers.
- When lining up or waiting to play, give space and avoid contact.
- Take frequent breaks to hydrate and re-clean hands because of shared equipment.
- Spray and wipe down basketballs after each session.

Gaga Ball

- No more than one cabin in the gaga ball pit, including staff.
- Limit body contact inside the pit.
- Campers who are knocked out, watching the game, or waiting to play should give space and avoid contact with each other, as well as give space and avoid contact with the Gaga Ball pit.
- Take frequent breaks to hydrate and re-clean hands because of shared equipment.
- Spray and wipe down gaga balls after each session.

Handball

- When possible, limit games to low or no contact activities or drills (shooting, dribbling, passing, etc.).
- Team games can be played within the same cabin (e.g., 5-on-5), but not against other cabins or mixing with other campers.

9 Square

- Campers and staff will wash their hands or use hand sanitizer before playing.
- Staff will get a clean ball from the CLEAN bucket in the sports shed.
- 9-Square will only be played with one trail group at a time
- After playing, the staff will return the ball to the sports shed and put it in the DIRTY bin.

Cleaning and Disinfectants Supplies:

- [Vital Oxide](#) – (24) 1-gallon bottles; US EPA Registration No. 82972-1; 10 min contact time
- [Peroxide Multi Surface Cleaner and Disinfectant](#) – (20) 1.3L bottles; US EPA Registration 1677-238; 2 min contact time
- [Keystone Asepticare](#) – (48) 14 oz. aerosol cans; US EPA Registration No. 42964-17; 2 min contact time

Sanitizers:

- [Keystone Redi San RTU](#) – (42) 32 oz. spray bottles; US EPA Registration No. 6836-290-1677