



DAY CAMP KITCHIGAMI

2020 COVID-19 PREPAREDNESS PLAN: POLICIES
AND PROCEDURES



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1. Welcome to Day Camp Kitchigami, Summer 2020!

We are ecstatic to serve your family and our community this summer as we continue Day Camp Kitchigami, Summer 2020. This manual will provide the blueprint for our operations throughout the summer as we continue adhering to the most up-to-date policies and procedures associated with COVID-19 transmission prevention strategies per the CDC, the MN Department of Health, the ACA (American Camping Association), and Y-USA. As we move through the summer, this manual is subject to change as updated guidelines are released. Any changes made to this manual will be available on our website and will be communicated to camper families in a timely manner via email.

*Please note that the \$50 deposit due upon registration is non-refundable. Our registration system automatically schedules your first payment to be due one week before your camper attends. Registration cancellations are accepted one week prior to your child attending camp and must be communicated with our Day Camp Director in advance. Please contact Katie Rothstein, Day Camp Director, at 218-241-8008 ext. 522 with questions regarding your payment schedules and registration needs.

2. Pre-Arrival Symptom Check

We are ready to welcome your camper for a summer full of fun from day one and have taken steps to ensure campers and staff are able to maintain a safe and healthy environment while exploring at camp. You can help us keep camp safe by monitoring your camper for 14 days prior to their arrival at our camp programs. The following are recommendations to help us achieve pre-arrival symptoms checks of all campers before your camper arrives each day at camp:

- **Take and record your child's temperature for 14 days before the start of camp (refer to the individual instructions provided with your personal thermometer).**
- **Self-screen your child and family for the presence of COVID-19 symptoms (fever of 100.4 °F or greater, cough, shortness of breath, diarrhea, fatigue, headache, muscle aches, nausea, loss of taste or smell, sore throat, vomiting, etc.) for the two weeks prior to attending camp.**
- **Note if, within the past two weeks, the camper has traveled nationally or internationally outside the region (e.g. beyond northwest corner of Minnesota/northeast Wisconsin). Consider, especially, if the camper has traveled to an area with a known outbreak of COVID-19.**
- **Determine if your camper has been in close contact with a person who has been diagnosed with, tested for, or quarantined as a result of COVID-19.**

If your camper, or others in your household have displayed the above symptoms or possibly been exposed to COVID-19 in the two weeks preceding camp, we ask that you keep your camper home, and contact camp to reschedule your week of camp.

Additionally, to help keep your child, other campers, and our staff stay safe this summer, we ask that your family follow current social distancing and Minnesota Department of Health guidelines for group gatherings and face coverings for the two weeks prior to, and while attending, day camp.

3. Campers with Pre-Existing Medical Conditions

Currently, information indicates that older adults and people of any age who have serious underlying medical conditions might be at higher risk for severe illness from COVID-19. Primary care providers are in the best position to make a professional judgement based upon an individual's health status and their suitability for the camp environment at this time.

Please consult your camper's primary care provider about attending camp if they have an underlying medical condition. Those at high risk include people of all ages with underlying medical conditions, particularly if not well controlled, including:

- People with chronic lung disease or moderate to severe asthma
- People who have serious heart conditions
- People who are immunocompromised. Note that many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications
- People with severe obesity (body mass index [BMI] of 40 or higher)
- People with diabetes
- People with chronic kidney disease undergoing dialysis
- People with liver disease

4. Packing List for Campers

We ask that campers pack the following items each day in their backpack:

- ┆ Lunch & 2 snacks*
- ┆ Full Water Bottle
- ┆ Closed-Toed Shoes
- ┆ Sunscreen
- ┆ Bug Spray
- ┆ Personal Hand Sanitizer
- ┆ Brimmed Hat (optional)
- ┆ Sunglasses (optional)
- ┆ Rain Gear (as needed)
- ┆ Prescribed Medication (contact Camp Director)
- ┆ Cloth face covering/buff/mask (for use when social distancing cannot be maintained)*
- ┆ Swim suit, swim towel, and water shoes*

*We ask that you pack peanut-free lunches and snacks. As a Healthy Eating and Physical Activity (HEPA) Y, we encourage healthy eating for the purposes of providing our bodies with the nutrition needed to play and learn throughout our day. Please note that neither of the Day Camp Kitchigami sites have refrigeration or warming capabilities for camper lunches; please pack accordingly.

Please label ALL belongings and pack items in a size-appropriate backpack for your camper. Camp is about learning to be independent and responsible (in a fun way)! Campers will be required to carry their own backpacks, water bottles, and belongings throughout the day, so please be cognizant of this when

packing for camp each morning, especially with our younger campers.

*We ask that you pack a cloth face covering/buff/mask each day your camper attends camp.

*We ask that you continue packing your camper's swim suit, swim towel, and water shoes each day attending camp. Campers attending the Y at the Essentia Wellness Center will continue to utilize the pool weekly while campers at both sites are able to engage in water activities including an outdoor sprinkler and water games.

5. Check-In and Health Screenings at Camp

When arriving at day camp, please be prepared to answer a few short screening questions and take your own child's temperature on site. To help reduce the need for utilizing valuable PPE, our staff will be present and wearing a face covering, but socially distanced from the check-in table per Minnesota Department of Health guidelines.

As a result of Minnesota Executive Order 20-81, all youth and parents will be required to wear a mask during pick-up and drop off.

3-Step Check-In Process:

1. Parent or guardian will park and approach the check-in table, maintaining 6 feet of distance between other family units.
2. When called forward by a Y staff, the following health screening will take place:
 - a. Y staff will ask if any of the following symptoms have been experienced since the last health screening (two weeks prior to attending camp or previous day's screening):
 - i. Fever of 100.4 °F or greater, chills, cough, shortness of breath, muscle pain, sore throat, loss of sense of smell or taste, and gastrointestinal symptoms of diarrhea, vomiting, or nausea or if you or your child have been in contact with another person diagnosed with COVID-19 in the past 14 days.
 - ii. If your child has experienced any of these symptoms your child will not be allowed to attend camp that day. **If your child is not able to attend camp due to experiencing a symptom(s) listed above, please contact your site director to coordinate a readmittance plan.**
 - b. The parent or guardian will next take their child's temperature using the thermometer located on the check-in table. This thermometer will be sanitized between each family group.
 - i. If the temperature is 100.4 °F or greater, the parent and child may step aside, wait a few minutes, and re-take the temperature. If the reading persists, the child will not be permitted to attend camp that day.
 - ii. Your child may be readmitted after remaining symptom and fever free for 14 days. For more information, please see the MDH COVID-19 exclusion guidelines at the end of this document.
 - c. The Y staff performing the check-in will make a visual inspection of the child for signs of illness which could include flushed cheeks, rapid breathing, or difficulty breathing (without recent physical activity), fatigue, or extreme irritability while maintaining a minimum of 6

feet of social distance.

3. If the camper passes their daily health screening, the parent will sign them into camp for the day. The camper will then walk to the handwashing station to wash their hands before joining their camper group.

*Please see the Minnesota Department of Health Decision Tree at the end of our handbook for further clarification regarding symptoms associated with COVID-19 and correct steps to be taken with your camper and family.

6. Check-Out Process

To help reduce the need for utilizing valuable PPE, our staff will be present and wearing a face covering, but socially distanced from the check-out table per Minnesota Department of Health recommendations.

Parent or caregiver will park and approach the check-out table, maintaining 6 feet of distance between other family units.

1. Parent/caregiver will place their photo ID on the check-out table and step back, at which time staff will approach the table to check the ID without picking it up off the table.*
2. Once the parent/caregiver has been verified as a designated pick-up person, the staff member will then call on the radio for the camper to be brought over to the check-out area and the parent will sign them out for the day.
3. Campers will use hand sanitizer before leaving their group and/or getting in their vehicle.

*If a camper is at day camp all summer, we often get to know parents and authorized pick-up persons quite quickly. Once we are able to identify you by sight, we may no longer ask for your ID. However, please always be sure to have a photo ID with you, in case the staff stationed at pick-up does not immediately recognize you. This policy is in place for the safety of all campers, staff, and camp families, thank you for understanding.

7. Group Size, Ratios, and Social Distancing

We know that group size will be particularly important for our campers this year.

The term “social distancing” refers to measures being taken to restrict where and when people can gather in order to stop or slow the spread of infectious disease. Currently, 6 feet of separation is the distance that should be kept between people interacting within their community.

Small, closed groups that maintain a consistent group of participants and staff allow for more controlled environments through monitoring of symptoms and adherence to policies for people who are contagious (symptomatic or asymptomatic carriers). Additionally, staff can build routines for participants to wash hands upon entering and leaving program spaces, and create regular cleaning practices for frequently used items such as tables, program equipment, writing utensils, and other programmatic materials. Social distancing guidance will support a 3-foot radius around each participant, resulting in a 6-foot total distance between any two people.

With Minnesota Department of Health currently allowing a maximum number of 10 people for indoor

activities and up to 25 people per group for outdoor activities, we will continue to maintain pods of up to 9 campers and 1 staff regardless of being indoors or outside to promote proper social distancing.

Here is a list of guidelines we will be adhering to for day camp programs:

- Adapt programs and activities to allow physical distancing of at least 6 feet whenever possible.
- Adhere to a staff to participant ratio of 1:9. If social distancing cannot be attained with the group size, then the number of participants will be reduced.
 - Within the program, we will create consistent groups of the same staff, volunteers, and participants with a maximum number of 10 people in each group for each week of day camp. We will attempt to keep groups as similar as possible throughout the summer, knowing that there will be some changes week to week.
 - All staff-camper interactions/substitutions longer than 15 minutes in duration (e.g. if a camper group has a sub for the day) will be recorded per MDH recommendations for purposes of contact tracing.
- Whenever possible, we will implement programming that refrains from intermixing groups. If intermixing of groups is necessary (e.g. sheltering during a tornado warning), we will limit the number of groups that intermix, encourage the use of face coverings, and keep records of staff, volunteers, and participants that intermix.
- Meals and snacks will be consumed with social distancing measures in place (more information below).
- Camper flow throughout each day of camp will be scheduled to minimize group interaction during transition times.
- Camp is about fun, summertime, excitement, and enjoying the beauty of the outdoors! At camp, we will be spending our days out-of-doors whenever possible and continually encouraging participants to spread out.
 - Groups will each have their own 'home base' both indoors and outdoors, in order to help minimize the spread of germs.
 - We will be avoiding activities/areas that would allow or encourage staff, volunteers, or participants to easily congregate in a limited, enclosed space.
- Camp is also about learning to be independent and responsible (in a fun way)! Campers will be required to carry their own backpacks, water bottles, and belongings throughout the day (lunch, sunscreen, bug spray, hat, water bottle, etc.), so please be cognizant of this when packing for camp each morning, especially with our younger campers.
- If campers require help applying sunscreen, staff and volunteers will be sanitizing hands and wearing gloves between applications.
- While we love to share in the Camp Kitchigami experience, we will be limiting parent, caregiver, and other non-essential visitors into camp as much as possible this summer.

8. Refueling: Water, Lunch, & Snack Time

Day Camp Kitchigami does not provide any meals or snacks throughout the day for campers. Please be sure to pack a robust and healthy lunch that is shelf-stable for the day and does not need to be refrigerated or re-heated as neither of our camp sites have refrigeration or warming capabilities on site.

As a Healthy Eating and Physical Activity (HEPA) Y, we encourage healthy eating for the purposes of providing our bodies with the nutrition needed to play and learn throughout our day. Additionally, we ask that you pack peanut-free lunches and snacks to maintain a healthy and safe environment for all campers and staff.

Our water bottle filler and/or a water cooler will be available to fill water bottles, but the drinking fountain mouthpiece will not be available this summer, so please be sure to pack a water bottle each day.

Immediately prior to eating, staff and campers will wash or sanitize their hands. All meals and snacks will be enjoyed in the great outdoors whenever possible while maintaining 6 feet of social distance between individuals.

9. A Day at Camp: Safe and Fun Activities!

We have prepared exciting games and activities to keep campers moving, engaged, and active this summer that require minimal shared equipment. The following provides guidance and procedures to reduce COVID-19 exposure risk to campers and staff for Day Camp Kitchigami, Summer 2020. Camp activities, whether indoor or outdoor, will be limited to those in which physical distancing of groups and proper hygiene of individuals can be practiced.

If equipment is shared between campers within the same group, we will be following the “sanitize in, sanitize out” method. Please note that there will not be any field trips off-site requiring transportation this summer; however, we are working on the possibility bringing some field trips and visitors to camp this summer. The activities covered here are not an exhaustive list, but include essential information and guidelines to be followed. To reduce COVID-19 risk to campers and staff during camp activities not covered here, it may be possible to apply minimal changes to existing guidance.

General Guidance

- Activities will be planned and scheduled to allow for proper cleaning and sanitization procedures before and after the start of each activity.
- Campers and staff will be instructed to wash hands with soap and water for 20 seconds before and after activities or use alcohol-based hand sanitizer containing at least 60% alcohol before and after activities.
- Campers will remain in selected groups (1:9 staff to camper ratio) throughout the day at camp and will maintain physical distancing throughout activities for best practice.
- Activities will be held outdoors as much as possible.
- Kid-friendly posters and signage reminding staff and campers of health screening procedures, social distancing, hand hygiene, and other CDC, MDH, ACA, and Y-USA recommendations will be posted throughout our camp spaces.

Transitions and Traffic Flow

- We will use visual aids (e.g., painter’s tape, stickers) to illustrate traffic flow and appropriate spacing to support social distancing.
- We will utilize traffic cones, arrows in walking spaces, and designated puzzle squares for campers to maintain proper social distancing and traffic flow between activities.

Outdoor Activities

- Each group of campers will have a designated outdoor “home base” with a colored flag and marked social distancing measures to be followed, especially during snack and mealtimes.
- Staff will use visual cues to demonstrate physical spacing.
- We will be utilizing outdoor spaces for physical activity. In the case of inclement weather, campers will transition to their designated indoor space.

Rainy Day Activities

- We will ensure enough space to accommodate staff and campers while practicing safe physical distancing throughout our indoor spaces.
- Staff members will wear cloth face coverings during activities indoors and will encourage safe camper usage of cloth face coverings while indoors if social distancing is not possible.
- We will ensure appropriate ventilation in our indoor spaces which includes using larger rooms/areas, opening doors or windows when appropriate, and utilizing fans to keep indoor spaces cooler.
- Activities including, but not limited to crafts, scavenger hunts, board games, teambuilding activities, yoga, science experiments, and weekly themed adventures will take place in each camper groups’ designated home base which will include social distance markers when appropriate.
- Campers will be provided with an individual craft kit (e.g. crayons, scissors, glue stick, etc.) for rainy day activities in order to minimize shared equipment and maintain social distancing during craft time.

Shared and Assigned Equipment

- We are planning exciting games and activities to keep campers moving, engaged, and active this summer that require minimal shared equipment.
- If equipment is shared between campers, within the same group, we will be following the “sanitize in, sanitize out” method.
- All shared items and equipment will be properly cleaned and sanitized between use by staff using EPA approved N-List cleaning sanitizers and/or disinfectants proven effective against COVID-19.
- Necessary materials for educational programming and activities (e.g. STEM) will be included in camper’s individual craft kits.

Aquatics/Water Activities

- We will be planning some fun outdoor water activities at camp this summer to keep kids cool during those hotter summer days (e.g. sprinkler games, dry-dry-wet, Creek play at Hartley (WCC only), water balloon parachute games, etc.).
- YMCA pools are now open on a reservation system at both the Hermantown and Downtown branches. Campers attending day camp at the Y at the Essentia Wellness Center will continue utilizing the pool at this site.
- Campers attending day camp at the Woodland Community Center will not be utilizing the pool until safe transportation is available. Please watch for more information to follow regarding pool usage for Woodland Community Center campers.

- We will not be traveling off-site for pool field trips at this time.

Recreational Sports and Activities

- Most sports this summer will be focused on skill development as opposed to competition, in order to maintain adequate social distancing between participants and groups.
- Sports that may increase respiratory/ventilation rates among participants may only occur in well ventilated areas.
- All equipment (e.g. bows and arrows, tennis rackets, balls, bats, etc.) will be cleaned and sanitized immediately after each use.

Wilderness Activities

- When considering activities that are accessible by foot, we plan to spend as much time as possible outdoors exploring community walking trails and utilizing green spaces available to us at the Woodland Community Center, Hartley Park, and the Essentia Wellness Center.
- Campers and instructors will practice physical distancing, be encouraged to wear masks when unable to socially distance (e.g. crossing the street), and remain in groups when traveling by foot for wilderness activities.

Travel Off-Site – Field Trips

- A goal of pandemic response is to reduce interpersonal contacts to limit potential exposure to coronavirus. In the camp setting, this means limiting the amount of off-site exposure of staff and campers in the community.
- Per ACA and the MDH recommendations, we have cancelled all organized field trips that require camper or staff transportation.
- There may be limited opportunity to bring guest presenters and field trips to camp this summer provided those individuals can provide the field trip with adequate social distancing from the group.
 - If you, or someone you know, would like to provide a special activity or in-house “field trip” for camp this summer please talk with the site Director.
 - Any guests, visitors, or presenters will be required to go through the same health screening process as staff and campers.

Performing Arts

- Campers and instructors will follow recommended physical distancing and good hand hygiene practices prior to/following performing arts activities.
- We are requiring performing arts activities to be limited to the same groups and instructors for a given group.
- We will designate specific equipment to individuals/groups each day/week to decrease the amount of shared items.

Creative Arts

- All indoor creative arts and STEM activities will be conducted following physical distancing guidelines for camper groups and proper hygiene guidance.
- Campers will utilize their individual craft kits assigned to them at the beginning of their camp experience.

- These craft kits will remain in camper's designated area to be used only by the camper assigned to the kit.

10. Masks and Hand Hygiene

Masks/Face Coverings:

As a result of Minnesota Executive Order 20-81, all youth and parents will be required to wear a mask during pick-up and drop off.

Staff Wearing Masks: We recommend that you talk with your child about what camp staff will look like when they first arrive. Our staff will be wearing masks at the check-in table and during the entirety of the camp day.

Campers Wearing Masks: As a result of Minnesota Executive Order 20-81, face coverings are required for all youth over the age of 5 who are safely able to put on, take off, and wear a mask without assistance.

Per the Executive Order, youth over the age of 5 are required to wear a face covering when inside our facilities at all time as well as outdoors when not maintaining social distance. Campers with a genuine medical reason are not required to wear a face covering. Those who have been granted an exception will be required to wear a face shield as an alternative as per State of Minnesota Executive Order 20-81.

We will continue selling our YMCA buffs to campers for \$10 and will begin selling disposable masks for \$1 as needed if your camper arrives without a face covering/buff/mask. We ask that you label your camper's face covering prior to arriving at camp.

We are requiring staff and camper masks, face coverings, and buffs to be washed daily before the next day of camp to promote appropriate cleanliness needed to maintain our camp environment.

Hand Hygiene:

We will be taking the following steps this summer to ensure campers and staff practice proper hand hygiene throughout their camping experience:

- Campers and staff will wash hands immediately upon being admitted to the camp premises, before snack and meal time, and frequently throughout the day.
- We will be instructing campers to wash hands with soap and water for 20 seconds before and after activities.
 - Each site will have one outdoor hand washing station equipped with clean water and soap to reduce the need to enter the building to clean hands.
- When hand washing is not possible, we will be providing an alcohol-based hand sanitizer containing at least 60% alcohol before and after activities that require shared equipment.
 - While we encourage each camper to come with a bottle of mini-hand sanitizer, each counselor will have a bottle of hand sanitizer with them at all times while outdoors, and each "home base" indoors has a wall-mounted hand sanitizer nearby for camper and staff use.
- Campers will wash hands or sanitize upon check-out, prior to getting into vehicles.

11. Overall Camp Cleaning, Sanitizing, and Disinfecting Processes:

Camp uses a variety of N-List, EPA-approved sanitizers and/or disinfectants effective against the novel coronavirus, COVID-19. All staff have been trained in on proper use of these chemicals, and children in day camp are not allowed to use any of our chemicals to clean. Below is an overview of how we will ensure our camp is clean and ready to serve our campers.

Communal Spaces

- Cleaning and sanitizing of communal spaces between groups. Activities will be scheduled to allow proper time for sanitization and/or disinfecting process.
- Cleaning and sanitizing frequently touched surfaces and common spaces multiple times daily.
- Cleaning of outdoor structures made of plastic or metal can be carried out according to typical camp cleaning practices. More frequent cleaning of high touch outdoor surfaces, such as grabbars or railings, will be completed throughout the day.
- Outdoor wooden surfaces, such as play structures or benches, will be cleaned according to standard camp practices and more frequently if needed to remove obvious soiling.
- Touch-points on any playground equipment will be cleaned between camper groups.

Toilets and Restrooms

- High touch surfaces including toilets, sinks, and stalls will be cleaned and sanitized more than once per day.
- Camp staff will be wearing both gloves and a face covering when cleaning.

12. First Aid and Emergency Response

If first aid and/or CPR is required during an activity, camp staff will follow normal camp protocol that considers current guidance from the certifying agencies (American Red Cross, ASHI, American Heart Association) as well as state and local authorities including the fire and/or emergency services departments.

Each camp counselor will have their own individual mini first aid kit with them at all times which will include:

- Resuscitation mask with HEPA filter (or equivalent)
- Gloves
- Hand sanitizer
- Basic wound care supplies
- 2 disposable surgical masks

Emergency Response:

Currently, medical professionals and first responders have not changed protocols unless there is known COVID-19 exposure.

Appropriate distancing should be practiced at all times with the following exceptions:

- Anyone providing first aid, or performing CPR (with or without an AED).
- Individuals in the process of evacuating a camp space/facility due to an emergency.

As always, when responding to a medical emergency, staff will take care to use the initial “scene size up” to gather information about scene safety and don appropriate PPE. At this time, the scene size up must include asking the following questions to the victim(s):

1. Do you live with anyone or have you had close contact with anyone who has been diagnosed with or who is experiencing symptoms of COVID-19 within the last 72 hours?
2. Do you have a fever, cough, or shortness of breath?

If the answer to ANY of the above questions is ‘yes’, the responding staff member must don the following PPE before providing any care: gloves, face shield, goggles, and gown. The 911 dispatcher will also need to know the answers to the above questions.

Ask the victim to don their face covering or, if possible, give the victim a disposable face covering/surgical mask. Only one staff member will have contact with the victim – no team based CPR skills will be used. The rest of the responding team members will maintain 6 feet of distance to lend support as they are able. Whenever possible, staff will use a BVM for administering any kind of rescue breaths.

If the answer to ALL of the above questions is ‘no’, the staff member must don (at least) gloves before providing any care. Ask the victim to don their face covering or, if possible, give the victim a disposable face covering/surgical mask. Whenever possible, use a BVM for administering any kind of rescue breaths.

No matter what the situation, remember that rescuer safety is paramount. If the responding staff feels unsafe in anyway, communicate with other responding staff/team members and call 911 as appropriate.

To assist staff in responding to emergencies with the appropriate PPE, a “Crash Bag” will be available at both camp sites and will contain the following items:

- Gown
- Face shield
- Goggles
- BVM with HEPA filter (or equivalent)
- Resuscitation mask with HEPA filter (or equivalent)
- Gloves
- Hand sanitizer
- 2 disposable surgical masks

13. Sick Camper Policy

If, at any point throughout the day, a camper starts displaying any symptoms consistent with COVID-19 we will be following guidelines from the CDC, MDH, and ACA to isolate the individual until they are able to be picked up, thoroughly disinfect any spaces that person occupied throughout the day, and follow through on contact tracing if appropriate. The following steps will be taken to ensure guidelines are being followed in the event of a sick camper:

1. The sick individual will be required to don a face covering and move to the designated quarantine/isolation area away from others.
 - a. The designated quarantine space will be greater than 6 feet away from any other individuals.
 - b. This space will remain in sight of a supervising staff who is able to communicate regularly with the camper.
2. Parents will be called and asked to pick up their child immediately.
3. If any staff needs to attend to the camper at a distance closer than 6 feet while waiting for a parent or caregiver to arrive, the staff will be required to don appropriate PPE including:
 - a. A face mask
 - b. A face shield or appropriate eye protection
 - c. Disposable gloves
 - d. A disposable gown
4. Once the child has been picked up, the isolation space and all areas the camper was in throughout the day will be thoroughly disinfected before being put back in use.
5. Frequent communication between the site director and the camper family will be maintained throughout the subsequent days when determining if and when the child will be able to return to camp per MDH and day camp guidelines.
6. Campers and staff within the individual's camper group will do more frequent symptom checks and increased social distancing and hand hygiene will be encouraged throughout the subsequent days.

14. Communication in Event of a COVID-19 Exposure at Camp

If a staff member or camper is identified as having a confirmed case of COVID-19, we will communicate with your family about the exposure your camper and/or family have had per the YMCA COVID-19 exposure guidelines.

Assessing and informing those with potential exposure is a fundamental control strategy for minimizing spread within a group or camp population. The CDC defines close contact as interactions within 6 feet for more than 15 minutes. Contact tracing will be carried out by trained staff at the local and/or state level, however, our camp staff will also utilize the general principles of contact tracing at day camp and will closely monitoring any potentially exposed individuals.

We ask that your family partners with us in safety by informing camp of any potential exposure your camper may have had to COVID-19. We will make every effort to protect the privacy of any/all individual(s) and/or family(s) involved in a COVID-19 exposure and will not disclose campers or family names to other families, unnecessary Y personnel, or the media.

Decision Tree for People with COVID-19 Symptoms in Youth, Student, and Child Care Programs

For people (e.g., children, care providers, or staff) who have symptoms consistent with COVID-19, send home or deny entry and reference the exclusion criteria in this document to determine when they may return.

Symptoms of COVID-19 include: new onset cough or shortness of breath by themselves OR at least 2 of the following: fever (100.4°F or higher), chills, muscle pain, sore throat, loss of sense of smell or taste, and gastrointestinal symptoms of diarrhea, vomiting, or nausea.

If a person has a new symptom (for example, new loss of smell only) with no other diagnosis to explain it, they should stay home and talk to their health care provider about testing for COVID-19, even if it is the only symptom they are experiencing.

For people who received a laboratory test for COVID-19

[What to do if you're waiting for COVID-19 test results \(PDF\)](https://www.health.state.mn.us/diseases/coronavirus/waiting.pdf)
(www.health.state.mn.us/diseases/coronavirus/waiting.pdf)

Positive test result: Stay home at least 10 days since symptoms first appeared AND until no fever for at least 3 days without medication AND improvement of other symptoms.

Siblings and household members also stay home for 14 days.

Negative test result but symptoms with no other diagnosis: Stay home at least 10 days since symptoms first appeared AND until no fever for at least 3 days without medication AND improvement of other symptoms.

Siblings and household members also stay home for 14 days.

For people with a COVID-19 diagnosis *without* a lab test OR people with symptoms consistent with COVID-19 *without* a medical evaluation (e.g., monitoring symptoms at home)

Stay home at least 10 days since symptoms first appeared AND until no fever for at least 3 days without medication AND improvement of other symptoms.

Siblings and household members also stay home for 14 days.



For people with other diagnoses (e.g., norovirus, strep throat) that explain the symptoms, or when a health care provider says symptoms are connected to a pre-existing condition

Stay home until symptoms have improved. Follow specific return guidance from the health care provider or follow the [Infectious Diseases in Childcare Settings and Schools Manual](https://www.hennepin.us/daycaremanual) (www.hennepin.us/daycaremanual).

If symptoms related to a pre-existing condition change or worsen, talk to a health care provider to determine next steps.

Siblings and household members **do not** need to stay home.

