

**UPDATED:  
MAY 25<sup>TH</sup> 2021**

# **CAMP HORIZONS 2021 COVID-19 ACTION PLAN**

You will play a key role in preventing COVID from coming onto camp. Our pre-camp restrictions must be followed, and we expect all parents and campers to take this seriously.

This Action Plan outlines the protocols that allow us to run a safe and responsible summer camp program during summer 2021 according to the American Camp Association (ACA), The Center for Disease Control (CDC), and the guidelines from the Governor of Virginia. We are confident that we can run camp in a safe and meaningful way, but no level of preparation can allow us to guarantee that COVID will not appear at camp.

Should any relevant guidelines change from the ACA, CDC, or The Virginia Department of Health, we will update our Action Plan as needed.

Parents, this Action Plan is geared toward you, however, please make sure you go through this with your camper. We have also created a shorter version for our campers to let them know what they can, and can't expect, from this summer- see our 'Camper Guide.'

Please read both documents in entirety and contact us with any questions or concerns.

Information and best practices surrounding COVID-19 have been changing and constantly evolving. Our goal with this document, as well as our Camper Guide, is to provide the best practices according to the CDC, ACA, and the Virginia Health Department. Our Action Plan is being guided by these resources, as well as our experience running Family Camp, Weekend Getaways, and our School Enrichment Program.

We know that camp will be a bit different this summer, but we know that it will be more important than ever to recharge in nature, sing camp songs, and of course, make memories that will last a lifetime!

**We Are Many, We Are One.**

-John, Liz, and the Camp Horizons Family

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# KEYS TO HAVING A HEALTHY SUMMER AT HORIZONS:

After a more than a year online we are excited to unplug and get back outdoors!

## PRE-CAMP PREVENTION:

We will require a pre-camp quarantine for all campers and staff. We ask that all campers and staff, starting 10 days before their session, begin to stay home as much as possible, and do a daily health screen with a log that we will provide for you. Specific information on these can be found on the following page.

## OUTDOOR ENVIRONMENT:

We're lucky that we sit on over 300 acres and that all activities occur outside or in a highly ventilated space. Activities that happen inside such as drama, wacky lab, and nature take place in well ventilated buildings and windows that will be completely open all the time. All of our cabins have windows and strong ventilation, and we will keep all windows and doors to our cabins open at all times. Our dining halls are the same. Activities that can move outside will be taking place outside this summer.

## TESTING:

We will be purchasing Abbott Rapid Antigen Tests to perform on Opening Day. These 15 minute tests will be administered by trained camp staff. There is no cost to you on these rapid tests. These rapid tests will also be used through the summer as needed. These tests are administered at no cost to families.

We will no longer be requiring an at-home PCR test before arrival to camp. Campers are more than welcome to receive a COVID test prior to their arrival at camp, but again, it is no longer required.

## SWISS CHEESE APPROACH AND IN N' OUT POLICY:

One very important policy we will be instituting is the In N' Out policy, which means that as you leave one place, you must wash or sanitize your hands, and as you enter the next place, you do the same. This might be a trip as short as going from the pool to the Swap Shop, however we want to cover all of our bases. The ACA has introduced the "Swiss Cheese" approach, which takes the In N' Out policy and adds an increase of layers of prevention and protection. Imagine each safety approach as a slice of Swiss cheese. Each safety approach provides a layer of protection, and by layering each slice on top of each other, you create multiple layers of protection. These approaches will help us be the safest and most successful. Some of our layers include: pre-camp quarantine, pre-camp testing, Opening Day testing, constant hand washing/sanitation, enhanced cleaning and disinfectant policies, limited time indoors, mask wearing, social distancing, and, if possible, vaccinations.

Yes, we know this sounds very silly!



# COVID-19 PREVENTION, DETECTION, AND RESPONSE:

## SHOULD YOUR CAMPER COME TO CAMP?

If your camper has any of the following conditions, please consult their physician to determine if it is appropriate for them to come to camp.

- Asthma
- Kidney disease
- Chronic lung disease
- Diabetes
- Liver disease
- Immunocompromised due to organ transplants, cancer, heart conditions, etc.

**CAMP PAPERWORK IS  
DUE MAY 14TH!**



We will be as vigilant as possible this summer on all fronts. We are making sure that we are strategic in our activity planning, and mindful of what campers want in a summer camp. Through the ACA, CDC, VDH, and other summer camps, we plan to use the Prevention, Detection, and Response plan for this summer. Please be sure to read each section and familiarize yourself, and your camper, with it.

## PREVENTION:

### 1. Safer at Home Quarantine

In order to try to prevent anyone arriving at camp carrying the virus, we require the CDC recommended 10-day Safer at Home quarantine prior to Opening Day for everyone - campers, counselors, support staff, medical staff, etc.

Campers, staff, and their families should take extra measures and precautions so as not to expose themselves to other people during this time. We strongly encourage that campers, staff, and their families stay home or within a very safe “bubble” during this 10-day period. This does not include: Going to work, school, or essential errands/grocery shopping, where proper precautions and safety measures are in place.

This 10-day Safer at Home quarantine does refer to events and gatherings such as: graduation parties, family reunions, vacations, dining out, and other gatherings where proper precautions are not being taken, and where camper families do not know their level of exposure.

If it's absolutely necessary for the camper to leave the house or the safe bubble during the 10 days prior to camp, they'll be expected to take proper precautions including: wearing a mask, maintaining social distancing, avoiding touching their faces, and washing their hands thoroughly upon return. Camp staff is also required to complete the 10-day pre-camp quarantine before their contract start date.

We ask families to please contact us if they have any plans that would prevent a thorough 10-day Safer at Home quarantine.

If we become aware that a camper or staff member is not honoring the 10-day quarantine period, we reserve the right to contact you to discuss whether or not it will be appropriate for the camper or staff member to attend camp this summer.

## 2. Health Check Form

You will receive a health screening log that we will ask you to fill out each day that tracks your camper's temperature and any symptoms. It will also ask you to list any places you or your camper has been within 10 days of their session starting. Please fill it out honestly and completely! If your camper or a staff member has experienced any of these, please contact us before Opening Day so we can work with you. You must bring this with you on Opening Day. See the Health Check form you will need to fill out and bring on Opening Day below:

**Camper Name:** \_\_\_\_\_

**Session: 1 2 3 4 5**

Dear Camp Horizons families,

In an effort to minimize illness here at camp, we ask that you and your camper do a daily health screen 10 days before your session starts. The best camp session starts with healthy campers, which begins at home. You must bring this completed form to camp on Opening Day.

Please indicate if your camper has any of the following symptoms prior to camp and record a temperature daily. If temperature or symptoms are present, please have your camper evaluated by a licensed provider and contact us for further guidance.

**Symptoms:**

Cough

Shortness of breath or difficulty breathing

Fever

Chills

Muscle pain

Sore throat

Loss of taste or smell

Nausea

Vomiting

Diarrhea

Consistent headache

Initial	
	My child has not been around anyone with any of the listed symptoms or diagnosis of COVID-19 in the 10 days before camp.
	No one in our household has been sick in the 10 days prior to camp
	My child has not traveled by air or out of state (except to get to camp) in the 10 days prior to camp
	My child has adhered to our state's guidelines regarding COVID-19

Day:	10	9	8	7	6
Temp:					
Day:	5	4	3	2	1
Temp:					

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Camper Signature: \_\_\_\_\_ Date: \_\_\_\_\_

In order to have a healthy and safe summer, our campers and staff need to come to camp healthy. The daily health screening you do during the pre-camp quarantine will be essential!



## DETECTION:

### 1. Pre-Camp Testing and Quarantine

We will no longer be requiring an at-home PCR test before arrival to camp. Campers are more than welcome to receive a COVID test prior to their arrival at camp, but again, it is no longer required.

We will be purchasing Abbott Rapid Antigen Tests to perform on Opening Day. These 15 minute tests will be administered by trained camp staff. There is no cost to you on these rapid tests. These rapid tests will also be used through the summer as needed. These tests are administered at no cost to families.

### CHECK-IN DAY TESTING:

A rapid test will be administered to your camper(s) during Opening Day Check-In. These tests are purchased through Abbott Rapid Antigen Tests and are given at no cost to you.

	Safer at Home Quarantine
Leadership Staff Training	Begins May 19 <sup>th</sup>
Aquatics, Equestrian, Outdoors, and Sports Staff Training	Begins May 22 <sup>nd</sup>
All Staff Training	Begins May 26 <sup>th</sup>
Session 1	Begins June 3 <sup>rd</sup>
Session 2	Begins June 10 <sup>th</sup>
Session 3	Begins June 24 <sup>th</sup>
Session 4	Begins July 8 <sup>th</sup>
Session 5	Begins July 22 <sup>nd</sup>

Only campers and staff with negative test results will be permitted to attend camp. All campers and staff should avoid any non-essential travel for the entire 10-day Safer at Home quarantine period.

If travel outside of the home is absolutely necessary, a face mask should be worn at all times, social distancing should be maintained, and thorough hand washing should be practiced.

### 2. Staff Training, Symptom Awareness, and Testing

Our staff training covers a variety of topics, and this year we will be including training on identifying possible COVID-19 symptoms. They will be responsible for observing their campers in their cabin and activities for any signs of illness. Our campers will be given the tools to communicate with their counselors and our Camper Care staff if they are feeling ill, and will be reminded daily to speak up about any symptoms they might have, or if they are feeling unwell.

Key symptoms our staff will be aware of:



## DAILY HEALTH SCREENS:

Each morning before breakfast we will do temperature and symptom checks with each camper and counselor

Head Counselors will be responsible for taking this information for their village and reporting results to their Program Director and Camper Care

- Fever of 100.4 or higher
- Shortness of breath
- Loss of smell or taste
- Lingering headaches
- Nausea not due to heat
- Cough
- Congestion or runny nose
- Muscle aches and pains
- Chills

If a camper exhibits any of the symptoms, they will be taken to Camper Care, where a medical staff member in mask and gloves will take a general health history and symptom check. If they have concerns that this could be COVID, they will consult with the Camp Director and additional Camper Care staff and determine next steps.

Guardians will be contacted and will have the opportunity to speak with their camper and our team. The same Abbott Rapid Antigen Tests used on Opening Day will be used, as needed, throughout the summer. Tests will be administered by trained staff members and results are reported within 15 minutes. If the rapid test comes back positive, guardians will be contacted to pick up their camper.

## RESPONSE:

In the event of a confirmed on-site case of COVID-19, we will have camp continue as planned, with heightened symptom monitoring. An email will be sent to all families, who have the option of picking up their camper should they choose. As we will be running in small cohorts, we are confident that there will be no large outbreak. Campers, counselors, or other staff members who were deemed close contact with the camper or staff will need to quarantine for seven days with a negative test, or fourteen days with a positive test and no symptoms. Guardians may pick up their camper if they so choose.

Please note, close contact is defined as a person who: was within six feet for at least fifteen minutes, provided care for someone with COVID-19, shared eating or drinking utensils (which we prohibit already), got respiratory droplets on them through sneezing, coughing, shouting, etc., or was in the same pod with the camper or staff.

This summer we will be send more frequent emails to update families on how camp is going. Like in years past, campers and parents can communicate daily via letters in our Camp Today system, where parent emails are printed and camper responses are scanned in.

As stated above, should a camper need to take a COVID-19 test, their guardians will be notified immediately by phone. If the test is positive, we will send an email out to all families.



We do want all families to see Camp and feel comfortable with where their campers are staying this summer.

We have a variety of in-person and online options available to tour our facilities and meet our staff before the summer.

### **CAMP HORIZONS OPEN HOUSES:**

We are hosting in-person Open Houses this spring, which run from 1- 4 PM. Masks will be worn and social distancing will be implemented.

**APRIL 10**

**MAY 1**

**MAY 22**

### **VIRTUAL OPEN HOUSE:**

Our Virtual Open House is lead by our Camp Director, Liz. Meet us on Zoom for a Camp Horizons presentation and informative Q&A session with our Liz, a returning camp family, and other perspective families.

**APRIL 22**

### **VIRTUAL CAMP TOUR VIDEO:**

You can take a tour of Camp anytime with our Virtual Open House video. Various Camp staff introduce themselves and our program in different locations around camp. This video can be found on our website and YouTube page.



Campers who test positive due to a confirmed COVID-19 case on Opening Day are eligible to return for a different 2-week session following no symptoms or additional exposures for 14 days. Similarly, campers who test positive due to a confirmed COVID-19 case 48 hours or more after Check-in are eligible to return for a different session length, determined on a case by case basis, following no symptoms or additional exposures for 14 days.

We ask that once you pick your camper up, you continue to monitor for any symptoms within two weeks of their session ending and contact us immediately if they exhibit any symptoms or test positive.

Regarding refunds, if a guardian voluntarily takes their camper home who is not sick and not under quarantine, no refund will be provided. If a camper goes home because of a confirmed case, or was in close contact with the person, the family will receive the option to return as described above, rollover their prorated tuition to next year or be provided a prorated refund based on when they departed camp.

## **SUMMER 2021 POLICIES AND CHANGES AT CAMP HORIZONS:**

### **CHECK-IN PROCEDURES FOR OPENING DAY:**

Opening Day will look different this year, and that's okay! While in the past we have loved to see the cars lined up for hours to check-in, we will be running it a bit differently this year. In order to ensure the safest possible camp experience, we have to limit everyone's exposure and contact during Opening Day.

As of now, we are unable to offer any Northern VA Bus or Airport pickups due to state regulations. Those who have selected and paid for this option will be given a refund, or that cost can be put toward your camper's Swap Shop Account. Currently, all campers must arrive by car, as we are not offering any transportation add-ons as we have in years past.

Check-in will be staggered from 2pm-5pm, with families signing up for their arrival time. We will be using SignUpGenius.com and you will receive an email instructing you to sign up for your check-in time a few weeks before camp. Each drop off is limited to 30 minutes and will have a maximum of 30 cars per slot. Please arrive only during your scheduled time. We ask that if possible, only one adult arrive to avoid unnecessary risk.

Parents and campers must be in masks the entire time, and we ask that 1 parent per camper take their camper to their village. Parents will not be allowed inside the cabin, but will be able to walk their camper to their cabin. Our cabin counselors will be ready to help your campers settled!

## Opening Day Check-In Flow Chart:

Throughout the Check-In process we are requiring all passengers to stay in their car. This includes the 10-15 minute waiting period on Rapid Antigen Test results.

At this time, bathrooms will be unavailable to use throughout Check-in and Check-out. Please plan accordingly.

### MEDICAL CHECKS

As you arrive a counselor will direct you to a spot in the black top. Campers will be given a COVID-19 Rapid Antigen Test.

Rapid Antigen Test results are reported within 10-15 minutes.

Following a negative test results campers will:

1. Receive a lice check
2. Review the 10-day Safer at Home questionnaire

Staff administering the lice check will be masked and gloved. This staff member will also go through the questionnaire with families.

### MEDICATION DROP-OFF & PAPERWORK

Next you will continue up the hill towards Camper Care Field. A leadership staff member will greet you and finalize paperwork, as well as take any medications that have already been labeled. They will double check your Swap Shop account, and if applicable, add any off-site trips your camper wants to do. Any additional money for Swap Shop or off-site trips will be charged to the card on file.

### LUGGAGE DROP-OFF

A staff member will come over and unload luggage and take it to Rainbow or the campers corresponding village

### GOODBYES & SEE YOU SOONS!

Once all stations have been completed, campers may travel with 1 parent to their village. Even when masked, parents are not able to enter the cabin. Families will say their goodbyes and parents will be directed toward the exit.



## **DURING CAMP:**

### **1. Activities:**

Due to VA guidelines, campers must do activities in cohorts of no more than 25. We can decide how to create these cohorts and will do them by cabins. These cohorts will travel around and do activities that we have selected based on their age. Two activities per day will run the entire week, and two will change daily. Campers will not need to be in masks in their cohorts, however, will still be expected to have their masks with them at all times in case they need to put them on. All-camp activities, such as the Talent Show, or Campfires, will be spaced out effectively. Discover Campers will do their pre-assigned activities as a cohort. We are hopeful that the cohort size will go up, and if it does, we will adjust from there

### **2. Cabins:**

We are lucky that Sunrise, Sunset, and Starlight cabins all have their own shower and bathroom. The Rainbow Center Room will be closed to campers this summer and Rainbow cabins will be assigned one side of the bathroom and they will use only their assigned shower. While in their own cabin, campers and staff will not be required to be in masks. We will also not require them when they are sleeping. Campers and counselors will be expected to have a mask with them at all times for times they need to wear them. Counselors will ensure that their campers have a mask with them before leaving the cabins. Campers and counselors will clean their cabin each day as normal, and housekeeping staff will enter in gloves and masks daily to clean bathrooms and showers on top of regular cleaning. Each cabin has multiple windows, and all windows and doors will stay open (weather permitting) to ensure proper ventilation.

### **3. Meals:**

Doors and windows in each dining hall will stay open for proper ventilation. We will be splitting meals up by village and time. Our Discover and Journey campers will eat the 'early shift' (7:45 breakfast, 12 lunch, 5:15 dinner). Explorer campers will eat the 'late shift' (8:30 breakfast, 12:45 lunch, 6 dinner). Tables will be spaced out evenly. All meals will be served family style. We will not have our normal cereal, salad, or sandwich bar this year. Instead, pre-made sandwiches and salads will be available from the kitchen staff, and at breakfast we will have cereal pre-portioned. Kitchen staff will wear masks and gloves while cooking and preparing food. Announcements and lineup will continue to happen outside of the dining hall, and cabins will be released into the dining hall one by one as we have always done. If campers or staff get up from their table during a meal, for instance to retrieve a pre-made sandwich or salad, they will wear their mask until they return to their assigned table.

### **4. Daily Screenings:**

Campers and staff will be screened each morning before breakfast with a temperature check and questions about symptoms. Anyone who shows a temperature of over 100.4 will be scanned again, and proper response protocols will follow.

There will be no activity signups this summer, but don't worry- we are confident that after 38 summers we know what kinds of activities our campers like!



Last summer our Canoe-Sink was a huge hit online and with in person groups at Family Camp! The Canoe-Sink will be flowing again this summer and is located outside Main Dining Hall.

## **5. Hand Washing and Sanitation:**

As stated earlier, we will have an In N' Out Policy this summer. As campers and staff move from one location to the next, they are required to wash or sanitize their hands. We have already installed additional sanitizing stations throughout camp and are planning to add even more.

## **6. Cleaning Procedures:**

We will be practicing extra cleaning this summer and will make sure that any high-touch surfaces get extra attention such as: doorknobs, faucets, toilet handles, and showers. In previous summers, we have cleaned the dining halls after each meal and will continue to do so this summer. Cabin bathrooms and showers will be cleaned each morning by our cabin staff and will be cleaned by housekeeping staff at least once per day as well. Common bathrooms, such as the ones at the dining halls, pavilion, pool, Western Village, and basketball court will be cleaned multiple times per day by our housekeeping staff.

## **7. Laundry:**

We will continue our normal laundry services for campers staying more than one week. Campers will put their laundry outside of their village on their assigned day, which will be picked up and cleaned by our housekeeping staff.

## **8. Camper Care:**

Our Camper Care Center will have two different sections this summer. Whereas in previous summers campers and staff came in to take their medication, this summer they will go around to the back of the building and receive medication or basic first aid through our back service window. The front door will be used for any COVID related issues. Campers and staff will only be allowed into Camper Care if they are told to by a Camper Care Staff member or Director.

## **9. Staff Time Off:**

While we need to preserve the safety of our camp bubble, we also need to give staff their regularly scheduled time off for refreshment and renewal. In order to accomplish this, staff must sign a Time Off Code of Conduct prior to the summer. Because the ACA has been working to get camp staff identified as childcare providers, we are hopeful that many of our staff will have been able to receive the vaccine by camp. Most of our time off happens on camp, where staff are not permitted to leave. For off-camp time off, staff will be permitted to leave camp for "Outside Time Off". Outside Time Off means that they will only do outdoor activities or pickups. They are not permitted to spend time in any indoor establishment. We will provide a list of approved places they may go for their time off, including Rivenrock Park, JMU Arboretum, and other local outdoor settings. Staff will be permitted to have food delivered from town on their days off if they wish to stay on camp, and all deliveries will be contactless and taking place at our Main Office. If staff choose to stay on camp during their day off, they may sleep in their cabin or spare cabins we have available.



## 10. Off-site Trips/ Leaving Camp:

We are lucky that almost all of our off-site trips are conducted by Horizons staff. As of now, all off-site trips, except caving, will run as planned. Those who have selected and paid for caving will be given the option of a refund, moving that fee toward another off-site trip, or putting it toward Swap Shop. As restrictions lessen, we might be able to offer caving. Tubing, SCUBA, Canoeing, Rock Climbing, Via Ferrata, Trail Rides, and Canopy Tour will still happen. Anytime we leave camp, campers and staff will be in masks in the car, and weather permitting, the windows will be down. We hope to have one or two staff members be designated as an errand runner who will pick up items for camp, staff, and campers. We will do our best to make these errands contactless. We will also designate one or two staff members, along with medical staff, to transport individuals for non-COVID medical trips (such as the dentist, Urgent Care, etc.). Campers and staff will be masked in the car and while inside any buildings.

## 11. Outside Visitors:

There will be no visitors allowed into main camp this summer, excluding our food providers and garbage pickup. We divert all other deliveries to our Main Office or Maintenance Shop, but they will not be permitted to be around the rest of the camp property. Campers staying multiple sessions must remain on-site during turnover, but they will be given an opportunity to speak to a parent or guardian during the break via phone or FaceTime. Families will not be allowed around camp. Tours will not be given during the summer.

## CHECK-OUT PROCEDURES FOR CLOSING DAY:

Similar to Check-in, Check-out will be staggered from 9am-11:30am, with families signing up for their arrival time. We will be using SignUpGenius.com and you will receive an email instructing you to sign up for your check-out time a few weeks before camp. Each pick up is limited to 30 minutes and will have a maximum of 30 cars per slot. Please only arrive at your scheduled time.

1. ID check with camp staff
2. Head to pick-up location based on camper's village (families with campers in multiple villages will go to multiple stations)
3. Receive camper's check-out Cabin Pack
4. Camp staff will bring your camper to meet you, along with their luggage from the basketball court and any medications they turned into Camper Care

We know this is a lot of information to take in. Please, if you have any questions, contact us:

540-896-7600

camp@horizonsva.com

We are excited for a great time here at Horizons and look forward to seeing you all this summer!

