



# Camp La Jita COVID-19 Protocol Guide for Parents

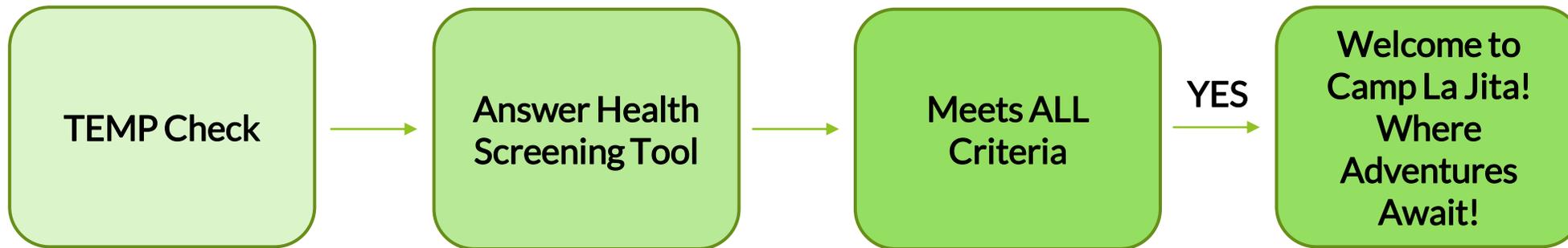
Summer Resident Camp 2021

# Parent's Guides – COVID 19 Protocols

- ▶ The safety and health of campers and staff is always the highest priority at Camp La Jita, and camp has a long history of planning for and managing communicable diseases.
- ▶ This parent's guide is intended to share Camp La Jita's COVID-19 Protocols for 2021 summer resident camp.
- ▶ If you have any questions or concerns, please feel free to contact Director of Program, Becky Jennings @ [bjennings@girlscouts-swtx.org](mailto:bjennings@girlscouts-swtx.org)

# Camp La Jita Check-in & Screening Process

- ▶ La Jita Resident Camp check-in will be curbside.
- ▶ Nurse will be conducting temp checks and screening questions.



# Wear Face Coverings

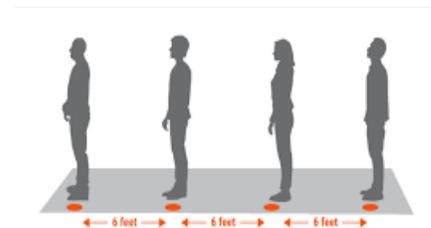


- ▶ CDC recommends wearing face coverings in public settings where other social distancing measures are difficult to maintain, such as grocery stores, pharmacies, gas stations, and working environments that encourage close capacity or where germs can be left behind.
- ▶ Wear face coverings at Camp La Jita when social distancing is not possible, during activities such as: horseback riding, adventure course, dabbler's den, archery, in a group setting (i.e. hiking, playing games, etc.)
- ▶ Face coverings may slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others.

# Practice Physical Distancing

CDC, America Camp Association and San Antonio Metro Health recommends practicing social distancing and observing basic hygiene practices to prevent the spread of novel coronavirus/COVID-19.

- ▶ Social distancing is a practice in which people maintain safe distances from each other and avoid direct contact with high touch items in the community (or at work).
- ▶ Avoid close contact with people who are sick
- ▶ Avoid touching high-touch surfaces in public places like elevator buttons, door handles, handrails, handshaking, etc. Use a tissue or your sleeve to cover your hand if you must touch something
- ▶ Make sure to clean common high touch surfaces after touching in the workplace
- ▶ Wash your hands after touching surfaces in public places and avoid touching your face, nose, eyes, etc.
- ▶ Avoid crowds, especially in poorly ventilated spaces. Risk of exposure to respiratory viruses like novel coronavirus/COVID-19 may increase in crowded, closed-in settings with little air circulation if there are people in the crowd who are sick
- ▶ Maintain a six-foot distance from others in public settings
- ▶ Do not congregate in office space or the nurse's office



# Cleaning vs. Disinfect

- ▶ *Cleaning* with soap and water removes germs, dirt, and impurities from surfaces. It lowers the risk of spreading infection.
- ▶ *Disinfecting* kills germs on surfaces. By killing germs on a surface after cleaning, it can further lower the risk of spreading infection.



# Sanitizing Supplies

Camp La Jita will be equipped with:

- ▶ Sanitizing wipes
- ▶ Sanitizing spray bottles with cleaning solution
- ▶ Sanitizing hand stations
- ▶ Cloth Face covering
- ▶ Gloves
- ▶ Soap spray bottles/water spray bottles
- ▶ Cleaning periods for all areas at camp after each group



# Adventure Course Cleaning & Disinfecting

- ▶ Good hand hygiene is required – washing hands with soap and water, before and after usage is a **MUST**
  - ▶ Sanitizer will be placed throughout the course for easy access
- ▶ Campers and staff are required to wear facemasks or shields (if in an area more than 6 feet away, it is appropriate to remove to breathe or if overheating)
  - ▶ Staff will be supplied a pair of full fingered leather gloves that must be worn during operations – after usage they must be cleaned with soap and water and hand washing is required before and after usage.
- ▶ Additional sanitization supplies will be placed near, and throughout, the course (i.e. additional masks, hand sanitizers, waste bags or bins for contaminated equipment or trash, etc.)
- ▶ Campers' equipment, staff equipment, and the entire course, will be cleaned and disinfected using only **SOAP** (neutral pH) and **WATER**. They will be cleaned after usage and left in quarantine for an entire week until the next usage

# Waterfront Cleaning & Sanitization

- ▶ Per CDC Website, there is no evidence that COVID-19 can be spread to humans through use of recreational waters. Follow safe swimming practices, social distancing, and everyday preventative actions, to protect yourself.
- ▶ Personal hygiene, hand hygiene, and respiratory etiquette
  - ▶ All staff and campers/swimmers are required to shower prior to entering the pool or river, wash their hands often – before and after and cover coughs and sneezes
- ▶ Face coverings
  - ▶ Face coverings are required to be worn when physical distancing is difficult, if swimming, DO NOT wear in the water
- ▶ Pool Operations
  - ▶ Proper operation, maintenance, and disinfection of swimming pools will likely inactivate the virus that causes COVID-19
    - ▶ Maintain proper disinfectant levels (1-10 parts per million free chlorine or 3-8 ppm bromine) and pH (7.2-8) or applicable standards based on local and state health guidelines
    - ▶ Treat pool with biocidal shock treatment for operation and maintenance

# Waterfront Cleaning & Sanitization Continued

## ▶ Swimming and the River

- ▶ Physical distancing should be followed when in the water, and proper hand hygiene is required prior to entry and exit of the pool or river
- ▶ Free swim, swimming buddy system is still required – the swim buddy must be in the same group

## ▶ Small craft activities

- ▶ Physical distancing and proper hand hygiene is required prior to/following any small craft activity
- ▶ All shared equipment is to be cleaned and disinfected in between each use. Following manufacturer guidelines and/or industry recommendations for the cleaning products and equipment
- ▶ Handwash life jackets in hot soapy water – there will be a contaminated bin to place used life jackets in. Once handwashed, life jackets will be set to dry with sun or if able with a dryer.
- ▶ Before life jacket usage, life jackets must be sprayed down with an alcohol-based disinfectant spray
- ▶ Commonly touched surfaces of boats, etc. are to be cleaned and disinfected after each usage

# Horseback Riding Cleaning & Sanitization

- ▶ Physical distancing and good hand hygiene is required – hands must be washed with soap and water for at least 20 seconds before and after the activity
- ▶ Hand sanitization will be readily available
- ▶ Tack (saddles, reins, etc.) are made from hide/leather and can be properly cleaned between riders using mild soap and water
- ▶ Helmets are to be cleaned and disinfected in between riders, using appropriate cleaning products for nonporous and porous surfaces
- ▶ All other shared and used equipment is to be cleaned and disinfected between each use
- ▶ Campers will visit the barn and area in small cohorts
- ▶ Cleaning will be done when the group leaves after the activity, prior to the next group's arrival

# Archery Cleaning & Sanitization

- ▶ Physical distancing and good hand hygiene is required, before and after usage
- ▶ Face coverings are to be worn if physical distancing is not possible
- ▶ Best practice – each participant is assigned a bow and a few arrows each. This will help limit sharing items, if items must be shared be sure to clean and disinfect items after each person uses
- ▶ Small groups with the same campers and instructors
- ▶ All items will be cleaned and disinfected after usage
- ▶ Hand sanitization will be readily available

# Dabblers' Den Cleaning & Sanitization

- ▶ Physical distancing and good hand hygiene is required, before and after usage
- ▶ Face coverings are required to be worn
- ▶ Best practice – each participant is assigned items for the activity. This will limit sharing items, if items must be shared be sure to clean and disinfect items after each person uses
- ▶ Small groups with the same campers and instructors
- ▶ All items will be cleaned and disinfected after usage
- ▶ Hand sanitization will be readily available

# Great Hall and Kitchen Cleaning & Sanitization

- ▶ Face coverings are required prior to meals and if moving about the room
- ▶ Hand washing is required before and after meals, and if sneezing or coughing
- ▶ Hand sanitizer will be placed in the Great Hall
- ▶ Increase physical distancing by spacing seating and dining tables out and minimize number of girls at each table
- ▶ Only small groups can eat in the Great Hall at a time, options of an outdoor picnic or using cabin kitchens is welcome
  - ▶ Areas are to be cleaned and disinfected after usage
- ▶ Reusable canteens are allowed but can only be re-filled at the hands-free filtered water station outside of Great Hall

# Great Hall and Kitchen Cleaning & Sanitization Continued

- ▶ Cleaning and disinfecting non-food contact surfaces
  - ▶ Clean frequently in kitchen and dining area daily, before and after each use, including high touch surfaces
  - ▶ If hard non-porous surfaces are visibly dirty, clean them with soap and water before disinfecting
  - ▶ Disinfect hard non-porous surfaces using:
    - ▶ EPA registered products
    - ▶ Diluted household bleach products; add 5 tablespoons (1/3 cup) of bleach to a gallon of water or 4 teaspoons of bleach to a quart of water. Do not use in conjunction with ammonia-based solutions. Mix a new bleach-based solution EACH DAY, when the liquid has debris in it, and when the solutions parts per million fall below the state guidelines.
    - ▶ Alcohol-based solutions containing at least 70% alcohol
  - ▶ Disinfect soft or porous surfaces using EPA registered antimicrobial products

# Units/Cabins Policies, Cleaning & Sanitization Procedures

## ▶ Housing

- ▶ Staff and campers are to remain in same unit initially placed in and **MUST NOT** rotate or change cabins.
- ▶ Access will be limited to those who reside in cabin and staff who oversee the campers.
- ▶ Minimal number of people will reside in a cabin
  - ▶ 2 or 3 campers
  - ▶ 2 staff
  - ▶ Hand sanitizer will be placed in each cabin
- ▶ Face coverings and hand washing is required upon cabin entry and after exiting
- ▶ Cabin mates are **NOT ALLOWED** to share items!!!
- ▶ Each camper will have a designated area for personal storage for their personal belongings

# Units/Cabins Policies, Cleaning & Sanitization Procedures Continued

- ▶ Sleeping
  - ▶ At least 6-feet of space between beds
  - ▶ Toe-to-toe orientation is required along with labels for beds, so campers know which bed is theirs
  - ▶ Bedding that can be washed and dried in a mechanical air dryer is to be used and each camper's bedding is to be separate. Campers must place their bedding in a contamination bag to be washed at home by their parent/guardian.
- ▶ Ventilation Increased
  - ▶ Keep windows open if weather permits
  - ▶ Personal fans are to be used only by 1 person in the cabin, if the other person would like a fan, then they will need their own
- ▶ All high touch areas are to be cleaned and disinfected – cleaning prior to departure for activities is highly recommended
- ▶ Cleaning and disinfection after cabin and bed usage is required

# Bathrooms, Changing Areas, and Showers Cleaning & Sanitization

- ▶ Waterfront areas
  - ▶ Flushing plan: flush hot and cold-water systems through all points of use (e.g. shower, sink faucets) – this will replace all water inside building piping with fresh water.
  - ▶ All showers and changing areas are to be cleaned daily and after every group usage
- ▶ Bathrooms
  - ▶ All high touch areas/surfaces including toilets, showers, and restrooms are to be cleaned and disinfected between users

# Resources on COVID-19

- ▶ <https://www.girlscouts-swtx.org/en/our-council/covid-19-prevention.html>
- ▶ <https://covid19.sanantonio.gov/Home>
- ▶ <https://www.sanantonio.gov/Health>
- ▶ <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- ▶ <https://acacamps.app.box.com/s/flsg287wqachy4iehwzx6hueg6ss6qig>
- ▶ <https://acacamps.app.box.com/s/kbjdwneqovu7aa9uigfwkip3x703ay5x>
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