



# 2020 Camp North Star Safety Protocols

## OVERVIEW OF GENERAL GUIDELINES

- Our protocols follow guidelines issued by the state of Maine and CDC.
- The focus of the guidelines is that camps operate within the **smallest practical groupings** and stay **consistent** within those groupings.
- The overall goal is to minimize proximity in confined spaces for extended periods of time.
- The smallest grouping is a **household** and a larger grouping is a **family**.
- A camper's **household** is their **cabin**. This is the basic unit, like a family at home.
- A camper's family is a group of boys and girls cabins within the same general age range.
- Campers will choose their weekly elective schedule with other campers from their family.
- Campers will have meals within the same space as their family.
- We are prepared to do everything in camp that a family would do at home. If a camper needs medical attention at home, you would take them to your doctor. If a camper needs medical attention at camp, they will be seen by the appropriate medical provider. Our nurses will closely monitor the camper around the clock.
- During staff training, Brooke and Steven explain to our staff that we act "in loco parentis." We are entrusted to serve "in place of a parent" when a child is in our care. We have always believed that what we are doing at Camp North Star is an extension of what our camp families are doing in your home, and that we share the same values and responsibilities. In that respect, this summer is no different.

## PRE-CAMP SCREENING

**The MOST IMPORTANT factor for success is having everyone arrive at camp healthy.**

The healthier we start, the healthier we'll remain. We are entering a new phase in our country where children will start venturing out more and more into their communities. It is important that you are very intentional before camp to limit your child's exposure, especially during the two weeks prior to arrival.

Children need to learn age-appropriate skills to maintain physical distancing and to add more responsibility in personal care like washing hands and not touching their faces. As you increasingly promote these practices leading up to camp, we will reinforce from the moment your child arrives at camp and with ongoing and persistent reminders.

### **14-Day Camper Quarantine Before Arrival**

This plan is based on a cooperative effort with you, so we can get the campers to camp in the best health possible. This will involve a quarantine at home of every camper for the 14 days before they come to camp. They will need to be kept away from any potential source of disease during these 14 days before arrival. Campers should refrain from any unnecessary travel during this time period. That means no group gatherings outside your immediate household. No going out in public for parties, 4<sup>th</sup> of July celebrations, or similar outings. It doesn't mean you can't leave the house and parents can't go to work. Everyone needs to be on the same page. It's not an exaggeration to say that the camp season and the health of every camper and staff member depend upon this being done right.

**Pre-Arrival Screening will start 14 days before arrival for all campers and staff.**

We will provide a Pre-Camp Health Screening Form that every camper and staff member will be required to complete and hand in on the day they arrive. The form will be emailed to camp families next week.

If a child has an elevated temperature or exhibits any symptoms within the 14-day period, you MUST have your child seen by a doctor and notify our health center staff. In the event that a member of our camp community shows signs or is confirmed via testing to have COVID-19 in the 14 days prior to camp or during their screening on arrival day, we will not be able to allow them to join us at camp. If you have concerns about your child, or if you have reason to suspect that a family member or your child coming to camp has been exposed to COVID-19 in the 14 day period prior to camps, please contact us.

**Staff is required to arrive at least 14 days before the campers.** They will undergo the same pre-camp screening as campers and will be monitored daily by our health center staff. We will implement appropriate physical distancing during staff orientation. **Staff has been hired knowing that they are not permitted to leave camp during the summer.**

## Testing

This will be done in parts – at home before campers leave for camp and after campers arrive at camp.

Our pre-camp testing is non-invasive and saliva-based through [Rutgers University's RUCDR Infinite Biologics Laboratory](#) and will be administered by you at home in consultation with a trained staff member at Vault Health. The test will be performed approximately 5 days prior to arrival. Directions for ordering this test will be sent in an email next week. The cost of the test is \$150 and paid by the camp family. The test is covered by most insurance plans.

A few days into the camp season we will be using the latest rapid test for in-camp re-testing and diagnostic use. The [Quidel Sofia 2 SARS First FDA-authorized EUA Antigen Test](#) will ensure a multi-layered approach and dramatically increases the overall reliability of our testing. There is no fee for this test.

Parents will have the option of requesting that we test your child prior to the last day of camp.

## **Transportation**

Traveling by car is the option that minimizes the most risk. We are offering a “contactless drop-off” at camp. Directors and Counselors will be at the drop-off area to take luggage out of your vehicle, receive your child’s Pre-Camp Health Screening Form, and escort your child to their cabin. Family members will remain in the vehicle. Campers will have their temperature checked before their family departs.

Charter bus service is still an option from New Jersey, New York, Connecticut, and Massachusetts. Campers will hand in their Pre-Camp Health Screening Form and have a temperature checked before boarding. Proper distancing will be maintained on the bus. Campers will sit in window seats. Aisle seats will be empty. Siblings may sit together since they come from the same household. Only parents should accompany campers to the drop-off location. Campers, staff, and the bus driver on our charter buses are required by federal law to wear face coverings at all times on the bus.

For the few campers who are traveling by plane, contact the camp office for instructions. Our preference is for flights to arrive at Portland Jetport on Sunday, July 12<sup>th</sup>.

## **Frequently Asked Questions?**

Will camp look and feel the same this summer?

Yes, it will have the same feel as previous summers under the pines. We will follow our normal daily schedule. Our elective program, on Mondays through Fridays, will still run with some modifications. When possible we will move activities outdoors, especially our popular evening activities when we can bring our families together and keep each family physically distant from each other at a campfire or lip-sync contest, for example.

### Will there be any changes this summer?

Yes, and everyone has become accustomed to change over the last three months. We aren't scheduling any out-of-camp trips or inter-camp games. The biggest change this summer will be no trips out of camp and no inter-camp activities.

### Is anything changed inside the cabin?

A few things will be slightly changed. Beds will be organized to maximize distance and we will observe head-to-toe sleeping this summer. Campers will always keep their belonging inside their cubbies. Don't over pack. Only bring what is truly necessary. Each camper needs a plastic container or bag for their toiletries. Toothbrush covers are required. It is recommended that every camper bring two water bottles that are labeled with first and last names. Campers will not share clothing, personal care products, or other belongings. Campers will NOT wear face coverings (masks) in the cabin since this is their "household."

### What guidelines are in place for staff?

Staff arrives at least 14 days before campers to quarantine in place. Once staff arrives they are staying at camp, including time off, for the duration of the camp season.

### How will campers and staff be monitored daily?

Health center staff will screen each camper and staff member daily which will include a temperature check. A daily health screening log will be kept for each camper that will document each camper's temperature in the morning and check for any COVID symptoms.

### What happens if a camper gets sick?

We will follow normal procedures to contact parents right away. Steven, Brooke, or one of our nurses will call you. Like previous summers, parents will be consulted every step of the way regarding treatment protocols. If we suspect your child has COVID-19, they will be tested immediately.

### What happens if a camper is suspected of having COVID-19?

In the event that our in-camp screenings result in a member of our camp community being suspected of or show signs of possible COVID-19 exposure, the following steps will be taken:

- The person failing the screening or presenting with symptoms will be isolated immediately and will remain in isolation through the remaining steps. We have a secondary health center setup for any presumed cases of COVID-19.
- Testing for COVID-19 will be conducted as soon as possible
- Contact tracing will be conducted with the potential for broader testing to be done at that time.
- Any person at camp that tests positive for COVID-19 during the season will need to be picked up within 24 hours of confirmed positive test.

What happens if a camper needs to leave camp to go to a medical provider or medical facility?

We have relationships with medical and dental providers in our area. A health center staff member or director will accompany a camper to any outside provider or medical facility. Central Maine Medical Center and St. Mary's Hospital are 20 minutes away. Maine Medical Center and the Barbara Bush Children's Hospital in Portland are a 35-minute drive. PPE will be worn and all vehicles will be disinfected after each use.

What happens if a camper in my child's cabin tests positive for COVID?

If a child in a cabin is suspected of having COVID, we will isolate that camper promptly. Increased screening of the other campers in the cabin will begin the same day. We will be very intentional about the movement of the cabin and their interactions within the family until the camper is tested. If the camper tests positive for COVID, all camp families in the cabin will be notified. (HIPAA privacy laws do not permit us to tell anyone the name of a camper or medical information about any camper other than your own child). The cabin will continue to follow their daily schedule, but interaction with other cabins within the family will be limited.

What should I do if it can't make a doctor's appointment for my child before the camp season?

If you can get a pediatrician exam before camp, that would be preferred. If not, you can use your child's last exam within the past 24 months. Our health center staff will review the medical information for every camper before they arrive.

PLEASE MAKE SURE all medical forms are submitted so our nurses can

review. These include – Physician and Immunization Health Forms, Online Health History Form, and Parent Authorization Form. If your child needs to carry an EpiPen or inhaler, the Emergency Medication Authorization Form is required.

What is the protocol for campers who need to bring any over-the-counter or prescription medication to camp?

This procedure hasn't changed. We continue to partner with The Medicine Shoppe pharmacy in nearby Lewiston. If your child will be taking prescription or over-the-counter medication while at camp, you're required to order the medicine through The Medicine Shoppe. The fee for using this service is \$1 per prescription. Over-the-counter medications are the same price you'd pay by walking into the pharmacy for the same purchase. Partnering with The Medicine Shoppe allows us to comply with State, Federal, and American Camp Association regulations for the safe dispensing and handling of medication. The Camper Medication Letter in the Forms section of your CampMinder account explains the process to order medication.

How can I communicate with my child at camp?

You will be able to schedule a phone call with your child at the end of the first, second, and third week of camp. In a future email, we will let you know when the Phone Reservation Form is active in your CampMinder account.

We are requesting that no letters or packages be sent through USPS. Instead, we would like all camp families to utilize our e-mail service through Bunk1 to send Bunk Notes (emails to your child) and Bunk Replies (handwritten letters from your child). More information about this service can be found in the Family Handbook. If there is an important reason for sending a letter or package, please contact Maggie in the Camp Office first.

How will cabins eat together in the Dining Hall?

We will stagger the families so we can spread out in the dining hall and maintain appropriate physical distancing. The picnic area directly outside the dining hall will be tented this summer so we can eat outside even if it rains. Cabins will eat at the same time as the rest of their family.

Food Service Staff will be wearing appropriate PPE. Only Food Service Staff

and counselors will be serving food. Campers will eat family style and staff will serve their food so there is no sharing of serving utensils. Disposable plates, bowls, cups, and utensils will be used.

How will food deliveries be made?

Deliveries of any kind will be done on the perimeter of our property by the main entrance which is approximately a half-mile from the Dining Hall and the center of camp.

What steps will be in place to handle cleaning and disinfecting? Our housekeepers and support staff will clean and disinfect all bathrooms, showers, and public areas multiple times per day. There will be hand sanitizer and handwashing stations throughout camp. Campers are highly recommended to pack a supply of personal hand sanitizers so they can keep a small bottle in their day bag.

When campers need to share equipment they will be sanitized daily. This will be done for example with basketballs, tennis racquets, archery bows, ropes course harnesses, and fishing rods, among other types of equipment.

Will campers be wearing face coverings all day?

No, they will not be walking around with face coverings all day. We are asking campers to bring face coverings, not a medical mask, that they feel comfortable wearing and that fits well. This is in keeping with current CDC recommendations. We will have an ample supply of disposable pleated masks and cloth masks.

Should age be sent to camp ahead of time?

Yes. We recommend shipping baggage ahead of time even if you are driving your child. This will allow your child's counselor to unpack their belongings, let everything air out, and have arrival day be even more convenient. You can use UPS, FedEx or USPS sent to your child's name at – Camp North Star, 200 Verrill Road, Poland, ME 04274. Baggage should arrive not later than July 7. Email the office to let us know your child's luggage is being shipped, the carrier, and if possible, a tracking number. As in the past, camper laundry will be done in camp once a week.

There is also the option to bring baggage (1 duffel bag and 1 carry on bag only per camper) onto the charter buses.



How will you handle hydrating campers?

Timely water breaks throughout the day are already a part of our regular schedule. This summer water fountains won't be used to eliminate sharing. All campers should have 2 water bottles with their names clearly labeled with an indelible marker. Staff members will assist campers with filling the bottles so we minimize touching of shared surfaces.