

YMCA Camp Santa Maria

COVID Policies and Procedures SUMMER 2022

Note: Subject to change based on Colorado State Licensing and/or Health Department recommendation or mandates.

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.

Physical Distancing

- When indoors, appropriate spacing will be used for safety and the activity will be observed.
- Dining Tables will be separated by a minimum of 6 feet and at least 12 when possible.

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 when spacing cannot be maintained.
- Counselors will follow the same guidelines with the exception of wearing masks during check-in and check-out procedures.

Pre-Camp Health Screening

- 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, 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.
 - COVID-19 testing, or vaccination is required and mandatory as part of the screening process. **We ask that you show your full vaccination card or negative test that was conducted at maximum 72 hour before drop off.** If you do not have proof of vaccination or a negative COVID-19 test within 72 hours you may submit to a rapid COVID-19 test on site before checking in your camper.

- 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.
 - Fever of 100.4 F or greater
 - Cough
 - Shortness of breath
 - Diarrhea
 - Fatigue
 - Headache
 - Muscle aches
 - Nausea
 - Loss of taste or smell
- Families and campers will be asked to limit large group activities (especially indoors) prior to camp.
- For 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.
- 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.
- Any medications that need to be checked in for the week will be done at this time with the camp nurse or health officer.
- 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 day, campers and staff will be given a health screening by the Camp Nurse or Health Officer.
 - Their temperature taken with a touchless thermometer. If their temperature is over 100.4 F, the camper will be isolated and re-checked periodically. If the camper continues to have a temperature above 100.4 F, the camper will not be allowed to 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-out times will be staggered to help minimize traffic and limit the 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) 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 except to load luggage.
- Campers and staff will load the luggage in the car from the designated luggage staging area.
- Parents/guardians will receive a parent information packet about the session before they exit camp.

Bathrooms and Drinking Fountains

- The bathhouse will be sanitized daily.
- Camp counselors will help fill camper water bottles.

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.
- Mask do not need to be worn in the cabin.

Daily Cabin Procedures

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

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 10 to 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 by the staff family style.
- Salad bar will be cafeteria style and served by staff wearing masks and gloves. All visitors to the salad bar will wear a mask.
- 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 will be asked to stay out of the kitchen prep area.
- All staff and campers will be asked to wear a mask whenever they are up from their table.

Health Center

ONGOING HEALTH SCREENINGS

- Daily Health Screening by the Camp Nurse or Health Officer will be conducted.
- Touchless thermometers will be disinfected in between uses.
- 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 Northern 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. A rapid COVID-19 test will be administered. For campers, if the second temperature check remains elevated or the rapid COVID -19 Test comes back positive or inconclusive, 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 a 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 and the camper is symptom free.
- 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 area 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/guardians 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 a mask will be used. The area 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 and are symptom free.
- A female and male quarantine and isolation space will be established for staff. 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 temporarily kept in the health center designated room until their parents/guardians 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 the 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 State and 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 whenever possible 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.

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 group. They would be encouraged to maintain social distancing and would sleep in opposite orientation from their bunkmate (head-to-foot). And will wear masks when inside 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 minimum of 2 weeks after the end of the session and then will be donated or thrown away.

ACTIVITY

All Camp Games

- Groups will observe if stations or activities are occupied and either wait at a safe distance or move on to another location.
- Activities will be spaced to prevent overlap.
- All campers and staff will be expected to wash/sanitize hands before and after any group activity.
- Masks will be required for any indoor games.

S'mores

- All s'mores (chocolate and graham crackers) will be built by staff after the camper roasts their marshmallow.
- Marshmallows will be given out by a counselor wearing gloves.
- S'more sticks will be cleaned in between uses.

Back Country Camping

- Tarps and open air camping will be used instead of tents to promote maximum air flow when weather permits.
- When in public camping areas YMCA Camp Santa Maria campers and staff will maintain distance as much as possible.
- When going indoors all campers and staff must wear a mask.

Travel Adventure Camping

- Tarps and open air camping will be used instead of tents to promote maximum air flow when weather permits.
- When in public camping areas YMCA Camp Santa Maria campers and staff will maintain distance as much as possible.
- When going indoors all campers and staff must wear a mask.
- [Add description here](#)

Outdoor Cooking

- All food will be individually plated by one to two counselors wearing gloves. Fires will be built 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 not be permitted to touch/grab their own food or plates until served. All food/items will be handled by a staff member wearing gloves.
- 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.
- If a large rainy day game is organized inside, masks will be required and groups will be spaced as far apart as possible.

Hiking

- Staff will consist of at least one leader and one drag "walker" who will walk in the back of the group to make sure everyone is accounted for.
- Campers must wear closed-toe shoes while out hiking.

Rock Climbing

- 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.
- An activity specialist/support/leadership staff will disinfect all gear before it is used for another cabin.

Swimming

- 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 and staff will change clothes into swim gear in their cabins or in the changing areas by the pool. Campers should wash their hands before and after changing their clothes and entering the pool area.
- 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 low-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.
- Boats and paddles will be sanitized at the end of each activity period if used.

Arts and Crafts

- Campers will be asked to wash their hands or apply hand sanitizer before entering the craft area.
- Supplies necessary for the craft will be laid out before campers arrive.

- 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.

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.
- Balls will be sanitized by camp staff after each group's use.
- Everyone washes or sanitizes their hands before activity.
- Games and activities should be as low contact or no contact as possible.
- All equipment handled by campers or staff (balls, racquets, etc.) will be = wiped down after each activity.
- Commonly touched surfaces will be wiped down after program sessions.
- Hand sanitizer will be used between games (hydration break + clean hands, at least every 10 minutes).
- Everyone will sanitize their hands as they leave area. Handwashing stations will be used whenever possible.

Basketball

- Campers and staff will wash their hands or use hand sanitizer before playing.
- 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).
- When lining up or waiting to play, space will be maintained and contact will be avoided.
- Frequent breaks will be taken to hydrate and re-clean hands because of shared equipment.
- Basketballs will be wiped down after each session.

Gaga Ball

- Campers and staff will wash their hands or use hand sanitizer before playing.
- Campers will be encouraged to limit body contact while 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.

- Frequent breaks will be taken to hydrate and re-clean hands because of shared equipment.
- Ga ga balls will be wiped down after each session.

Floor Hockey

- When possible, games will be limited 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).

9 Square

- Campers and staff will wash their hands or use hand sanitizer before playing.

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