



# CAMP HAZEN YMCA

START HEALTHY -> STAY HEALTHY



**HEALTH TRACKER:** Starting 2 weeks before camp we're going to ask you to do a couple of things:








- **SYMPTOM CHECKER:** Get used to asking your self how you feel each day – Sore throat? Cough: Shortness of breath? Make a note on the table below if you feel any of these symptoms.
- **TEMPERATURE:** Start tracking your temperature. This is for a couple of reasons' firstly, so you know what your temperature is when you are healthy and secondly this will help identify if you become sick before you come to camp.

**MINIMIZE HIGH RISK ACTIVITIES:** Try and avoid, or at least limit, any unnecessary travel or high risk activities with others outside of your household for the 14 days before camp.

**GET TESTED:** Within 72 hours of check in day, we highly recommend you to get a PCR COVID-19 test.

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Check in Day!!	
Temperature?																
Any symptoms? Cough, shortness of breath, loss of taste or smell?																
Reminders:	The countdown begins!	Start to avoid any high-risk travel or activities, the last thing you want is to get sick before camp!					Time to start packing!	Dig out that sleeping bag, get ready for your overnight!	You can never bring too many pairs of socks or masks!	Do you have some stamped addressed postcards to mail home?	Flashlight, bug spray, sunscreen – check!	<b>Time to get your COVID test.</b> Session A, B, C or D – do you have your t-shirt for all camp day?			Say goodbye to your favorite screen...time for some real facetime!	<b>Let's do this!</b>

## FOR THE ADULT IN YOUR LIFE

	Before Camp	Check In Day	During Camp	After Camp
 <p><b>Screening</b></p>	<ul style="list-style-type: none"> <li>• Monitor your camper's health for 14 days leading up to camp.</li> <li>• Take temperature</li> <li>• Check for possible COVID symptoms.</li> </ul>	Check In Day Questions	Cabin Counselors will ask daily health screening questions to their campers. Similar questions will be asked of all staff	Monitor your camper's health for 14 days following camp. Take temperature, check for possible COVID symptoms – inform camp if symptoms develop.
 <p><b>Disinfecting &amp; Cleaning</b></p>	Last summer we developed robust cleaning and sanitizing protocols for all our program equipment, cabins and common areas.		Although research has shown that COVID-19 is not primarily transmitted through common contact surfaces. We will continue to have cleaning supplies available to staff at each activity. Deep cleaning occurs throughout the day for common areas and regularly touched surfaces.	We are not offering the traditional 'stay over' program for campers doing multiple sessions, so the facility can under-go a 'deep' clean that weekend
 <p><b>Cohorting</b></p>	Be sure to double check your camper's school grade we have on file and complete the 'Bunk Request Form' on CampInTouch. We will be unable to make group changes on Check In day.	We will be redesigning our check in process in order to minimize contact between families. This will include a staggered check in, each family will be assigned a time slot for arrival. We will also be minimizing family members entering cabins.	Each Cabin will be 'buddied up' with one other cabin. This will make up their cohort. This is the group all activities will be done with.	Consider your family's exposure – minimize your households' interactions with others.
 <p><b>Hand Hygiene</b></p>	Ensure your child knows correct hand washing methods <a href="#">Click here.</a>	Handwashing stations are available throughout camp. Hand Sanitizers will be at check in locations.	Handwashing is built in to the daily schedule. Before and After activities. Structured time prior to meals and snacks.	Continue at home
 <p><b>Ventilation</b></p>	We have added numerous new picnic tables and meeting spaces around the property. Our cabins will have additional screens added to the doorways to increase ventilation.	Our check-in process has always been primarily outside. This year we will minimize the number of families that enter a cabin at a time, if at all.	All activities will be outside, including meals. In the event of inclement weather, cabin groups will remain together in the cabin, with shutters and doors open as much as possible.	
 <p><b>Face Mask</b></p>	If your child has not had to wear a mask for long periods of time, get some practice in prior to camp.	All staff, campers and family members will be required to wear masks during check in.	Masks will be required for staff at all times, and for campers when they are inside, or outside when we can't maintain 6ft of distance, with some exceptions and exemptions. Exceptions will include mealtimes, swimming, sleeping, activities that can be physically distanced and during designated mask breaks.	Continue to follow CDC current recommendations with regards to face coverings.
 <p><b>Physical Distancing</b></p>	Have your camper practice having conversations with people at a greater distance that they may be used to. Practice advocating for their personal space.	Please keep a minimum of 6ft distance between your family and others during your time on camp.	Cohorts will maintain at least 6ft distance between each other. Campers within the cohorts will be encouraged to maintain distance between each other. In Cabins, beds will be made up 'head to toe' to ensure maximum distance during sleeping hours.	