



# COVID-19 Guidebook For 2022



To our campers, staff, and SNC families:

The following materials comprising our guidebook for mitigating the risk of COVID-19 will seem long, but we hope you will instead consider them to be detailed and thorough. We have significantly reviewed the procedures and protocols we implemented to successfully run COVID-FREE summers in 2020 & 2021, and continue to assess those protocols. We have made some changes since last year, and we are confident that we will be able to provide an exciting summer of fun, growth and friendships for all of our campers.

When developing this guidebook, we reviewed information and strategies from the following organizations:

- The Centers for Disease Control and Prevention (CDC)
- The American Camp Association
- The Association of Camp Nursing
- The Wisconsin Department of Health Services
- The Washburn County Health Department

In these uncertain and changing times, camp is crucial to maintain children's mental health and promote positive social development. We are committed to working with each of our campers and families to provide each camper with the best overnight experience available.

**We believe that every family has the power to bring their child to camp COVID Free. It all depends on the decisions you make prior to camp. So please take this seriously and follow our guidelines. Stay away from crowds, meet outside and wear a mask when with others. Please understand that campers will be asked to leave camp if they test positive for COVID and there are no refunds. So please be smart when around others.**

Please take the time to thoroughly read through this guidebook. In the following pages, you will find our policies in regards to masking, quarantining, testing, cohorting, cleaning at camp, and our action plan for any suspected cases at camp. Your assistance and compliance with the guidelines are necessary to ensure the safety of everyone at camp. Please contact us if you have any questions or concerns.

We all want COVID to be over but it's not. Complacency will be our biggest enemy in 2022. However, together, we can provide another safe summer if we are all willing to protect the camp community. Think of this as not only keeping your child safe, but keeping all of the Swift Campers safe. No camper wants to leave camp early because they have COVID. Thank you so much for your help, we must all work together because camp is needed now more than ever. If you have any questions please reach out.

Jeff and Lonnie Lorenz, Directors

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# Covid Policy Overview

Please read document in full, more details are inside

## Safety Starts at Home:

- Keep your child's contact to low risk situations for the 5 days before camp – during this time, please do not visit movie theatres, concerts, sporting events, indoor restaurant visits or other large gatherings with out a mask on.
- During the 5 days before camp, we will ask you to record your child's temperature and any symptoms on a form provided by camp. You will need to provide this completed form when dropping your child off at camp or for bus transportation.
- Enroll with the testing agency so your camper will get tested at camp. Northshore Labs registration is at this link <https://northshoreclinical.jotform.com/220685237714963> Please register 10 days before camp starts.
- Complete a rapid antigen test 48 hours before arriving at camp – Friday. When you do an at home test, please bring a photo of the test results. If you choose to have a test through a doctor/pharmacy/medical center, please email us a copy of the test results.
- If your camper is vaccinated (which we highly recommend), please upload a picture of their vaccination card through the CampDoc system.
- Provide your camper with masks to wear at camp for high-risk situations. It is always good to provide more than needed. If your camper is using cloth masks, we recommend 2-3, and we make sure they are washed nightly. If your camper is using disposable masks, it is best to plan to provide at least 20 – things at camp get dirty, and we want to make sure campers can switch as needed. While we do not plan for campers to need to wear masks much of the time, we want to be prepared if situations change.
- Please understand that we will not be allowing parents to leave their vehicles at drop-off time. You will be able to tour camp (outside) at the end of the session when you pick your child up. We will determine how/if in between session visits work closer to that time, based on local transmission levels.
- If your child tests positive for Covid-19, have a plan to pick them up within 24-36 hours (1 overnight). Our facilities to isolate campers are limited. If someone tests positive for Covid-19, we can only guarantee continued housing for one overnight and then must be picked up from camp. If you are going to be vacationing or otherwise out of town, please make plans for a relative or family friend to be available to pick up your child. Refunds and/or prorated tuition will not be provided.
- Review this document and explain the camp procedures and expectation to your child.

## What will happen at camp:

- We will be doing antigen testing upon arrival at camp or at the bus stop. Campers will remain in the car until notified of a negative test.
- We will have testing at camp, both rapid and PCR tests on Tuesday and Thursday of the first week. These PCR & Antigen Tests will be conducted by an outside company with staff trained in quickly and comfortably administering tests. IMPORTANT: You must set up an account with our testing company prior to testing at camp. <https://northshoreclinical.jotform.com/220685237714963>
- Campers will not need to wear masks outdoors or when with only their cabin. Masking during activities with mixed cabin groups will be determined based on risk level.
- Policies on masks and cabin cohorts will be relaxed bit by bit depending on the results of all camp testing. With the goal of being "a safe bubble" no later than Friday the first week.
- For the first days at camp, we will make sure that cabins visit the bathrooms for teeth-brushing/showering in cabin units (cohort) alone. Other bathroom visits will be completely open as needed, of course (with masks).
- There will be extra emphasis on hand-washing or the use of hand sanitizer and cough/sneeze hygiene.



- We will have extra cleaning in shared and high-contact areas.
- All of our staff members are fully vaccinated. While staff members will be spending limited time off camp property, this will be moderated depending on administrative risk assessment
- Our goal is by day 5 and with nurse's approval, all COVID restrictions will be lifted.
- Staff members will monitor campers for any symptoms.
- Our nurse will determine any need for extra COVID-19 testing while at camp.

## Questions?

Please fully read the details provided in the document below.

If you still have questions, please e-mail ([swiftcamp@aol.com](mailto:swiftcamp@aol.com)) or call (715.466.5666) us if there is anything that we can help you with.



# Introduction

The information available about COVID-19 continues to change and evolve. This guidebook contains explanations of our diligent work to adapt camp programming in a way to mitigate the risk of COVID-19 exposure at camp. However, it is important to remember that there is no way that we can guarantee that COVID-19 will not be present. Because of that, we are operating as if anyone entering camp could be carrying COVID-19. We believe the best and simplest way to stop the spread of COVID-19 is by NOT allowing it to enter camp.

Camp will be different than it was pre-COVID, and it will also be different than it was last year. We will be adapting our programs and asking a lot from our families. But we also believe that a summer camp experience with friends and activities is vitally important for today's children.

This guidebook will outline changes to policies and procedures to help Swift Nature Camp operate as safely as possible this summer.

We ask that all families review this guidebook with their campers and commit to partnering with us to provide a safe experience for all.

**We need your help to create a COVID-19 FREE summer! Every family is relying on every other family to do their share.**

## COVID-19 General Knowledge

It is important to understand the basics of COVID-19 to understand the changes that will occur at camp to ensure our community will be safe and healthy. These are the facts we will be using to keep camp safe.

We also must note that even if every precaution is taken and done correctly, COVID-19 could still come into camp. With the cooperation of our campers and families, we are confident that if COVID-19 were to enter camp, our policies will allow us to stop the spread while caring for any staff member or camper that is affected.

## How Does COVID-19 Spread?

The coronavirus is mainly spread from person to person via droplets or aerosol particles transmitted by infected persons. When a person infected with the coronavirus coughs, sneezes, talks or even simply exhales, microscopic droplets containing the coronavirus are expelled from that person's mouth and nose. Many of these droplets are too heavy and will fall to the floor or nearby surfaces in a short period of time. However, some droplets turn into even smaller particles called aerosol particles. If contaminated droplets or aerosol particles spread to another person, they are now contaminated and can develop COVID-19 and start to spread it as well.

Droplets can remain in the air for 8-14 minutes in a confined space. Aerosol particles can remain in the air for over 3 hours and even longer sometimes.

It is possible that droplets from infected individuals can contaminate surfaces and objects, that could also spread the coronavirus. The possibility that a person could come into contact with the virus through an infected surface and then spread it to their mouth, nose, or eyes is significantly unlikely, and much, much lower than the risk of infection from airborne droplets or aerosols. This is why properly wearing masks and distancing is significant in stopping the spread of the virus.





# Prevention

## Masks:

The best and most effective way to decrease the risk of COVID-19 is by wearing a mask. A mask should completely cover the mouth and nose and fit snugly against the sides of the face without any gaps. A mask should have at least two layers of breathable fabric and not have an exhale valve. Some types of masks are more effective than others. To check the effectiveness of a mask, hold it up to a light – no light should be seen through the mask. A good mask can significantly reduce the amount of droplets or aerosols spread by an infected person.

## Cleaners & Disinfectants:

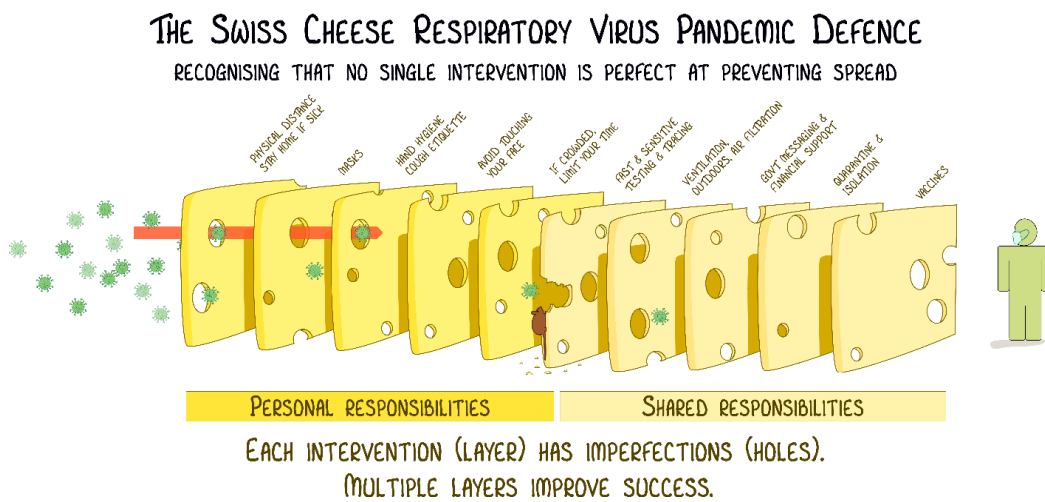
Outside of the body, the coronavirus is unable to survive for a significant amount of time. Coronaviruses are surrounded by a protective fat layer, but that layer is easily broken down when it comes into contact with disinfectants. Something as simple as washing your hands with soap and water for 20 seconds after being in public can break down the coronavirus, and most basic disinfectant cleaners will kill the virus if it is on a surface.

## The Safety Bubble:

The Safety Bubble was used successfully last year at SNC. The concept is simple, We are all on a yacht and we don't let anyone on once we set sail. No COVID in or out this way. Worked for the NBA so it should work for us.

## The Swiss Cheese Approach:

There is no single action that can guarantee that a person will not contract COVID-19. Because of that, at Swift Nature Camp, we will be adopting the Swiss cheese approach. Each slice of Swiss cheese has a variety of holes. Since there is no perfect, singular way to prevent the spread of COVID-19, each prevention measure has its own strengths and weaknesses (like the differently placed holes on separate slices of Swiss cheese). Layering multiple prevention methods on top of one another – wearing a mask AND social distancing AND handwashing/sanitizing AND physically distancing AND quarantining before camp AND testing AND limiting time indoors creates fewer 'holes' for the virus to travel through. The more scientifically based precautions and steps taken prior to and during camp the less risk there will be that there will be major spread of COVID-19 at camp.





## Coronavirus Outdoors

A large amount of time is spent outdoors, so it is important to understand the risk of COVID-19 transmission in this environment. There is evidence that the virus becomes weaker as the temperature and humidity increases. In addition, being in an open space with increased ventilation through wind and other weather factors makes virus transmission quite low. Being outdoors while remaining physically distanced is the best way to limit the potential spread of COVID-19 at camp.

## Ways to Show (or Not Show) Symptoms

Infected individuals experience different symptoms or even no symptoms at all. Regardless, any individual infected with COVID-19 can transmit the virus with or without active symptoms. Below are the different types of symptoms:

### Symptomatic:

When someone with COVID-19 is symptomatic, they exhibit symptoms of the virus. This can include fevers, body aches, cough, diarrhea, fatigue and many more symptoms.

### Asymptomatic:

Asymptomatic carriers of COVID-19 do not exhibit any signs or symptoms of the virus, but their body is still infected with the virus and fighting it. Asymptomatic carriers are contagious and can spread the virus to others.

### Presymptomatic:

Presymptomatic carriers are not yet displaying symptoms of the virus, because symptoms can take up to 14 days to show. Presymptomatic people are contagious and can spread COVID-19 to others.

### Paucisymptomatic:

Paucisymptomatic carriers have such mild symptoms that they are unaware that they may have COVID-19. An example is someone who has a cough or a very low fever for a few days, passing it off as something simple, and later discover those symptoms were indicators of COVID-19. Paucisymptomatic people are contagious and can spread COVID-19 to others.

## COVID-19 Symptoms

Primary symptoms of COVID-19 may include one or more of the following:

- Fever of 100.4 degrees or higher
- Body or muscle aches
- Congestion or runny nose
- Cough
- Diarrhea
- Fatigue
- Severe headache
- Loss of taste or smell
- Nausea or vomiting
- Shortness of breath or difficulty breathing
- Sore throat



## Higher Risk for Complications

If a camper or staff member is at higher risk for COVID-19 complications, it is highly recommended that they consult their medical provider to assess the risk of attending camp. High-risk conditions include but are not limited to:

- Asthma
- Chronic kidney disease undergoing dialysis
- Chronic lung disease
- Diabetes
- Liver disease
- Immuno-compromised
- Immuno-compromised as a result of a condition, such as:
  - Bone marrow or organ transplantation
  - Cancer treatment
  - Immune deficiencies
  - Poorly controlled HIV or AIDS
  - Prolonged use of corticosteroids and other immune weakening medications
  - Smoking
- Serious heart conditions
- Severe obesity (body mass index [BMI] of 40 or higher)
- 65 years of age or older

## Duration of Symptoms

If a person showing symptoms has been exposed to someone with a suspected or confirmed COVID-19 diagnosis, it is imperative that the person is isolated and quarantined immediately. A COVID-19 test should be administered to determine if the person is indeed infected with the virus.

The incubation period of the virus is 4-14 days. That means once the virus enters the body, it can sometimes take between 4-14 days for symptoms to appear or for the person to be contagious. It is important to remember that each person could have different types of symptoms (asymptomatic, symptomatic, etc.) A person may not exhibit symptoms even when the incubation period is reached.

Once in isolation, the infected person should stay isolated so they do not infect other people and further the spread of the virus. It is important to continually monitor an infected patient. If possible, re-testing the patient to confirm they are now testing negative is the best way to ensure the potential risk of the virus spreading from that person is eliminated.

## Testing Basics

If someone tests negative, it does not mean that they do not have COVID-19. It only means that at the time the test was administered, their body is not producing enough of the virus to be detected by the test. A person can test negative and have no symptoms but still be contagious and pass the virus to others.

There are currently three different types of tests being administered to determine the presence of COVID-19.

### PCR Test

The most accurate test is a PCR test, which detects whether the virus's genetic material is present in the patient. This test is 99.98% accurate. Test results take from 1-2 days, depending on the type of PCR test administered and the amount of tests being administered by the supporting lab. This is the best test for campers to take prior to and during camp to ensure they are Covid free.



## Antigen Test

An antigen test is a rapid test that detects whether specific proteins from the virus are present in an individual. Antigen tests have a higher rate of incorrect results, especially in asymptomatic individuals. Though these tests are not as reliable, they can be useful at camp to help detect who is potentially exposed and needs to be isolated.

## Antibody Test

An antibody test detects COVID-19 antibodies in a patient's immune system. An antibody test cannot be used to diagnose an active infection but can discern if a person was previously infected.

## The Risk of COVID-19 in Children

While fewer children have been sick with COVID-19 than adults, they can still be infected with the virus, get sick from the virus, and can spread the virus to others. Children can have no symptoms and still spread the virus to others.

Most children with COVID-19 have mild symptoms or have no symptoms at all. However, some children can get severely ill from COVID-19. They might require hospitalization, intensive care, or a ventilator to help them breathe. In rare cases, they might die. Vaccines have been very effective at eliminating long term COVID symptoms.

When children get COVID-19, their symptoms are generally mild. Only 0.012% of child COVID-19 cases result in hospitalizations. Of deaths in the US, 0.02% have been children.

Each family needs to decide whether or not they are comfortable with the risk of sending their child to Swift Nature Camp at this time. It is impossible to guarantee that COVID-19 will not come into camp. Children with high-risk conditions have a higher risk of more severe COVID-19 disease. As previously mentioned, any person with a higher risk should consult their medical professional to decide if attending camp is the right choice for them.

# Swift Nature Camp COVID-19 Policies & Procedures

## Principles of Safety

At Swift Nature Camp, we have adopted the following principles in our approach to creating and maintaining a safe and healthy community during the COVID-19 pandemic. These principles include:

- **Vaccinating**
- **Being Outdoors**
- **Masking**
- **Cohorting**
- **Distancing**
- **Quarantining and Isolating**
- **Protecting the Bubble**
- **Cleaning and Sanitizing**
- **Communicating**

## A Note to All Families

We are confident that we can provide a safe, healthy, and successful camp program during a pandemic. This confidence comes from many changes to our camp protocols and overall program. Because of these modifications, camp may not be appropriate for some campers this year. We will be taking these procedures very seriously, please review them with your child to make sure they are prepared and emotionally mature enough to handle changing circumstances. You know your child best – we trust you to determine if your child can commit to the responsibility of keeping camp safe. If your child is unable to follow our COVID-19 policies after repeated reminders and chances, you will be asked to pick up your child. In this case, no refund of tuition will be given.



## Financial Information

**We will not be offering refunds or pro-rated tuition for COVID-19 related cancellations or early departures.**

Cancellations must be made by April to be eligible for a refund.

At this time, we have contracted with a provider who will provide no-cost COVID-19 testing, though you will need to provide health insurance information on their website

<https://northshoreclinical.jotform.com/220685237714963>

If you wish to protect your tuition costs for camp in the event of a cancellation, we recommend that you look into purchasing an insurance policy that will reimburse you for those costs. You can find companies that offer this type of insurance by searching for trip insurance with a cancel for any cause policy, or one that allows medical cancellations – including COVID-19 related claims. Calling a prospective company is the best way to find a policy that suits these circumstances.

## Before Camp

### Pre-Camp Preparation

A safe camp begins at home. With good preparation, campers can arrive at camp healthy and COVID-19 free. To accomplish this goal, we are expecting all of our campers to take reasonable steps prior to their arrival.

Campers should:

- Get vaccinated. Vaccines have been proven to reduce serious illness or death.( this is recommended but not required). All of our staff will have received a complete COVID-19 vaccination.
- Avoid contact with others indoors for 5 days before the start of their camp session. During this time, you will be expected to complete a temperature and symptom check and record it on a form provided by us. **This is the best way to ensure that your camper's COVID-19 test is negative.** You will need to provide this form before your camper boards the bus or leave the car when dropped off at camp.
- During this 5 day period, campers should only be in indoor public places for medical appointments, schooling, and day care if necessary. If meeting with others, it's best to be outside and distanced. If another individual in the camper's home works outside of the home, they should distance as much as possible to reduce exposure.

### Avoiding Contact

Our experience for the past 2 years is we can stop COVID-19 from coming into camp by taking these precautions seriously. We understand that there are limitations on how much a family and their child can avoid outside contact before camp. Please refer to the following practices.

#### **Best:**

The camper remains home for the entire 5 days of quarantine. If a parent works outside the home, they follow masking and distancing practices inside the home. No one outside the home visits with the camper.

#### **Good – either or both of the following:**

The camper leaves the home for school, childcare, or medical treatment as necessary. The camper visits with relatives or friends outside, distanced and wearing masks.



### Not Good – higher chance of a positive COVID-19 test:

The camper visits with individuals indoors without masks and distancing. The camper visits high risk public areas – restaurants, indoor play areas or movie theaters, crowded outdoor events, without being masked.

### COVID-19 Tests

Testing is one of the ways that we will be ensuring that camp is free from COVID. We will be test on the following days:

- 1) On the Friday before camp start parents will be required to give a rapid test to their camper. It is each family's responsibility to provide this test.
- 2) Once arriving at camp or the bus stop, campers and family will remain in the vehicle and check in with staff who will collect COVID paperwork and administer a COVID rapid test
- 3) On Tuesday and Thursday of the first week an outside agency will be performing rapid antigen tests along with PCR tests.

### Vaccinated Campers

Currently, vaccines are available for all those 5 and older throughout the United States. We understand that vaccines are a family decision.

All of our staff members will be fully vaccinated. We strongly encourage that all age-eligible campers be vaccinated before arriving at camp. Vaccination is the best way to protect each individual and the camp community from the threat of COVID-19.

Vaccination will not eliminate the need to wear masks and distance in some camp areas. Vaccinated individuals still run the risk of contracting and spreading COVID-19. However, vaccinations are the key element in reducing the chance of COVID-19 entering camp. **Vaccinated campers will still be required to have a negative COVID-19 tests, a Quarantine Agreement (temperature log) and a copy of their COVID-19 vaccination record uploaded to CampDoc.**

If a camper exhibits COVID-19 symptoms during the isolation period prior to camp, tests positive for COVID-19, or has COVID-19 symptoms when arriving at camp, they will not be permitted to attend camp. It is unlikely that we will have space available for campers to return for a later session, so it is especially important to take the isolation period seriously.

## Travel To Camp

### Best:

Travelling to camp via personal vehicle is the best mode of transportation. We strongly encourage families to use this form of travel if possible as it provides the lowest risk of COVID-19 exposure.

### Good:

Bus service will be available from certain areas for our campers. Swift Nature Camp will provide a chaperone for travel on the bus. Masks will be required.

### Also Good:

If your camper will need to fly to camp, please contact us to discuss arrangements for safety of all campers and staff. Be sure to wear a mask in the plane and airport.





## Travel Via Personal Vehicle

We strongly encourage families to transport their campers to camp. To further reduce the chance of exposure, families should pack food and snacks prior to departure to avoid the risk of going into restaurants. Campers should only travel with members of the household that they isolated with prior to camp. Stops for fuel or restroom usage should be minimized as much as possible. Make sure to always wear masks and stay distanced from others.

When arriving at camp, vehicles will pull onto our basketball court. Families will be expected to stay in their vehicles, and there may be a short wait if many families arrive at the same time. A member of camp staff will greet each camper. Each camper must provide proof of their COVID-19 test and their symptoms checklist from the home quarantine period before leaving the vehicle. After those documents are provided, we will then perform another rapid test. Then a staff member will assist the camper with unloading luggage and travelling to their cabin. Campers can be unmasked when outside.

In order to maintain a safe and enclosed environment at camp, all others must remain in their vehicle, including saying goodbyes. Restroom facilities will not be available to non-campers.

## Travel Via the Camp Bus

Upon arrival at the bus stop, families should stay inside their vehicle. Campers will need to take a rapid test and provide proof of their COVID-19 their symptoms checklist and COVID-19 test result before leaving the vehicle. Staff will assist campers in removing luggage and loading it on to the bus. All others must remain in the vehicle, including saying goodbyes.

Campers travelling on the bus should bring a carryon with a lunch and a small snack, masks, hand sanitizer and some non-electronic entertainment (book, friendship bracelet, etc.) Campers will be distanced on the bus and must wear a mask except when eating. We will try to seat campers close to family or this year's cabin mates to limit cross contamination. A restroom will be available on the bus for any needs.

## During Camp

In order to create as safe of an environment as possible, we will be making adjustments to camp policies and procedures in a number of areas. We may change any procedures at any time when reviewing the latest data or as advised by local public health officials.

Campers will be advised of policies and procedures as they arrive at camp and when visiting different program areas.

Our goal at camp is to create a "safe bubble" with no individuals entering once the session has started. A successful bubble will allow us to reduce or remove some mitigation measures (such as mask wearing, distancing) after a certain period of time.

## Outside, Masked, and Distanced – a Rule of 2 of 3

The most important rule we have to mitigate the potential spread of COVID-19 is to meet two of the three following rules: wear a mask, be outdoors, be physically distanced by at least 6 feet. While doing all three is the best procedure, there will be situations where this is not possible and 2 will be OK.

## Cabin-Based Cohorting/Distancing

Though self-isolating and testing reduces the potential of COVID-19 entering camp, we will begin each session with a cabin-based cohort model. Each camper will travel with their cabin together to activities and meals. Our goal is to wear masks inside for the first three days. After 3 days we will only require masks when inside with a mixed group and on day 5 we hope to drop all limitations.





## In-Camp Testing

Campers will be tested via a PCR test and an Antigen test on both Tuesday & Thursday of the first week. We expect to receive results from the PCR test the day after test collection. Because of in-camp testing, we will be able to let campers go mask free and mix with other cabins faster than last year.

Anyone exhibiting symptoms will be tested with a rapid antigen test at camp. If the test is positive, the individual will be isolated and retest and arrangements for them will be made to return home.

## Mask-wearing policy

In order to contain possible exposure and spread of COVID-19, campers will be required to wear face masks indoors on the camp property until testing is completed and our nurse determines that it is safe.

Masks will not be required when:

- Campers are outside
- Campers are with the cabin group
- Campers and staff are seated at their table or outdoor area for eating
- Campers and staff are taking showers or brushing teeth
- Campers and staff are taking part in waterfront activities

## Handwashing and Cleaning/Sanitization

We intend to continue our regular practice of providing a clean and sanitized facility. We will significantly increase our handwashing and cleaning procedures this summer. Campers and staff will wash their hands between each activity and before every meal. Hand sanitizer will be used after using any shared equipment.

Bathrooms and high touch areas will be cleaned and sanitized daily with special attention. Every camp vehicle and activity area will have hand sanitizer and spray disinfectant as deemed necessary.

## Meals (Outdoors when possible)

Meal procedures will change until SNC feels COVID is not at camp. When meals are eaten in the dining hall, we will sing grace outside before entering. Campers and staff will enter the dining hall by cabin, filling from the back to the front. Each cabin will have an assigned table and tables will be cleaned and sanitized between meals. Kitchen staff will remain distanced from campers and staff whenever possible and will wear masks and gloves at all times. Indoor meals will be served family style, with serving bowls and pitchers at each individual table. Only staff will be allowed to serve food and drinks. Campers and staff must wear masks until all food is served and must replace their mask as soon as they are done eating.

## Daily Schedule

In order to maintain physical distancing as much as possible, we will be adjusting the daily schedule until test results are returned and our nurse determines it is safe. Cabins will participate in activities together for a portion of the session. Once we can conclude that our camp bubble is safe, more individual choice will be available.

## Restroom Use

Cabins will be assigned a time for showers and group bathroom use (handwashing and at wakeup and bedtime). Campers will not be allowed to share bathroom supplies.

For other restroom use, we have sufficient area to provide physical distancing. Campers and staff must wear masks inside the restroom except when showering or brushing their teeth.



## Waterfront/Swimming Activities

There is no evidence that COVID-19 can be spread to people through water in a lake, but we will continue social distancing practices as a precaution.

## Health Center

In addition to our typical health care policies, we have adopted the following Health Center policies and protocols to mitigate the spread of COVID-19 if it were to enter camp.

### Procedure for a Suspected COVID-19 Symptoms and/or a Positive COVID-19 Test

**If a camper or staff member begins to exhibit symptoms, they will be immediately isolated and tested for COVID-19 through a rapid antigen test administered by our camp nurse.**

If the on-site antigen test is positive, the following steps will be taken:

- The camper will be kept in medical isolation while arrangements are made to have the child return. We will expect the camper to be picked up by a parent or designated party the same day or early in the next day.
- Campers and staff of the cabin will be COVID tested.
- Parents of the other campers in the COVID-19 positive cabin will be informed by camp staff that someone in their cabin has tested positive. We are not legally allowed to share the identity of the COVID-19 individual.
- Camp staff will immediately begin contact tracing, identifying anyone the COVID-19 patient came in contact with during the previous 48 hours. Any campers or staff that are identified as contacts (but not in the same cabin) will be monitored and tested.
- If our nurse determines that further care is needed for anyone exhibiting COVID-19 symptoms, such as difficulty breathing or a dangerously high fever, we will transport the camper to the hospital for treatment. Local to us are hospitals in Spooner and Hayward. If a camper requires care beyond the level those hospitals provide, they can be medically transported to a larger and more medically equipped facility in Duluth, MN.

Any camper or staff member who are identified as having COVID-19 will have to leave camp for home as soon as possible. Depending on the timing of the return of test results, families must have a plan in place to pick up their child the same day or early the next day if test results confirm a camper is COVID-19 positive. We will work with families to ensure safe transportation can be arranged promptly.

### Cleaning of Health Center and Isolation Areas

The following steps will be taken:

- As is regular procedure, when any sick person leaves the health center after needing to rest there, bedding is changed and the surrounding area will be completely sanitized before any other patient occupies that area.
- High touch areas will be sanitized frequently during the day.
- If in use, isolation areas will be treated with an antibacterial product each night.
- The Health Center will be treated with an antibacterial product daily.

## Program

### Off-Camp Trips

When we go out of camp on backpacking and canoeing trips where campers or staff would come into direct contact with members of the public, we plan on wearing masks if indoors.



## Staff Time Off

While camp staff will receive the same amount of off time as they would during any other summer, this off time will be spent on the camp property to maintain our camp bubble. We provide them with areas away from campers where they can enjoy this time to be refreshed and provide the best experience for your children.

## Special Presentations

We have identified a few of our regular guest presenters who can provide an exciting program without entering any buildings, , and staying distanced from staff and campers. Those presenters may be invited to camp depending on current circumstances.

## Visitors

To maintain our camp bubble of safety, **no visitors will be permitted this year**. Campers who stay in between sessions will not be able to leave the property but will be able to have visitors provided all remain outside. We will arrange for those campers with no visitors to contact their families through phone calls or video meetings. At the end of camp families can come visit camp as long as they remain outside.

## Necessary Services and Deliveries

Individuals that are necessary to maintain camp functions will be allowed on the camp property as required. We will arrange for these providers to come into the least amount of people necessary, remain distanced and wear masks, and stay outdoors unless necessary. If an outside provider needs to visit an inside area, campers and staff will remain outside that area during the service visit. Procedures for these services will be as follows:

- Deliveries from USPS, UPS, FedEx or other package carriers will be left at the back door of our office. This area is off-limits to campers and camp staff can retrieve the packages once the carrier has departed.
- Food deliveries will be left outside the kitchen door. After delivery workers have left, kitchen employees will bring all foods inside for storage. Refrigerated and frozen foods will be prioritized for storage.
- Other deliveries (propane, etc.) will be arranged to ensure that no campers or staff members are in the respective area.
- Plans for other necessary service providers will be arranged to maintain safety of campers and staff. These include repair and replacement services that our maintenance department cannot provide. Examples include intensive plumbing or electrical work, septic servicing, large appliance delivery and installation, etc.
- Officials for health or facility inspection will remain outside as much as possible and distanced from any camp staff member while wearing masks.

## Camper Mail

Campers may be more anxious than typical because of the changing camp environment. We encourage parents to write to their campers often.

- Letters are the preferred method of communication with campers. Many campers save letters received at camp to take home as keepsakes. Please pack stationary, stamps, and preaddressed envelopes or blank envelopes with an address list for your camper to write letters.
- Parents can also send their campers e-mail while they are at camp. These e-mails will be printed and distributed at the same time as all other mail. To send an e-mail, parents or relatives can send the message to [swiftcamp@aol.com](mailto:swiftcamp@aol.com) with "Mail for 'camper's name'" as the subject line. Campers are not able to send return e-mails.



## Packages

- Unless completely necessary, packages to campers should be limited to things that can be packed in a padded mailing envelope. The post office can not keep up with the packages.
- **Packages must not contain any food, snacks, candy, or electronic devices.**
- If your camper needs or runs out of an item while they are at camp, please contact us. Often we have a replacement already available at camp or we can get what they need more quickly through a contactless pickup.
- Mail service in the rural area where camp is located can be slow and limited – our reasoning for requesting smaller, flat packages when possible. COVID-19 has increased the number of deliveries for families in the area. Because of the volume of packages and delivery capabilities, packages can remain at the post office in Minong for several days before being delivered.

## After Camp

Parents should take additional care when considering if their camper should visit nonvaccinated individuals over the age of 65 and anyone with a high-risk condition. Though we will do everything possible to maintain our camp bubble, we suggest having campers tested for COVID-19 three to five days after leaving camp.

If your child exhibits symptoms of COVID-19 or tests positive for COVID-19 within 2 weeks of returning from camp, please contact us immediately so that we can trace any contacts that may need to be informed. Please know and feel safe that your child's medical information will NOT be provided to other camp families when informing them of contact with an individual infected with COVID-19.

## Thank You!

Thank you for helping us to create a safe, healthy, exciting and enriching summer at camp!

Thank you for being safe and conscientious before camp by wearing a mask, staying out of crowded areas and keeping socially distant.

Thank you for considering vaccination for your child.

Thank you for reading and sharing this guide with your children.

Thank you for taking the threat of COVID-19 seriously.

We know kids need camp now more than ever! Let's all work together to make this a safe, fun and growing experience for all. We are so excited to see old and new friends at camp this summer!

Sincerely,

Lonnie & Jeff Lorenz

