



New Garden
FRIENDS SCHOOL

Summer Camp 2022 COVID-19 Handbook

Revision date: 5/31/2022

How to Use This Handbook

This COVID-19 Handbook serves to address the unique circumstances of Summer 2022 camp. Camp policies and procedures have been implemented to safeguard the health of our community. Please read this handbook in its entirety.

We are committed to helping each family navigate this challenging time. Please feel free to pass it along to anyone who might be helping care for your children. If you have questions at any time, please contact us at health@ngfs.org and a member of the health team will be in touch. **The NGFS health team is available Monday through Friday, 9 a.m.- 3 p.m., except** for when the school and camp are closed for national holidays on Mondays, June 20 and July 4.

The Important Roles That Families Play

Here at camp we have gone to great lengths to layer multiple risk mitigation strategies. For these strategies to be effective, our campers, staff, and families must consistently adhere to personal behaviors outside of camp that reflect best practices for limiting the spread of infection. These best practices include vaccination, the use of well-fitted face masks when appropriate, physical distancing, and frequent and thorough handwashing and hygiene.

Families play a vital role in maintaining safety at school. **The number one safety measure is to keep a camper home when sick.**

How you can help at home

Get vaccinated. We strongly encourage all eligible household members to receive the COVID-19 vaccine. As a school, we believe in the efficacy of COVID vaccines and encourage all eligible individuals to be vaccinated. For more information about vaccination, visit the [NC DHHS website, to "Find your spot to take your shot."](#) Please follow these links for [CDC guidance on vaccination](#) and [what we know about the Omicron variant](#).

We do not require that campers be vaccinated against COVID. We recognize and respect that this is a confidential medical decision involving many factors and fully support all of our families in making the decision they and/or their medical provider believe is in the best interest of their student.

Staying home when sick

We understand that some campers may experience chronic symptoms. If a camper falls into this category, please let camp staff know.

COVID-19 SYMPTOMS* **may include any of the following:**

Runny nose or Congestion, a change from baseline
Sore throat
New or worsening headache, a change from baseline
New or worsening cough, a change from baseline
Fever/Chills
Fatigue (extreme)
Muscle aches/body aches
Loss of taste or smell
Shortness of breath or difficulty breathing

When a Camper Develops Symptoms

This applies to BOTH fully vaccinated and unvaccinated individuals

- A camper with SYMPTOMS should stay home or go home if they have any symptom from the COVID-19 symptom list and should be tested for COVID-19.
- If a symptomatic camper has a positive rapid antigen or PCR test, the camper must stay home for a minimum of 5 days. On Day 6 (the positive test date is day 0) the student may return to school **if**:
 - symptoms have improved
 - they are fever free for 24 hours without the aid of fever-reducing medication **and**
 - a rapid antigen test is negative on the morning of their return. Results should be sent to health@ngfs.org and the camper should wait to come to camp until they have received an email clearing the camper's return.
- If a symptomatic camper has a negative rapid antigen test, the student must also have a negative PCR test, as well as improved symptoms before being cleared to return to camp. Results should be sent to health@ngfs.org and the camper should wait to come to camp until they have received an email clearing the camper's return.
- If symptoms have not improved, the camper must stay out and may need to seek guidance from their primary health care provider.
- If tests are negative and the camper is vomiting or has diarrhea, they may be cleared to return to school after it has been 24 hours since the last incident of vomiting or diarrhea. Please note that campers may not return to camp midday and should plan to return on the next morning after the 24 hour time period. For example, if a camper vomited at 11am on Tuesday, they may not return until Thursday morning.

When a Camper has a known EXPOSURE

This applies to BOTH fully vaccinated and unvaccinated individuals

- A camper that has been exposed to a COVID positive person must quarantine for 5 days, regardless of vaccination status.
- A camper that has been exposed should have a PCR test on Day 5 after exposure (Day 0 is the date of last exposure to the COVID positive person).
- If the camper develops symptoms, see above.
- If the camper has no symptoms on day 6, they may return to camp.
- Please reach out to the health team at health@ngfs.org for specific guidance about the exposure.

Testing

NGFS is unable to provide COVID testing for summer campers. We recommend families have a supply of rapid tests on hand to use when a test is needed. Another round of free rapid COVID tests are being offered by the federal government. There are 8 tests available for each household. Order here: <https://www.covid.gov/tests>
[More detail about this program is here.](#)

Emergency Contacts and Medical Information

Parents must complete and submit the required Medical Information Form prior to the first day of camp (this form is part of the registration steps in CampSite). If you have any changes to the form, please email them to summer@ngfs.org.

Please consider your Authorized Pickups carefully, and make sure these are up to date in CampSite.

Parents/guardians or other authorized pickups should be able to pick up your camper from school **within 30 minutes of receiving a call from the school if your camper must go home for any reason.**

Hygiene

All campers will be instructed in proper handwashing and respiratory etiquette techniques (examples: coughing into your elbow rather than your hands; turning away from others when you cough or sneeze, etc). Handwashing will be required at numerous times during the day, such as upon arrival; before and after eating; after toileting, sneezing, or coughing; and before and after outside break times. Hand sanitizer (with at least 60% alcohol) will be available. Please reinforce these behaviors at home.