

# Overnight Camp

## Illness Prevention & Health Policy



Camp Timberline is dedicated to keeping our campers and staff as healthy as possible while they are on camp property. As such, we continue to take a proactive stance on all communicable and influenza-like illnesses. In accordance with CDC resources, the American Camping Association (ACA), the Association of Camp Nursing (ACN), as well as our state and local health department guidelines, the following procedures have been put in place to minimize the spread of illness and are **subject to change with fluctuations in our county and state.**

- Upon arrival, campers will receive a temperature reading along with a 24-Hour Health Screening form to address current symptoms, exposure, and medication.
- If a camper has **ONE** of the **MAJOR** symptoms below, the camper will be immediately isolated and may be sent home as recommended by our health staff and county health department.
  - a. New or worsening cough **or**
  - b. Shortness of breath or difficulty breathing **or**
  - c. GI Issues (nausea/vomiting/diarrhea) **or**
  - d. Temperature of 100.4° or greater
- If a camper has **TWO** of the **MINOR** symptoms below, the camper will be evaluated by our health staff, deferring to the most current county health department guidelines to determine the appropriate next steps:
  - a. Runny nose or congestion
  - b. Headache
  - c. Sore throat
  - d. Loss of taste or smell
  - e. Does not feel well (achy/fatigue)
- All confirmed cases of Covid-19 will be reported to public health within 24 hours.
- If there is a confirmed case of Covid-19 within the cabin group, parents will be notified and testing can be administered by the health staff with Rapid-Antigen tests provided on the property. If additional testing is needed, the parent will cover expenses that may be incurred outside of camp.
- Public health guidelines will make the final determination on who is a close contact and will be placed in quarantine.
- If a camper is placed in isolation, the parent/guardian will be notified to pick up their child and must follow the travel rules outlined by the state of Colorado.
- If a camper is sent home to isolate, he/she may return for a different session during the current summer pending availability and the Safe Re-Entry to Camp policy is followed.

### **Isolation for Campers Who Have a Confirmed Case of Covid-19 will Last:**

- 5 full days after the onset of symptoms or a positive test;
- PLUS symptoms have improved during the 5 days;
- PLUS the camper is fever free without the use of fever-reducing medications for 24 hours by the end of the 5<sup>th</sup> day.

### **Quarantine for all Exposures to Confirmed Covid-19 Cases will Last:**

- 5 days if no symptoms develop and test will be required on day 5 to attend camp.
- If symptoms develop anytime during quarantine, isolation must begin.

**Campers May be Exempt from Quarantine if the Following Apply:**

- The camper is fully vaccinated for COVID-19 with a primary series and boosted, if eligible. The camper will be monitored for symptoms and should still be tested on day 5 after exposure.
- The camper has a record of a confirmed positive case of COVID-19 within the last 90 days.
- Camp Timberline's health team has been contacted to verify that one of these two exemptions applies to the camper before attending.

**Other Camp Safety Measures:**

- Campers are monitored by their counselors throughout the week for any symptoms and potential exposure.
- Staff will be pre-screened before arrival and follow all public health guidelines while employed.
- Staff are educated on the importance of hand washing and guide their campers in this effort throughout the day.
- Alcohol based hand cleaner is provided, as well as soap in each cabin and hand-washing stations around camp.
- Tissues and increased ventilation are provided in the common areas of camp and in each cabin.
- The common camp areas and cabins will be cleaned and sanitized regularly by our staff.

**Safe Re-Entry to Camp:** Campers may return for a different session during the current summer pending availability and the above Isolation and Quarantine guidelines have been followed with cases of Covid-19. Camp Timberline's health team will need to be contacted to verify the guidelines have been followed and proof of test results may be requested in this situation. For other illnesses, a camper may return if symptoms are improving, Camp Timberline's health staff have been consulted, and the camper is fever-free for 24 hours without fever reducing medications, unless the fever is caused by an illness that requires them to stay home longer.

**Agency Connections for More Information:**

**National:** Center for Disease Control & Prevention - [www.cdc.gov](http://www.cdc.gov) and American Camp Association - [www.acacamps.org](http://www.acacamps.org)

**State:** Colorado Department of Public Health - [www.cdphe.state.co.us](http://www.cdphe.state.co.us)

**Local:** Larimer County Department of Public Health - [www.larimer.org/health](http://www.larimer.org/health)