

2021 Health and Sanitation Procedures for Camp Gray Rock

June 3, 2021

Camp Gray Rock has developed the procedures on the following pages in accordance with the guidelines issued by the American Camp Association and the Centers for Disease Control. To protect the health and safety of our campers, staff and their families, we have instituted more stringent requirements and procedures than recommended by the Guidelines.

Please feel free to contact us if you have any questions or concerns prior to Camp.

SUMMARY of Changes

- There will be NO Parents Night Dinner and the Awards Ceremony will be closed. The Awards Ceremony will be broadcast on Facebook Live for Families
- All Campers and Staff will be screened twice daily for Covid-19.
- Handwashing will be done before every meal or camp activity. Sanitizer stations have been added all over camp.
- There are some Food Service changes in accordance with State Requirements.
- Typical Field Trips have been CANCELLED. There is a chance we will go tubing, but it depends on a lot of factors. Bring water shoes in case we go tubing.
- Check-in and Check-out procedures will be similar to 2020 procedures. Check-out is on Saturday from 9:00 to 11:00 am.
- Spending money is not necessary this year. Campers may bring snacks or purchase them at our canteen.
- All equipment will be sanitized after each use by a group or cabin cohort.
- Cabin capacity may be limited this year.
- We have extra sanitizing procedures for the cabins, lodge and activity areas.
- If a camper gets sick while at camp, they MUST be picked up ASAP.

Parents may reach the Summer Camp Director, Cindy Carner, by cell or text at (704) 562-0774. Parents are asked to call during overnight hours only during an emergency, and to limit calls during the day to ensure the Summer Camp Director is able to provide supervision of Camp Activities. Text messages are actually better, because she can continue working with the campers and respond to you quickly at her first convenient moment. If she is unable to answer the phone, please leave a voicemail and she will call you back as soon as she gets to a point that allows.

MEDICAL CARE

The Watauga County Health Department maintains contact with us, and sends nurses to assist with check-in. The Camp Director has phone numbers for their nurses, and can reach any of them at any time if needed. The Health Department representatives are only a phone call away if we have any questions or concerns.

The Summer Camp Director and at least half of the counselors each week are each certified in First Aid and CPR. Each session of camp will have 2 lifeguards on staff for 2021. We maintain all medications and health supplies in the Camp Office, which remains locked at all times unless the Summer Camp Director is in the office. First Aid kits will be kept in activity areas and on the Summer Camp Director's Golf Cart.

In the case of a camper not feeling well, an infirmary is maintained in the Summer Camp Director's cabin. If your child is ill and needs to go home, he or she will be monitored in the infirmary at night or in the office during the day until he or she can be picked up. After any time spent in the infirmary, bedding will be washed in hot water, the cabin including the bathroom will be cleaned and sanitized, and the mattress will be sanitized.

The Summer Camp Director shall maintain a list of medications for each camper, and will check off each time a camper is given a scheduled medication. There is also a separate First Aid log, which the Summer Camp Director or First Aider will complete each time First Aid is needed.

In the event of a camper or staff member needing medical care beyond First Aid, we have providers for Primary Care, Urgent Care, and two local hospitals. Except in an emergency in which we call 911, every effort will be made to contact the parent first by telephone before transporting a child to a medical facility. We will maintain contact with the parent as needed throughout the entire process.

Primary Care:

The Baker Center for Primary Care

436 Hospital Drive, Suite 230

Linville, NC

M - F 8am-6pm, Saturday 8-12

(828) 737-7711

This is about a 15 minute drive from Camp

Urgent Care:

FastMed Urgent Care

178 Hwy 105 Ext., Suite 101

Boone NC

(828) 265-7146

M-F 8am-8pm

Sat-Sun 8am-4pm

This is about a 15 minute drive from Camp Gray Rock

There are two local hospitals with Emergency Rooms, and we have used both at Camp Gray Rock. Both are in the Appalachian Regional Healthcare System. In an emergency, EMS will take the patient to the closest Emergency Room with a bed.

Charles A Cannon Jr. Memorial Hospital
Hospital Drive,
Linville NC

Watauga Medical Center
336 Deerfield Rd
Boone NC

Each camper will have a Health form on file with the Summer Camp Director. At check-in, the Summer Camp Director and the camp nurse will examine each form to become familiar with the health and dietary needs of each camper. All medications will be collected and stored in the office for the duration of camp, except for any emergency medications (Epi-pens, Diastat, etc) required to be kept by the camper or counselor. A check for head lice is also performed by the nurse or Summer Camp Director at check-in.

Medical Information is only shared with Camp Staff on a "Need to Know" basis. All health information is protected by the Summer Camp Director or designated Counselor.

In the case of any trips off-campus, the Summer Camp Director (or designated counselor) will keep a backpack of medications, Health Forms for each camper, and a First Aid kit.

FIELD TRIPS

Field Trips will be limited this year to protect our campers from exposure to Covid-19. We are *considering* only one field trip to go tubing, pending inspection of the facility, river water levels, and approval by the Health Department each week. Face masks **MUST** be worn on the bus, per Health Department Regulations. Campers should bring water shoes to camp in case we go on the field trip. The service provider is an hour from camp, and is being very diligent in their Covid-19 procedures. You may check out Riverside Canoeing on Facebook or online, but please direct all questions to the Summer Camp Director.

SPENDING MONEY AND SNACKS

Spending money is not necessary this year, because there will be no shopping if we decide to go tubing. It is recommended the campers bring no more than \$10 for canteen purchases. We **WILL NOT** be collecting spending money at check-in this year; all money is solely each camper's responsibility. Cabins are locked whenever a counselor is not present, so there will be no campers snooping around when the cabins are empty.

Snacks are welcome at camp. You may send SEALED drinks and snacks. We ask that campers do not share opened packages of snacks or drinks.

FOOD SAFETY

Our Camp Cook, Mrs. Jeannie, is Serv-Safe Certified. She works in the Cafeteria at Watauga High School. Our Kitchen receives excellent ratings each camp year because of her diligence. We have several staff members who assist in the kitchen as needed, and Mrs. Jeannie makes sure they follow the rules for food safety.

The Camp Director and Camp Cook work together to protect campers and staff with allergies.

With the Covid-19 situation, we have done away with our salad bar, family-style condiments, and silverware containers. All silverware, salads and condiments will be distributed by staff individually.

Everyone on campus will wash hands with soap and warm water before every meal. After check-in, the Summer Camp Director will discuss handwashing and sanitization at her Welcome Meeting with campers and staff.

A group of staff and campers are responsible for cleaning the dining hall and lodge restrooms after each meal. There is a detailed checklist for the cleaning chores, and the Summer Camp Director will ensure that everything is cleaned satisfactorily before camp activities begin again. In the case of a situation needing more extensive environmental clean-up, the Summer Camp Director will wear appropriate PPE and clean up the mess herself; staff and campers will be instructed to clear the area and notify the Summer Camp Director if they notice this kind of situation. Campers are never expected to clean up solid or liquid body wastes.

PERSONAL HYGIENE

Campers and Staff will be required to bathe at least once a day. Counselors will make every effort to ensure campers bathe, brush their teeth twice, and change into clean clothes each day. The Summer Camp Director has a washer and dryer in case of an emergency, and Counselors will notify her for any camper needs. In case of forgotten hygiene items, the Summer Camp Director keeps a supply of extra new items, and can acquire any others as needed from the Dollar General across the highway.

Hand sanitizers have been placed all over campus, including at the door of each cabin. Everyone will be required to remove their shoes and sanitize their hands before entering the cabin. Then the counselor will direct everyone to wash their hands with soap and water.

Campers will also be instructed to wash their hands before each activity, or use hand sanitizer at areas where sinks are not available until they can get to a bathroom.

SANITATION OF EQUIPMENT

The Summer Camp Director shall maintain sanitizing solution or wipes at each activity station. Equipment such as fishing poles, sports balls, paint brushes, pool sticks, air guns, air rifles, and archery equipment will all be sanitized after use by each cabin cohort.

POOL SAFETY & Fishing

Each session of camp will have 2 lifeguards on staff.

The Swimming Pool facility remains locked at all times unless a Lifeguard is on duty. There will be a strong preference for having 2 Lifeguards or a Lifeguard and the Camp Director at the pool at all times.

Our Camp Caretaker is responsible for water quality at the pool. He maintains a daily log of all water tests. Our pool and pool records are inspected by the state each year as required.

Each camper is given a swim test during the first time the pool is open each week, and pool rules are explained to the campers at that time. Lifeguards will use the swim test to become familiar with each swimmer.

Fishing rotations are held at our pond. At no time should any camper be allowed on the dam; staff members may only touch the dam if there is a need to untangle a fishing line at the dam. There is NO SWIMMING or wading allowed at the pond at any time.

CLEANING AND SANITATION OF CABINS

Each morning after breakfast, the campers are assigned Cabin Capers, with assistance and supervision by each counselor. There is a daily checklist, which includes sanitizing the bathroom facilities, light switches, door knobs, floors, etc. The counselor will ensure the cabin capers list is completed before the Summer Camp Director completes her daily inspection.

Campers are encouraged to only bring what they need to camp. Please limit to 1 stuffed animal if one is absolutely required. Counselors will ensure each camper has a bag to store dirty clothes at the beginning of the week; if a camper does not have one, a trash bag will be provided for dirty clothes. Campers are not to leave toiletries in the bathrooms. All toiletries should be kept at the camper's bunk, and all wet laundry shall be hung to dry on the lines or porch rails outside the cabins.

As per NC Health Department regulations, campers sleeping on bunks must sleep head to toe to maintain 6 ft head to head distancing. Campers may only sit or lie down on their own beds. Masks and social distancing are not required for cabin cohorts.

On Saturday mornings, the counselors will sanitize each mattress/mattress cover and air out the cabins in accordance with Covid-19 guidelines provided by the American Camp Association and the Health Department.

MAINTAINING OUR HEALTH & IMMUNITY

Counselors will encourage each camper to drink plenty of fluids, eat healthy foods, get plenty of exercise through camp activities, maintain social distancing, and get plenty of rest during turtle time and at night. Counselors will enforce our hygiene standards. Our Summer Camp Director is very involved in camp activities and makes it a point to get to know each camper well; as a mother and an educator, she is very in tune to the needs of each child. Your children will have a lot of supervision and will be encouraged to let an adult know if at any time he or she feels uncomfortable or ill. The Summer Camp Director will maintain communication with parents as needed.

Camp Staff are encouraged to notify the Summer Camp Director in the event of a fever or feeling unwell. Camp Staff will not report to work, or will stay isolated until cleared by appropriate medical personnel.

Special Covid-19 Procedures

Check-In Process

Our check-in process will be altered for 2021.

For 2 weeks before camp, we ask each family to isolate and/or maintain social distancing to the best of their ability. Any exposure to people outside of the home brings a risk of bringing germs to camp. If for any reason you have symptoms of Covid-19, your child will not be allowed to join us at camp. You can avoid the last-minute disappointment by getting vaccinated and maintaining social distancing for 14 days before you arrive at camp.

Parent Involvement: To speed up the Covid-19 screening process, we ask that only 1 parent/adult participate in check-in and settling into the cabins per camper. Anyone participating in the check-in and settling in process will be screened for Covid-19, including parents.

1. Upon arrival at camp, please park at the lodge and *follow the signs* to check-in at the lodge. A one-way traffic pattern will be laid-out as you walk into the lodge area. Please maintain 6 feet of distance between families as you wait in line to check-in.
2. At the entrance closest to the Lodge restrooms, you will be greeted by a volunteer to screen for Covid-19. Screening will consist of a standard questionnaire and a temperature check.
3. Continue to the restrooms to wash your hands with soap and warm water for at least 20 seconds.
4. Enter the Dining Room, where your camper will turn in all electronic devices. It is a good idea to turn in chargers as well, since your camper will not have the opportunity to go to the cabins to retrieve a charger during phone time. At this point, you may need to wait in the dining hall to be called by the nurse for the health screening. Please maintain social distancing.
5. Enter the Library, where a nurse and the Summer Camp Director will go over your camper's health form, medical and dietary needs, and perform a head lice check. At this time we will collect all medications (OTC and prescription). You will then be given a pass to enter the cabin area.
6. Exit the lodge at the door beside the library, and proceed through the Cabin Area checkpoint. You will need to show the volunteer your pass, and he or she will direct you to your cabin.
7. Your counselor will greet you in your cabin. Before entering, you should remove your shoes and use hand sanitizer. At this point, we ask that the parent quickly help the camper settle into their bunk and say good-bye. This will help maintain social distancing and ensure there aren't too many people in the cabin. We promise, your camper will be just fine once you leave!

AWARDS Ceremony

Our awards ceremony is usually open to families and is a part of Parents Night. *****For 2021, we will NOT have parents on campus for dinner or the Awards Ceremony.** We regret that inviting our parents and families to dinner and our awards program will not allow us to maintain

appropriate social distancing crowd numbers for Covid-19 regulations. Our Awards Ceremony will be broadcast on Facebook Live on our Facebook page, so you won't miss any of the fun!

Check-out Process

Check-out on Saturday is between 9:00 and 11:00. Your camper will be packed and ready to go at this time. **Please arrive no later than 11:00**, so we can have time to sanitize and air out the cabins before the next session's campers arrive on Sunday.

We began our Drive-through Check-out process during the 2020 camp season.

1. Parents will enter campus through the gated entrance.
2. There will be a check-out station set up where you will sign out your camper and collect any medications.
3. Pull forward to the bottom of the trail to the cabins to collect your camper, who will already be packed and ready.
4. You may drive through to exit camp. Your camper may fall asleep in the car before you leave Foscoe. He or she will probably be full of stories about camp, and the suitcase will be full of stinky laundry from a fun and exciting week with us!

TWICE-DAILY Covid-19 Screenings

Each morning before breakfast and each evening before retiring to the cabins, every camper will be screened for Covid-19, including a temperature check. We will also screen children as needed throughout the day if they display signs of Covid-19.

Sick Child Procedures

If your camper has a fever of 100.4 degrees or more at any point, or if he or she displays any symptoms of Covid-19, he or she **MUST** be picked up immediately from camp. We will allow travel time from your home, but a parent or guardian must pick up the child as soon as possible, as per the Health Department. Until then, your camper will be isolated and will not be allowed to participate in any camp activities.