

Updated 7/27/2020 with new Face Covering Requirements

Hello Parents, Campers, Counselors and Staff

Greetings from all of us at Camp Harlow. We are over-the-moon delighted that we are allowed to hold camps here this summer! Even the State of Oregon understands the importance of Camp Harlow in offering enrichment activities for our children and we believe the connections, learning spiritual foundations, and providing places and spaces for kids to be kids are paramount for their development. In light of that, we offer the following (long) document for you to read, consider, and understand BEFORE you bring your precious child to camp. Covid-19 has changed the world and we would like you to consider the following important information:

Some Statistical Information

Per the Center of Disease Control (CDC), pediatric cases of coronavirus disease 2019 (COVID-19), caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2), have been reported. However, **there are relatively fewer cases of COVID-19 among children** compared to cases among adult patients.¹⁻⁵

Based on these early studies, children of all ages are at risk for COVID-19; however, complications of COVID-19 appear to be milder among children compared with adults based on limited reports from China¹⁶ and the U.S.^{4,18}

From CDC Guideline: Information for Pediatric Healthcare Providers Updated July 17, 2020

How will your child stay well at Camp Harlow?

The short answer: It takes a village!

Your job:

1. Carefully consider if your child ought to come to camp.

- a. Based on the Center of Disease Control (CDC), if your child has any of the following "high risk for severe illness from COVID-19" health issues, camp is not a good idea this year:

People of all ages with underlying medical conditions, particularly if not well controlled, including:

- People with chronic lung disease or moderate to severe asthma
 - People who have serious heart conditions
 - People who are immunocompromised
 - Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications
 - People with severe obesity
 - People with diabetes
 - People with chronic kidney disease undergoing dialysis
 - People with liver disease
 - (People 65 years and older & people who live in a nursing home or long-term care facility)
- b. Knowing that the spread of COVID-19 is mainly through close contact from person-to-person, and that some people without symptoms may be able to spread this virus, as well as others, we all have an inherent risk of catching any communicable disease.

2. Register for camp online now.

- a. Thoroughly fill out the Health Assessment in your online registration. The more we know about your child, the better we can care for your child and the camp community.
- b. Camp registrations will be closed 2 weeks prior to each camp start date in effort to review, communicate, and know who will be in attendance each week in advance.
- c. Sign and bring the Waiver of Liability Relating to Coronavirus/COVID-19 on the 1st day of camp.

3. Teach your child how COVID-19 spreads and how to protect themselves

a. Know how COVID-19 spreads

- *The best way to prevent illness is to avoid being exposed to this virus.*
- The virus is thought to spread mainly from person-to-person.
 - Between people who are in close contact with one another (within about 6 feet)
 - Through respiratory droplets produced when an infected person coughs, sneezes or talks (or sings)
 - These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs
 - Recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms
- Current evidence suggests that COVID-19 may remain viable for hours to days on surfaces made from a variety of materials

b. Know how to protect yourself and prevent spreading one person to another

- **Wash your hands often** <https://www.cdc.gov/handwashing/when-how-handwashing.html>
 - **Wash your hands often** with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing
 - If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry
 - **Avoid touching your eyes, nose, and mouth** with unwashed hands
- **Avoid close contact**
 - **Avoid close contact with people who are sick, even inside your home.** If possible, maintain 6 feet between the person who is sick and other household members
 - **Put distance between yourself and other people outside of your home**
 - Stay at least 6 feet (about 2 arms' length) from other people
 - Do not gather in groups. (*SEE "OUR JOB" to help your camper know how camp will be different this year to keep them safe*)
 - Stay out of crowded places and avoid mass gatherings
 - Keeping distance from others is especially important for people who are at higher risk of getting very sick
- **Cover your mouth & nose with a cloth face cover when around others**
 - You could spread COVID-19 to others even if you do not feel sick
 - Everyone, 5 and over, should wear a face cover, face shield or mask when they have to go out in public, indoors or outdoors, when 6 feet distancing cannot be maintained; for example to the grocery store or to pick up other necessities
 - Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask/face covering without assistance
 - The cloth face cover is meant to protect other people in case you are infected
 - Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing

- **Cover coughs and sneezes**
 - Always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow
 - Throw used tissues in the trash and immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol
- **Do not share personal items** with others, even if just wanting to be nice

[*CDC - How to Protect Yourself & Others*](#)

- 4. In the 14 days preceding your child's starting camp date, and each day before they come to camp, pre-screen your camper (and consider their contacts) to ensure each individual's health status at camp:**
 - a. Consider self-quarantining for 14 days prior to camp to decrease any chance of catching an illness
 - b. Self-monitor for 14 days before camp and conduct pre-screening activities at home such as:
 - Taking and recording your own temperature for 14 days before camp
 - Check for the presence of symptoms (fever of 100.4 °F or greater, chills or sweats, cough, shortness of breath, difficulty breathing, diarrhea, fatigue, headache, muscle aches, nausea, loss of taste or smell, sore throat, congestion or runny nose, vomiting, etc.)
 - c. Do not travel nationally or internationally or to COVID 19 hot spots
 - d. Do not be in physical contact with any person who has been diagnosed with, tested for, suspected of, have symptoms of or quarantined as a result of COVID-19
- 5. Please consider items you send to camp with your child. Everything will need to be cleaned, sanitized, or disinfected daily prior to coming to camp AND upon returning home.**
 - a. no soft or plush toys
- 6. Please let us know if your camper develops any signs or symptoms before, during or after camp so that we can take important preventative measures to keep many others healthy.**

Our job at Camp Harlow:

- 1. Strive to keep campers, counselors, staff and all our families well while your camper is at camp. We are adding many preventative measures! Some important ones are listed here.**
- 2. Before Camp:**
 - a. Limit the number of persons attending camp to approximately 40% capacity according to Oregon Guidance parameters
 - b. Close registration 14 days prior to your child's camp date to enable us to pre-screen potential campers and counselor's medical histories
- 3. Screening at Registration and every day the individual enters camp**
 - a. We will ask anyone with [*any signs or symptoms of illness to stay home*](#)
 - b. We will ask anyone not needing to be on camp, to not come
 - c. We will screen every person coming on to camp, every day, to decrease the chance of transmission (see #4 above for some of screening questions). Any person (camper, counselor or staff person, etc) known to have been exposed to COVID-19 or has any signs or symptoms, or who has visited a hot spot in the previous 14 days, will be asked not to come to camp
 - d. Registration will occur on the perimeters of camp to increase safety of those on camp

4. During camp

- a. We will use cabins with air conditioning/ventilation for restrooms whenever possible, to decrease need for using community restrooms
- b. Stable Cohorts: We identify “Stable cohorts” of 10-14 persons; approximately 8-10 campers and 2-4 counselors that will:
 - o Be the same persons for the full week of camp, including early or extended hours
 - o Counselors will remain with a single cohort as much as is practicable and feasible.
 - o Daily activities and programming will support physical distancing within a cohort when possible. Intermingling within the cohort is likely to occur
 - o Masks/Face Coverings will be required by persons in the stable cohort following mask protocol
 - o Any Counselor or Staff who interact with multiple stable cohorts will wear a face covering, strive for physical distancing, and wash/sanitize their hands between stable cohort interactions.
 - o Contact tracking will be maintained
- c. We will maintain physical distancing between cohorts. Intermingling between stable cohorts will not be allowed
- d. Hand washing/sanitizing hands will be a part of the daily schedule and encouraged frequently
- e. Cleaning and sanitizing will occur frequently during the day and at minimum between each cohort utilizing an area or activity. Each counselor will have a spray bottle of sanitizer for their group, but your child is welcome to bring their own also
- f. All parents and visitors must have pre-arranged approval with the camp office prior to coming on camp outside of the standard drop-off and pick-up times
- g. We will isolate and send home any Individuals with any signs and symptom of a communicable disease. That individual should stay and remain home for at least 10 days after illness onset and until 72 hours after fever or other symptoms are gone, without use of fever-reducing medicine
- h. If anyone who has entered the camp facility is diagnosed with COVID-19, we are required to report to and consult with the local public health authority regarding cleaning and potential need for closure.
- i. We will also report to the local public health authority any cluster of illness among campers, counselors, or staff

5. Post Camp

- a. Please let us know if your camper or someone in close contact with your camper become sick after during or after camp.
- b. If a case of COVID-19 or other highly contagious communicable disease signs and symptoms are reported to us, we will contact persons the camper, counselor or staff member has come in contact with to decrease the potential of furthering the pandemic.

Please feel free to email or call us if you have any questions.