

# Hiram House Guidelines for 2021 Overnight Retreats

Below are suggested guidelines for implementation of an overnight retreat or school group to help reduce the spread of Covid-19 at camp. The following information has been gathered from the American Camp Association as well as the CDC. We hope this helps in your planning process.

## Participant Drop Off/Pick Up

- When you arrive at camp, everyone should have their temperatures taken and screened for Covid-19 symptoms.
- If parents are dropping off, we ask that they park in the main parking lot and only one member of the family come to the check in table.
- Please have all other family members stay in your cars until directed by staff.
- Masks are required at all times.
- If anyone has temperature of 100 or higher they should be asked to return home. Once the fever has been controlled for over 24 hours without medication, the individual is able to return to camp, unless there are additional symptoms.
- If possible, people aged 60+ or those with serious underlying medical conditions should not drop off/pick up children, because they are more at risk for severe illness from COVID-19.

## Office Visits

- The camp office is open while your group is here Mon-Fri 8:30am-4:30pm.
- Masks are required inside the office.

## Face Masks

- Face Masks should be required at all times except eating and sleeping.

## Daily Activities

- Activities should be spaced out as much as possible.
- Plan on small group sizes for break out groups if possible.
- If Hiram House is teaching any classes, we ask that groups be broken out into small groups to accommodate for social distancing.
- Have hand sanitizer available and disinfecting wipes at all your activities and try and locate these activities near restrooms if possible to allow for hand washing as needed.

## Living Quarters

- Participants should sleep every other bunk so to keep a 6 foot distance at bedtime.
- Cabin access should be limited to only individuals who reside in that cabin.
- Avoid sharing common items (cups, bedding, etc.) as well as the sharing of individuals' items with cabin mates.
- Personal belongings should be limited to essential items plus a limited number of non-essential items.
- Participants should keep personal belongings organized and separate from other's belongings.

## Meals

- We suggest meals be served either grab n' go or family style and have one person serve meals at each table.
- ACA suggests avoiding buffet style, salad bars, self-service, table, counter food service, and other configurations that require diners to use shared utensils.
- Make sure everyone has washed hands before eating.
- Encourage diners to maintain physical distancing between themselves and others while eating. Space out tables and chairs and utilize the dining room as much as possible.
- Please designate one person to go up to the serving window for seconds on food. Make sure you wear a mask when walking to the kitchen.
- Wash hands after your meals.
- Do not attend meals if you are sick or experiencing flu-like symptoms. Meals will be provided to you separately.

## If your Participant is Sick or has Covid-19

- If someone arrives at camp with a fever of 100 degrees or higher they should be asked to return home.
- Once the fever has been controlled for over 24 hours without medication, they can return to camp, unless there are additional symptoms.
- If someone has been diagnosed with Covid-19, we ask that they stay home and follow all CDC and doctor guidelines about when to return to activities.
- If you have had CLOSE CONTACT with someone infected with Covid-19, we ask that they stay home and quarantine for at least 14 days.
- If someone becomes ill while at camp, your group should inform all families that there has been a positive case at camp.

## If you have been Vaccinated

- Per the CDC: If you are vaccinated against COVID-19, you may still be exposed to the virus that causes COVID-19. After exposure, people can be infected with or “carry” the virus that causes COVID-19 but not feel sick or have any symptoms. Experts call this “asymptomatic infection.” For this reason, even after vaccination, we need to continue using all the tools available to help stop this pandemic as we learn more about how COVID-19 vaccines work in real-world conditions.
- Masks and social distancing are still recommended.
- If you have been fully vaccinated you do not necessarily have to quarantine following an exposure as long as you meet the following criteria: 1. You are fully vaccinated, with at least 2 weeks since your final dose. 2. Are within 3 months of receiving your final dose. 3. Have remained asymptomatic since the exposure.

## Cleaning and Disinfecting (Our Commitment To You)

- Hiram House will be following all CDC and American Camp Association guidelines for cleaning and disinfection.
- Daily camp activities such as archery, canoeing, etc. will be cleaned after each group.
- Bathrooms in main dining hall will be cleaned during the week.
- High touch surfaces will be cleaned multiple times throughout the day.
- All Camp Staff will be trained on cleaning and disinfection as well as a general Covid-19 guidelines.

