Sasamat Outdoor Centre

Covid-19 Health & Safety Plan

Last updated: June 9, 2020
Table of Contents

1. Introduction ........................................................................................................................................3

1.1 Scope .............................................................................................................................................3

1.2 Evaluating and Mitigating Risk......................................................................................................3

1.2.1 Evaluating Risk ..........................................................................................................................3

1.2.2 Mitigating Risk ............................................................................................................................4

1.3 Use of the Plan ..................................................................................................................................4

1.4 Changes and Updates to the Plan ....................................................................................................4

1.5 Guidance ..........................................................................................................................................5

2. Infection Prevention and Exposure Control Measures ........................................................................6

2.1 Public Health Measures ..................................................................................................................7

2.1.1 Restricted Gathering Size .........................................................................................................7

2.1.2 Finding, Tracing, and Managing Outbreaks ..............................................................................7

2.1.3 Requiring Self-Isolation and Quarantine ....................................................................................7

2.2. Environmental Measures ..............................................................................................................8

2.2.1 Cleaning and Disinfecting .........................................................................................................8

2.2.2 Outdoor Spaces and Ventilation ...............................................................................................9

2.2.3 Physical Markers and Barriers ..................................................................................................10

2.3 Administrative Measures ...............................................................................................................10

2.3.1 Group Size and Program Logistics ..........................................................................................10

2.3.2 Pick-up and Drop-off ...............................................................................................................11

2.3.3 Program and Activities .............................................................................................................11

2.3.4 Staff Training .............................................................................................................................12

2.3.5 Camper and Parent or Guardian Education ............................................................................12

2.3.6 Food Service ................................................................................................................................12

2.3.7 First Aid .....................................................................................................................................12

2.3.8 Transportation ............................................................................................................................13

2.3.9 Record Keeping ..........................................................................................................................13

2.3.10 Staff Housing ............................................................................................................................13

2.4 Personal Measures ........................................................................................................................13

2.4.1 Daily Camper and Staff Health Check Screening & Staying Home .......................................14

2.4.2 Hand Hygiene ............................................................................................................................14

2.4.5 Respiratory Etiquette ................................................................................................................14

2.5 Personal Protective Equipment (PPE) ..........................................................................................14

Appendix A – Daily Health Check ........................................................................................................16
1. Introduction

Sasamat Outdoor Centre (SOC) is a children’s summer camp, outdoor education center and community facility rental organization located in Belcarra, BC. SOC is a member of the Association of Neighbourhood Houses of BC, a non-profit charitable organization established in 1894. SOC offers a variety of programs such as day camp, overnight camp, family camps, outdoor education for schools and community groups, and facility rentals for private functions. Located on the beautiful shores of Sasamat Lake, SOC offers programs which center around traditional outdoor camping recreation, including canoeing, kayaking, swimming, low ropes, archery, a high ropes challenge course and hiking amongst others, as well as focus on environmental stewardship and play in the outdoors. SOC has been in operation since 1986 in its current location (formerly known as Camp Wallace) working to enrich lives through learning and playing the outdoors.

The unprecedented outbreak of COVID-19 has led to the cancellation of overnight camp programs for the summer of 2020 and the temporary closure of many camps. SOC intends to offer modified day programs during this period of interruption from COVID-19. The purpose of the COVID-19 Health & Safety Plan is to provide a comprehensive workplace safety management plan for staff, participants and affiliated organizations (ANHBC/BCCA/WorkSafeBC), and to provide a comprehensive overview of how health and safety will be managed in light of COVID-19.

SOC is an accredited member of the BC Camps Association. SOC will continue to adhere to the Accreditation Standards regulated by the BC Camps Association at all times.

1.1 Scope

SOC is compiling the COVID-19 Health & Safety Plan for the purposes of having full time staff return to the office, as well as operating a small modified Day Camp program throughout July and August, with staff training for this program commencing mid-June. All other SOC programs and services are currently suspended and therefore are not addressed specifically in this plan. Should further programs or services be re-started, the COVID-19 Health & Safety Plan will be amended to include them and re-distributed to all staff, participants, and affiliated organizations.

1.2 Evaluating and Mitigating Risk

The intention of the COVID-19 Health & Safety Management Plan is to evaluate risk and then mitigate risk. The following tools have been used, and will continue to be used, to assist in the thought process.

Evaluating Risk

The tool below is used to assess the risk of transmission from social interaction. It is based on two factors. First, what is the contact intensity of the setting – the type of contact (close/distant) and the duration of contact (brief/prolonged). Second, what is the number of contacts in the setting or the number of people present in the setting at the same time. This equation helps to highlight to level of risk throughout SOC.
Mitigating Risk

Once the level of risk has been assessed, measures can be put in place to prevent infection and control exposure. All settings of camp will require some level of mitigation. Medium and high-risk areas will be mitigated through operational changes and defense strategies. If a medium or high-risk area cannot be effectively mitigated it will be avoided altogether, eliminating the risk.

1.3 Use of the Plan

The COVID-19 Health & Safety Plan will serve as a policy and procedural manual to supplement SOC’s existing staff manual. The COVID-19 Health & Safety Management Plan will be in place until public health authorities and WorkSafeBC deem it is safe to resume regular operations, this will be communicated by the Executive Director. The COVID-19 Health & Safety Plan will serve to answer specific questions presented by COVID-19 around workplace safety measures for employees, specific program operations, and procedural steps should an outbreak occur. Staff will be informed and trained on the COVID-19 Health and Safety Plan and will subsequently be responsible for following and implementing the practices outlined in this plan. This plan will be posted onsite for review as needed, as well as on SOC’s website and shared with all staff.

1.4 Changes and Updates to the Plan

The recommendations and orders from the BC Provincial Health Officer are continuously changing as the COVID-19 situation is dynamic. The Safety Management Plan will be updated accordingly as the situation evolves, staff will be informed and trained on new changes, and subsequently responsible for implementing changes into practice.
1.5 Guidance

The practices outlined in the COVID-19 Health & Safety Plan are based on recommendations and orders from BC Centre for Disease Control (BCCDC), BC’s Provincial Health Officer (PHO), WorkSafeBC and other industry leaders. All requirements set from the BCCA Accreditation Standards are also still necessary and will be followed by SOC.

BC Centre for Disease Control - COVID-19 Public Health Guidance for Child Care Settings

BC Centre for Disease Control - COVID 19

BC’s COVID-19 Orders, Notices and Guidance

BC’s Response to COVID-19
https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support

Government of Canada: Coronavirus Disease (COVID-19)

Worksafe BC: COVID-19 Information and Resources
2. Infection Prevention and Exposure Control Measures

Infection prevention and control measures can help create a safe environment for children and staff. This is how we mitigate risk. The Hierarchy of Infection Prevention and Exposure Control Measures for Communicable Disease (below) describes the measures that can be taken to reduce the transmission of COVID-19. Control measures at the top are more effective and protective than those at the bottom. By implementing a combination of measures at each level, the risk of COVID-19 is substantially reduced. The remainder of the COVID-19 Health & Safety Plan outlines how each area of the hierarchy can be addressed at camp in order to reduce the risk of infection and exposure in a day camp setting.
2.1 Public Health Measures

Public health measures are implemented throughout society to manage COVID-19. These generally come from the Provincial Health Officer.

2.1.1 Restricted Gathering Size

- SOC day camps are capped at 49 campers plus staff, with a maximum of 62 people onsite at any given time.
  - The Provincial Health Officer’s Order for Mass Gatherings continues to prohibit gatherings and events of people in excess of 50 people, however this Order does not apply to day camp settings. As such, there can be more than 50 children and staff at any given setting if they are not all in one area and if they are actively engaged in physical distancing to the greatest extent possible.
- A “family cohort” style of programming will be used; campers and staff will only interact with the other campers in their direct group (groups will include a maximum of seven campers and one staff member). See 2.3.1 for further details on group size and family cohort style day camp.

2.1.2. Finding, Tracing, and Managing Outbreaks

- The role of finding, tracing and managing outbreaks fall on public health staff, not camp staff.
- SOC will maintain clear and concise records of all persons entering the camp property, as well as clear records of program schedules and incidents that occur at camp can help public health staff accomplish their job. Parent/guardian’s conducting pick up and drop off will have their name recorded as well for contract tracing purposes.
- Due to COVID-19, SOC is limiting the number of people using the site. Visitors of any kind are prohibited on SOC grounds. One parent/guardian will be permitted to drop off and pick up their camper from the parking lot; they will not be allowed to enter the camp’s groups or use the bathroom, or park at SOC for the day, etc.

2.1.3 Requiring Self-Isolation and Quarantine

- Anyone with cold/flu symptoms or symptoms of COVID-19 is required to stay home and consult with 811 or a family doctor, and be tested for COVID-19.
- Self-isolation is also advised for those who are considered a close contact of a confirmed case and are waiting to see if they develop COVID-19 symptoms.

Camper Developing Illness While at Camp

- If a camper develops a new cough (e.g., unrelated to pre-existing conditions such as asthma), fever, shortness of breath, or other symptoms of COVID-19 during the camp session, the camper will be isolated from others immediately in cabin three, and sent home as soon as possible.
- Parents will be responsible for picking up a child who is displaying any symptoms.
- While waiting for a sick camper to be picked up, a staff member will stay with the child. The caregiver should remain as far away as safely possible from the child (preferably at least 6 feet), while remaining in the same room or if possible, the caregiver should sit on the porch just outside the door, with the door open.
- The affected camper should remain home and be tested for COVID-19. They cannot return to camp until all symptoms (fever, cough, shortness of breath, and diarrhea) have resolved and a COVID-19 test has come back negative.

Staff Member Developing Illness While Employed by SOC
- If a staff develops a new cough (e.g., unrelated to pre-existing conditions such as asthma), fever, shortness of breath, or other symptoms of COVID-19 while employed at SOC, this staff member should either not come to work and inform their manager, or if already at work, go home immediately.
- Affected staff are to call 811 or a family physician and seek a COVID-19 test as well as medical advice. If the test returns negative, staff should confirm with public health or a physician when it is safe to return to work based on their symptoms.
- If a staff member chooses not to get tested, they are to remain at home for a minimum of a 10-day isolation period. Staff cannot return to work until all symptoms are resolved. For information on HR procedures around pay and sick leave during this time refer to the staff manual, personal contract or inquire with the manager. SOC will be flexible with sick leave time and a doctor’s note will not be required.

COVID-19 Confirmed Case SOC Procedure
- If a person (staff, camper, or closely-knit individual to staff or camper) linked to SOC is found to be a confirmed case of COVID-19, SOC will report immediately to the Fraser Health Authority and consult with public health about the appropriate response. This may range from terminal cleaning and sanitation measures to potential suspension of program or SOC closure for the season.
- SOC will work with public health to determine the best course of action, and will be prepared to respond accordingly, including potentially stopping all program delivery. If programs are suspended or cancelled, families will be refunded.
- Public health staff will ensure there is robust contact tracing and management of any clusters or outbreaks. SOC will support public health in these efforts to the best of our ability.
- Public health will ensure that campers, staff and parents have access to healthcare providers and that appropriate supports are in place.

2.2. Environmental Measures

Environmental measures are physical changes to a space or environment to reduce the risk of exposure to the virus.

2.2.1 Cleaning and Disinfecting

It is important to distinguish between cleaners and disinfectants. Cleaners break down grease and remove organic material from the surface, they are used separately before disinfectants. Disinfectants have chemicals that kill germs, and are applied to surfaces that have been cleaned, they also have a drug identification number (DIN). You can purchase combined products that have cleaners and disinfectants in one. Studies have shown that the COVID-19 virus may persist on surfaces for a few hours to a few days dependent on condition (surface type, temperature of environment). Cleaning is an important part of SOC’s defense strategy against transmission of COVID-19. SOC will be using the following cleaners and disinfectants, as well as a bleach and water concentration for disinfecting common use surfaces.
- Oasis 146 Multiquat Liquid Sanitizer (foodsafe quat sanitizer)
- Oasis 499 Disinfectant Cleaner (for bathrooms)
- Oasis 259 Glass Force / Glass Cleaner
- Oasis 100 Neutral Citrus All Purpose Cleaner (for mopping floors)

**Process**
- When cleaning, staff will wear disposable gloves and a face mask.
- Staff will wash hands before and after wearing gloves.
- Staff will disinfect with a bleach and water concentration, leaving the disinfectant on the surface for 20 seconds or more before wiping clean with a clean paper towel. All paper towels wipes will be disposed of immediately after use.
- Staff are to avoid touching their face while cleaning/disinfecting.
- Garbage’s will be emptied daily.

**Area to be Cleaned**
- Washrooms will be cleaned and disinfected regularly throughout the day, every 2-3 hours as staffing permits.
- Common indoor surfaces (e.g. shared equipment, door knobs, light switches, table tops) will be cleaned and disinfected regularly throughout the day, every 2-3 hours as staffing permits.
- Shared equipment (canoe paddles, kayaks paddles, boats, crafts supplies) will be disinfected between use.
- Common outdoor surfaces (e.g. door knobs and picnic tables) will be cleaned and disinfected regularly after use.
- Equipment or surfaces that cannot be easily disinfected (e.g. climbing wall, stuffed toys) will not be used. If a difficult to disinfect surface cannot be avoided, appropriate hygiene practices (i.e. handwashing) are enforced.
- Staff offices will be wiped down daily by the occupant of the office, only the occupant of that office will spend time in the space, and staff are to not to enter other employee’s offices due to the small nature of the space.
  - If an employee needs access to supplies in another office, it will be preferable for the occupant of that office to retrieve and deliver those supplies instead of allowing the employee to enter. If the employee must enter the office, the current occupant must temporarily vacate so as to allow only 1 person in the office at a time.
- Every time a camper group leaves an area, it will be cleaned and sanitized along with equipment, to the degree possible, before the next group enters.

**2.2.2 Outdoor Spaces and Ventilation**
- All program activities and meals will take place outdoors to increase safety and reduce risk of transmission. Programs will be 100% outdoors, except in the case of extreme weather (e.g. thunderstorms), in which case cabins will be utilized to have one group per building or sheltered porch space.
- If a program or activity must occur indoors (e.g. first aid), the space will be ventilated as much as possible (e.g. keep windows and doors open). Staff are to wear masks during any indoor activity.
  - SOC will ensure that each camper group remains in the same indoor physical space if used, and that groups do not swap indoor spaces with other groups.
- The only time SOC campers will go indoors is for the use of the bathrooms. Bathrooms will be assigned to camper groups and a system put in place to ensure only one or two people
enter the space at a time.

### 2.2.3 Physical Markers and Barriers
- Physical distancing will be incorporated into all areas of camp, encouraging staff and campers to keep a 2-meter distance from other people at all times.
  - Programs and activities are designed to naturally lend themselves to physical distancing.
  - Staff will provide frequent verbal cues and reminders for campers.
  - SOC understands children are naturally attracted to one another, especially in moments of play. All efforts will be made to ensure physical distancing, however emphasis will be placed on the “family cohort” camp style, that ensures camper’s contacts are limited solely to people in their camper group.
  - Parents should understand there is a high likelihood campers will not physical distance from others in their group 100% of the time, despite SOCs best efforts, as children cannot be as accountable for this as adults can. *This is why SOC has put forward a comprehensive approach that includes environmental, administrative, and personal protective measures to assist in offsetting children’s nature to play closely with one another.*
- Engineering methods or markers or barriers are employed in areas where it will assist with physical distancing including sign in/sing out lines, bathroom areas and the outdoor sink areas.
- Appropriate signage will be posted to remind staff and campers of physical distancing guidelines or indicating off limits areas. [CDC Signage](#).

### 2.3 Administrative Measures
Administrative measures are implemented through policies, procedures, planning and training to manage and reduce virus exposure.

#### 2.3.1 Group Size and Program Logistics
- SOC will have groups of 5-6 campers and ensure groups do not exceed 7 campers per group.
  - [Camps are limited to maximum camper groups of ten or fewer children. The group must have the same ten or fewer children each day – BCCA Guidelines](#).
- Camper groups and group leaders will remain the same throughout the course of the week.
- Program schedules will be designed to run camp in “family cohorts”, meaning camper groups will function independently of one another and activities that involve multiple groups interacting with each other will not be scheduled.
- Staff will remain with a single camper group as much as is practicable and feasible. Staff who do interact with multiple camper groups should wear a face mask and wash/sanitize their hands between camper group interaction.
- The number of staff interacting with each group of children will be minimized; staff will be dedicated to a single group and not move between groups when possible. If “floater staff” or different staff rotate with the camper group, they will sanitize their hands prior to entering the space with the camper group of children and wear a mask. Similarly, if guest speakers come in, they will sanitize their hands on entering and exiting and wear a mask.
- SOC will begin the summer with 7 camper groups, for a maximum of 49 campers. Should restrictions ease up over the summer SOC will consider adding additional camper groups.
[A camp can have multiple camper groups of 10 if the camp facility or site can accommodate physical distancing for the number of campers hosted (a minimum of 35 square feet per camper for indoor spaces; a minimum of 75 square feet per camper for outdoor spaces), and campers’ access to or utilization of cabins, tents, meals, restrooms, showers and activities happens within a camper group of 10 – BCCA Standards].

2.3.2 Pick-up and Drop-off
- Pick-up and drop-off will occur outdoors in the parking lot. Parents will individually drop off their camper(s) to their designated sign in table, only one parent or guardian should drop off and pick up their camper(s) to avoid adding further people to the site.
- SOC will use multiple pick-up and drop-off locations in the parking lot to spread out potentially crowded areas. Sign in tables will be by age group although children from the same family will be assigned to only one sign in table.
- Drop off time will occur between 9:20am and 10:00am to allow 40 minutes to spread traffic and crowding. Counsellors will run small activities with campers during this time until 10am at which point the day will begin.
- Pick up time will occur between 3:00pm and 3:40pm to allow 40 minutes to spread traffic and crowding, counsellors will run small activities with campers during this time.
- Daily health check at drop-off will be conducted by staff, staff will ask parents or guardians to confirm that their camper does not have symptoms of common cold, influenza, COVID-19, or other respiratory disease. Parents will be asked to monitor this closely every morning before arriving at camp. Staff will sign off that they have done the verbal health check.
- Staff will record daily health checks, attendance (sign in/sign out) and the names of those dropping off and picking up campers for contract training record keeping purposes.
- SOC will not be able to offer families a parking spot for the day due to pick up and drop off space limitations, site maximum number restraints and emergency procedures. Families will need to drop off their camper and then leave the site until pick up time.

2.3.3. Program and Activities
- Activities will be chosen based on their ability to facilitate physical distancing. Activities which do not allow for physical distancing, ie. contact sports, will not be permitted.
- Shared equipment will be disinfected before and after each use (e.g. bows and arrows).
- Activities where equipment or surfaces cannot be easily disinfected (e.g. climbing wall, stuffed toys) will not be used. In cases where this cannot be avoided (e.g. bathroom sink taps) appropriate signage will be displayed to further encourage and educate around proper hygiene practices (e.g. handwashing).
- Activities will be set up with “mini environments” within the activity which will support reducing the number of campers in one area during an activity. E.g. multiple craft stations will be set up with the same activity.
- Any activity involving food preparation (e.g. outdoor cook) will not be permitted.
- For swimming or water based activities, SOC will adhere to the recommendations put forth by the Lifesaving BC for pool and waterfront operations for safe lifeguarding to protect both swimmers and lifeguards.
  o To protect swimmers and lifeguards, and limit likelihood of an in-water rescue requirement, all swimmers will wear PFDs all summer.
  o To protect swimmers and lifeguards, and limit likelihood of spinal injuries or otherwise, all swimmers will enter the lake from the beach. Dock entries will not be permitted.
The 2-meter distance policy will remain in effect in the water.

2.3.4 Staff Training
- In addition to the training normally received, staff will receive training on all COVID-19 related policies and procedures.
- All staff training activities and workshops will be moved to an online platform as much as possible, and where not feasible, physical distancing of 2 meters will be observed at all times.

2.3.5 Camper and Parent or Guardian Education
- SOC will support campers and their parents or guardians by providing information/education to inform families on all COVID-19 related policies and procedures relevant to them. Information will be shared through a combination of the registration process, pre-camp communications, on site lessons, signage and other forms of communication.
- SOC will strive to make the camper education as fun and engaging as possible.
- SOC will continually remind campers, parents and guardians around safety measures, such as physical distancing, as necessary.

2.3.6 Food Service
- SOC’s kitchen and all food service operations are currently suspended. There will be no food service for any program during COVID-19.
- Should this change, SOC will adhere to the following:
  - SOC will inform all staff, participants and appropriate health authorities.
  - SOC will adhere to the orders and guidelines mandated by the PHO in regards to food service industries. See here.
  - All food preparation will be done by FoodSafe trained staff. Campers and other staff will not be involved.
  - Buffet style dining, food sharing, shared drink stations and shared condiments will not be used during this time.
  - Physical barriers (e.g. plexiglass) will be used in appropriate food service areas.
- Parents/guardians are responsible for sending their child with a lunch, snacks and water bottle for day camp programs. SOC remains a nut-free site, and parents/guardians must ensure they do not send any nut products with their camper.
- During meal times, staff will increase the space between campers by moving or separating tables/chairs/benches so they are farther apart, or designating where campers sit on the ground.
- Meals will be eaten in camper groups and camper groups will be spaced out across the site.
- Camper bags, lunch boxes and other camper belongings should only be touched by the owner of the item. Bags will be stored in areas spaced out with a designated spot for each camper. Staff will support campers not to forget belongings through verbal cues vs. carrying items for a camper.

2.3.7 First Aid
- Existing personal safety measures practiced in first aid are adequate except for a few modifications:
First aid for campers should be conducted by the camper’s leader when possible to reduce the need for additional staff members to engage with the “family cohort”.

- Maintain physical distance when at all possible.
- Use approved mask, gloves and eye protection for all first aid applications.
- If CPR is required, use a pocket mask with a viral filter to protect the first aider from possible infection.
- Conduct all first aid, as much as possible, outdoors.
- When in the first aid room with a camper staff will wear a mask, open windows and doors (when appropriate) for increased ventilation.
- After using first aid room disinfect and clean the space.

### 2.3.8 Transportation

- Group transportation will not be provided during COVID-19.
- If transportation is required for emergency purposes for participant or staff, a camp van will be used with regular SOC driving policies followed. In addition, the following will be adhered to:
  - Each individual must have their own seat and be separated by 2 metres if possible (unless they are from the same household).
  - Vehicles must be cleaned and disinfected before and after each use.
  - Group transport will be used only for unavoidable transport, not recreational travel.
  - Staff will wear masks when in a vehicle with others.

### 2.3.9 Record Keeping

- SOC will keep daily records of the following for contact tracing purposes:
  - The name of campers onsite.
  - The name of those who drop them off and pick them up.
  - The whereabouts of all campers and staff during the program (ie. detailed program schedules and records of any program schedule changes).
  - The name of any site visitors who enter/exit site (maintenance contractors, etc.)
  - The name of any camper or staff who is unable to attend due to illness.
  - The name of any camper or staff who develops symptoms while at camp.
- Records will be stored for a minimum of four weeks after the completion of the camp.

### 2.3.10 Staff Housing

- SOC will not be housing staff onsite during COVID-19.
- Should this change, SOC will adhere to the following:
  - Staff living onsite will be 18 years of age or older.
  - SOC will abide by the orders and guidelines mandated by the PHO for accommodation. Related examples include Industrial Camps and Silviculture Work Camps.

### 2.4 Personal Measures

Personal measures can be taken by the individual for the safety of themselves and others they interact with.
2.4.1 Daily Camper and Staff Health Check Screening & Staying Home
- All parents, caregivers, children and staff who have symptoms of COVID-19 OR travelled outside Canada in the last 14 days OR were identified by Public Health as a close contact of a confirmed case must stay home and self-isolate. Refer to section 2.1.3.
- Parents/guardians must check their children each day for symptoms. Staff will do a verbal confirmation the health check to confirm that the child does not have symptoms of common cold, influenza, COVID-19, or other respiratory disease. See appendix A.
- Staff must check themselves each day for symptoms of common cold, influenza, COVID-19, or other respiratory disease and stay home if they are unwell. Staff must contact their manager as soon as they are aware of illness.

2.4.2 Hand Hygiene
- Everyone will regularly wash hands with soap and water for at a minimum of 20 seconds.
  o Campers and staff after arrival at SOC will wash hands at the start of the day before doing anything else.
  o Regular hand washing breaks throughout the day will be incorporated into the program in addition to handwashing that occurs after use of the bathroom and before lunch.
  o Campers and staff will finish their day with handwashing as well, before departure home.
- Alcohol-based hand sanitizer containing at least 60% alcohol will be available for use at common areas including in offices for staff and around program areas with less access to handwashing stations.
  o Soap and water are preferable, and handwashing breaks with soap and water will be prioritized over using hand sanitizer.
  o If hands are visibly soiled, alcohol-based hand sanitizers may not be effective at eliminating respiratory viruses. Soap and water are preferred when hands are visibly dirty.
- SOC will ensure it is well-stocked with hand washing supplies at all times including plain soap, paper towels, waste bins, and where appropriate, hand sanitizer with a minimum of 60% alcohol.
- Children regularly forget about proper hand washing. Staff will incorporate handwashing routines into daily program schedules to normalize the activity, as well as role model washing hands properly in a fun and relaxed way.
  o Staff will assist young campers with hand hygiene as needed through verbal cues and fun programs that encourage proper handwashing.

2.4.5 Respiratory Etiquette
- Cough and sneeze into your elbow or a tissue (throw tissue away immediately). Teach this to both campers and staff. Wash your hands immediately after having a respiratory activity such as coughing or sneezing, or when not possible use hand sanitizer.
- Campers and staff will be reminded to avoid touching their face.

2.5 Personal Protective Equipment (PPE)
PPE is the last and least effective of the infection prevention and exposure control measure and should only be considered after exploring all other measures.
- Personal protective equipment, such as masks and gloves are not needed for regular program activity outside of areas already listed.
  o Areas where staff will wear a mask include: if programming has to be moved indoors due to extreme weather; if staff need to be in the first aid room with a camper, if staff need to be in a cabin with a quarantined camper showing signs of illness; if staff need to transport a camper in an emergency scenario; if staff are cleaning; if staff need to engage in a camper behaviour management situation which requires closer interaction.
- If staff would like to wear a mask outside of these areas, masks will be available for them as needed.
- It is not recommended that campers wear cloth or homemade masks as children are known to fidget with masks which increases the likelihood of a child touching their face. If families prefer for their camper to wear a mask, they are welcome to supply one for their camper to wear while at camp and SOC will support this choice.
- SOC will not supply masks for campers.
- SOC will supply masks, gloves and all medical supplies for staff.
## Appendix A – Daily Health Check

### Daily Health Check – Screening Questionnaire

1. **Do you, or your child, have any of the following symptoms?**
   
<table>
<thead>
<tr>
<th>Symptom</th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fever</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cough</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shortness of Breath / Difficulty Breathing</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sore throat</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Runny Nose / Nasal Congestion</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Feeling unwell / Fatigued</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nausea / Vomiting / Diarrhea</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Muscle Aches</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Headache</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Conjunctivitis</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

2. **Have you or your child, in the past 24 hrs** been administered any medications (acetaminophen, ibuprofen, homeopathic, etc.) to treat any of the symptoms listed above?

3. **Have you, or has anyone in your household, travelled outside of Canada in the last 14 days?**

4. **Have you or your children attending the program had close contact** (face-to-face contact within 2 meters/6 feet) with someone who is ill with cough and/or fever?

5. **Have you or has anyone in your household been in contact in the last 14 days with someone who is suspected, tested or confirmed positive for COVID-19?**

If you have answered “Yes” to any of these questions, **ENTRY IS NOT PERMITTED.**

If you have answered “No” to all the questions, wash your hands upon entry, and wash your hands again before you leave.

*Our goal is to minimize the risk of infection to children and their families and staff. Thank you for your diligence and cooperation.*