

APRIL 22ND 2021

CAMP UP WITH PEOPLE 2021 COVID-19 ACTION PLAN

You will play a key role in preventing COVID from coming onto camp.

Our pre-camp restrictions must be followed, and we expect all guardians and campers to take this seriously.

This Action Plan outlines the protocols that allow us to run a safe and responsible summer camp program during summer 2021 according to the American Camp Association (ACA), The Center for Disease Control (CDC), and the guidelines from the Governor of Virginia. We are confident that we can run camp in a safe and meaningful way, but no level of preparation can allow us to guarantee that COVID will not appear at camp.

Should any relevant guidelines change from the ACA, CDC, or The Virginia Department of Health, we will update our Action Plan as needed.

Guardians, this Action Plan is geared toward you, however, please make sure you go through this with your camper. We have also created a shorter version as an FAQ. Please read both documents in entirety and contact us with any questions or concerns.

Information and best practices surrounding COVID-19 have been changing and constantly evolving. Our goal with this document, as well as our Camper Guide, is to provide the best practices according to the CDC, ACA, and the Virginia Health Department. Our Action Plan is being guided by these resources, as well as our many years of experience running numerous youth development programs.

We know that camp will be a bit different this summer, but we know that it will be more important than ever to recharge, reconnect, and remember the value of human interaction, forever friendships, the performing arts, and good ole fashion s'mores around the campfire.

We Are Many, We Are One.

-John, Walter, and your Camp Up with People Family

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KEYS TO HAVING A HEALTHY SUMMER AT CAMP UP WITH PEOPLE:

After more than a year online we are excited to unplug and get back outdoors!

PRE-CAMP PREVENTION:

We will require a pre-camp quarantine for all campers and staff. We ask that all campers and staff, starting 10 days before their session, begin to stay home as much as possible, and do a daily health screen with a log that we will provide for you. Specific information on these can be found on the following page.

OUTDOOR ENVIRONMENT:

We're lucky that we sit on over 50 acres and that many of our activities can occur outside or in a highly ventilated space, including our meals. Activities that can move outside will be taking place outside this summer.

TESTING:

We will be requiring 3 tests for each camper and staff member. The first test will be your responsibility to have taken at-home, done 3-5 days before the start of camp. This test must be a PCR test. Results of this test must be presented on Opening Day.

The second test will take place on Opening Day, and the third follow-up test will happen 3-4 days later. We will be purchasing Abbott Rapid Antigen Tests to perform on Opening Day, and throughout the summer as necessary. These 15 minute tests will be administered by trained camp staff. There is no cost to you on these rapid tests. Anyone with a positive test will be safely quarantined or returning home when possible.

CAREFUL N' CAUTIOUS APPROACH AND IN N' OUT POLICY:

One very important policy we will be instituting is the In N' Out policy, which means that as you leave one location, you must wash or sanitize your hands, and as you enter the next you do the same. A Careful N' Cautious approach will help us be the safest and most successful. Careful N' Cautious includes, pre-camp quarantine, pre-camp testing, Opening Day testing, constant hand washing/sanitization, enhanced cleaning and disinfectant policies, limited time indoors, mask wearing, social distancing, and, if possible, vaccinations.

PACKING PREVENTION:

A mandatory addition to your packing list, will be a minimum of 7 cloth masks with your name in each one. Please also include your preference of hand sanitizer to keep with you at all times.



COVID-19 PREVENTION, DETECTION, AND RESPONSE:

SHOULD YOUR CAMPER COME TO CAMP?

If your camper has any of the following conditions, please consult their physician to determine if it is appropriate for them to come to camp.

- Asthma
- Kidney disease
- Chronic lung disease
- Diabetes
- Liver disease
- Immunocompromised due to organ transplants, cancer, heart conditions, etc.

**CAMP PAPERWORK IS
DUE MAY 14TH!**



We will be as vigilant as possible this summer on all fronts. We are making sure that we are strategic in our activity planning, and mindful of what campers want in a summer camp. Through the ACA, CDC, VDH, and other summer camps, we plan to use the Prevention, Detection, and Response plan for this summer. Please be sure to read each section and familiarize yourself, and your camper, with it.

PREVENTION:

1. Safer at Home Quarantine

In order to try to prevent anyone arriving at camp carrying the virus, we require the CDC recommended 10-day Safer at Home quarantine prior to Opening Day for everyone - campers, counselors, support staff, medical staff, etc.

Campers, staff, and their families should take extra measures and precautions so as not to expose themselves to other people during this time. We strongly encourage that campers, staff, and their families stay home or within a very safe “bubble” during this 10-day period. This does not include: Going to work, school, or essential errands/grocery shopping, where proper precautions and safety measures are in place.

This 10-day Safer at Home quarantine does refer to events and gatherings such as: graduation parties, family reunions, vacations, dining out, and other gatherings where proper precautions are not being taken, and where camper families do not know their level of exposure.

If it's absolutely necessary for the camper to leave the house or the safe bubble during the 10 days prior to camp, they'll be expected to take proper precautions including: wearing a mask, maintaining social distancing, avoiding touching their faces, and washing their hands thoroughly upon return. Camp staff is also required to complete the 10-day pre-camp quarantine before their contract start date.

We ask families to please contact us if they have any plans that would prevent a thorough 10-day Safer at Home quarantine.

If we become aware that a camper or staff member is not honoring the 10-day quarantine period, we reserve the right to contact you to discuss whether or not it will be appropriate for the camper or staff member to attend camp this summer.

2. Health Check Form

You will receive a health screening log that we will ask you to fill out each day that tracks your camper's temperature and any symptoms. It will also ask you to list any places you or your camper has been within 10 days of their session starting. Please fill it out honestly and completely! If your camper or a staff member has experienced any of these, please contact us before Opening Day so we can work with you. You must bring this with you on Opening Day. See the Health Check form you will need to fill out and bring on Opening Day below:

Camper Name: _____

Dear Camp Up with People families,

In an effort to minimize illness here at camp, we ask that you and your camper do a daily health screen 10 days before your session starts. The best camp session starts with healthy campers, which begins at home. You must bring this completed form to camp on Opening Day.

Please indicate if your camper has any of the following symptoms prior to camp and record a temperature daily. If temperature or symptoms are present, please have your camper evaluated by a licensed provider and contact us for further guidance.

Symptoms:

- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Muscle pain
- Sore throat
- Loss of taste or smell
- Nausea
- Vomiting
- Diarrhea
- Consistent headache

Initial	
	My child has not been around anyone with any of the listed symptoms or diagnosis of COVID-19 in the 10 days before camp.
	No one in our household has been sick in the 10 days prior to camp
	My child has not traveled by air or out of state (except to get to camp) in the 10 days prior to camp
	My child has adhered to our state's guidelines regarding COVID-19

Day:	10	9	8	7	6
Temp:					
Day:	5	4	3	2	1
Temp:					

Parent Signature: _____ Date: _____

Camper Signature: _____ Date: _____

In order to have a healthy and safe summer, our campers and staff need to come to camp healthy. The daily health screening you do during the pre-camp quarantine will be essential!



DETECTION:

1. Pre-Camp Testing and Quarantine

All campers and staff will be required to take a PCR test during their 10-day quarantine period. You will need to provide a negative test result on Opening Day taken no earlier than July 6th.

	Safer at Home Quarantine	PCR Test
CUWP Managers	Begins June 10 th	Not before June 15 th
CUWP Staff	Begins June 17 th	Not before June 22 nd
CUWP Campers	Begins July 1 st	Not before July 6 th

Only campers and staff with negative test results will be permitted to attend camp. If you receive your results before Opening Day, please continue your quarantine to prevent exposure after the test. All campers and staff should avoid any non-essential travel for the entire 10-day Safer at Home quarantine period.

If travel outside of the home is absolutely necessary, a face mask should be worn at all times, social distancing should be maintained, and thorough hand washing should be practiced.

2. Staff Training, Symptom Awareness, and Testing

Our staff training covers a variety of topics, and this year we will be including training on identifying possible COVID-19 symptoms. They will be responsible for observing their campers in their cabin and activities for any signs of illness. Our campers will be given the tools to communicate with their counselors and our health care team staff if they are feeling ill, and will be reminded daily to speak up about any symptoms they might have, or if they are feeling unwell.

Key symptoms our staff will be aware of:

- Fever of 100.4 or higher
- Shortness of breath
- Loss of smell or taste
- Lingering headaches
- Nausea not due to heat
- Cough
- Congestion or runny nose
- Muscle aches and pains
- Chills

TWO PRE-CAMP TESTS:

A negative test result from a PCR test is required when campers arrive on Opening Day. An additional rapid test will be administered to your camper(s) during Opening Day Check-In.



DAILY HEALTH SCREENS:

Each morning before breakfast we will do temperature and symptom checks with each camper and counselor

Designated staff members will be responsible for taking this information for their campers and reporting results to their managers.



If a camper exhibits any symptoms we will review general health history and run a more in-depth symptom check. If potential concerns of COVID are suspected, we will consult with the Camp Director and our health care staff and determine next steps which may include testing, and quarantining.

Guardians will be contacted immediately as we always do with any health care issues. The same Abbott Rapid Antigen Tests used on Opening Day will be used, as needed, throughout the summer. Tests will be administered by trained staff members and results are reported within 15 minutes. If the rapid test comes back positive, the camper will be quarantined, and guardians will be contacted regarding next steps.

RESPONSE:

In the event of a confirmed on-site case of COVID-19, we will have camp continue as planned, with heightened symptom monitoring. An email will be sent to all families, who have the option of picking up their camper should they choose. As we will be running in small cohorts, we are confident that there will be no large outbreak. Campers, counselors, or other staff members who were deemed close contact with the camper or staff will need to quarantine for seven days with a negative test, or fourteen days with a positive test and no symptoms. Guardians may pick up their camper if they so choose.

Please note, close contact is defined as a person who: was within six feet for at least fifteen minutes, provided care for someone with COVID-19, shared eating or drinking utensils (which we prohibit already), got respiratory droplets on them through sneezing, coughing, shouting, etc., or was in the same pod with the camper or staff.

Regarding refunds, if a guardian voluntarily takes their camper home who is not sick and not under quarantine, no refund will be provided. If a camper goes home because of a confirmed case, or was in close contact with the person, the family will receive a prorated refund, or can move their tuition to the following summer.

As stated above, should a camper need to take a COVID-19 test, their guardians will be notified immediately by phone. We will also send an email to families letting them know that a camper or staff is being tested and continue with camp as normal. As soon as results are received, a follow-up email will be sent out with the results and next steps.

SUMMER 2021 POLICIES AND CHANGES AT CAMP UP WITH PEOPLE:

CHECK-IN PROCEDURES FOR OPENING DAY:

Opening Day and check-in will look different this year. In order to ensure the safest possible camp experience, we have to limit everyone's exposure and contact during Opening Day. It is quite normal for us to have the majority of our campers arriving by air, this year we are requesting that if it is physically possible, that families consider driving their campers to camp in the hopes of minimizing exposure and contact with others outside of your family "bubble". We are aware that this request is not possible for a great majority that come from distant locations within The United States or internationally and that is OK. Whether you arrive by car or plane below we have outlined the Opening Day Check-in procedure.

1. By Car

Parent Drop-off Procedure - Upon arrival guardians will be directed to our designated drop-off location for a camper medical check. Once complete with a negative test result, campers will return to say goodbye. Only campers will be allowed out of the vehicle. All persons will be required to wear a mask for the entire process, even in the vehicle. Unlike previous years guardians will not be permitted to go to the dorms or have a tour of the facilities. Upon completion of the Med Check, if a camper returns with a positive result, that camper will not be permitted to attend camp this session.

2. By Air

Once through TSA, immigrations, and customs, campers will be checked in, including a Med Check, and calling home to guardians. Once campers have received a negative result, campers will meet and join their cohort to board buses and travel to camp. If a camper should receive a positive result, we will notify guardians immediately, and promptly quarantine that camper.

DURING CAMP:

Our goal this year is no different than it is every year: to have an amazing camp experience and to return home better than when we left. And by being careful n' cautious we feel confident we can achieve that goal as we do yearly. The first few days we must be especially careful n' cautious. We will be employing a series of two tests while at camp. The first being a rapid test on Opening Day as part of our med check, and then a follow up rapid test 3-4 days later. We are choosing to add this layer of protection for our campers and staff.



“Cohorts” are not a new thing to us at CUWP, but this year they will be vital to our COVID Action plan.

1. Activities:

Due to VA guidelines, campers must do activities in cohorts of no more than 25. Cohorts are not a new concept for us at CUWP. Although we call them “Home Teams” working in small groups or cohorts is already built into our curriculum. We will decide how to create these cohorts for safety and to best support team building during the summer. Campers will not need to be in masks in their cohorts, however, will still be expected to have their masks with them at all times in case they need to put them on. Large group camp activities will be spaced out effectively, and/or held outdoors. After week 2 we will have the luxury of relaxing our guidelines as we will have fully completed the recommended time to quarantine, simply by the nature of living in our camp bubble, nestled safely in the Shenandoah Valley.

2. Cabins:

We are lucky that all of our dorms/cabins have their own showers and bathroom. While in their own cabin, campers and staff will not be required to be in masks as this will be within their cohort. Campers and counselors will be expected to have a mask with them at all times for times they need to wear them throughout the day. Campers and counselors will clean their cabin each day, along with our housekeeping team which will be operating with a heightened cleaning routine.

3. Meals:

Based on our final enrollment numbers we will address meals accordingly for safety. Tables will be spaced out evenly for appropriate social distances measures. All meals will be served family style, meaning at each table as opposed to self-serve style. We will not have our normal self-serve cereal, salad, or sandwich bar this year. Instead, pre-made sandwiches and salads will be available, and at breakfast we will have cereal pre-portioned as a menu option. Kitchen staff will wear masks and gloves while cooking and preparing food. Announcements and lineup will continue to happen outside of the dining hall, and cabins will be released into the dining hall one by one as we have always done. When campers or staff leave their table during a meal they will wear their mask until they return to their assigned table.

4. Daily Screenings:

Campers and staff will be screened each morning before breakfast with a temperature check and questions about symptoms. Anyone who shows a temperature of over 100.4 will be scanned again, and proper response protocols will follow.

5. Hand Washing and Sanitization:

As stated earlier, we will have an In N’ Out Policy this summer. As campers and staff move from one location to the next, they are required to wash or sanitize their hands. We have already installed additional sanitizing stations throughout camp and are planning to add even more.



Horizons Edge Sports Campus is home to a variety of sports leagues, tournaments, and camps that will continue to run through the summer. We are excited to add elements of their facility to our program, including indoor and outdoor activity areas!



6. Cleaning Procedures:

With the support of our housekeeping team and our campers will be practicing heightened hygiene and cleaning protocols this summer focusing on any high-touch surfaces such as: doorknobs, faucets, toilet handles, and showers.

7. Laundry:

We will continue our normal laundry services for campers. Campers will provide their laundry on their assigned day, which will be picked up and cleaned by our housekeeping staff and returned once completed.

8. Medical:

Similar to every summer, we will have a designated health care team to handle all basic first aid concerns and distribute all medication. This team will also handle and screen any COVID related issues.

9. Outside Visitors:

While our 50-acre campus is also home to our Horizons Edge Sports facilities, we will see passing traffic on campus with extremely limited access, yet at no time will these visitors jeopardize our camp bubble.

10. Staff Time Off:

While we need to preserve the safety of our camp bubble, we are also obligated to give staff their regularly scheduled time off for pacing, mental and physical stability, and post camp preparations such as college and university. In order to accomplish this, staff must sign a Time Off Code of Conduct prior to the summer. Because the ACA has been working to get camp staff identified as childcare providers, we are hopeful that many of our staff will have been able to receive the vaccine by camp. Most of our time off will happen on-site, where staff are not permitted to leave. For off-site time off, staff will be permitted to leave camp for "Outside Time Off". Outside Time Off means that they will only engage in outdoor activities or pickups. They are not permitted to spend time in any indoor establishment. We will provide a list of approved places they may go for their time off, including, local outdoor settings and establishments. Staff will be permitted to have food delivered from town on their days off if they wish to stay on camp, and all deliveries will be contactless and taking place at our Main Office.

11. Off-site Trips/ Leaving Camp:

We are lucky that all of our off-site trips are conducted by our staff. Our adventure activities such as Canoeing, Rock Climbing, Via Ferrata, and Zip Lining can still happen safely. Our community service projects will not involve person to person interactions. Anytime we leave camp, campers and staff will be in masks and weather permitting windows open. Occasionally during the course of the summer, we will need to make occasional off-site errands for staff and campers. Our staff will be masked and maintaining social distancing. We will also designate staff members, along with medical staff, to transport individuals for non-COVID medical trips when needed (such as the dentist, Urgent Care, etc.). Campers and staff will be masked in the car and while inside any buildings.

CHECK-OUT PROCEDURES FOR CLOSING DAY:

Similar to Check-in, the checkout procedure will involve limited contact and required social distancing measures.

1. By Car

Guardians will be directed to our designated pick-up location where they will wait in their vehicles to be met by their camper. Despite the overwhelming urge, we request that guardians, campers, families, and friends maintain social distancing and not gather in groups to say our goodbyes. We will have worked extremely hard to be safe the entire summer and we do not want to jeopardize our efforts on closing day.

2. By Air

Similar to our traditional process, campers will be shuttled to Dulles International Airport where our staff will assist with their departures as we do yearly. In addition to passports, and wallets, we will ensure that each camper has packed a carry-on bag with masks, and hand sanitizer for air travel. If campers are required to have a negative test result before boarding a flight or entering a new country, we will make those test available as needed.

We know this is a lot of information to take in. Please, if you have any questions, contact us:

540-214-2752

info@campupwithpeople.org

We are excited for a great time here at CUWP and look forward to seeing you all this summer!

