

# 2021 Summer Camp COVID-19 Handbook

Revision date: 6/3/2021



## How to Use This Handbook

This COVID-19 Handbook serves to address the unique circumstances of the 2021 Summer Camp Program. 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](mailto:health@ngfs.org) and a member of the health team will be in touch.

## A Note from the Administrative Leadership Team

While we acknowledge and accept the threat of COVID-19, this threat will not change how we care for, nurture, and support our campers. Honoring and developing each person's gifts have always characterized an NGFS education and nothing, not even COVID-19, will stop us from listening deeply and taking the time to make sure that each member of our community is known and cherished.

## Ongoing Health and Safety Monitoring

Members of the COVID-19 health team will convene regularly to monitor health indicators reported by the North Carolina Department of Health and Human Services, the Guilford County Health Department, the CDC, the Harvard Global Health Institute, and other organizations. We will continually monitor the metrics defined as

relevant and/or predictive by the CDC and NCDHHS. A host of data points will factor into our community’s health status and inform any actions New Garden Friends School will take.

Our goal is to keep our camp operations and instruction calibrated to public health conditions in NC, specifically in Guilford County. We will continue to rely on the guidance, consideration, and mandates established by local and state health experts and leaders. Regular monitoring of the overall health and well-being of our school community will also be considered independently.

We watch trends as well as CDC and state and local guidelines carefully and are aware that restrictions are adjusted frequently. As a school, we take a conservative “wait and see” approach, allowing a bit of time after restrictions have been modified to see how the community responds. You will typically see a lag between the time local guidelines change and when school policy is updated. This is intentional.

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# The Important Roles That Families Play

The partnership between NGFS and our families is critical to keeping our community healthy and safe. 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 the appropriate use of well-fitted face coverings, keeping physically distant from those outside your family or designated group, frequent and thorough handwashing, limited travel, and avoidance of all large gatherings.

Families play a vital role in maintaining safety on campus. The number one safety measure is to keep a camper home if they are sick. We want to work with families to support their camper's adherence to safety measures while they are on campus as well as at home.

## How you can help at home:

- Get vaccinated. We strongly encourage all eligible household members to receive the COVID-19 vaccine.
- Monitor your camper for symptoms and keep your camper home if symptoms arise
- Appropriately use face coverings that fit properly and cover your mouth and your nose
- Maintain physical distance from others not in your immediate household
- Encourage frequent handwashing and healthy hand washing techniques
- Avoid large-group gatherings, especially indoors
- Continue well-child visits to your pediatrician or healthcare provider

## NGFS uses a layered approach to risk mitigation

### These strategies include:

- Daily health screening
- [Physical distancing](#)
- [Handwashing and respiratory etiquette](#)
- [Cohort](#) groups
- The appropriate use of face masks, by all campers, teachers, and staff ([CDC mask guidance](#)).
- Quarantine of ill or exposed individuals
- [Cleaning](#) and maintaining healthy facilities
- [Contact tracing](#) in combination with isolation and quarantine, in collaboration with the health department

## Travel

Please avoid unnecessary travel. Travel restrictions are frequently changing, so check local authorities and the CDC for the most up to date information. If you have questions about travel-related quarantine, please contact the health team ([health@ngfs.org](mailto:health@ngfs.org)).

There are two options for quarantine after qualifying travel. Qualifying travel refers to mass transit where there are large numbers of people and greater risk of exposure such as on a plane, train, or bus, etc. These guidelines do not apply to carpooling or getting to and from school.

1. A camper who is not fully vaccinated should remain in quarantine for a full 7 days after the last date of qualifying travel. (Please note that the date of return is day zero.) After a full 5 days of quarantine

(last date of travel + 5 x 24), a **PCR COVID test should be done**. As long as everyone in the household remains symptom free and PCR testing is negative, return to camp after day 7 will be allowed.

2. A camper who is not fully vaccinated should remain in quarantine for a full 10 days after the last date of qualifying travel. (Please note that the date of return is day zero.) **NO COVID testing has to be done**. As long as everyone in the household remains symptom free, return to camp after day 10 will be allowed.

## Sports and Activities

It is possible to participate in many sporting events and activities in a COVID safe manner. It is important to take many factors into consideration: crowding, time spent in close physical contact, ventilation, and risk of exposure to respiratory droplets. An online tool like [COVID Can I Do It](#) can help you make decisions about participation in sports or activities. If precautions are followed, quarantine may not be required before returning to camp. **Please continue to avoid crowds and be aware of the potential for exposure based on the conditions of the situation.** We ask that you use your own best judgement in determining your camper's exposure. Please contact [health@ngfs.org](mailto:health@ngfs.org) to discuss sports or other activity related questions on a case by case basis.

### When will my camper be required to quarantine?

If any of the following apply, families may choose one of two quarantine options prior to the camper's return to camp. If your camper:

- Is not fully vaccinated and had close contact with a known COVID positive person (Please note, the quarantine timeline starts at the last incident of close contact)
- Is not fully vaccinated and gathered in a crowded indoor or outdoor space
- Is not fully vaccinated and traveled to a destination by mass transit. (Plane, train, bus, etc.)
- Is not fully vaccinated and participated in close contact indoor sports practice, competition or tournament. If you have a question about a specific sport, please contact [health@ngfs.org](mailto:health@ngfs.org)

Quarantine options:

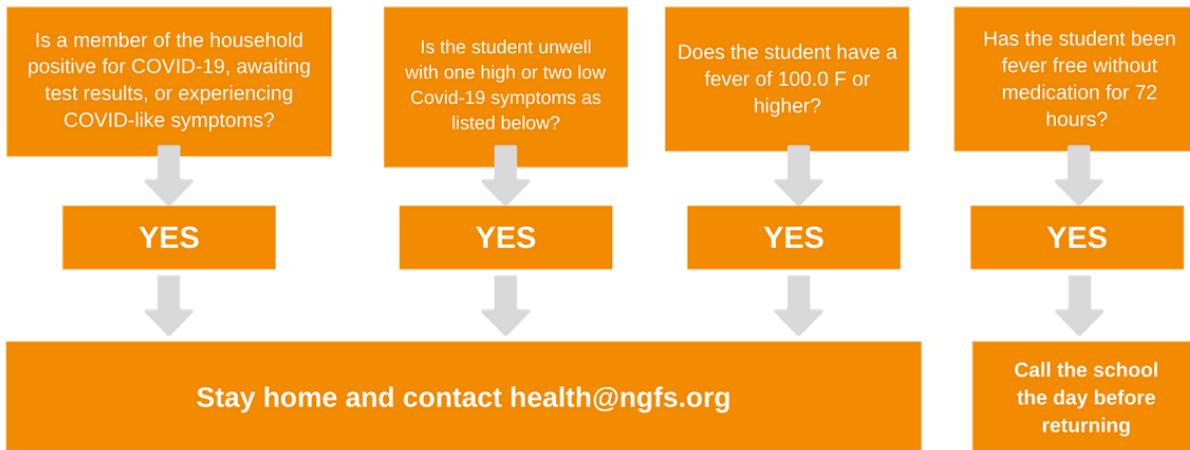
- A camper who is not fully vaccinated should remain in quarantine for 7 days after the last date of exposure/qualifying activity/travel if a COVID test is done. (Please note that the date/time of the event is day zero.) After a full 5 days (event + 5 x 24) of quarantine, a **PCR COVID test should be done**. As long as the PCR testing is negative, and everyone in the household remains symptom free, return to camp after day 7 will be allowed.
- A camper who is not fully vaccinated should remain in quarantine for 10 days after the last date of exposure/qualifying activity/travel if **NO COVID test is done**. (Please note that the date/time of the event is day zero.) As long as everyone in the household remains symptom free, return to camp after day 10 will be allowed.

If the camper will participate in any of the above qualifying events, please let us know your plans as soon as possible by emailing [health@ngfs.org](mailto:health@ngfs.org).

\* Please note that when COVID-19 tests are done, NGFS accepts only PCR test results. Unless otherwise recommended by your healthcare provider, testing should be done 5-7 days after exposure for best results.

# Caring for Ourselves and Each Other

## When To Stay Home



The following information covers both the criteria and procedures we will follow regarding those who fall ill while at camp, and guidance for determining when children or adults who have been sick or in quarantine at home can return to camp.

We understand that some children and adults may experience low risk symptoms on a regular basis, if a child or adult falls into this category, please contact the summer camp staff and send an email to [health@ngfs.org](mailto:health@ngfs.org).

<b>High Risk Symptoms for COVID-19* include:</b> (common and relatively specific for COVID-19)	<b>Low Risk Symptoms for COVID-19* include:</b> (more common and alone do not necessarily indicate COVID-19)	
Shortness of breath/labored breathing	Nausea, vomiting, or diarrhea (multiple watery stools)	Fatigue
Loss of sense of taste or smell	New onset of severe headache	Nasal congestion/nasal drainage (a change from baseline)
New or worsening cough (a change from baseline)	Sore throat	Muscle aches
	Fever/chills	
<i>*As defined by medical personnel</i>		

### A Note About Fever

Our guidelines indicate that any camper with a temperature of 100 or greater will be sent home or asked to stay home from camp. We recognize that the medical community acknowledges fever as a temperature of 100.4 or greater. Our limit of 100 is conservative and based on the likelihood that a person's temperature will continue to rise throughout the day. We want families to closely monitor any individual whose temperature is found to be elevated (100-100.3). The limit of 100 will continue to be our guideline for sending a camper home or asking a camper to stay home. If the temperature never rises above 100.3, without the use of a fever reducing medication, the camper may return to school after 24 hours from the initial elevated temperature. If the temperature rises to 100.4 or greater, the camper may return after 72 hours from the last incident of fever as long as no fever reducing medication has been given during this time. If additional symptoms develop, please see below for next steps.

## When a Child or Adult Develops Symptoms

**A child or adult with one high-risk symptom or two low risk symptoms should stay home.**

- If a camper has one high risk or two low risk symptoms, at home or at camp, they need to stay home or go home. The camper's household and carpool members will be sent home as well.
- An evaluation by a healthcare provider, improving symptoms, and a note to return to school OR improving symptoms and a negative PCR COVID test are required for return to camp. The "Return to School" form is located [here](#); your provider may have alternate documentation. Any carpool member who has been with this person within the past two days should also be kept home.
- Carpool members should make arrangements to notify each other when any child develops symptoms.
- If a PCR COVID-19 test is negative, OR the individual receives an alternative diagnosis (and the person is not a contact of a COVID-19 case), the child or adult may return to camp when symptoms have improved and the individual has not had a temperature of 100.4 or higher for 72 hours, without the use of fever-reducing medication. **Please note when a COVID-19 test is done, NGFS requires the PCR test.** The antigen and antibody tests are not sufficient in order to return to camp.
- If the test is positive, the individual must stay home for a minimum of 10 days. They may return after 10 days when symptoms have improved and the individual has not had a temperature of 100.4 or higher for 72 hours, without the use of fever-reducing medication.
- If at camp, the child or adult will be isolated until that person can leave campus. Household and carpool members of the child or adult (that are not fully vaccinated) will also be isolated until they can leave campus.
- He, she, or they should have a cloth face covering on at all times.

**A child or adult with only one low-risk symptom or a non-infectious diagnosis (e.g. migraine, allergies)**

- May come to camp except in the case of fever (see above "a note about fever") or nausea/vomiting/diarrhea.
- If the child or adult is vomiting or has diarrhea, the individual may return to camp once symptoms have improved and it has been at least 24 hours since the last incident of vomiting or diarrhea.
- If symptoms do not resolve quickly or become worse, the individual should be evaluated by a healthcare provider.
- If the child or adult is at camp and it is determined that they should be sent home, other household and carpool members may be sent home as well.

## What is a close contact?

Per the [CDC](#) you are considered to be a close contact if:

- You are a household member (parent, child, sibling, other family member) of someone who has COVID-19, whether there are symptoms or not.
- You have been within 6 feet of the infected person for  $\geq 15$  minutes (cumulative time), starting two days before the infected person's onset of symptoms or positive test, even if both parties were wearing face coverings. (This includes carpool members.)
- You provided care at home to someone who is sick with COVID-19 or has a positive COVID-19 test.
- You had direct physical contact with the infected person (hugged or kissed them), whether they have symptoms or not.
- You shared eating or drinking utensils with the infected person, whether they have symptoms or not.
- The person with COVID-19 sneezed, coughed, or somehow got respiratory droplets on you.

## When There is a Known or Suspected Case of COVID-19

### 1. What if a child or adult has been diagnosed with COVID-19?

- a. If a child or adult has been diagnosed with COVID-19 but does not have symptoms, they should remain out of camp until 10 days have passed since the date of their first positive COVID-19 test, assuming they have not subsequently developed symptoms since their positive test.
- b. If a child or adult has a positive COVID-19 test and later develops symptoms, they may return after 10 days when symptoms have improved and the individual has not had a temperature of 100.4 or higher for 72 hours, without the use of fever-reducing medication.
- c. If a camper has tested positive for COVID-19 they must have written clearance from their healthcare provider before they may participate in NGFS sports.

### 2. What if a child or adult lives in the household or is a close contact of someone who has been diagnosed with COVID-19?

- a. Every effort should be made by the positive individual to isolate, using a separate bedroom and bathroom, and all in the household should maintain masking in common spaces.
- b. If a household member of a COVID positive person has no symptoms
  - i. If no testing is done, anyone who has had contact with or lives in the household of a known COVID-19 case should stay home for 10 days from the **last date of exposure** to the positive person. Please note that a positive person is considered contagious for 10 days.
  - ii. If testing is done after close contact, it should be a PCR test, completed no sooner than a full 5 days from the **last date of exposure** to the positive person. If negative, the close contact/exposed individual may return after day 7.
- c. If a household member of a COVID positive person develops symptoms
  - i. **It is reasonable to assume an ill individual with known contact with a COVID-19 positive person, has COVID-19** and testing may not be required.

- ii. This person should isolate for 10 days beyond the onset of symptoms.
- iii. The symptomatic person must have improved symptoms for at least 24 hours and have been fever free, without the use of fever reducing medication, for 72 hours before returning to camp.
- iv. The school will notify the Health Department of any confirmed COVID-19 infection in students, families or staff.

### **3. What if a child or adult lives in the household or is a close contact of someone who has been exposed to COVID-19?**

- i. The person directly exposed to COVID-19 should stay home and quarantine
- ii. The person directly exposed should have COVID testing done by PCR test no sooner than 5 days after the date of exposure.
- iii. All household members should stay home until the results of COVID testing are received.
- iv. If PCR COVID testing is negative, the exposed person must continue to quarantine for at least a full 7 days, the other non-exposed family members may return to camp.
- v. If the exposed person develops symptoms or has a positive test, please see above, number 2, for guidance about next steps.

**Please note if a COVID-19 test is done, the school requires the PCR test.** The antigen and antibody tests are not sufficient in order to return to camp.

## **When There is a Case or an Exposure On Campus**

As we consider balancing the health of the NGFS community, our individual right to privacy, and the mutual obligations we have toward each other, we will remain mindful of the need to be both informative and respectful. If there is an exposure or a case of COVID-19 on campus, you will be advised. We may name a class or a level, but we will never name a camper, family, or staff member. We will provide the information you might need to protect yourself and/or your family but having someone's name will not add to or diminish your protection. These are difficult times; please think carefully about respecting the privacy of our friends and our community.

We may not need to close our entire facility if a COVID-19 case is identified. However, a particular camp level or area may need to be temporarily closed for a period of time. The CDC recommends closing for 2-5 days while determining a long term course of action, which may include closure for up to 10 days.

If a cluster of cases (five or more cases sharing a common source) occurs at camp, or if widespread exposure has occurred as a result of an infected staff member, then camp will likely need to be closed to allow for contact tracing and cleaning. This will be done in consultation with the Health Department.

## **When Should I Get COVID Testing?**

If you are having a test due to possible exposure, **wait 5-7 days** after possible exposure to be tested. A test done earlier may not show as positive. Waiting allows for a more accurate test result. Because there may be a delay between the time a person is exposed to the virus and the time that virus can be detected by testing, early testing after exposure at a single time point may miss many infections. If experiencing **symptoms**, testing can be done at **any time**.

## Disinfecting After Illness

If an employee or camper becomes ill with COVID-19 symptoms while on campus, the individual will be separated from others and receive appropriate medical attention. If a camper or staff member becomes ill with COVID-19 symptoms, the camp group will immediately wash their hands and move outdoors or another appropriate learning space while the room is cleaned and disinfected.

## Contact Tracing

In collaboration with local public health, we will identify individuals who were exposed or had close contact with the case and make a determination to close certain groups/areas based on exposure history. Closure for 2-5 days allows our staff, in collaboration with our public health department, to perform a thorough investigation and determine who was exposed to the case. This also gives us time to do additional deep cleaning and disinfecting. Those who are determined to have close, prolonged contact (greater than or equal to 15 minutes within a 24 hour period) will be required to quarantine for a period of time, while others will be allowed to come back to camp.

Once close contacts have been identified, we will notify parents, and staff of any positive cases while maintaining confidentiality. Close contacts must be excluded from camp. See above guidance.

## Daily Health Screening

Parents will be required to fill out a daily health screening for each camper. The screening will be completed through the NGFS app (or online) and must be submitted for each camper before campers are allowed to attend camp. If you experience technical difficulties with submitting the screening, the screening checker will ask the questions in-person when you arrive on campus.

The morning screening checker will confirm that your screening response has been received (through a real-time recording of responses). During the drop-off process, please ensure that everyone in the car age two or older is wearing a well-fitted cloth face covering, and keep car windows rolled up during this process. Everyone age two and older should have their face covering on during the entire drop-off and pick-up process.

## Vaccination

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 this link for [CDC guidance on vaccination](#).

Given the Emergency Authorization Status of current COVID vaccines, we do not require vaccines for eligible campers as a condition of attendance at this time. We recognize and respect that this is a confidential medical decision involving many factors and fully support all of our community members in making the decision they and/or their medical provider believe is in their best interest. To that end, we ask that ALL members of the New Garden Friends School community respect the privacy of others and refrain from questions or discussions about vaccines. Casual conversations on this topic, inquiries as to whether or not someone has been vaccinated, etc. are strongly discouraged.

### What if my camper is fully vaccinated?

As of May 10, 2021, the COVID-19 vaccine is available for ages 12 and up.

Vaccination status will be taken into consideration when applying health protocols.

In keeping with best practices and current recommendations from NCDHHS, the CDC, and our health team, New Garden Friends school policies, procedures, and mitigation strategies will continue to evolve as more guidance emerges. For questions, reach out to [health@ngfs.org](mailto:health@ngfs.org)

## The Camp Day

When campers are on campus, the camper must adhere to all COVID-19 policies, including the requirements to wear a well-fitted face covering, wash hands frequently, and observe physical distancing.

If a camper refuses to comply with COVID safety measures, the camper will be sent home immediately. A second incident of refusal may result in the camper being prohibited from being at camp.

### Cloth Face Coverings for ALL campers

Well-fitted cloth face coverings must be worn by all campers when indoors. During drop-off and pick-up, everyone in the car is required to wear face coverings, with the exception of children under age 2.

Campers will remove their face coverings for eating, drinking, and sleeping, and at times when outdoors as directed by summer camp staff.

At the discretion of summer camp staff, face coverings will be optional when campers are outdoors. Camp staff will review guidance with campers for when and how this may occur. Camp staff will instruct campers on how to store their face coverings when not in use.

Campers should arrive at camp wearing a clean, well-fitted cloth face covering.

- Cloth face coverings must have two or more layers of fabric and must [fit properly](#).
- Disposable paper masks are allowed if they are well-fitted.
- **Neck gaiters and face coverings with vents will not be allowed.**
- Each camper must have 3 clean cloth face coverings (labeled with name) in a ziplock bag at school as well as a receptacle for soiled coverings. (We recommend a sealable container that your child can manage without help.)

Please teach your camper how to properly use and remove a face mask.

#### **Wearing Masks:**

(great for younger campers)

<https://www.youtube.com/watch?v=Srig59LN6ik>

### **How to Put On and Remove A Face Mask:**

(more detailed explanation, great for 1st grade and up)

<https://www.youtube.com/watch?v=n1eeQeAe80A>

Campers will bring used face coverings home in the container daily. Please wash the face coverings and have your child return them to camp in order to have an adequate supply on hand.

### **Campus Access for Parents and Visitors**

#### **Staff Members and Essential Visitors are the Only Adults Permitted on Campus**

In order to reduce the exposure of everyone on campus, we are strictly limiting visitors. If you need to speak with a camp staff member, please DO NOT come to the office. Instead, contact camp staff by sending an email to [summer@ngfs.org](mailto:summer@ngfs.org) or calling 336-299-0964.

A drop box is located on campus for families to drop off lunch or other items as needed.

#### **Meeting With Your Camp Staff**

We know that communication between camp staff and parents and guardians is important. The most efficient way to contact camp staff is to send an email to [summer@ngfs.org](mailto:summer@ngfs.org). If an extended time is needed, camp staff can set up a phone call or Zoom conference. Unfortunately, we will not be able to hold in-person meetings or have parents visit camp in person at this time.

### **Emergency Contacts and Medical Information**

Parents must complete and submit all required camper medical forms prior to the first day of school or camp. Please consider your emergency contacts carefully.

Parents must provide at least 3 emergency contacts (parents can be included as part of the three contacts) who are able to pick up your camper from school **within 30 minutes of receiving a call from the camp if your camper presents with a temperature, becomes ill during the school day, or is sent home for another reason**. If your camper must go home, stay in your car and they will be brought to you. This year, if a camper needs to be picked up from school for any reason, not just health related, we are asking that all authorized pickups adhere to the 30-minute window.

### **Late Arrival**

Please complete the health screening when arriving late. Parents/guardians should pull up to the front entrance of the school and contact the school to arrange for a staff member to come out and clear the camper for attendance. Lower school campers will then be escorted by camp staff to the camp gathering location.

### **Early Pick-up**

When you arrive on campus to pick up your camper early, please park in front of the school and call the main office at (336) 299-0964. A staff member will escort your camper to your car. For lower school, if this early

pickup is for a scheduled appointment, please coordinate with camp staff so they will have their belongings packed and ready to go at the designated time of pick up.

If the parent or guardian is not picking up, please make sure the person you send is on your authorized pickup list in CampSite. When they call to pick up, a school staff member may come outside and verify identity through the car window. Please make sure that person has a valid ID with them, knows our procedures regarding wearing well-fitted cloth face coverings, and complies with these procedures.

## **Routine Cleaning**

Cleaning and disinfection (with EPA approved disinfectant for SARS-CoV-2, the virus that causes COVID-19), is done throughout the camp day.

Special attention will be paid to high-touch areas such as door handles, stair rails, faucet handles, toilet handles, playground equipment, light switches, desks, tables, chairs, and shared objects. Paper-based materials, such as books and loose-leaf paper, are not considered high-risk for COVID-19 transmission and do not need additional cleaning or disinfection procedures. Enhanced nightly sanitation and disinfection protocols have also been instituted.

All campers will be instructed in proper handwashing techniques. Handwashing will be required at numerous times during the day, such as upon arrival; before and after eating; after toileting, sneezing, or coughing; before and after outside break times; before and after mask removal/replacement; and as needed. Hand sanitizer (with at least 60% alcohol) will be available at building entrances and in every classroom for safe use by staff and older campers.

## **Food**

If a camper has forgotten their lunch, parents can use the on-campus drop box to deliver their lunch. Contact the school to arrange for a staff member to get this to your camper. We will not be accepting any food deliveries on campus at this time other than through "My Hot LunchBox." See weekly camp email for details.

All water fountains will be closed. Campers can use touch-free water bottle filling stations to safely and hygienically fill water bottles.

## **Resources for Families**

- National Child Traumatic Stress Network has resources to help parents talk with kids about COVID-19.  
*Helping kids anxious about COVID contagion:*
  - [NCTSN Fact Sheet on helping children with traumatic grief/separation related to COVID](#)
  - [NCTSN Fact Sheet on supporting children during COVID](#)
  - [NCTSN Parent Guide for COVID](#)
- [Supporting Teenagers and Young Adults During the Coronavirus Crisis](#)
- [Helping Kids and Parents Cope Amidst COVID-19](#)
- [NCDHHS](#)
- [CDC](#)
- COVID [Can I Do It Tool](#)