



COVID-19
Safety & Response Plan
For Camp Families

SUMMER 2021

A LETTER FROM DEBBIE & ERIC

Our hope in sharing this document is that it gives our camp families some insight into how we are approaching camper healthcare in this unique time. It contains a number of the COVID-19 protocols that we have developed, in cooperation with the State of Vermont, the CDC, the American Camp Association, our colleagues at CampGroup, and our Akeela medical team.

While these details are incredibly important and have been occupying all of our minds in recent months, we want to assure you that we are as committed as ever to making sure that children at Akeela have the best summer of their lives! The physical health and safety of our campers is always at the top of our priority list, but we have not lost sight of all the other reasons families send their children to Akeela: for friendship, community and connection; for social growth and independence; for life skills and character development; and for FUN! While camp will be different in some ways this summer, we are confident that Akeela 2021 will be a fantastic experience for everybody at camp.

Sincerely,

Handwritten signatures of Debbie and Eric in black ink.

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OVERVIEW

Our overall strategy for the mitigation of COVID-19 is to layer many different safety protocols on top of each other. (If you haven't seen the "Swiss Cheese Model", we encourage you to Google it. We've been utilizing that imagery a lot this year!) We want to do everything we can to prevent anyone from bringing COVID-19 to camp this summer. At the same time, we recognize that there is no perfect system to guarantee that camp is COVID free. Therefore, our protocols are in place not only to minimize the likelihood that COVID is introduced into the community, but also to prevent it from spreading at camp if we were to have a positive case.

Our plans are built around integrating the following three-pronged approach:

1. **Testing** - All campers and staff will be tested prior to camp, upon arrival at camp, and after the first week of camp (see page 4).
2. **Using Non-Pharmaceutical Interventions (NPIs)** - When campers from different cohorts come together this summer, they will observe the "2 out of 3 rule", meaning that 2 of the following 3 NPIs must be present:
 - a. Facial coverings
 - b. Physical distancing
 - c. Being outdoors
3. **Camp is a Modified "Bubble"** - The great advantage that overnight camps have over schools and other day programs is that we're somewhat isolated from the outside world. This summer, we will be amplifying that wonderful asset, limiting the number of people who come and go from campus and carefully structuring any staff and camper outings.

SOME TERMS WE WILL USE THIS SUMMER

Cohort: This is a camper's "family" and functions like your household (i.e. no NPIs required). Cohorts will start as cabin groups and, after additional testing is completed, they will grow to coed age groups.

Isolation: Physically separating a COVID-19 positive camper or staff member from the rest of the camp community.

Quarantine: Physically separating a group of campers or staff from the larger camp community after potential exposure to COVID-19.

PCR Test: PCR tests detect genetic material that is specific to a virus. They are currently the most sensitive and accurate COVID-19 tests, but often require 24-48 hours for results.

Rapid Antigen Test: Antigen tests are faster than PCR tests, but are not as accurate. They are most helpful when a person is symptomatic. Antigen tests will be used at camp primarily to rule out COVID when a camper or staff member presents symptoms that present similarly to COVID. Because antigen testing very rarely provides false positives, anyone who tests positive is believed to have COVID-19.

PRE-ARRIVAL EXPECTATIONS & TESTING PROTOCOL

PRE-CAMP LOW RISK BEHAVIOR

For the 10 days prior to camp, it is imperative that campers and their families take all possible precautions to avoid potential exposure to COVID-19. **YOU are our partners in risk mitigation and we are counting on you to be overly cautious to avoid all high-risk activities in this critical 10-day time period.** High-risk behavior includes sleepovers, indoor parties, haircuts, dinner at a friend's house, movie theaters, sports events, eating inside restaurants, or any situations where people are in high density settings without masks on. School is considered low risk, as long as students are masked and distanced throughout the day. During this time period, every family will also be required to complete a daily health screening form which tracks possible COVID-19 symptoms and potential exposure.

PRE-CAMP COVID-19 TEST

A negative PCR test is required of all campers prior to arrival at camp. In order to make sure results are as relevant as possible, and to meet Vermont's regulations, **this PCR test must be administered no more than 3 days before arrival day.** (On or after June 23 / July 19 for First / Second Session campers.) You may select any PCR test that is available to you, as long as you're confident that you'll get results in time to bring them to camp with you. If you're interested in a saliva-based test, we recommend [Vault Health](#).

If any child tests positive on this pre-camp test, he or she will be required to wait 10 days before they can attend camp and must first be cleared by their physician at home.

Vaccinated campers are required to follow the same testing procedure. Only campers with confirmed positive cases of COVID-19 in the 90 days prior to camp will not need to take a COVID test, as this would likely cause a "false positive" result. Instead, these campers will need to send proof of a positive COVID test from within the 90-day pre-camp time period.

TESTING AT CAMP

Upon arrival, all campers will receive a symptom screening, a rapid antigen test and a PCR test. Campers who have received the COVID-19 vaccination will follow the same testing protocols.

Campers who test positive on either of their opening day COVID tests will have to wait 10 days before they can return to camp, if they are cleared to do so by their physician. Again, this is a cogent reminder to stay vigilant with the pre-camp 10-day period of low risk behavior!

All campers will take a third PCR test 6 days after their arrival at camp.

COVID-19 HEALTHCARE PROTOCOLS

We have a wonderful nursing staff at Camp Akeela. They manage and distribute camper medication, expertly care for injuries and illness, and are always available when anyone in the community needs a little TLC. This summer, they will be implementing our COVID-19 healthcare plans, in close coordination with the excellent team of local physicians at Upper Valley Pediatrics, with whom we've partnered since Akeela's first summer. We will perform health screenings on all campers and staff regularly throughout the summer. Anyone seeking medical care or who needs to visit the nurse at other times will first be screened in an open-air triage area. In the event of potential COVID associated symptoms:

- Anyone presenting with a fever of 100.4 or greater but no other COVID symptoms will hydrate and be monitored by our nurses. If the fever persists, they will be admitted to the Health Center where they will remain until they have been fever-free for 24 hours without medication, at which time they can return to activities. As usual, whenever a child spends a night in the Health Center, parents will be notified.
- Anyone presenting with fever of 100.4 or greater AND exhibiting one or more additional COVID-19 symptoms will get a rapid antigen test and a PCR test. If the rapid test result is negative, they will still be kept in isolation and cared for by our medical team until they receive a negative PCR result, which may take up to 48 hours. We will, of course, notify parents any time their child receives a COVID-19 test.
- Anyone presenting two or more COVID-19 associated symptoms without a fever will be further assessed by our medical team to determine next steps (strep test, COVID-19 rapid test, etc.)

Symptoms that could indicate a COVID-19 infection include fever or chills, cough, shortness of breath, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea.

In the event that a camper tests positive for COVID, they will immediately be isolated from other campers, monitored closely and treated as necessary. Upon identifying a positive case, the camper's parent(s) will be notified and asked to make plans to have someone pick up their child from camp within 24 hours. We do not have the facilities or the staff to keep a COVID positive child in isolation for longer than 24 hours. There will be no exceptions to this so please take this into consideration when making your summer plans.

If there is a confirmed positive case of COVID-19, we will notify all camp families by email while maintaining confidentiality, in accordance with HIPPA standards.

If a camper in your child's cabin tests positive for COVID-19, you will be notified and the entire cabin will enter into "Quarantine Camp." Campers in quarantine will be tested regularly and will participate in their own camp experience within the Akeela community for up to 10

days. During this time the cabin will have a customized camp schedule that allows them to participate in camp activities, separated from campers in other cabins.

We are required to notify state and local health officials of any confirmed positive test.

CLEANING & SANITATION ENHANCEMENTS

- Our designated team of housekeepers will regularly disinfect all bathrooms and common areas. We have purchased an electrostatic sprayer with EPA hospital-grade disinfectant.
- The kitchen, dining hall and outdoor dining tables will be cleaned & disinfected after each meal.
- Hand sanitizer and hand washing stations will be placed all around camp.
- More than ever, hand washing (or sanitizing) will be enforced throughout the day, including before and after activities and prior to all meals.

VISITOR POLICY

In order to maintain camp as a Modified Bubble, there will be no visitors allowed at camp this summer. Tours for prospective families will not be offered when camp is in session and there will not be a Visiting Day component to the last day of our camp sessions. (See page 7 for information about camper pick-up and other options for transportation from camp.)

Food delivery trucks and other essential services such as mail, deliveries, propane, electricians, trash pick-up, etc. will be permitted into camp. Drivers will not have direct contact with campers or staff and will be required to wear masks and maintain physical distancing when on camp property.

DINING

As always at Akeela, campers and staff will eat “family style” meals together as a cabin group. We will continue to offer meals for campers with special diets, along with a variety of standard extra choices at all meals (e.g. hot dogs, hamburgers, pasta, peanut butter & jelly sandwiches at lunches and dinners). In lieu of our self-serve salad bar, we will have pre-made salads available on dining tables.

Approximately one third of our community will eat meals inside our spacious dining hall, with another third on the dining hall porch and the final third under a large tent just outside the dining hall.

TRANSPORTATION TO AND FROM CAMP

In order to minimize the possibility of COVID-19 spreading from one cohort to another, we are not busing children to camp this summer. Instead, we are requiring that all campers be dropped off at camp on Opening Day by their parent or guardian. To keep group sizes small and minimize wait times, arrival times are staggered:

- **Those traveling from New England...** 12:30pm – 2:00pm
Includes families that live (or are spending the previous night) in ME, NH, VT, MA, and RI.
- **Those traveling from the Mid-Atlantic, or further...** 2:00pm – 3:30pm
Includes families that live in CT, NY, NJ, PA and points South and West.
- **Those flying into New England on Opening Day...** 12:30pm – 4:00 pm
Please schedule flights accordingly, allowing for driving time from the airport to camp.

NOTES:

- Campers flying to the area (before being driven to camp) must wear a KN95 mask or double mask at the airport and for the entirety of the flight.
- Families must take their child's temperature before getting in the car. Do not bring your child if they have a temperature over 100.4.

ARRIVAL AT CAMP

Upon arrival at camp, we will take campers' temperatures as well as perform a rapid COVID-19 test and PCR test. Parents should expect to remain in their car while this check-in process takes place. Any camper with a temperature of 100.4 or with a positive rapid test will not be permitted to enter camp. (Nor will siblings or other campers who arrive in the same car.)

TRAVEL HOME FROM CAMP

We will provide transportation back to the New York and Boston areas at the end of the session. We will also take campers to Boston Logan Airport, whether they are flying home unaccompanied or meeting family members at Logan. There is no additional charge for return transportation in 2021. Details and estimated timing of those drop-offs:

- **Bus To Tarrytown, NY...** Estimated arrival at 12:30pm
Drop-off location is the Super Stop & Shop at 610 White Plains Road in Tarrytown, NY.
- **Bus to Lexington, MA...** Estimated arrival at 11:00am
Drop-off location is the McDonald's Rest Area on Route 128 (Northbound only at Exit 40) in Lexington, MA.
- **Boston Logan Airport...** Estimated arrival at 11:00am
Please schedule flights for as early in the afternoon as possible, ideally in the 1:00 hour.

Of course, if you prefer, you can pick your child up at Akeela between 9:00 and 10:00am on the last day of your camp session. However, because the camp community will be functioning as a "bubble" this summer, there will be no Visiting Day component to the end-of-session pick up. In fact, your camper and their bags will be waiting for you and it will be more of a "drive-through" experience!

LUGGAGE AND CAMP GEAR

Unpacking our campers is a vital part of how we welcome them to Akeela. Even though all campers will be dropped off by car this summer, **we are still asking that all trunks/duffels arrive at camp at least 3 days prior to the start of your child's session.** You may use R&B Camp Baggage, FedEx, UPS or USPS.

Because space is limited on our buses and vans, we cannot commit to bringing any significantly sized campers' luggage to Tarrytown, Lexington or Logan Airport at the end of our camp sessions. **As a result, we are asking all families to arrange return baggage service for their campers. R & B Camp Baggage offers round-trip service, while UPS and FedEx allow you to generate return labels for your shipped items.** Once we have a full account of the numbers of campers in each vehicle and the available space for luggage, we are more than happy to send as many bags home with campers as we can fit. In that case, you will not be charged by R & B, UPS or FedEx for services that you don't use. But again, please make those arrangements and **assume that your bags will be shipped home, unless you hear otherwise.**

If you are picking your camper up at Akeela at the end of the camp session, you may take their bags with you that day.

THE CAMPER EXPERIENCE THIS SUMMER

CAMPER COHORTS

For at least the beginning of the camp session, each cabin group will be its own cohort. For the first 24 hours of camp, until we have the results of the arrival day PCR tests, we are going to ask campers to wear their face masks at all times aside from when eating or sleeping. After this time period, cohorts will be viewed like a household: when within their cohort, campers will not have to practice social-distancing or mask wearing. When outside of the cohort or when cohorts are together, campers should expect to wear masks and social distance.

When we receive the results of the 3rd PCR test, 7-8 days into each camp session, our intention is to grow our cohorts to include all cabins of the same age group. (These are the coed "campuses" that we call Junior Camp, Middle Camp, Upper Camp and Senior Camp.) Our hope is that we will continue to increase the size of our cohorts as we get to the third week of each camp session.

When two different cohorts come together, we are going to follow the "2 out of 3 rule", where 2 out of the following 3 conditions must be met: masked, physically distanced, or outdoors.

FIRST NIGHT ORIENTATION

On the first night of camp, we will have Evening Meeting and our traditional Opening Campfire. At both events, we focus on starting to build community, introducing campers to key staff, and setting the tone for the summer. This summer, the following items will also be communicated that evening:

- What camp is doing to protect everyone from getting sick.
- Ground rules for operating in smaller groups.
- Hand washing protocols.
- Physical distancing guidelines and policies for when masks will be necessary.
- Dining Hall procedures.
- What symptoms to look out for and when to report them to a counselor or nurse.

THE CAMP PROGRAM

The Akeela program will be as robust as ever this summer, with over 30 diverse activities offered. For the first 6-8 days of camp, all activities will be scheduled by cabin group. After the first week, when cohorts have grown to entire age groups, we plan to add back in our “specialty” elective programming.

Outdoor Adventure will remain an essential part of Akeela. All campers will have an opportunity to go on one or two day hikes with their bunkmates and counselors, with an additional optional hike offered in the third week of camp. We are also offering four optional outdoor adventure trips each session: overnight camping, biking, canoeing and rock climbing.

STAFF PROTOCOLS

Hiring an outstanding staff is a source of great pride for us. This summer, bringing together a team that is prepared for this 2021’s unique challenges is key to all of our plans. Our staff will all arrive at camp two full weeks before our campers to ensure that they are healthy and ready to facilitate an amazing summer for our campers.

While we are not requiring that all staff members are vaccinated, we are strongly encouraging them to do so. We are happy to report that virtually all of our staff members will be fully vaccinated by the start of camp. Whether or not they are vaccinated, all staff members will follow the same health and safety procedures as our campers, including:

- They will complete a 10-day pre-summer screening at home prior to their arrival at camp.
- They will follow the same three-tiered testing protocol as described on page 4.
- They will observe the camp’s modified bubble status; Staff will only leave camp for preapproved activities at designated locations.



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