

CAMP NARNIA

COVID-19 HEALTH AND SAFETY PLAN

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Introduction

If permitted to operate as a residential summer camp, Camp Narnia in 2020 will be running in the context of an ongoing global pandemic of COVID-19. The possible spread of COVID-19 through Camp Narnia could result in tragic harm and even death within the camp community and beyond, and must be a top priority at all times while operating the program.

This plan outlines all of the things that can and will be done to prevent COVID-19 from reaching Camp Narnia, spreading at Camp Narnia, or having a major impact in our community.

To support the implementation of this plan, a new staff role will be created for this summer, The Health and Hygiene Coordinator. This senior role will take responsibility for coordinating the COVID-19 response at camp, ensuring that new procedures are followed, staff are supported, and that somebody is always considering the COVID-19 implications of decisions amid the daily routines of running a summer camp.

The aim of this document is to outline how Camp Narnia can continue to be an engaging and exciting place for campers to grow together, while also managing risks and preventing the spread of COVID-19.

Draft DEC 2020

Table of Contents

Introduction	2
Guiding Principles	4
General Operating Procedures	5
Covid-19 Prevention Procedures for Staff	5
Covid-19 Prevention Procedures for Campers	5
Covid-19 Prevention Procedures for Health and Hygiene Coordinator	5
Covid-19 Prevention Procedures for Parents and Caregivers	5
Site Adaptations / Physical infrastructure changes	7
Physical Distancing Adaptations	7
Handwashing Structures	7
Quarantine / Isolation spaces for campers or staff with symptoms	7
Additional Shade Shelters	7
Extractor Fans in Cabins	7
Changes to Rules and Routines	8
Bathroom Routines	8
Use of Indoor Cabin Spaces	8
Kitchen Access	8
Meal Service	8
Specific Activity adaptations	9
Visitors	9
Check-in and Check-out	9
Meetings	9
Fencing, Kayaking and Archery	9
Crafts	9
Beach Trip	10
Group Activities	10
Procedure for Responding to Symptoms of COVID-19	11
Signs and Symptoms of COVID-19	11
Responding to a suspected case of COVID-19	11
Procedure for Responding to Confirmed COVID-19 Case at Camp Narnia	12
Confirming a case of COVID-19	12
When a case of COVID-19 is confirmed	12
Impact on future summer session if a COVID-19 case is detected	12

Guiding Principles

Prior to outlining specific action required to keep participants at Camp Narnia safe and healthy, some guiding principles are outlined here to help staff address unexpected situations and respond to novel conditions.

1) Operate at all times under the assumption that COVID-19 could be present.

Evidence suggests that there are asymptomatic carriers, and that people who have contracted the virus are asymptomatic and contagious for several days before showing symptoms. Despite promising public statistics, we must operate at all times as if COVID-19 could be present at the camp.

2) Preventing the spread of COVID-19 takes precedence. There are safe ways to provide engaging summer camp activities without taking unnecessary health risks.

There will be changes to camp activities which will feel new and strange. It is the staff's responsibility to move to a new way of delivering camp activities that is safe in the context of a pandemic.

3) Setting and keeping habits and routines is the best way to affect behavioural change.

With campers and staff, the behaviour changes required to stay safe will cause a degree of stress. The most effective way to minimise stress and achieve change is to build daily habits and routines that all people at the camp follow together. By building routines children and staff can consistently follow best practices and maintain health standards.

4) At a time of increased anxiety, managing the risk of COVID-19 must be done in a way that does not cause further harm.

Providing a summer camp experience is inherently risky and while COVID-19 is a new risk, and a serious one, the same principles apply as with traditional risk management. As a summer camp, we manage risks against the reward of personal growth, feeling safe and respected, and being surrounded by a caring community.

General Operating Procedures

Covid-19 Prevention Procedures for Staff

- Clean your hands with soap and water for 20 seconds – upon entry to the site, exiting the site, between activities, after using the bathroom, before you eat each meal and at the end of the day.
- Do not share food, drinks, personal hand tools, or other objects that can carry the disease.
- Avoid touching your face, eyes, nose, mouth with unwashed hands.
- Follow good respiratory etiquette by covering your mouth and nose with a disposable tissue or the crease of your elbow when you sneeze or cough.
- Disinfect all activity equipment at start and end of every session.
- Wear a mask any time that your duties require you to come within arm's reach of another staff or camper.

Covid-19 Prevention Procedures for Campers

- Clean your hands with soap and water for 20 seconds every time the bell rings: for wake-up, meals, activities and at bedtime (8 handwashings / day at regular intervals), + any time you use the bathroom or get dirty.
- Avoid playing games that involve tightly packed bodies, close physical contact, hand-holding or other high-risk activities.
- Respect personal boundaries and follow instructions from staff.

Covid-19 Prevention Procedures for Health and Hygiene Coordinator

- Perform daily symptom checks at morning and bedtime with all campers and staff, paying special attention to individuals with known vulnerabilities.
- Ensure all handwashing stations are supplied with soap and clean water, and that handwashing is effective.
- Disinfect commonly used surfaces 3 times/day and quality-control general cleaning rotas performed by trained Leaders In Progress and the Leaders In Progress Coordinators.
- Check-in with staff about concerns, infection risks, or non-compliant campers and troubleshoot challenges for immediate action.
- Ensure PPE stocks and supplies are available and accessible at all times to staff or campers who have concerns about transmission risks.

Covid-19 Prevention Procedures for Parents and Caregivers

- Caregivers will monitor their child's health and contacts for two weeks prior to attending camp, using the Pre-Camp Symptom and Contact Tracking Form and be prepared to answer specific questions about their child's symptoms and overall health and wellbeing at check-in.
- Caregivers will sign a confirmation that, in the case of a confirmed COVID-19 case at camp, they can be available without notice to come and pick-up their child from camp, take them for testing, and immediately go into isolation until test results are available.

- Caregivers sign a written agreement that camp may end early if a COVID-19 case is found on-site, and that the camp will not be able to provide any refunds if the camp is cut short under these circumstance.

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Site Adaptations / Physical infrastructure changes

Physical Distancing Adaptations

- Expand the Eating Circle area to take-up what is now the costume wardrobe area to allow increased physical distancing between campers during mealtimes.
- Expand campfire circle benches to allow for more space between campers during campfires and activities at the campfire circle.
- Mark benches in campfire circle and eating circle for each camper to sit, to make clear the distancing expectations during meals and campfire activities.

Handwashing Structures

- Construct 2 additional handwashing stations, and expand the existing handwashing station, to allow for safely distanced handwashing at all 3 major program areas (Cair Paravel, Cabin Circle, Teenland)
- Replace all solid soap with liquid soap.

Quarantine / Isolation spaces for campers or staff with symptoms.

- Coordinate with Seven Springs property manager to access the upstairs dormitories of main building, and cabins 1-4 on the main road to provide these 20 additional private rooms in case of a sudden outbreak of COVID-19 symptoms.
- Coordinate with kitchen staff to provide separate plated meals at any time for campers in the case of a need to go into isolation.
- Prepare engaging, single-camper activities to be available for any camper who needs to go into isolation, to keep them engaged while waiting for COVID-19 testing and/or parent pickup.

Additional Shade Shelters

- Purchase and set-up 4 additional shade shelters, to distribute campers in the hottest parts of the day across a wider area, and to prevent campers from congregating in large groups during free time.

Extractor Fans in Cabins

- Extractor fans will be installed in the rear window of each cabin, and will run during the night to maximize airflow during sleeping hours

Changes to Rules and Routines

Bathroom Routines

- In the mornings and evenings, cabins will be allowed into bathrooms one cabin group at a time, to avoid crowding during peak times. Campers who only need to brush their teeth will be encouraged to use the handwashing stations outdoors with safe physical distancing.
- Each counsellor will be responsible for disinfecting bathroom surfaces after their cabin is done using the bathroom area, and prior to handing-off use of the bathroom to the next cabin group.

Use of Indoor Cabin Spaces

- Campers will only access their cabins for changing and accessing their belongings during the day and will not be allowed to 'hang-out' inside their cabins.
- Cabin windows will remain open at all times to encourage air flow.

Kitchen Access

- Access to the kitchen will be strictly limited to kitchen staff and Leaders In Progress assigned to dish cleaning duty.
- All program activity supplies previously stored in the store-room behind the kitchen will be moved to other locations suited to that program.
- There will be a maximum of 5 people in the kitchen at any given time to maintain physical distancing, and PPE will be available at all times.
- People using the laundry room behind the kitchen must enter through the back door.
- The kitchen washroom will be used exclusively by kitchen staff.

Meal Service

- All staff providing meal service will wear masks and gloves during meal service.
- Meal service will be changed from staff circulating with food to buffet style service with staff serving food from behind the table to campers. To facilitate physical distancing, markings on the ground will help campers maintain spacing while lining up.

Specific Activity adaptations

Visitors

- Keeping with our regular practices, no visitors will be allowed on the camp property during or between camp sessions
- Deliveries of food or supplies will be completed with appropriate PPE and safe physical distancing.

Check-in and Check-out

- Check-in and Check-out will take place off of the front porch, with clear guidelines on the ground to support parents and campers to maintain safe physical distancing.
- Parents will not be invited inside the cabin to move the camper's bags in, and will be asked to only use the bathrooms in the main building.
- We will use the Public Health Authority Health Assessment tool questions for all parents and campers at check-in.
- All campers will have their temperature taken at check-in, and only be welcomed to start at camp if they have no signs of fever or other COVID-19 symptoms.

Meetings

- Limit the number of persons in meetings wherever possible – always separate staff with an empty chair, table or standing physical distance. Wherever practical, move meetings outdoors.
- Use the Public Health Authority Health Assessment tool questions at each meeting to verify that staff are not feeling sick and to raise awareness of symptoms so they can self-monitor.
- Disinfect used pens, chairs and tables after each meeting.

Fencing, Kayaking and Archery

- All equipment for Fencing, Kayaking and Archery will be disinfected between uses. This includes bows, arrows, foils, armor, kayaks, paddles and PFDs.
- Individuals will not share equipment, and will ensure that each piece of equipment is only touched by one person, prior to being sanitized between sessions.

Crafts

- Additional tables will be set up on the porch area in front of the craft cabin, to allow for safe physical distancing during the activity
- Only one cabin group will be booked into the craft cabin area at a time, with a 2nd craft group being moved to the Cabin 4 porch area.
- It is the responsibility of the Art Coordinator, supported by the Leader In Progress Coordinator to ensure that all craft supplies are individually portioned for campers, and that supplies like paintbrushes, tables etc. are sanitized between groups.

Beach Trip

- The decision to conduct a beach trip each week will be made based on public health guidelines available in the days leading to the trip, and alternative activity arrangements will be made in case the beach trip should be cancelled.
- The Rath Trevor Beach Trip will be conducted in 3 smaller busloads, and will be made up of 3 groups of campers separated on the beach.
- Safe physical distancing from all members of the public will be reinforced by staff while off the camp property.

Group Activities

- Group activities including but not limited to Forest Adventure, Homesteading, Hazardania, Shelter Quest, The Beaver Game, Campfires, The Play, Festival, Talent Show, Culinary, Medieval Feast, Folk Dancing and Field Games, will be done with respect for safe physical distancing.
- Activities involving the use of costumes will be limited, and costumes will be washed between uses.

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Procedure for Responding to Symptoms of COVID-19

Signs and Symptoms of COVID-19

- Staff, supported by the Health and Hygiene Coordinator, will at all times be vigilant for the following symptoms, and any other symptoms that become apparent from reliable public health sources:
 - a. Most common symptoms:
 - fever
 - dry cough
 - tiredness (without obvious cause)
 - b. Less common symptoms:
 - aches and pains
 - sore throat
 - diarrhoea
 - conjunctivitis
 - headache
 - loss of taste or smell
 - a rash on skin, or discolouration of fingers or toes
 - c. Serious symptoms:
 - difficulty breathing or shortness of breath
 - chest pain or pressure
 - loss of speech or movement

Responding to a suspected case of COVID-19

- Any staff or camper displaying one common symptom or more than one less-common symptom will be tested for COVID-19 through the Oceanside Medical Walk-in Clinic, or seek out testing by other means as advised by the clinic reception over the phone that day. Both the staff and the patient will wear a mask at all times during their testing visit.
- Based on medical advice received at the clinic, the Health and Hygiene Coordinator, in communication with parents and guardians, will either:
 - a. Support the camper to isolate in place in a private room at the camp
 - b. Send the camper home
- Where appropriate, and with advice from staff at the clinic, campers and staff who shared a cabin with the camper displaying symptoms will be asked to isolate from the rest of the camp until test-results are available.

Procedure for Responding to Confirmed COVID-19 Case at Camp Narnia

Confirming a case of COVID-19

- A COVID-19 case will be declared at camp if:
 - a. A camper or staff tests positive for COVID-19
 - b. A doctor or medical professional declares the camper or staff is highly likely to have COVID-19 based on their symptoms and current pandemic conditions
 - c. Somebody who a camper or staff had close contact with prior to camp tests positive for COVID-19 during the camp session
 - d. A person who visits Camp Narnia tests positive for COVID-19 within 14 days after their visit

When a case of COVID-19 is confirmed

- The Camp Director will immediately contact the local Public Health Officer, Dr. Paul Hasselback, for advice and support, and amend the procedure outlined below in response to the most up to date public health advice available on the day.
- In absence of more current advice provided by a Public Health Officer:
 - a. All camp programming is stopped immediately, and camper and staff move to the shade nearest their cabins, where they respect safe social distancing.
 - b. Parents are contacted to inform them that they need to come and collect their children. If the call is made before 16:00, then pick-up will be that day. If the call is made after 16:00, pick up will be optional for that day, or first thing the following morning.
 - c. One-at-a-time, campers will be supported by a staff wearing appropriate PPE (mask and gloves), to pack their personal belongings and prepare for being picked-up by parents.
 - d. A physically distanced good-bye ceremony will be conducted with campers, to help them adjust to the disappointment of having to end their camp session early.
 - e. Parents will be expected to arrange for isolation and COVID-19 testing for their child at the earliest possible time. The Health and Hygiene Coordinator will provide parents with up to date information on when/where they can get their child tested.
 - f. Any campers who, despite prior preparations, are not picked up within the expected timeframe will remain on-site and supported by an appropriate number of staff to isolate in place, access COVID-19 testing, and be supervised for any symptoms or complications that could lead to requiring further medical aid.

Impact on future summer session if a COVID-19 case is detected

- If there is evidence of COVID-19 transmission at camp, all staff who were present at that session will need to isolate until they can complete COVID-19 testing. Until they have confirmed negative test results, staff will be required to self-isolate.

- Once there is a clear indication of how many staff can be confirmed COVID-19 free by the start of the next camp session, and the extent of potential transmission becomes clear, one of three options will be chosen:
 - a. Disinfect all surfaces, equipment, mattresses and indoor spaces, then re-open camp for new campers and staff
 - b. Cancel the next camp session, to allow one week to cycle in new staff, complete more testing, clean surfaces, and allow enough time for viruses in the environment to die off at the natural rate
 - c. Close the camp for the remainder of the season due to lack of safe staff and facilities
- This decision will be made in full cooperation with Island Health, and under the terms of any agreement made with the Provincial Health Officer.

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