

Baltimore Day Camp Guidance

by the JCOVID Medical Team (medical@jccovid.com)



General introduction:

Our community is now coming out of a stressful, but successful, period of family isolation. This was an important step in reducing the amount of viral spread in our community. We now begin the next stage of managing this pandemic: Opening up. This requires balance - we want to open to help our children socialize and enjoy their summer, we want parents to get back to work. On the other hand, opening our community naturally brings the risk that we could have a resurgence.

In finding this balance, we need to keep two major considerations in mind: **1) Our responsibility to prevent vulnerable individuals from becoming infected with a serious case of COVID-19;** and **2) Our responsibility to prevent significant communal spread.**

Daycare and Camps:

Daycare and camps play an extremely important role in both providing outlets and social opportunities for children, as well as providing childcare so parents can get back to work (and get time to themselves!). By their very nature, camps “expand the web” of social interactions, and raise the risk of viral spread. This is a risk which, for many, is necessary and reasonable to take. With some modifications, camps can be set up in a way which limits the risk of spread of infection and protects those who are most at risk.

This document:

Due to a large number of requests, we will attempt to offer basic recommendations for all camps. These recommendations are consolidated from the resources below. They represent a minimum and are NOT exhaustive. Please see the sources for this article, available on www.jccovid.com/askadoctor, for further reading. Due to the variation in camp setting, resources, staffing, etc., there may be considerations that require individual guidance.

General principles:

- Every social interaction is a bridge on which the virus could potentially spread if present. The more social interactions, the more the virus will spread if introduced.
- Not all interactions are created equal:
 - Outdoor interactions have less risk than indoor
 - Small groups will generate less potential viral spread than large groups
 - Interactions with more distance are less likely to spread the virus than closer ones
 - Interactions with masks are less likely to spread the virus than those without.
- Remember that lowering risk is not an “all or nothing” proposition. Our goal should be to try to **decrease risk wherever possible**, despite the fact that in some places, we will not be able to take these precautions. **Just because we can't make camp risk-free doesn't mean we shouldn't try to keep the risk as low as possible.**

Preventing infection from entering camp

- Daily screening: Camp staff should screen all children (via their parents) daily before entering the camp area. Parents should be asked about anyone in the household with **any new symptoms**, as well as potential exposure to individuals with COVID. Camp staff should be screened (by self-checklist) daily as well.
- Parents should be informed that any child with new symptoms, even if they are mild, should not come to camp. **In 2019, it was okay to send a kid to camp or school with a new runny nose. We should not be taking that chance (at this point) in 2020.**
- Non-staff adults should not be present in camp. Consider how this affects drop-off/pick-up.

Preventing infection from spreading at camp



Masks:

- At a minimum, masks should be worn by staff at all times when they are interacting with campers or other staff
- Per the Maryland Department of Health guidelines: “Campers age 9 and older should wear face coverings indoors if they can be worn safely and consistently.”
- Masks should not be worn in a pool

Hand Hygiene:

- Hand hygiene (washing hands with soap or using an approved alcohol-based hand sanitizer) should be required on arrival to camp, during transitions between activities, prior to snacks/meals, and before leaving camp.
- Disposable paper towels should ideally be used. Shared cloth towels should not be used
- Attempt to avoid sharing equipment where able. Consider limiting what items can be brought from home.
- Disinfecting of shared objects (like toys) and surfaces like tables, sink handles, door knobs, and light switches should occur daily, or in between uses as needed.

Social distancing:

- Staff should attempt to maintain a distance of 6 feet from other staff and campers when able.
- At many times (such as during activities), this will likely not be feasible, and a **child's safety should never be put at risk in the name of social distancing**. However, as noted in the introduction, our goal is to decrease how often this occurs, even if we can't totally avoid it.

Activities:

- Activities should take place outdoors whenever possible. Consider having a tent or canopy to make the environment more comfortable.
- Attention should be paid to the weather for the day. Children should be taken indoors if there is any concern for overheating or dehydration. On days of extreme temperatures, consider what other arrangements are possible, or whether camp would need to be cancelled. **If no safe indoor venue is possible, the camp should not open.**
- Provide ample water/fluids and encourage frequent water breaks to prevent dehydration.
- Consider having non-contact sports (volleyball, dodgeball, baseball...) more often than contact sports (football, hockey, soccer), and activities which allow for distance (hiking, swimming, archery, table-based crafts where campers can be spread out)



What to do if someone does get sick

- Make sure to have emergency contact numbers for parents and a third person on file
- If a child is not feeling well, or has a fever, or develops other new symptoms while at camp, the child should be given a mask and placed away from the other children while the parents are called
- Parents should pick up their children within a short time frame to be decided by the camp
- Extra cleaning and disinfection of the facility should be done, including all areas (not just high touch surfaces). Open windows for an hour if possible.

Infected individuals:

- **Any camper who develops any new symptoms associated with COVID should immediately contact their primary care doctor, and must be tested for COVID as soon as possible** (see below). The camper should quarantine at home during this time. Results should be reported to the camp as soon as they are available.
- The child in question may return to camp only when cleared by their primary care doctor. A doctor's note should be required. The local health department should be notified of any positive COVID cases.

Management of the group:

- If a member of a group is getting tested (as above), all other counselors and campers **must quarantine at home** while the test is being performed. They should not attend camp while awaiting the results of the testing. (*In select cases, the camp may contact the health department or email medical@jcovid.com to discuss whether bunk may remain open.*)
- If the infected individual's COVID test comes back negative, all campers and counselors may return to camp immediately (as long as they remain asymptomatic)
- If the infected individual's COVID test comes back positive, **all counselors and campers in that bunk must quarantine at home for 14 days from their last exposure. They may not attend camp during this time, and should not be in other social settings so they do not continue to spread the virus.** A doctor's note should be required prior to their return to camp after their period of social distancing.
- Extra cleaning and disinfection of the facility should be done, including all areas (not just high touch surfaces). Additional guidance should be sought from an appropriate source of medical or public health information.
- **Please note:** if a camp has multiple bunks, and they are not social distancing or disinfecting according to the guidelines, there is a very real risk that members of other bunks could be infected, as well. In this case the whole camp may need to be shut down for 14 days. As noted above, **appropriate separation of individual bunks within a camp ensures that the whole camp does not need to be shut down if a COVID case occurs in one bunk.**

**** Saliva-based COVID tests are available upon demand. In addition to being less uncomfortable than the nasal swab tests, results may be obtained in as early as 24-36 hours after testing. Please contact medical@jcovid.com if testing is needed.**

