



Camp Bethel's 2021 Guest Group Health Plan To prevent the spread of communicable diseases including COVID-19

Updated 5/15/2021 10:14 AM

Camp Bethel Guest Groups will operate in compliance with the Virginia Department of Health (VDH) and the Centers for Disease Control and Prevention (CDC). *This Health will be **continuously updated** as we learn more and as there are changes in conditions, mandatory regulations, and availability of testing and vaccinations.* We will continue to update our information at www.CampBethelVirginia.org/COVIDResources.

Before you come:

1. Required for attendance by the Virginia Department of Health (currently)

Before coming to camp and living, playing, and eating near so many other adults and children from "other households", each leader and participant should do one or both of the following: (Good) Conduct daily symptom pre-screening for the 14 days prior to camp beginning (see #2); (Better) Secure a negative PCR test within 7 days prior to camp beginning; or (Best) do both. Free PCR tests are available throughout Virginia, www.vdh.virginia.gov.

2. Pre-Screening Procedures

All participants and leaders within your group are expected to self-monitor for 14 days and conduct pre-screening activities such as:

- Self-screening for symptoms (Fever - temperature 100.4 °F or higher, Sore throat, New cough, Diarrhea, vomiting, or stomachache, New onset of severe headache, especially with a fever) for 14 days before arrival.
- Have participants or leaders 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?

A healthy event starts at home. By pre-screening 14 days prior to arrival you are (1) ensuring sure you are safe to come to camp and (2) preparing yourself for daily health checks while at camp. A pre-screening form you can use is available at www.CampBethelVirginia.org/COVIDResources.

3. Cohorts

Group leaders should divide your participants and leaders and assign into separate "Cohorts" (or "Groups" or "Units") during your stay at camp. The cohort consists of the leaders and participants who LIVE IN THE SAME CABIN or BUNKROOM, with a maximum of 25 persons assigned per cohort. The cohorts can be made up of one female cabin and one male cabin, OR two same-gendered cabins can be paired to make one cohort. Participants and leaders should remain exclusively with others from their cohort for all activities and moving through your day. Currently, the Virginia Department of Health mandates NO MIXING of cohorts (cross-contamination) or leaders. When you travel throughout camp or near other cohorts, maintain six feet of physical distancing away from other cohorts, and wear a mask when closer than six feet. For activities involving increased exhalation (singing, cheering, exercise, etc.) you should maintain ten or more feet of distancing from each other and from other cohorts. Group leaders should not have close contact with participants in multiple cohorts *unless* they are leading activities **and** appropriate physical distancing is practiced and masks are used by all those present.

4. Capacity Modification

To minimize exposure we encourage decreasing capacity. Most cabins at Camp Bethel can sleep 14 individuals. We suggest a maximum of 7-10 persons in each cabin; including a minimum of 2 adults of same gender.

5. All Group Events

Each cohort should move throughout camp as a cohesive group. Cohorts should maintain physical distance of at least 10+ feet from other cohorts. With these precautions you can still hold a few all group events during your time at Camp Bethel. At each event, cohorts should be assigned a "space" that they must stay in together. Each cohort "space" should be physically distant from others. Cohorts should arrive and exit in an appropriate order.

6. Promoting Healthy Hygiene:

Each Camp Bethel restroom will provide soap and paper towels for hand washing. The group should place Hand Sanitizer stations throughout camp. Camp Bethel will post signs and messaging to promote healthy hygiene.

Camp Bethel will provide:

- Hand Soap
- Paper Towels

Your group should provide:

- A designated isolation area for symptomatic individuals.
- Disinfectant wipes
- Disinfectant spray

- Signs and messaging to promote healthy hygiene

- Disposable masks
- Hand Sanitizer
- Infrared forehead thermometers

Upon arriving at Camp:

7. Screening Procedures upon Arrival

Upon arrival at camp (or upon boarding transportation vehicles to camp), group leaders should ask parents/guardians Health Screening questions about the participant and check the participant's temperature. Once cleared and at camp, participants ONLY may unload their gear, and move into their cabin. At no point may anyone enter a cabin that has not been assigned to them. Group leaders should perform daily symptom/temperature screenings of all participants and leaders (morning and evening) and record results.

Participants and Leaders will be screened for the following symptoms daily:

- Fever (temperature 100.4 °F or higher)
- Sore throat
- New cough
- Diarrhea, vomiting, or stomachache
- New onset of severe headache, especially with a fever

8. Preventative Measures

In coordination with the VDH and CDC groups should implement and practice Non-Pharmacologic Interventions (NPIs) including:

- Screening (see #6 & #11)
- Cohorts (see #4)
- Healthy Hygiene (see #9)
- Ventilation (ex: DIY box fan air filters in on-campus sleeping spaces)
- Cleaning and Disinfecting (see #3)
- Face Masks (see #10)
- Physical Distancing (see #10)

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 the Craft House and meeting rooms. We need new 20" box fans; 20"x20"x2" MERV-13 air filters; white duct tape. See <https://youtu.be/aw7fUMhNov8?t=2> for basic assembly.

9. Promoting Physical Distancing:

Participants/leaders should receive cohort assignments from group leaders upon arrival to camp. Participants/leaders should not switch cohorts or cabins during their consecutive stay at camp. Cloth face coverings are not required when interacting with others in your cohort. **Participants/leaders are required to wear cloth face coverings while around other cohorts, especially when indoors and whenever physical distancing (6-10 feet) requirements cannot be met while around other cohorts.** The group should supply disposable masks when necessary, but encourage participants/leaders to bring their own. Camp Bethel suggests bringing two masks per day for your stay.

Shared spaces where groups may congregate will be marked to promote physical and social distancing. Shared spaces should be properly cleaned by group leaders between use.

When the weather permits, cohorts should spend as much time **outdoors** as possible.

10. Cleaning and Disinfecting:

Your group should practice routine cleaning and disinfecting during your stay. High touch surfaces in each cohort's cabin and in communal facilities should be cleaned and disinfected at least daily. Your group should provide access to cleaning supplies for routine cleaning. Any shared equipment must be cleaned prior to use by another cohort.

11. Dining Options at Mealtimes:

Depending on group size, cohorts will have staggered meal times for dining INSIDE the Ark Dining Hall. Only half the camp population would be present at each meal time, and each Cohort will have assigned tables at least 10 feet away from other cohort tables. Several picnic tables on the Ark Lawn provide outdoor an outdoor dining option.

12. Shared Equipment

Group should provide adequate supplies to minimize sharing to the extent possible.

- Individual belongings should be separated from other's belongings whenever possible.
- Group leaders should ensure adequate supplies of materials for each cohort's use to minimize the sharing of high-touch materials to the extent possible (e.g. craft/recreational supplies) or limit the use of supplies and equipment by one cohort at a time and clean and disinfect between use.
- Any camp equipment, materials, or supplies used by the group or cohorts should be cleaned and disinfected between use.

13. Preparing for if Someone Gets Sick

Participants/leaders who report feeling ill or who are displaying COVID- 19 symptoms during their stay should immediately be relocated to a designated isolation area. Those with signs of illness or COVID-19 symptoms will not be permitted to remain on site. Group leaders should work with guardians to arrange safe transportation of those feeling ill.

14. 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.

We will continue to update our information at www.CampBethelVirginia.org/COVIDResources.