



# Camp Mountain Chai

## COVID-19 Playbook

### Summer 2022

As of April 15, 2022





## INTRODUCTION

**The information surrounding COVID-19 is constantly changing and evolving, and this COVID-19 playbook is a living document that will evolve and change between now and summer 2022.**

After a successful summer 2021, Camp Mountain Chai has continued to follow the science on establishing COVID-19 protocols for 2022. CMC is proud to share our updated COVID-19 Playbook to address the current risk of COVID-19. While much has changed since last year, CMC will continue to make the safety of our campers and staff the first priority. We've consulted with doctors, nurses, medical professionals, and parents to design summer programs that will limit the spread of COVID-19 amongst our community, while ensuring summer 2022 is the best at CMC yet.

This playbook is meant to provide Camp Mountain Chai families and staff with information about how we are adapting our policies and procedures to mitigate the risk of COVID-19 during Camp. We have incorporated the advice of our medical advisory committee, the best practices published by the [Centers for Disease Control \(CDC\)](#) and [American Camp Association \(ACA\)](#), and what we've learned from the camps, schools, and youth programs that have operated during the pandemic, such as ourselves. CMC is prepared to limit any secondary spread of the COVID-19 virus through a cooperated effort with our camp families, occasional mask wearing, and appropriate testing to create a stable environment. We recognize that regardless of the level of preparation we cannot guarantee that COVID-19 will not be present at Camp Mountain Chai, but we are confident in our ability to run Camp in a safe and meaningful way. In fact, we are operating as if the virus *will* enter Camp. We intend to run because we believe we can care for campers and staff if they do contract COVID-19, and that we can isolate and stop the virus from spreading if it does enter Camp.

This playbook will address and share how we plan to operate safely this summer. As information changes and evolves, so, too, will this playbook to reflect current science as necessary. It includes a wide range of topics, including creating and maintaining a safe environment at Camp and an in-depth look at how we plan to operate this summer. We ask that all parents/guardians review this playbook with their campers. We strongly recommend reading our COVID-19 Playbook in its entirety, **using the Table of Contents to review each section:**



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## CORE ASSUMPTIONS

As we plan for the 2022 summer, we want to share our philosophy and approach for opening safely. We have two primary goals which we are working towards simultaneously:

1. Ensuring the health, safety, and security of our campers, staff and community
2. Providing a genuine Camp Mountain Chai experience, including:
  - Celebrating Shabbat
  - Creating and rekindling friendships
  - Being outdoors and disconnecting from technology
  - Building confidence and becoming more independent

The core assumptions listed below are the foundation upon which our COVID-19 playbook was created. These assumptions are based in science and contain the expertise from our committee of physicians, nurses, and medical professionals. As the situation regarding the pandemic and related guidance continue to evolve, **we reserve the right to adjust these assumptions and the components of our playbook accordingly.**

1. **We can operate safely.** Our medical advisory committee, in concert with guidelines from the CDC, ACA and local departments of health have determined that there is greatly reduced risk of COVID-19 transmission at camp for summer 2022.
  - a. We operated successfully during the 2021 summer with no COVID-19 cases.
  - b. We are now in a downslope in the number of diagnosed COVID-19 cases
  - c. Much of our population (campers and staff) has been vaccinated.
  - d. If at any time we (Staff, Medical Committee, or Board of Directors) feel we cannot deliver on this most basic promise of keeping everyone safe, we will not hesitate to act accordingly.
2. **COVID-19 vaccines may not be out of Emergency Use Authorization (EUA) for campers under 12.** Based on consultation with medical experts, we do not expect a vaccine to be out of EUA status by the time Session 1 starts. We strongly encourage all eligible campers and staff to get vaccinated/boosted for COVID-19.
3. **Most campers and staff at CMC will be vaccinated (and boosted) with an FDA approved COVID-19 vaccine.** Based on voluntary participation in a summer 2021 survey, our data suggests that all of our staff and 94% of eligible campers were vaccinated. We assume that this will be the same or higher in summer 2022. The COVID-19 vaccine will help reduce the severity of symptoms in someone infected with COVID-19.
4. **COVID-19 will remain a public health concern well into the summer.** While cases, hospitalizations and deaths are declining, COVID-19 may be prevalent in society through the summer. National and local health authorities have started to remove mandates, restrictions, and certain protective measures. However, COVID-19 can still cause serious illness in adults and children so we are operating under the assumption that COVID-19 will still be present in the communities we serve across the world, and in our camp community.
5. **Testing will be adequately available to allow for early detection of the virus in our campers and staff.** We plan to test when it's appropriate and will ask the participation of our camp families and staff to test pre-camp.



6. **It takes a village.** We rely on a deep partnership with our camp families each summer and this summer will be equally as important as we will be depending on our families to follow all pre-camp requirements, including but not limited to limiting their travel/group interactions, COVID-19 testing, symptom monitoring, and reporting of any and all physical and mental health concerns.

## CULTURE OF COMPLIANCE

We are prepared to mitigate the risk of COVID-19, and we are prepared to respond should it impact our community. We expect our staff and campers to comply with Camp Mountain Chai's policies. Non-compliance could result in removal from Camp. The policies and protocols outlined here are meant to protect our community. CMC reserves the right to keep individuals at Camp or send them home, depending on the circumstances, in consultation with local health officials, parents, camp directors doctors, nurses, and other pertinent staff.

## SWISS CHEESE METHOD

There is no single action that can guarantee that a person will not become infected with COVID-19 or other viruses. Combining multiple preventative measures creates more layers and lessens the chance of exposure to the virus. CMC used this multi-layer approach to combat COVID-19 in summer 2021 and we will be using a modified version for this summer.

## PRE-CAMP FAMILY EXPECTATIONS

### Self-Quarantine

All campers and staff should self-quarantine 7 days prior to their arrival at Camp. During the quarantine, campers, staff, and members of their household should:

- Limit physical contact with anyone outside of their household
- Avoid attending group celebrations, other camps, family events, parties, etc.
- Wear a mask when interacting with individuals outside of your household
- Practice safe social distancing
- Utilize curbside or outdoor dining
- Wash hands with soap and water frequently
- Limit non-essential travel

Staff will arrive at camp at least 10 days prior to the arrival of campers, allowing for an additional period of quarantine to be completed in advance of campers' arrival.

### COVID-19 Test

We will require parents/guardians to take their campers to be tested (PCR) 48 hours prior to arriving to each session. PCR tests are widely available and free or covered by insurance. We may also issue a rapid test (antigen) on arrival day (prior to getting on the bus), during the session and anyone leaving/re-entering the community. Campers and staff with negative test results will be permitted to enter Camp. If your camper was infected with COVID-19, they may still be testing positive—you will have to show proof that it has been at least 5 days since the positive COVID-19 test and they must be asymptomatic.



## Temperature and Symptom Monitoring

During the quarantine period, all campers and staff should self-monitor for symptoms related to COVID-19 daily. In addition, all campers will receive a temperature and symptom check up on arrival at each session. **All campers and staff will be required to be completely symptom-free – without the use of any medication - for at least 72 hours prior to their arrival. They must have a temperature below 100.4°F**

## TESTING STRATEGY

Being able to determine whether the virus is present at Camp is a critical component to keeping our environment stable and free of COVID-19. Should anyone in our community present with symptoms of COVID-19, we will perform rapid antigen tests. At Camp, it is common for campers and staff to present with headaches, sore throats, and other complaints and automatically testing everyone when a symptom is present is not a sustainable plan. We will work alongside our medical team and use best practices to determine when to administer these tests. Anyone for whom it is determined that a COVID-19 test should be administered will be quarantined until the results are known. Their cabin will continue camp programming; however, they may be isolated away from other cabins, and we may continue to observe/test the campers in that cabin and/or require some mask wearing.

Camp reserves the right to request that any member of our Camp community who presents with a symptom of COVID-19 be tested to rule out presence of the virus. Best practices indicate that if there are two or more symptoms present, where one symptom is a fever, a COVID-19 test is to be administered.

## VACCINES

All of our medical staff, summer camp staff, and SITs will be required to be up-to-date with their vaccination prior to the opening of camp. The vaccines remain available for everyone 5 years old and older, and **we strongly encourage all eligible campers (grades 2<sup>nd</sup> – 10<sup>th</sup>) to get the vaccine as soon as possible.** Please visit [vaccines.gov](https://www.vaccines.gov) to find out where you and/or your camper can get vaccinated. The vaccine will be regarded as an additional level of PPE for all adults, and we expect everyone to comply with Camp's COVID-19 policies regardless of vaccination status. CMC reserves the right to handle camp operations in any way we see fit to ensure the safety of the whole community. This may include sending campers home to avoid further spread of the COVID-19 virus. For our full immunization policy, please [click here](#).

## DAILY HEALTH SCREENINGS

Our cabin staff are trained on how to conduct daily physical, mental and emotional health screenings with their campers and anyone reporting a symptom will be sent to the appropriate camp professionals for further evaluation—this includes our medical staff at the health center and/or camper care.

## NONPHARMACEUTICAL INTERVENTIONS (NPIs) AT CAMP

### Cleaning and Sanitization Procedures and Enhanced Hygiene

Common areas and shared spaces (e.g. dining hall) will be cleaned and sanitized multiple times per day, per CDC, local, state, and federal health officials, and ACA recommendations and guidelines. Every space and program area that we are using around Camp will also have its own spray bottle of



disinfectant and towels. Camp Mountain Chai uses disinfectants that are on the CDC and EPA lists of approved products to be effective against COVID-19.

All attendees will receive instruction on hygiene measures such as cough and sneeze etiquette and hand hygiene, with the requirement to clean hands with soap and water or approved hand sanitizer containing a minimum of 60% ethanol or 70% isopropanol before and after all activity periods, meals, and other high-touch interactions.

### Creating a Stable Environment

Staff will be allowed to leave the property on their days off with certain stipulations including where they can go and may be rapid tested upon their return. Campers will leave Camp for any number of reasons including overnights, Atid trips, and additional medical care and may be rapid-tested upon returning to camp. The following groups will also be monitored as they come and go:

- Maintenance, food service and cleaning staff who live offsite and do not physically interact with other camp staff
- Vendors providing essential items to camp, including propane, food, septic services, and repair companies as needed
- Healthcare professionals, clergy, and other visitors

Campers or staff needing to leave and come back for reasons other than additional medical care will be assessed and an objective determination will be made on a case-by-case basis by the Camp Director, Senior Leadership Team and/or Medical Professionals.

## COMMUNITY STRUCTURE

Based on our experience of camp last year, best-practices from local, state, and federal health officials, the knowledge from our medical advisory board and camping industry advisors, we have developed a community structure designed to mitigate the risk of and manage the potential spread of COVID-19.

### Outside & Distanced

Most of our programming takes place outside just by the nature of what we do. We have taken steps to move even more programming outside, by using the picnic benches generously donated by our community. We have also planned to have ample space between some of the closer-quarters at camp like the dining hall and martial arts deck.

### Mask Wearing Policy

Masks are optional and we strongly encourage campers and staff to do what they're comfortable with. Medical staff may require symptomatic or exposed individuals (regardless of vaccination status) to wear a mask at certain times. We also may ask campers to wear a mask on the bus to/from camp. You can send your camper with masks, but Camp will have a sufficient supply of surgical masks for those who would like one.



## TRANSPORTATION

### To Camp

**For summer 2022, Camp Mountain Chai will provide buses to camp!** You do have the option to drop your camper off at Camp as well. With PCR testing 48 hrs. prior to arrival, CMC can offer group transportation safely. Campers will receive a temperature check, symptom check, and lice check. They may also receive a rapid COVID-19 antigen test before getting on the bus or being dropped off at Camp (this will be determined later, prior to camp).

Any camper or staff member who has experienced any COVID-related symptom(s) will be directed to our medical staff to determine whether their arrival at Camp needs to be delayed.

If you choose to drop-off your camper at Camp, our staff will be available to help unload any bags or equipment that is accompanying your camper and we will make sure all luggage gets to your camper's cabin. The specific details and logistics around buses/drop-off will be shared with our families closer to the start of Camp. You can expect a careful and responsible check-in/out process that supports the stable environment inside of Camp that we are creating.

### From Camp

As a result of our mitigation measures our expectation is that we will be able to use buses and/or vans to transfer campers from camp. **Parent pickup is also an option.** More details will be available soon.

## CAMP PROGRAM

We are prepared and eager to provide a full complement of engaging camp activities. Last year, we examined how each activity needed to be modified to ensure the health and safety of our camp community and successfully adjusted plans that kept Camp safe and COVID-free. We will remain flexible in our programming this summer and will be prepared to quickly pivot based on the needs and interests of our Camp community.

### Daily Schedule

Campers and staff will continue to have a mix of cabin activities and chugim (electives) each day, which will all be held outside. There will be five activity periods per day, with ample time in each area. There will be enough time between periods to allow for enhanced hygiene and sanitization practices.

### Inclement Weather

We intend to spend as much time outside as possible this summer. In light rain, regular activities will continue in their normal locations. If weather becomes unsafe or severe, programming will shift to cabin-based indoor activities. In the event of an emergency weather situation, safety procedures will override Covid-19 protocols when necessary.

### Trips

Campers will continue to follow Camp protocol on Atid trips, overnights, and any trips taken during intersession. This may include masking on the bus, social distancing, and enhanced hygiene.



## HEALTH CENTER OPERATIONS

This section acts as an addendum to our Health Center Manual for additional considerations during the COVID-19 Pandemic.

### Suspected False Positive COVID-19 Test Results – Pre-Camp PCR

The family/individual may choose to retest. The camper/staff member can come to camp if two additional PCR tests (separated by at least 12 hours) both return as negative.

### Suspected False Positive COVID-19 Test Results – Arrival Day Antigen (Rapid) Test

The camper will be permitted to take a second antigen test. Should the second test come back negative, the results will be accepted.

*This protocol is only used when the rapid test is administered on seemingly healthy individuals who have had a negative PCR test within 48 hours. We would not use this protocol on a symptomatic patient. We know that when we test large groups of people who are very low risk for COVID we will get some false positives.*

### An Individual Who Has Had COVID-19 in the Last Three Months

The individual is required to show proof they had COVID within the last three months and at least five days prior to camp. These individuals will not be retested and must provide proof of that positive test (PCR test).

The individual can be at camp if they meet the following conditions as prescribed by CDC's Guidance on [When You Can be Around Others After You Had or Likely Had COVID-19:](#)

- 5 days since symptoms first appeared, and
- 24 hours with no fever without the use of fever-reducing medications, and
- Other symptoms of COVID-19 are improving\*  
*\*Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation*
- Clearance from their healthcare provider

### Symptoms of COVID-19

Higher Risk Presentations:

- Fever (>100.4) or chills
- Persistent cough (not suspected to be allergies)
- Shortness of breath not explained by other causes
- Persistent Fatigue (significant, limiting activities) not explained by other causes
- Persistent muscle or body aches (significant, limiting activities) not explained by other causes
- Persistent headache (moderate to severe)
- Any new loss of taste or smell
- Persistent sore throat (not suspected to be allergies)
- Persistent congestion or runny nose (not suspected to be allergies)
- Persistent nausea, vomiting, or diarrhea

*\*Persistent is defined as symptoms appearing for greater than 8 hours*

Lower Risk Presentations:



- Mild or moderate cough suspected to be allergies
- Mild headaches or headaches that are not unusual for the person
- Mild congestion or runny nose suspected to be allergies
- Mild upset stomach suspected to be related to food
- Generally, well appearing patients with vague or mild symptoms

### Presentation of Symptoms at Camp

Healthcare providers and other staff should maintain 6 feet of distance from the patient when possible and follow appropriate infection prevention and control measures. Any person presenting with COVID-19 symptoms will be assessed by medical staff, asked to wear a higher-level respirator (e.g. N95) or be double masked, and quarantined while being evaluated.

Camp Mountain Chai will stock rapid antigen tests as needed for use throughout the summer. Rapid antigen tests should be used to distinguish between COVID-19 and a different diagnosis when higher risk symptoms present. When lower risk symptoms present, tests may be used at the discretion of the Camp Medical Team.

Should a rapid test come back positive, a PCR test will be prescribed to confirm results if that individual has not had COVID-19 in the last 3 months. PCR test results may take up to 48 hours. While patients are waiting for test results, they will be placed in one of our isolation rooms.

### Procedure If Someone Tests Positive for COVID-19

In accordance with state and local laws and regulations, Camp Director will notify local health officials, staff, and families of cases of COVID-19 while maintaining confidentiality in accordance applicable laws. Camp Director will take the lead on the following procedures:

- Begin contact tracing:
  - Determine who the patient has been in close contact with (any individual within 6 feet of an infected person for a total of 15 minutes or more in a 24-hour period) within 2 days of symptom onset.
  - Separate those individuals if unvaccinated from the community.
  - Quarantine close contacts and monitor for symptoms of COVID-19.
  - Test 5 days post-exposure if symptomatic.
- Notify parents and impacted families.
- Make plans to keep those individuals at Camp or send home, depending on what the local health officials, parents, and camp directors determine is best, in consultation with camp doctor, nurse, and other pertinent staff. CMC reserves the right to send people home in this situation.
- Review ACA's Field Guide regarding considerations for Operational Decision Making
- Report to San Bernardino County

### Additional Medical Spaces

The Health Center will remain the primary point of care for campers and staff this summer. In addition to the primary isolation rooms within the Health Center, two spaces (6 people each) will remain vacant throughout the summer for use as needed. A tent will be setup outside the Health Center for triage to limit unnecessary use of the indoor medical facility. When in use, spaces will be properly marked so that only authorized personnel taking appropriate precautions can enter. Spaces will be fully disinfected between patients.



## CONCLUSION

Thank you for sharing the new policies and procedures with your campers and making sure they understand them. We will be regularly updating our policies to reflect any changes made to best practice recommendations to prevent the spread of COVID-19.

We will be asking every family to complete a COVID-19 Protocols acknowledgment form (new to 2022). This form will be found in your CampInTouch account, and you will indicate (by signing) that you and your camper understand and agree to these policies. That form will also require you to indicate the camper's vaccination status—this data is used by our medical team in the event of a COVID-19 infection.

Lastly, we wanted to say thank you in advance for partnering with us to deliver the best possible experience for our campers and staff. We cannot wait to see your camper up the tall green mountain this summer. Until then, stay safe and healthy!