

# Girl Scouts of Oregon and Southwest Washington Day Camp Communicable Disease Plan

Girl Scouts of Oregon and SW Washington will follow the protocols listed in this guide to help prevent and manage occurrences of COVID-19 and other communicable diseases at its summer day camp programming.

This guide has been developed in accordance with information from Girl Scouts of the USA (GSUSA), The American Camp Association (ACA), the Centers for Disease Control and Prevention (CDC), the Oregon Health Authority (OHA), the Oregon Department of Education (ODE), and the Association of Camp Nursing (ACN). Information and protocols are updated as more data and information is released from these organizations.

## Prevention Activities

### *NPIs (Nonpharmaceutical Interventions)*

#### Communication

Communicate regularly with children and youth, families and staff. Emphasize the importance of staying home when sick, maintaining physical distance, and hand hygiene. Encourage parents and volunteers to read Girl Scouts Together. Communicate expectations for campers and volunteers both before and during camp. GSOSW's Assumption of Risk, Release and Waiver of Liability Relating to Coronavirus/COVID-19, should be sent out a couple of weeks before the start of camp and must be signed by all camper's and volunteers before being able to attend camp.

Communication should be provided using multiple methods, such as posters, written letters, email, text message, phone, video conferencing. Make sure communication is in the language that parents best understand.

#### Quarantine:

We ask that volunteers, campers and their families quarantine prior to attending camp if possible. If not possible, we encourage everyone to be mindful of social distancing and avoid large groups.

#### Testing:

If testing is available and accessible, we encourage families to get their campers tested, and for volunteers to get tested, prior to coming to camp. Any camper or volunteer who has been exposed to COVID-19 within the month of them coming to camp must have a negative COVID-19 test before being allowed to attend camp.

## Vaccines:

For any camper or volunteer who is eligible to receive a Covid-19 vaccine and chooses to do so, we encourage that they receive their final dose at least two weeks prior to their first day at camp.

Fully vaccinated people who had an exposure to someone with suspected or confirmed COVID-19 are not required to quarantine if they meet the following criteria:

- *They have received both doses of a two-dose COVID-19 vaccine (or one dose of a single-dose vaccine),*  
AND
- *It has been at least 14 days since their final dose of COVID-19 vaccine*  
AND
- *They have no COVID-19 symptoms*

Fully vaccinated people who do not quarantine should still watch for symptoms of COVID-19 for 14 days following an exposure. If they experience COVID-19 symptoms in the two weeks leading up to or while at camp, they must immediately notify the appropriate day camp volunteers and either not attend camp or be isolated from the group and sent home.

## Contact Tracing

It is required that Day Camps keep accurate daily logs for each cohort. These logs must be maintained for a minimum of four weeks after the end of the program and must include the following information to support contact tracing, if necessary:

- *Youth name*
- *Drop-off and pickup time for each youth*
- *Name of adult completing both drop off and pick up (adult signature not required)*
- *Adult emergency contact information for each youth*
- *Names of all staff that interact with a cohort of children (including floater staff) during the day*
- *Daily health checks of each child, noting if check was a pass or fail (do not note specific information)*
- *If transportation is provided by the program, document names of all other riders and their contact information (if not recorded elsewhere).*

## Screening:

Temperature screenings are required to be done every day before the start of camp. In addition to temperature, you will also be asking every camper a series of questions regarding their potential exposure to Covid-19. It is recommended that

these screenings be done while the camper is still in their vehicle, before they join their pod. This way if a camper does not pass the screening test, they will not have exposed other campers or volunteers.

The questions below will be asked each day. By signing in on the daily attendance record, the camper and family are agreeing to the following questions.

1. *They do not have a fever or above-normal temperature (>100.4F)*
2. *They have not taken fever reducers in the last 72 hours;*
3. *They have not been experiencing shortness of breath or having trouble breathing;*
4. *They have not had a dry cough, runny nose, or sore throat in the last 72 hours;*
5. *They have not recently lost or had a reduction in sense of smell or taste;*
6. *They have not had any flu-like symptoms, such as gastrointestinal upset, headache, muscle pain, fatigue, chills or repeated shaking with chills;*
7. *They have not tested positive for COVID-19 and are not awaiting test results;*
8. *They have not been in contact with someone with COVID-19 or under investigation for COVID-19 or a respiratory illness;*
9. *They have not travelled to a foreign country or outside of Oregon and SW Washington in the last 14 days.*

### Hand Hygiene:

Campers and volunteers are always encouraged to wash and sanitize their hands often. In addition to this general encouragement, campers and volunteer will be required to wash or sanitize their hands in the following circumstances:

- *Before and after using the bathroom or showering*
- *Before and after meals*
- *In between activities where communal supplies are used*
- *Before and after getting into the pool*
- *After completing any sort of kaper*
- *After touching their face, nose, eyes, etc.*

The best option is to wash your hands with soap and water for at least 20 seconds. Alcohol-based hand-sanitizer (60 to 95%) may be used as an alternative to handwashing, except when eating, preparing or serving food and after using the restroom. If soap and water are not available (e.g. back country camp), alcohol-based hand sanitizer may be used; however, every effort should be made to facilitate soap and water handwashing.

## Face Coverings:

Face coverings (masks) must be worn by campers and volunteers at all times when at camp. Volunteers should remind girls that Girl Scouts wear face coverings not only to protect themselves but to protect others. Face coverings are not only required but are a civic responsibility and a sign of caring for the community.

Campers or volunteers of any age should not wear a mask, face covering or face shield if: They have a medical condition that makes it hard for them to breathe; They have a disability that prevents them from wearing a mask, face covering or face shield; They are unable to remove the mask, face covering or face shield by themselves; or They are sleeping. Contact GSOSW for guidance on how best to handle these circumstances as they arise.

Face masks are preferred over face shields because they provide better containment of small droplets and aerosols that can be produced while talking. Face shields without any other face covering are an acceptable alternative only when a person has a medical condition that prevents them from wearing a mask or face covering, when people need to see mouth and tongue motions in order to communicate, or when an individual is speaking to an audience for a short period of time and clear communication is otherwise not possible.

Camp attendees and volunteers can bring their own face coverings. Programs should make an effort to provide a face covering to youth who do not have access to a face covering or forget to bring one. Volunteers can teach campers how to handle their face coverings so that the coverings are effective.

Youth are not required to wear a mask, face covering or face shield when participating in an activity that makes wearing a mask, face covering or face shield not feasible, such as when swimming or eating. However, additional steps should be taken, like increasing physical distance (to greater than six (6) feet), more frequent cleaning, and reducing the size of the cohort.

## Cohorting:

Assign children to separate pods/cohorts for their time at camp. Cohorts consist of youth and volunteers; the number of volunteers needed for a cohort does not count toward the cohort total. Keeping children and volunteers in the same small groups or cohorts every day reduces the number of close contacts they have as well as the spread of Covid-19.

Keep group sizes to no more than 30 children and ensure that ratio requirements are followed for a given age according to GSOSW's ratio guidelines. These pods/cohorts should remain the same throughout camp and not mix with others during any camp activities or meal times

Volunteers should be assigned to individual pods/cohorts and should remain with a single group as much as possible. Volunteers who interact with multiple cohorts must wash their hands between interactions with different cohorts. Unless absolutely necessary (health nurse, certified activity instructor etc), no volunteer is permitted to interact with more than three cohorts in a given day and five in a given week.

### **Cleaning & Sanitizing:**

Cleaning and sanitizing is a vital part of preventing the spread of Covid-19. It is recommended to incorporate the time for proper cleaning and sanitization in your camps schedule. The following guidelines must be followed in order to maintain a safe camp environment.

- *Frequently clean high-touch surfaces (for example, indoor playground equipment, stationary climbing frames, door handles, drinking fountains and transport vehicles).*
- *Clean restrooms daily, prioritizing high-touch surfaces like stall handles, doorknobs, sink handles, and faucets.*
- *Avoid use of items (for example, soft or plush toys or pillows) that are not easily cleaned.*
- *Communal supplies should be limited, however in the case of items needing to be shared (such as sports equipment), it is important to sanitize between each use, especially between different cohorts/pods.*
- *If a space has been occupied by someone who has either a suspected or confirmed case of Covid-19, it is important to both thoroughly clean and then disinfect all surfaces after its use.*

To help camps stay on top of this task, it is encouraged for Day Camps to select a volunteer(s) to be in charge of making sure spaces are cleaned and sanitized properly. This person(s) can be the same for the week or change daily.

### **Ventilation:**

The best option for camps is to move everything outside if possible; this includes the health services tent. Not only is the amount of people allowed inside a building at one time extremely limited, but having increased ventilation from open air greatly reduces the risk of virus spread.

If indoor facilities must be used:

- *Do not allow more than one cohort inside at one time, and disinfect between cohorts.*

- *When feasible, cohorts that are indoors should remain in one space for the duration of the day, or only use indoor spaces that have not been used by other cohorts that day.*
- *Ensure that ventilation systems (e.g., HVAC) operate properly.*
- *Increase circulation of outdoor air as much as possible by opening windows and doors, using fans and employing other methods. See the CDC page on ventilation recommendations.*
- *Do not open windows and doors if doing so poses a safety or health risk (for example, allowing pollen in or exacerbating asthma symptoms) to campers using the facility.*

### Physical Distancing:

Hugs, handshakes, “high-fives,” and even activities like the friendship circle or squeeze can transmit COVID-19 from person to person. Refrain from these gestures for the time being. Create a safe way for girls and volunteers to greet each other, like tapping elbows, or a silly dance move. Support physical distancing during daily activities and maintain at least six (6) feet of distance between individuals.

### Adapting Camp

#### Capacity:

Operating at a reduced capacity is a great way to reduce the chance of virus spread. Please consider the space where you host camp, ratio requirements, as well as your state guidelines when making the decision of how many campers to host this season.

#### Transportation:

Parents/guardians should be informed of practical changes to transportation requirements and guidelines. This includes physical distancing at shuttle stops and while loading/unloading, potential for increased route time due to additional precautions, sanitizing practices, and mandatory face coverings.

In order to support efforts in contact tracing in case of exposure. It is important to document the names of campers in each cohort(s) and names of associated staff, including driver, date and time of trip, and vehicle number/license.

It is **highly** encouraged to take the temperature of all passengers before loading into a vehicle, including personal vehicles. If one person in the vehicle has a temperature (>100.4 F) upon arrival at camp or camp shuttle location **the entire vehicle** will be considered as potentially exposed and will not be able to attend camp.

The following applies to all forms of transportation, including but not limited to, busses, passenger vans, and personal vehicles.

- *Multiple cohorts riding in one vehicle should be avoided as much as possible.*
- *Everyone in the vehicle must wear masks at all times.*
- *Windows should be open or vent settings that use fresh air (non-recirculated) be on in order to increase fresh air flow.*
- *All passengers must be seated 3ft apart from each other unless they are from the same household.*
- *Hand should be cleaned with either soap and water or alcohol-based hand sanitizer (60-95%) before entering and after exiting the vehicle.*
- *Vehicles should be cleaned and disinfected before and after each use, including between cohorts.*

For larger vehicles, such as busses or passenger vans it is recommended that you determine and post maximum occupancy for each bus. And when possible use visual cues (e.g., floor decals, colored tape, or signs) to discourage campers from sitting within 3 feet of other campers.

### **Drop-Off & Pick-Up:**

Develop a system for dropping off and picking up children that keeps families physically distant from each other and reduces their need to enter the program space. This may include staggering drop off and pick up times for various groups, one-way traffic flows, greeting children at their vehicle, or placing distancing markers on walkways.

Require parents to remain outside of the building and maintain physical distancing for sign-in and sign-out of their children. Everyone should wash their hands or use hand sanitizer before and after signing in and out. Place hand sanitizer with at least 60% alcohol near the sign-in station. Parents should use their own pen when signing in if possible. If check-in is electronic, provide alcohol wipes with 70% alcohol to clean screens or keyboards often.

Some suggestions for minimize contact during drop-off and pick-up by:

- *Staggering drop-off and pick-up times by cohort, if possible.*
- *Suggest families use the same adult to drop off and pick up their child each day.*
- *Limiting use of commonly touched objects (writing implements, clipboards, etc.) and clean regularly.*
- *Providing hand hygiene stations at the entrance of the facility — outside or immediately inside — so that children and volunteers can clean their hands as they enter.*

- *If multiple cohorts are checking in to a youth program at the same time, designate separate spaces during check-in for each cohort to maintain physical distancing requirements.*

No outside visitors may enter the program, except for critical service providers such as medical staff or emergency personnel and visitors, vendors, and others essential for safe and effective operations of the program. Parents and guardians should not be allowed to enter the program except for emergencies.

### **Activities:**

All activities should be scheduled as a pod – campers should not participate in an individual camper’s choice program. When participating in activities, campers and volunteers should maintain 6 feet of distance whenever possible. Exceptions can (and should) be made for situations such as checking harnesses, assisting with archery form, and other situations where safety necessitates a closer proximity.

For example, structure programming in the following ways:

- *Eliminate large group activities (larger than cohort of 30).*
- *Increase the distance between youth during table work.*
- *Plan activities that do not require close physical contact among multiple youth.*
- *Minimize time standing in lines and take steps to ensure that six (6) feet of distance between youth is maintained.*
- *Use the largest spaces practical for group activities and hold activities outside if feasible.*

### **Supplies and tools:**

We recommend each Girl Scout use individual tools and supplies to prevent sharing materials. When sharing is necessary, the tools and supplies must be sanitized between use for each person using those items. As such, each pod should have an activity bag with balls, crafts, etc. for campers to use within the pod instead of going to different stations where another pod has been whenever possible.

### **Food:**

Girl Scouts should bring their own lunch to camp if possible. Girls must be told not to share food with other girls. Eliminate family style and buffet meals where food is shared. If snack is served, individual plating is preferred. You may also consider separating food into individual baggies for each girl to use, this works well for things like s’mores.



Ensure all youth and staff wash hands with soap and water prior to eating. In limited circumstances (e.g., backcountry camps) where use of soap and water is not possible because of lack of running water, using alcohol-based hand sanitizer (60-95%) is acceptable.

Keep cohorts separate during meals to the maximum extent feasible. Stagger mealtimes, create space between groups, using designated seating areas and avoid mixing. Have children take their meals outside if possible. Maintain six (6) feet of physical distancing during meals when face coverings are removed to eat. If using tables, be sure they are cleaned and sanitized before and after each group eats.

Youth must be told not to share food with other campers. Observe all usual health, safety and food handling protocols.

### **Outdoor Face Covering Breaks:**

Camps are allowed to provide individual “outdoor face covering breaks,” if needed, during the day, on a **very** limited basis. An individual “outdoor face covering break” is intended for any **single** youth for no more than five minutes to support youth learning or participation and is not formally tied to an accommodation. Any space created for a break must be outdoor and distanced at more than six (6) feet away from others. Providing face covering breaks is not required but is available at the discretion of the program’s judgment and implementation.

### **Overnight stays:**

Overnight stays for day camp are not permitted at this time.

### **Health Services:**

Health Officers should have an outdoor station where they can give meds, attend to injuries, and answer questions of campers and volunteers. When possible, Health Officers should go to campers and volunteer to treat injury or illness to avoid crowding at the health station.

When a Health Officer or volunteer goes to an indoor activity area or cabin to dispense meds or check on illness or injury, every effort should be made to treat campers or volunteer outside if it is also possible to do that while maintaining safety and privacy. Both the person being treated and the volunteer person treating should wear masks and hand sanitize prior to and after treating or dispensing meds.

## **Outbreak and Response Strategies**

Based on daily screening protocols and camper and volunteer reported symptoms, you should follow the following protocols if a case of COVID-19.

### Suspected Case:

If a camper or volunteer has the following symptoms during the camp session, they will be separated from their pod/cohort and evaluated as a possible case of COVID-19 or other infections.

- *Fever of 100.4 degrees Fahrenheit or higher*
- *Trouble breathing*
- *Headache*
- *Runny nose or congestion*
- *Cough*
- *Loss of taste or smell*
- *Indigestion or stomach upset/vomiting*

If a camper or volunteer member presents with these symptoms they will be evaluated by the Health Officer or camp director. Many of these symptoms are common camper and volunteer complaints due to dehydration or allergies, and they will be evaluated in context of the person's medical history, and recent history of water and food consumption, medications taken, etc.

If the Health Officer determines that this could be a case of infectious disease, including COVID-19, the Health Officer will arrange for the camper or volunteer to leave camp as soon as possible. While waiting for a sick child to be picked up, a volunteer must stay with the youth in an area away from others. When the caregiver arrives, they must wear a face covering and should remain as far away as safely possible from the youth (preferably at least six 6 feet), while remaining in the same room or outdoor area.

Campers and volunteers who have been sent home due to illness should be tested for COVID-19 as soon as possible and the results shared with Girl Scouts of Oregon and Southwest Washington.

### Reporting Procedure:

Report all cases of COVID-19 within your day camp to GSOSW. In the event of a COVID-19 positive test result, do NOT contact the parents, campers, or volunteers of your day camp. In this situation, promptly contact GSOSW (during business hours, contact [answers@girlscoutsw.org](mailto:answers@girlscoutsw.org) ; after hours, contact 800- 626-6543). *In your message, please state, "I am making a COVID report," and include your name, telephone number and address. A council staff member will contact you directly to collect any other needed information.* Remember that girl and volunteer health

information is private and strictly confidential and should be only shared on a need-to-know basis with a council staff member.

A council staff member and NOT volunteers will be responsible for:

- *Confirming and tracing the person who tested positive,*
- *Contacting the parents of anyone who may have been exposed (or other volunteers),*
- *Notifying a facility or property owner where a troop/group has met, and*
- *Alerting the state department of health.*

Let other volunteers know that council staff, NOT volunteers, will notify parents and others about a positive test result and that the identity of the person tested is confidential. Remind them that girl and volunteer health information is private and strictly confidential and should be only shared on a need-to-know basis with a council staff member.