

Adventure Day Camp
Updated Policies and Procedures related to Covid-19

Recommended information to review with your child are highlighted in **RED**:

All of us at Adventure Day are thrilled to say that at this time we are planning, organizing, and preparing for the 2021 summer. We rely completely on the guidance that is being organized by [Contra Costa Health Services Department](#) Centers for Disease Control and Prevention (CDC), and [The American Camping Association](#) as well as over 20 years of camp experience. We are extremely confident that we can offer an amazing summer camp experience while keeping your child safe.

The following policies and procedures have been developed to keep campers and staff safe during this time.

Safety related points:

- Campers will be placed in stable groups of 12-14 same aged children with 1 Camp Counselors and 1 assistant. These campers and staff will be together for the entire session and they will be unable to mix with other groups. Groups will social distance from each other at a minimum of 10' apart at all times.
- Campers will be grouped with same age children.
- We have lowered our enrollment to allow us greater space for social distancing.
- Campers within a group will be encouraged to keep their hands to themselves and will be strategically spaced when possible during activities for appropriate social distancing. This includes no hand holding, hugging, high fives, etc.
- At this time, all staff and campers will be required to wear masks at all times. We will continue to seek recommendations on this policy from the CDC and Contra Costa Health Department throughout the spring and as we approach summer. You will be notified via email if there are any changes to any Covid related policies.
- Children should cover coughs and sneezes, and wash hands immediately after doing so.
- Hand washing and sanitizing stations will be readily available throughout camp. Campers will wash their hands with soap and water after each activity, before and after eating, before getting on a camp vehicle and as they get off, if they touch something they were not supposed to, etc..... If a hand washing station is not available, they will use hand sanitizer. Campers will be supervised when washing their hands and using hand sanitizer. We will be assisting your child when they wash their hands but please also practice at home. Steps to washing hands: 1. Wet your hands with clean, running water. Turn off the tap and apply soap. 2. Lather your hands by running them together with the soap. Make sure to lather the back of your hands, between your fingers, and under your nails. Scrub your hands for at least 20 seconds (about the time it takes to sing the "Happy Birthday" song twice.) 3. Rinse your hands well under clean, running water. 4. Dry your hands using a clean towel or an air dryer
- We will discourage touching faces.
- A visual check and documenting will take place each morning. Visual signs of illness can include difficulty in breathing, pale in color, flushed cheeks, irritability, fatigue, etc. Campers will not be allowed on site if they do not pass these checks. Please take your child's temperature before leaving for camp each morning. Temperature is not to be 100.4 degrees or above.
- There will be enhanced cleaning and disinfecting practices throughout camp of frequently touched surfaces, tables, chairs, bathrooms, outdoor surfaces, vehicles, etc. This will occur throughout the day. We will use EPA approved disinfectant.
- Each group will have their own equipment and supply boxes. If there is any shared equipment, it will be disinfected before the next group uses it. For example, the Rock Wall or biking equipment.
- Campers will be required to attend a full, 3 week session. We are not allowed to have families entering a group after the session starts.

- Children are to bring their own snacks, lunch (or order Schoolfoodies), water in a reusable water bottle and utensils. Children are not allowed to share food at any time. Bring PLENTY of water. Lunch will be eaten with their group and away from others. We may also have the option to purchase lunch through Schoolfoodies.com.
- Please only bring items on the “what to bring to camp” list in the Welcome Packet. We do not want other personal items coming from home.
- Our camp site is not open to the public under these current circumstances. This includes parents. If you need assistance, please call (925) 937-6500
- Sunscreen. Please put on before you arrive. We will be reapplying at noon and 2:30pm but we are not able to assist your child as usual as we are keeping our distance. Campers will wash their hands before applying sunscreen and do it together step by step to confirm every spot was sunscreensed. Please teach your children how to do it themselves at home given the opportunity. We do have sunscreen but if you want to provide a sunscreen face stick to make it easier for your child to get their face and decrease touching the face, please do. They are NOT allowed to share personal sunscreen. Please label!

Camp and Individual roles and responsibilities as they relate to COVID-19

Please note that the information below is from 2020. It will be updated before the start of camp as we will wait to review the most recent recommendations from the CDC and Contra Costa Health Dept.

Staying home when appropriate to protect other campers and staff is very important! Please STAY HOME if your child or immediate family member:

- has recently had close contact with a person with COVID-19
- has tested positive for or are showing COVID-19 symptoms. Signs of Covid-19 include fever (100.4 degrees or higher), cough, shortness of breath.
- has traveled within 14 days by air or out of the state.
- Vigilantly monitor your child's health for symptoms associated with COVID-19 and stay home if you are showing any signs.
- Take your child's temperature before attending camp each morning. If it is 100.4 degrees or over, please have your child stay home..
- Report to a Camp Director immediately if your child is positive for Covid-19.

When someone becomes sick at camp

Camper will be quarantined in a room with a staff in PPE. Parents will be called immediately to pick up. Child will need to be picked up within 1 hour.

Protocol when someone has a symptom or in contact with a person with Covid-19

We follow CDC Guidelines:

- If a person only has a symptom but is not positive for Covid-19, this person should not return to camp until symptom and fever free for at least 3 days.
- Those who have had close contact with a person diagnosed with Covid-19 should not attend camp and self- monitor for symptoms. If you don't live with someone with covid-19 but was just exposed, then stay home until 14 days after your exposure and no symptoms occur. If you live with someone who was positive for Covid-19, you will need to be quarantined for 14 days after your household member no longer

needs to be isolated.

- If you have tested positive for Covid-19 follow these CDC guidelines before returning to camp.

1. If you have mild symptoms, stay at home for at least 10 days after your symptoms began. If you have a cough and fever at 10 days, continue to stay at home until 3 days (72 hours) after fever has gone away (without using a fever-reducing medication) AND your symptoms like cough, body aches, sore throat, are completely gone.

2. If you were tested positive but did not have any symptoms at the time of testing then you should remain in isolation for 10 days from the date the test was performed. During this time, you should also monitor yourself for symptoms. If any symptoms develop during this time, you should remain in isolation as noted above.

- In accordance with state and local laws and regulations, camp administration needs to contact local health officials, staff, and families immediately if any case of COVID-19 while maintaining confidentiality. Public Health Contra Costa: (925) 313-6740.
- If a person in a group is positive with Covid-19, the whole group including staff will need to follow the procedures above at home.

Checking in & out procedures and “extended care”

Sorry, parents are not allowed to get out of their vehicles or walk on our site. If parents have questions, please call us at (925) 937-6500 or email us at campinfo@adventuredaycamp.com

Morning Drop Off:

- We are requesting that families with children entering 3rd - 9th grade try and drop off between 8:30 am - 8:50 AM. Families with campers entering Prek-2nd grades should try and drop off between 8:50 am - 9:15 am. If this time does not work for your schedule that is ok. Families that have siblings in both groups, please default to the earlier time.
- Please turn into the driveway on your right, just as you pass the church. You will see Adventure Day Camp signs.
- Please pull into line to your right, along the sidewalk.
- Please have your name placard on your passenger side dashboard with your campers full name. Campers should remain in the vehicle until staff gives “thumbs up” to get out of the car.
- Staff in charge will do a screening which includes checking temperature (less than 100.4) and a visual look for signs of illness. If the child is clear, the staff will give “thumbs up” again to the parent to let them know it is ok to leave.
- Once cleared to leave, please follow the direction of our staff to show you how and where to exit.
- Campers will continue to the hand washing station and then will be directed to their camp group.
- If you have medication to drop off, please make sure it is in a labeled, plastic bag with the medication log inside. Show the staff through the window of your vehicle then give it to your child to drop in the medication box that will be next to the staff.

PM Pick Up:

- Pick up is between 3:45 pm - 5:00 pm.
- Place name placard on your drivers side dashboard with your campers full name.
- You will pull up to the same area as drop off.

- Parent or authorized pick up person will show a photo ID up against the driver's window. A staff may motion to pull down your mask if they can't identify you.. Please always have your window rolled up for our staff and your protection.
- Staff will then radio for your child.
- Please exit the same way as morning drop off.

Extended Care: Hours are 8:30-9am and 4-5pm. All campers will remain in their assigned groups during extended care. This is not structured activities but a time to do free play with their Counselor assisting. "Structured free play" can include card games, coloring, drawing, friendship bracelets, etc. We will be assigning different groups to sports courts during this time as well, but you need to stay together as a group and not mix with other groups.

Transportation

We are asking for local families to drive their children to and from camp. If you have enrolled for transportation, this part of your tuition will be refunded. We anticipate still offering some form of transportation from the Orinda & Oakland area, check with a Director if you are in need of this. During the camp day, when a group needs transportation we will social distance within a bus and never have more than one group in a vehicle. In most cases, your child's driver will also be their counselor.

CAMPERS AND STAFF AS PASSENGERS

- Campers and staff do not board if sick or experiencing any flu-like symptom
- All staff and campers wash or sanitize hands before boarding camp vehicles.
- We will maintain physical distance between campers by maximizing distance between seats they will be occupying and have them sit in the window seat. Siblings can sit together in one seat.
- Load the bus back to front. Unload front to back. Load one at a time and wait for that person to be seated before the next gets on. When unloading, everyone remains seated while the driver or counselor excuses one person at a time starting with the front of the vehicle.
- Campers must wear a mask when on the bus during express stop transportation.
- When exiting, remove all belongings and discard all waste.
- When possible, we will have windows to increase air circulation.
- Vehicles will be disinfected between rides.
- **Morning route:** Families line up behind a cone within 6' of each other, staff will call them one by one to take their temperature and load the bus, back to front. Driver takes temperature of each child before they get on the bus and mark on attendance if under 100.4. If 100.4 or over, camper is not allowed at camp. Camper must have a mask to get on the bus. Once you camper is cleared with appropriate temperature and has a mask on, give the parent a thumbs up that they can leave. Parents are not allowed to come within 6' of the bus and must wear a mask. Have camper use sanitizer before they get on the bus. Load from back to front and follow same rules as above. Because it is likely that the campers are not in the same group, campers **MUST** sit apart and wear a mask. Only one camper per seat unless they are siblings. Have passenger sit next to the window to keep them farthest apart.
- **Afternoon route:** Dismiss one camper at a time starting from front. Parents need to stay within 6' of bus and from each other. Parents must wear a mask during pick up and drop off. Staff is to set up a cone and small table (table should be 6' from cone). Parents need to should social distance in that area. Staff will call out families in the order the campers are seated on the bus, dismissing front to back. When asked by staff, parent will bring license and place on the table then walk back to cone. Staff checks the license without touching and match name to authorized pick up, then release the child. Please ask the parents to lower mask to see their whole face. We ask only one parent to be present during pick up and drop off.

We certainly do not take the decision to open camp lightly with regards to our Covid concerns. This decision was and always will be predicated on the belief that we have the ability to implement practices and procedures to greatly minimize your child's risk. Our boys will be attending camp and we pledge to always make decisions for your child consistent with what we would do for them. It is crystal clear to us that all of our kids need summer camp more than ever now. Social distancing is hard on all of us, especially our children. Camp is a special place, providing our children opportunities to grow their social, physical, and emotional selves, like no other place in the world.

Sunshine and I would like to sincerely thank all of our camp families for the continued support. It's a difficult and unprecedented time we are faced with but we know that we can get through this together. It will be our absolute pleasure to see your child this summer after what we know has been a challenging year for them. We can't wait to run with them, laugh with them, sing and dance with them, smile with them. It will be amazing to just sit with them creating a friendship bracelet while discussing who is cooler Dog Man or Captain Underpants.

Fun ways to show your children 6':

- Put two Legos down on the floor 6 feet apart from each other. Then we took out a tape measure to measure the space between the Legos.
- Walk around the house and find objects that they think are 6 feet long (the couch, fridge, table, rug etc.) and then measure them. Before you measure you can have them guess if they thought the items were bigger or smaller than 6 feet.
- To make it a little more active and fun, lay the measuring tape down and have them guess how many skips, balance beam steps and hops 6 feet are and then measure them.
- Videos:
 - <https://www.youtube.com/watch?v=OesXL3I6M4s>
 - https://www.youtube.com/watch?v=3bXGSe3_Hok

Other Videos:

- How to wash your hands: <https://youtu.be/qJG72sycQB8>
- Didi how to prevent: <https://www.youtube.com/watch?v=AJ-YfiRqPc>

Pre-Camp Health Screening for Parents

In an effort to minimize illness at camp we ask that you check on the health of your camper daily before attending camp. The best camp sessions start with healthy campers and this begins at home. **Print and post this so you can follow it each morning before attending camp.** We are working together to keep our campers, camp families and staff safe!

Please keep your child at home if your camper has any of the following symptoms prior to camp.

Symptoms:

- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Muscle pain
- Sore Throat
- Vomiting
- Nausea
- Diarrhea
- A fever of 100 or more (please check each morning before attending camp)

You must meet all requirements below before attending camp:

1. My child has not been around anyone with any of the listed symptoms or diagnosis of COVID-19 in the 14 days before the start of camp.
2. No one in our household has been sick in the 14 days prior to camp.
3. My child has not traveled by air or traveled out of state in the 14 days prior to camp.
4. My child has adhered to our state's guidelines regarding Covid 19.

If your child has a fever AND one of the other symptoms above, keep your child home for at least 10 days after their symptoms began.

- If they still have a cough and fever after 10 days, continue to keep them home until 3 days (72 hours) after their fever has gone away (without using a fever reducing medication like tylenol) AND their symptoms like cough, body aches or sore throat are gone.
- If your child has been diagnosed by a healthcare provider with a different illness such as strep throat, follow your healthcare providers recommendations and bring in a doctor's note.

Please remember to put that sunscreen on before attending camp!