



328 Bethel Road, Fincastle, Virginia 24090
540.992.2940

CampBethelOffice@gmail.com
www.CampBethelVirginia.org



Camp Bethel's 2021 Summer Camps

Health Plan to prevent the spread of communicable diseases including COVID-19

Updated 3/5/2021 12:01 PM

Camp Bethel Summer Camps will operate in compliance with Centers for Disease Control and Prevention (CDC) and the Virginia Department of Health (VDH). *This Health Plan is a working document and will be **continuously updated** as we learn more and as there are changes in conditions, mandatory regulations, and availability of testing and vaccinations.*

- | | |
|--------------------------------------|--|
| 1. Additional Training for Staff | 10. Preparing for if Someone Gets Sick |
| 2. Adventure/Program Cancellations | 11. Preventative Measures |
| 3. All Camp Activities | 12. Program Modifications |
| 4. Camper Screening Procedures | 13. Promoting Healthy Hygiene |
| 5. Capacity Modification | 14. Promoting Physical Distancing |
| 6. Cleaning and Disinfecting | 15. Shared Equipment |
| 7. Dining Options at Mealtimes | 16. Staff Screening Procedures |
| 8. Facility Alterations/Improvements | 17. Transportation |
| 9. Pre-Screening Procedures | 18. Updates to this Health Plan |
| * * * | * * * |

1. Additional Training for Staff

Our Camp Bethel Summer Staff participate in an intense two-week training program. For the 2021 summer they will participate in additional training sessions focusing on COVID-19 prevention strategies that align with CDC guidance.

- Staff Training topics will include:
 - a. Signs and symptoms of COVID-19 and how it spreads
 - b. Cough and sneeze etiquette
 - c. Hygiene practices
 - d. Physical distancing requirements
 - e. Use of cloth face coverings
 - f. Daily health screening procedures
 - g. Procedures to follow if staff, campers, or volunteers are feeling ill

2. Adventure/Program Cancellations

To run at half capacity and to minimize risk/exposure we have decided to cancel some adventures and programs. Adventures we are unable to offer (see transportation) for the 2021 summer are:

- | | |
|--------------------|-----------------------|
| • Caving | • Overnight Camp Outs |
| • Horseback Riding | • Whitewater Rafting |

Programs we are unable to offer for the 2021 summer are:

- | | |
|---------------------------------|----------------------------------|
| • Counselor in Training Program | • Skateboarding Camp |
| • Family Fun Nights | • Traveling Day Camps |
| • Mountains-to-Beach-to-Bay | • United Mountain Adventure Trip |
| • Parent-Child Overnight | |

3. All Camp Activities

Each unit will move throughout camp as a cohesive group. Units will maintain physical distance of at least 10+ feet from other units. With these precautions we will still hold a few all camp worships, Morning Watch, and our weekly Skit Show during each camp week. At each event, units will be assigned a "space" that they must stay in together. Each unit "space" will be physically distant from others. Units will arrive and exit in an appropriate order.

4. Camper Screening Procedures

Upon arrival and check-in at camp, we will ask the parent/guardian a few Health Screening questions (while remaining in the vehicle), including, "In the past 7 days: Has your child had a fever of 100.4 or greater, felt achy or fatigued, had a cough or sore throat, or had any injuries or wounds?" Temperature checks will be conducted at

Camp Bethel during the check-in process. Check-In will be facilitated at one of our three designated check-in sites (assigned upon arrival) while the camper is still in their vehicle. Once cleared, campers ONLY may exit the vehicle, join their counselor, unload their gear, and move into their cabin. Throughout the camp week staff will monitor camper temperatures/symptoms daily (morning and evening) and record results in their assigned logbook.

Camp Bethel will follow rigorous adherence to the following guidelines: Campers will be required to stay home when they are sick or when they have recently had contact with a person with COVID-19. If campers have ANY of the following symptoms, they are required to stay home and follow specific guidance from his or her healthcare provider:

- A new fever (100.4°F or higher)
- A new cough, shortness of breath, or difficulty breathing that cannot be attributed to another health condition
- New chills that cannot be attributed to another health condition
- A new sore throat that cannot be attributed to another health condition
- New muscle aches (myalgia) not attributed to another health condition or specific activity (such as physical exercise)
- New congestion, runny nose, or headache which cannot be attributed to another specific health condition
- A new sudden loss of taste or smell
- Other gastrointestinal symptoms like nausea, vomiting or diarrhea

Note: The above list is not intended to be a comprehensive list of all possible symptoms. If a parent/guardian has concerns with regard to their child's health, the parent/guardian should contact their healthcare provider.

5. Capacity Modification

To minimize exposure and maximize the opportunity for daily disinfection/cleaning we have decided to run our summer camp programs at half capacity. Most cabins at Camp Bethel can sleep 14 individuals. For the 2021 summer we will assign a maximum of 7 persons in each cabin; a maximum of 5 campers and a minimum of 2 counselors of same gender. Each camper unit will have a maximum of 14 individuals in their day group consisting of 4 counselors and 10 campers.

6. Cleaning and Disinfecting:

Camp Bethel staff will follow cleaning and disinfecting protocols established by the Camp Director which are consistent with CDC recommendations and Occupational Safety and Health Administration (OSHA) standards. High touch surfaces (in each group's cabin) will be wiped down with a disinfectant daily. Camp Bethel staff will have access to the supplies to conduct routine cleaning. Camp Bethel staff will also disinfect any high touch surfaces throughout communal facilities at the start and end of each activity. Any shared equipment must be cleaned prior to use by another group.

Camp Bethel will follow the steps outlined in the CDC recommendations (<https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-buildingfacility.html>) for cleaning and disinfecting areas if someone becomes sick with COVID-19 related illness:

1. Close off area.
2. If exposure occurs in an isolation area and if feasible, wait 24 hours before cleaning or disinfecting the area.
3. If exposure occurs in a common area, Camp Bethel staff will disinfect the area immediately.
4. Clean and disinfect all areas utilized by the individual in adherence to the designated Camp Bethel training standards.
5. Once the area has been appropriately disinfected, it can be open for use.

7. Dining Options at Mealtimes:

We continue to research our best options for how to provide meal services during summer camps. Outdoor dining tables will be available all summer, and each Unit (cohort) will have assigned tables. Staggering meal times might be a safe option for dining INSIDE the Ark Dining Hall, since only half the camp population would be present, and each Unit (cohort) has assigned tables at least 10 feet away from other Unit tables. We will update our Dining plans as we decide what is safest, both for COVID-19 AND for food-safety.

8. Facility Alterations/Improvements

To help minimize risk Camp Bethel will offer: outdoor handwashing stations, hand sanitizers at activity areas, assigned program spaces to limit interaction between units, reduction in cabin/unit size, cabin modifications to allow more space between bunks and dividers between bunks, outdoor eating arrangements, and more.

9. Pre-Screening Procedures (Camper and Staff)

Campers and Staff are expected to self-monitor for 14 days and conduct pre-screening activities such as:

- Taking and recording temperature daily for 14 days before arrival at camp.

- Self-screening for symptoms (fever of 100.4°F or greater, cough, shortness of breath, diarrhea, fatigue, headache, muscle aches, nausea, loss of taste or smell, sore throat, vomiting, etc.) for 14 days before arrival at camp.
- Has the camper/staff member traveled nationally or internationally within 14 days before arrival at camp?
- Has the camper/staff member been in close contact with a person who has been diagnosed with, tested for, or quarantined as a result of COVID-19 within 14 days before arrival at camp?

A healthy camp starts at home. By pre-screening 14 days prior to arrival you are 1. Making sure your camper is safe to come to camp and 2. Preparing them for daily health checks while at camp!

10. Preparing for if Someone Gets Sick

Campers or staff who report feeling ill or who are displaying COVID-19 symptoms during the camp week will immediately be relocated to a designated isolation area. The camper or staff member with signs of illness or COVID-19 symptoms will not be permitted to remain on site.

Procedures for Campers or Staff with COVID-19 Symptoms:

1. Isolate symptomatic campers and staff as soon as possible, away from other staff and campers.
2. Have the symptomatic person don a face covering or mask and sit in a separate area from all other campers and staff until he or she can leave site.
3. The Health Coordinator, or other staff member will maintain physical distancing while monitoring the symptomatic staff or camper until the staff or camper can be safely transported home or to a healthcare facility.
4. The CDC/VDH guidelines will be followed when determining actions to take (who should go home, who should be quarantined, how long someone should be required to stay out of camp, and when they can return, etc.). See the enclosed document published by the VDH entitled: ***When It Is Safe to Be Around Others: Ending Isolation in Non-Healthcare Settings***
5. The Health/Program Coordinator will work directly with staff and the parents of campers who are exhibiting symptoms or who may have been in contact with someone who was positive for COVID-19.
6. Each camper or staff member with a confirmed COVID-19 case will be tracked by the Health/Program Coordinator. The timelines and protocol for returning to camp will be monitored using VDH guidelines.
7. The local health department will be contacted if additional information is required.
8. Camp Bethel will follow steps outlined in the CDC recommendations (<https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-buildingfacility.html>) for cleaning and disinfecting areas if someone becomes sick with COVID-19 related illness.

Note: All confirmed COVID-19 cases among staff or campers will be reported to the VDH. The Camp Director and the VDH will work collaboratively to identify any close contacts in the camp. If it is determined there has been an outbreak in a group or at camp, the Camp Director and the VDH will work together to develop a message that will notify the staff and campers who were potentially exposed.

11. Preventative Measures

In coordination with the VDH and CDC we will implement Nonpharmacologic Interventions (NPIs) including:

- Screening (see #4)
- Small Group Camping (see #5)
- Healthy Hygiene (see #11)
- Ventilation (*ex: DIY box fan air filters in on-campus sleeping spaces*)
- Sanitizing (see #6)
- Face Masks (see #12)
- Physical Distancing (see #12)

We seek donations of materials and help assembling over 48 “DIY Box Fan Air Filters”) for use in all sleeping areas and other “closed-door” spaces, including the Ark Kitchen, the Craft House, the Health Center, Office, and more.

See <https://youtu.be/aw7fUMhNov8?t=2> for basic assembly. We seek donations of the following: New 20” box fans; 20”x20”x2” MERV-13 air filters; adhesive weather stripping ; duct tape.

Camp Bethel staff, campers, and counselors are expected to practice all NPIs mentioned above.

12. Program Modifications

Campers remain with their Unit (cohort) all week for all activities led by their Counselors and their Unit Coordinator. There will be no mixing (cross-contamination) of Units or Counselors or Unit Coordinators.

This section will be updated with greater details closer to the beginning of camps.

13. Promoting Healthy Hygiene:

Each Camp Bethel restroom will provide soap and paper towels for hand washing. Hand sanitizer stations will be available throughout camp. Camp Bethel will keep materials and supplies maintained and stocked by staff. Camp Bethel will post signs and messaging to promote healthy hygiene.

Camp Bethel will also provide:

- A designated isolation area for symptomatic campers and staff.
- Disinfectant wipes
- Disinfectant spray
- Disposable masks
- Hand Soap
- Hand Sanitizer (supplies & stations)
- Paper Towels
- Infrared thermometers
- Latex-free gloves

14. Promoting Physical Distancing:

Camp Bethel will give campers and staff cabin assignments for their time at camp. Campers and staff will never switch cabins. Campers will only interact with persons in their group, not other groups. The CDC advises that individuals maintain 6 feet of distance to reduce the risk of COVID-19 transmission. **Campers and Staff will be required to wear cloth face coverings while indoors and whenever physical distancing requirements cannot be met (except eating, sleeping, bathing, swimming).** Disposable masks will be supplied when necessary, although we encourage campers to bring their own.

Shared spaces where groups may congregate will be marked to promote physical and social distancing and will only be open to one group at a time. Shared spaces will be properly cleaned between groups.

When the weather permits, groups will spend as much time **outdoors** as possible.

15. Shared Equipment

Camp Bethel will provide adequate supplies to minimize sharing to the extent possible.

- Camper belongings will be separated from other camper belongings whenever possible.
- Staff will ensure adequate supplies of materials for each unit's use to minimize the sharing of high-touch materials to the extent possible (e.g. GaGa/9-Square Balls) or limit the use of supplies and equipment by one unit at a time and clean and disinfect between use.
- Any camp equipment, materials, or supplies used by a unit will be cleaned prior to use according to established cleaning and disinfecting protocols. Camp staff will notify the Program Coordinator when additional supplies are needed.

16. Staff Screening Procedures

All Camp Bethel staff will be required to check their temperatures and complete a self-screen for symptoms at the start of camp each week. Staff who do not pass the COVID-19 health screening process (for example: having a fever higher than 100.3 or feeling symptoms) will first contact the Camp Director and will be required to stay home. Throughout the camp week staff (along with campers) will monitor their temperatures/symptoms daily (morning and evening) and record results in their assigned logbook. Camp Bethel will prepare for absence of crucial staff by developing a roster of qualified individuals who can fill in if staff members are sick or have to return home for personal reasons.

17. Transportation

During off-site adventures (e.g. Equestrian) the trips driver will wear an N95 respirator in the vehicle at all times and all campers/staff will wear face masks while in the vehicle at all times. Staff will assign seats to all passengers so they occupy the same space while they are out on their adventure. When possible and safe to do so the trips driver will have windows open several inches at all times campers/staff are in the vehicle, including driving time. Camp staff will clean and disinfect the vehicle between group use, especially the vehicle's commonly touched surfaces.

18. Updates to this Health Plan: *This Health Plan is a working document and will be **continuously updated** as we learn more and as there are changes in conditions, mandatory regulations, and availability of testing and vaccinations.*

For questions or concerns, please contact Camp Bethel's Program Coordinator, Jenna Stacy Mehalso at CampBethelOffice@gmail.com or 540-992-2940.



WHEN IT IS SAFE TO BE AROUND OTHERS: ENDING QUARANTINE FOR EXPOSED PERSONS

If you had close contact with a person who has COVID-19 while they were contagious*, watch for symptoms and follow all recommendations (e.g., wear a mask, watch your distance, and wash your hands often) for 14 days after last exposure.

Close contact includes:

- Being within 6 feet of a person who has COVID-19 for a total of 15 minutes or more over a 24-hour period, or
 - Having exposure to respiratory secretions (e.g., being coughed or sneezed on; sharing a drinking glass or utensils; kissing) from a person who has COVID-19, or
 - Providing care for a person who has COVID-19, or
 - Living with a person who has COVID-19
- *A person with COVID-19 is considered to be contagious starting from 2 days before they became sick (or 2 days before test specimen collection if they never had symptoms) until they meet the criteria to discontinue isolation.*

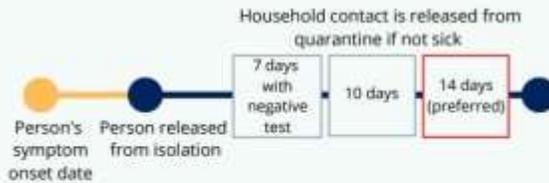
HOUSEHOLD CONTACTS



VDH recommends that you **quarantine (stay home)** while the infected person is home and for **14 days** after the person has been released from isolation (because exposure is considered ongoing within the house)**.

If you are not able to stay home for 14 additional days and do not have symptoms, you may leave home earlier:

- After 10 days without testing; or
- After 7 days with a negative PCR or antigen test performed on or after Day 5.



****If you are able to have complete separation** from the person in your house with COVID-19 (this means no contact, no time together in the same room, no sharing of any spaces, such as same bathroom or bedroom), then follow timeframe for non-household contact

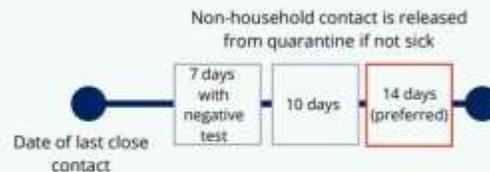
NON-HOUSEHOLD CONTACTS



VDH recommends that you **quarantine (stay home)** for **14 days** after the date of last close contact with the person infected with COVID-19.

If you are not able to stay home for 14 days and do not have symptoms, you may leave home earlier:

- After 10 days without testing; or
- After 7 days with a negative PCR or antigen test performed on or after Day 5.



Based on CDC guidance for [Community-Related Exposures: Quarantine if You Might Be Sick](#).

December 7, 2020



WHEN IT IS SAFE TO BE AROUND OTHERS: ENDING ISOLATION IN NON-HEALTHCARE SETTINGS

For persons with confirmed or suspected COVID-19 to know when they are likely no longer contagious:

Symptom-based strategy

If you had COVID-19 symptoms and were directed to care for yourself at home, you can leave your "sick room" and home after these 3 things have happened:

- ✓ At least 10 days have passed since symptoms first appeared, **and**
- ✓ At least 24 hours with no fever without fever-reducing medication, **and**
- ✓ Other symptoms have improved.*

*Note that loss of taste or smell might persist for weeks or months and this should not delay the end of isolation.

Time-based strategy

If you tested positive for COVID-19 and never had any symptoms and were directed to care for yourself at home, you can leave your "sick room" and home if:

- ✓ At least 10 days have passed since the date of your first positive COVID-19 diagnostic test, **and**
- ✓ You continue to have no symptoms since the test.



Persons with COVID-19 who have severe to critical illness or who are severely immunocompromised might need to stay home longer than 10 days. These persons can consider using a test-based strategy to discontinue isolation, in consultation with an infectious disease expert.

• A longer time frame after recovery may be desired to minimize the chance of prolonged shedding of active virus for 1) healthcare personnel in close contact with vulnerable persons at high-risk for severe COVID-19 and 2) persons who have conditions that might weaken their immune system. Such persons should consult with their healthcare provider.
 • Healthcare personnel should be excluded from work during isolation and then follow [Return to Work Practices and Work Arrangements](#) of universal source control and self-monitoring for symptoms.
 • Based on CDC guidance for [Discontinuation of Isolation in Non-Healthcare Settings](#) aimed to prevent most instances of further spread.

December 7, 2020

WHEN IT IS SAFE TO BE AROUND OTHERS: ENDING QUARANTINE FOR EXPOSED PERSONS

If you had close contact with a person who has COVID-19 while they were contagious*, watch for symptoms and follow all recommendations (e.g., wear a mask, watch your distance, and wash your hands often) for 14 days after last exposure.

Close contact includes:

- Being within 6 feet of a person who has COVID-19 for a total of 15 minutes or more over a 24-hour period, or
- Having exposure to respiratory secretions (e.g., being coughed or sneezed on; sharing a drinking glass or utensils; kissing) from a person who has COVID-19, or
- Providing care for a person who has COVID-19, or
- Living with a person who has COVID-19

**A person with COVID-19 is considered to be contagious starting from 2 days before they became sick (or 2 days before test specimen collection if they never had symptoms) until they meet the criteria to discontinue isolation.*



HEALTHCARE PERSONNEL

Asymptomatic healthcare personnel (HCP) with potential exposure to patients, visitors, or other HCP with COVID-19 may be [assessed for exposures and advised on work restrictions](#) for 14 days after their last exposure. Exposures include close contact when appropriate PPE is not used, especially for aerosol-generating procedures. If staffing shortages occur, it might not be possible to exclude exposed HCP from work; see [CDC strategies to mitigate HCP staffing shortages](#).



CRITICAL INFRASTRUCTURE WORKERS

VDH recommends that personnel filling essential critical infrastructure roles (as defined in [CISA Framework](#)) **quarantine for 14 days** after their last exposure. If you are not able to stay home for 14 days and do not have symptoms, you may leave home earlier:

- After 10 days without testing; or
- After 7 days with a negative PCR or antigen test performed on or after Day 5.

Exposed critical infrastructure workers, except for education sector workers, may continue to work if they do not have any symptoms and additional precautions are taken to protect them and the community. Follow VDH recommendations for [critical infrastructure workers \(non-healthcare\) potentially exposed to COVID-19](#).