

# Camp Crestridge for Girls COVID Guidelines

Updated 5/4/21

## Pre-Camp Testing

Each family should assess their camper's and household's risk in light of the CDC's list of vulnerable populations. We will also require campers to be tested for COVID-19 and to complete an eight day health monitor form before arrival. (Bring this form with you!)

- Families will be required to demonstrate a negative molecular PCR test for each camper prior to coming to camp, unless that camper is fully vaccinated (2 weeks after his final shot). **This is your "golden ticket" and without it your camper will not be able to attend. We will only accept written or printed documentation from a medical provider or institution. A simple text on your phone will not be accepted.** (Vaccination Card required if vaccinated.)
  - You have many options to get your PCR Test.
    - You can schedule a PCR COVID Test at a number of locations.
      - Your Doctor's Office
      - County Testing Sites
      - CVS, Walgreens, Urgent Cares in your area, or any other option that is convenient for your family.
      - Another option we have provided is a direct link to Heed Health's at Home PCR Test. This can be a saliva test or a shallow nasal swab and costs \$40. It may also be covered by most insurance companies. The test will be mailed to your home and will include an envelope to mail your test back to Heed Health lab. [Click here](#) and follow the instructions to order your test at least 14 days prior to your arrival at camp.
    - Rapid PCR tests will not be accepted on Opening Day.
    - While most testing locations can get results within the desired window, Camp cannot guarantee any turn around times. For a guaranteed test result within the required window, you may use the Heed Health at home test.
    - We **strongly recommend** you to order/schedule the test *at least 14 days prior* to your start date. Some areas can schedule PCR tests easier than others.
    - Campers should administer the test **4 days before** they arrive.
    - Campers will strictly limit exposure/interaction for **5 days before** taking their test, and then continue to aggressively limit exposure until they arrive at camp.
    - Remember you might need to request written documentation of your PCR negative result. Some sites will simply text you. We require more than a text from an unidentified number.
    - **If your child has had COVID in the past**, there is a strong possibility that she will test positive on her next PCR Test. For these families, we strongly recommend that you also complete an antibody test along with the PCR Test. Documentation of a positive antibody test will **ONLY** be required at Check-In if you have a positive PCR test.

- We will also ask that campers complete an **Eight Day Health Monitoring Form** (located in your CampInTouch account) starting eight days before their arrival. This form will include:

- Daily temperature
- Information on COVID exposure
- Information on symptoms in the last two weeks

Campers MUST bring their health monitor form and either negative PCR test results or vaccination card with them on opening day. We will ask for this documentation BEFORE you exit your vehicle or as we greet you at the airport.

### **What Do We Mean By “Strictly Limit Exposure/Interaction”?**

- Campers should not be with friends or in public settings such as restaurants, sporting events, gas stations, etc without wearing a mask, social distancing and washing their hands regularly.
- Family members should also avoid these settings and be thoughtful of their physical closeness to their campers. We understand that you may not be able to avoid work or grocery shopping, but we would ask for your extra care with masking, washing, etc., during these times.

### **What About Flights?**

Campers may fly into the AVL Airport, but remain masked, physically distanced when possible, and wash their hands regularly during their travel.

### **Who Should Not Come?**

- Campers from vulnerable groups, or those living with people from vulnerable groups.
- Those who cannot follow the guidelines noted above regarding limited exposure before camp.
- Families who cannot be available to pick up their campers within 24 hours of receiving a call from camp.
- Families who are not comfortable with an increased risk of contracting COVID-19.
- Families who are not willing to sign our COVID Release Form.
- Campers who test positive for COVID-19 and do not have a positive antibodies test.

### **Opening Day**

- Parents will not exit vehicles so you will want to give your hugs before you arrive at camp.
- Camper temps of 100.4 or higher (consistently) will be turned away. Parents and Campers may return when the temp returns to normal for 24 hours without the use of fever reducing medications.
- Campers with 99.5 - 100.3 (consistently) will be kept at camp or Ridgecrest Conference Center under staff supervision until it goes down. If not down in 12 hours, the camper will be sent home.
- Incomplete 8 Day Health Monitoring Form or No documentation of Negative PCR Test will be turned away - kindly, and with invitation to return with forms.
- **If your child has had COVID in the past**, there is a strong possibility that she will test positive on her next PCR Test. For these families, we strongly recommend that you

also complete an antibody test along with the PCR Test. Documentation of a positive antibody test will ONLY be required at Check-In if you have a positive PCR test.

- While parents will not be able to visit our clothing store, we will have online shopping available with shipping or delivery options to your camper's cabin.

### **How It Will Work**

- Our staff will stop your car before entering the Conference Center to take your camper's temperature and collect required forms.
  - Eight Day Health Monitor Form - completed
  - Negative PCR test results (printed screenshots of digital documentation will be accepted. A text from an unidentified number is not sufficient.)
  - Documentation of a positive antibody test will ONLY be required at Check-In if you have a positive PCR test.
  - Fully vaccinated campers will be required to show their vaccination card, but will not be required to show a negative PCR test.
  - If your camper completed a lice check before arrival, please have this documentation ready.
- You will then enter the Conference Center where we will remove your camper's luggage for you, and take it to their cabins.
- You will be directed to the drop off area where our staff will meet your camper and take them to the shuttle. Don't worry, we're really good at making nervous campers feel comfortable and everyone feel welcome.
- Campers will be shuttled to Crestridge then shown to their cabins by a staff person to make sure they join their cabin quickly and safely.

### **Medications**

- If your camper takes any daily medications you will receive a call from Sunshine
- Pharmacy two weeks prior to camp. After speaking with you they will fill these per your instructions and deliver them to camp before your arrival. This allows you to reconcile all medications with the pharmacist before arrival. (More info in the Parent Handbook.)
- The pharmacy fee will be added to your camp account and we will charge your credit card on file.
- If you have last minute prescriptions that must be brought with you, these will be accepted. Please place these in a labeled bag to be handed to our medical team. Please see our other communications for details and fees related to daily medications.

### **Parents Coming Into Camp**

We know how much you want to meet your daughter's counselors and cabin-mates, or perhaps just get a tour of camp and her cabin, and we are so sorry that we will not be able to do these things this summer. But rest assured, she will come to love each of these, and you can count on us to give you a call if there are any concerns. We have a very experienced team that is ready for her arrival and will help her every step of the way. Plus, we will provide a short video introduction, a personalized letter and a picture of your child's counselors upon arrival for you to take home and get to know the counselors better.

## **Program and Groups**

Camp will look different this summer, but our target will be the heart of our mission: discipleship and adventure, while having the time of your life!

- Cabin Families: A cabin family is a single cabin, usually with 2 staff and 8-10 campers.
  - These will operate pretty much the same as they always have. Cabins will be our campers' primary "family" with unstructured interaction, no required social distancing, and no face coverings. During meal times, shower times and bedtime, campers and staff will interact with their cabin family only.
- Village: A Village is a group of cabins with about sixty to eighty people.
  - Villages will interact with each other throughout the day, attending activities together, etc. There will be more thoughtful distancing in these groups, with face coverings being worn when we do not feel distancing is realistic.
  - As Villages mix, we will adopt mitigation methods such as social distancing or face coverings.
- Outside programming will be without face coverings provided social distancing is possible.
- Inside activities are more likely to require face coverings.
- We will eat in two separate shifts. Cabins will eat together with appropriate distancing between other cabins' tables, and increased distance between Villages.
- We will still have campwide activities as always, but they will be organized differently, with the measures mentioned above, in order to provide a safe and fun setting.
- Skills will be separated by Lower Villages and Upper Villages as always, and face coverings will be worn when interacting with others not in your cabin, if social distancing is not possible.

## **Staff**

We see staff as an especially important group to manage. They are an exceptional group of young adults, but they are also very socially engaged.

- Upon their arrival to camp, staff will present either a negative PCR test or proof of being fully vaccinated.
- If a staff member tests positive during the summer, they will be removed from property, or not permitted to arrive on property, until they have been quarantined 10 days since their test date, with 24 hours without symptoms and fever. We may also ask for a letter from a physician stating that they are no longer able to spread COVID. More below.
- We will be limiting our staff's interaction with the greater community outside of camp.
- Staff will remain socially distant from other staff outside their cabins and where this is not possible (while driving, etc.) they will wear face coverings.
- We are strongly encouraging our staff to receive the vaccine, and many of our staff will be fully vaccinated by camp time.

## **A Closed Community - The Imperfect Bubble**

No one thing we do will protect our campers completely, but each adds a layer of security. We also understand that none of these layers can be done perfectly, which is why having multiple layers is important. A relatively closed community will be an especially important layer, and it is something that will make camp better too. We will avoid camper trips into the public, but we will take our Bluerock Wilderness campers to destinations where we are not likely to have public interaction. We will allow no visitors in camp. The only people allowed on property will be food deliveries and other essential service workers, and these will be monitored by our staff.

### **Daily Health Checks**

We will conduct daily health screenings for both campers and staff. These will be similar to those you will conduct at home before campers arrive. This will include temperature checks and questions; any campers or staff noting the following will be taken to the infirmary.

- Cough
- Shortness of breath
- Chills
- Muscle pain
- Headache
- Sore throat
- Loss of taste or smell
- Diarrhea
- Feeling feverish or a measured temperature equal to or greater than 100.4 degrees Fahrenheit

### **Response Management of Case or Probable Case**

A camper or staff member identified as having a potential case of COVID-19 will remain in an isolation room as part of camp's communicable disease plan.

The Infirmary will have three distinct rooms for camper rest and treatment:

1. A standard room for campers that are clearly non-viral. This will include individuals exhibiting symptoms that are consistent with existing medical history (e.g. cough if recent history of a chest cold).
  2. A room for campers exhibiting symptoms of COVID-19 that are not consistent with existing medical history but could have alternative diagnosis (e.g. strep throat). We will have daily COVID PCR testing available with quick turn around times to reduce down time for campers.
  3. An isolation room for campers with convincing symptoms of COVID-19 or who have received positive COVID Test results, and who are therefore scheduled to leave camp. This room may be located at Ridgecrest Conference Center while still being staffed by our Medical Team.
- If a camper has convincing COVID symptoms
    - We will have a PCR Test performed as soon as possible and contact the parents.
    - The other members of that cabin may have minor adjustments made to their schedule until a negative test result comes back.

- If the test returns positive, we will call all parents in the cabin and ask that they pick their campers up within 24 hours. (Based on current guidelines, subject to change.)
- If a camper leaves due to suspected COVID-19, we will offer a refund for the unused portion of their tuition
- We have partnered with a local Urgent Care in order to have easy access to PCR testing here at camp as needed, with results in less than 24 hours.
- If a staff member has convincing COVID symptoms
  - We will have them isolate or leave property
  - They will not be permitted to return to work until all of the following criteria are met:
    - At least 24 hours have passed since recovery (resolution of fever without the use of fever-reducing medications)
    - Improvement in symptoms
    - A minimum of 10 days have passed since the onset of symptom

### **Face Covering Protocol**

We will ask each camper to bring at least 10 masks (no buffs or gaiters) with their name clearly labeled in them. We also encourage campers to have a way to keep their mask attached to their neck or clothing to prevent lost items.

- We will wear masks when indoors and interacting within six feet of anyone outside our cabin family.
- Within a cabin family, campers and counselors are not required to wear masks.
- Campers and counselors will wear face coverings while in the Infirmary unless instructed otherwise by the medical staff.
- Face coverings will be worn whenever singing or cheering
- Face coverings will be worn while walking into or out of group settings like the Dining Hall, Chapel, or certain skill areas where passing or interacting with campers not in their cabin group is likely.
- Face coverings will not be required for campers or staff when participating in water activities; however, respecting each other's personal space is expected.
- Face coverings will not be as prevalent during outdoor activities but may still be used when social distancing is difficult to maintain.

Additionally, staff will wear face coverings when interacting within the personal space of a camper outside of their cabin.

- For example, while placing a harness on a camper, a staff member from a different cabin will wear a mask. If they are outside, once the staff member is able to be 6' away, the mask may be removed.

### **Parent Communication**

Pre-Camp

- Our policies may change (relax) as updated information becomes available.

During Camp

- We will keep you up to date on COVID-19 as it relates to our camp. We will report confirmed cases as well as the camp's response.
- If we make the decision to dismiss a camper, or in the unlikely event that we end camp early due to COVID-19 related concerns, we will communicate these plans with families and make appropriate prorated refunds.

### **Cleaning and Disinfection**

We will have enhanced cleaning and disinfection throughout our program to reduce risk to campers and staff.

### **Personal Hygiene**

At the beginning of each session, staff members will train campers on behaviors and precautions they should abide by to prevent the spread of COVID-19, including:

- How, when and where to effectively wash and sanitize hands.
  - In recent years we have added additional hand-washing facilities throughout camp.
  - We will have hand sanitizer stations near the entrance of each building and activity area. We will ask campers to use these upon entering and exiting.
- How to practice physical distancing in various settings (Dining Hall, Chapel, activity spaces, skills, cabins, etc.).
- Face covering policy.
- Which symptoms to look out for and when to tell our staff about them.

### **Bathrooms and Showers**

- Campers will avoid sharing common bathroom supplies (towels, soap, toothpaste, etc.). Campers need to bring their own bathroom supplies and a container for toiletries to be stored in for the duration of camp (for example, a bathroom tote or a clear ziploc bag labeled with their name).
- Campers should keep personal items in their bag or tote and store their bag or tote in a designated area in their cabin.

### **Cabins/Bunk Arrangements**

- We are positioning sleepers head-to-toe or toe-to-toe to maximize distance between heads/faces. This distance should exceed 6'.
- We will keep each camper's bedding separate.

### **Chapel or Church**

- Campers sit together distanced when possible, by skipping rows and staggered groups on benches.
- Speaker does not need face covering (if at least 6' away from first row)

### **Distancing Protocols**

- Campers and staff within a cabin family will limit interactions with members of other cabin families.

- Members of different cabin families will interact with at least 6 feet of separation when possible.

### **Dining Hall**

- Our Kitchen Manager will screen food service employees and assess their symptoms prior to starting work each day.
- We will eat in two shifts, keeping six feet between cabin table groups.
- Campers and staff will diligently wash hands before each meal and use hand sanitizer throughout as they share serving utensils at their table.
- We will encourage everyone to maintain physical distancing between themselves and others while in line for their meals, especially if they are from different Villages.

### **Circulation** - Research is showing that increased air circulation is helpful. Therefore:

- Vehicles
  - Windows should be open
  - Everyone in the vehicle will be masked and spread out as able
  - Attention will be paid to separating by cabin families as able
- Infirmary
  - Ordinary sick calls and medication distribution will be outside on the porch
  - A/C employed inside
  - Air purifiers in place
- The Gym
  - Doors open when campers or staff present
  - Fans employed
- Dining Hall
  - Overhead fans turned on
- Bear Trap
  - Doors and some windows open and fans turned on
  - Air purifiers in place
  - UV-C air treatment in place
- Chapel/Crafts
  - Overhead fans turned on
  - Doors and Windows left open as able

### **Closing Day**

- We will not have a closing ceremony.
- Parents will follow the same traffic pattern as Opening Day. After our staff put your luggage in your car, you will be directed to pick up your camper(s). Campers in Lower Villages (finishing 1st-5th grades) will be picked up where they were dropped off on Opening Day. Campers in Upper Villages will be picked up in the Crestridge Dining Hall. After collecting luggage, turn right and follow the signs to Crestridge. If you have campers in a Lower and Upper Village, you will pick all your campers up at the Crestridge Dining Hall.
  - Those helping with luggage will wear masks.
  - Please be prepared to unlock your trunk from inside the vehicle or hand the staff member your keys; this will allow you to remain in your vehicle.

**What is not changing?**

The best parts of camp are not going to change. Camp is still one of the greatest places on earth, designed just for your camper. Your old friends will be here and so many new friends are excited to meet you. The staff that you love to hang out with will be here, so excited to see you. Your favorite activities and games are waiting. The cool mountain air, the crisp lake, the views and waterfalls... they will be here. There will be so many opportunities to try things you can't do back home. And everywhere you go, there will be people who love you and want you to know the God of the universe more deeply.