



Additional Guidance for Operating 4-H Resident Camps During COVID-19

Camper and Staff Arrival

Assuring that campers and staff arrive at camp in good health is critical to maintaining a healthy camp. California 4-H camps are required to have the following in place:

- **Home health monitoring:** Have all staff and campers self-monitor their health 14 days prior to their arrival at camp. This will give insight into each individual's health status prior to arrival. Campers (with help from parent/guardians) and staff should:
 1. Take and record their own temperature for 14 days before camp.
 2. Self-screen for the presence of symptoms (fever of 100.4° or greater, cough, shortness of breath, diarrhea, fatigue, headache, muscle aches, nausea, loss of taste or smell, sore throat, vomiting).
 3. Determine if the individual has been in close contact with a person who has been diagnosed with, tested for, or quarantined as a result of COVID-19.Be clear with parents and staff that it is imperative that everyone who comes to camp arrives healthy.
- **Staggered arrival times:** In order to assure health screening upon arrival happens in a thorough and expedient manner, stagger arrival times for campers and staff. Consider the flow of campers into the facility, where and how the screening will take place, and if additional help is needed for the intake process.
- **Health screening upon arrival at camp:** Conduct an initial health screening upon the arrival of campers and staff at camp. An example of the health screening form is attached. Health screening should happen immediately upon arrival at camp. The results of this initial health screening will determine if an individual is permitted to enter camp or if they require additional screening and evaluation.

Additionally, camps may want to consider the following:

- **On-going screening while at camp:**
 1. Ask the individual if they have any COVID-19 symptoms:
<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html> .
 2. Next, check the temperature of the individual according to camp processes using an appropriate thermometer of choice. Refer to the original instructions provided with the thermometer. Clean the thermometer with an alcohol wipe (or isopropyl alcohol on a cotton swab) between each camper or staff member.
 3. If camper or staff is suspected to have COVID-19 based on this assessment, place a face mask or cloth face covering on the individual. Isolate individual by separating symptomatic individuals by at least 6 feet. The area for individuals with symptoms should be at least 6 feet away from other areas of the health center or in a separate room. Health staff should wear an N95 respirator (for aerosol generating procedures) or face mask, a face shield or other eye protection, disposable gloves, and a disposable gown (if conducting aerosol

generating procedures) while working with individuals who have a suspected case of COVID-19.

4. Notify camp management, parents/guardians, and appropriate healthcare providers in accordance with guidance from your local health officials, following the camp's CDP.

Meals and Food Service

Enhanced food service and safety measures are an important component to maintaining a healthy camp environment. While day campers should be encouraged to bring their meals when possible, this approach is not feasible in the resident camp setting. The following practices should be adopted to minimize the risk of transmission during mealtimes.

- **Food Service Worker and Diner Behaviors**
 1. All food service workers and diners will need to undergo the initial and ongoing health screenings outlined above.
 2. If a worker or diner feels sick or is symptomatic, they must not handle food or dine with others.
 3. Individuals should not refill personal water bottles in the kitchen area.
 4. Wash hands or use alcohol-based hand sanitizer prior to entering the dining area.
 5. Avoid touching surfaces like handles, doorknobs, tables, and counters.
 6. Avoid touching food items and putting them back.
 7. Sit with the same individuals in the same place for each meal. Camp administrators should consider assigning dining arrangements.
- **Social Distancing During Mealtimes:** Every attempt should be made to practice social distancing during mealtime. This can be facilitated in several ways:
 1. Increased distance between place settings.
 2. Decreased occupancy density in dining halls by as much as half.
 3. Prioritization of outdoor seating/dining areas.
 4. Staggered mealtimes.
 5. Encouraging diners to practice physical distance while in line for their meals.
- **Dining Hall Setup**
 1. Make handwashing stations available for diners to wash hands with soap and water prior to eating.
 2. If allowable by law, leave garbage can lids open in both the kitchen and dining areas.
 3. Refrain from using communal dispensers like those used for beverages and condiments.
 4. Avoid placing any unnecessary or decorative objects on dining tables.
- **Serving Practices**
 1. Avoid buffet style, self-service configurations that require diners to use shared utensils. The use of "grab-n-go" services like boxed meals or pre-prepared trays are strongly encouraged.
 2. If family service is used, a counselor or staff member with clean and sanitized hands should serve everyone from the table's serving dishes.
- **Cleaning and Disinfecting**
 1. Use soap and water/detergent to wash all food contact surfaces.
 2. Do not dry equipment and surfaces with towels. Allow them to air dry instead.
 3. If dishwashing machines are used, ensure that they are operated according to manufacturer's specifications and they are filled with appropriate detergents and/or sanitizers.
 4. All non-food contact surfaces in the kitchen and dining areas must be cleaned and disinfected daily. Non-food contact surfaces include tables, counters, chairs, etc. As a best practice, dining areas should be cleaned and disinfected after each use.
 5. Non-porous surfaces can be disinfected using the following:

- [EPA's Registered Antimicrobial Products for Use Against Novel Coronavirus SARSCoV-2.](#)
 - Diluted household bleach products by adding 5 tablespoons (1/3 cup) of bleach to a gallon of water or 4 teaspoons of bleach to a quart of water. Do not use in conjunction with ammonia-based solutions. A new bleach-based solution must be used each day, when the liquid has debris in it, and when the solutions parts per million falls below state guidelines.
 - Alcohol-based solutions containing at least 70% alcohol.
6. Porous surfaces can be disinfected using:
- [EPA's Registered Antimicrobial Products for Use Against Novel Coronavirus SARS-CoV-2.](#)

Sleeping Arrangements

Sleeping arrangements are another important component to maintaining a healthy camp environment and are specific to the resident camp setting. Due to the commonality of high-density sleeping arrangements, the following practices should be adopted to reduce the risk of transmission.

- **Housing/Cabins**
 1. Utilize cohorts and ensure that staff and campers are assigned to the same cabin for the entire duration of camp.
 2. Limit cabin access to individuals assigned to that cabin.
 3. Cabin residents should wash hands using soap and water or use hand sanitizer prior to entering their assigned cabin.
 4. Cabins should be cleaned on a regular basis.
- **Personal Belongings**
 1. Personal belongings should be minimal and limited to essential items plus a small number of non-essential items.
 2. Personal belongs should be kept organized and separate from those of other campers.
 3. Avoid the sharing of items among campers. This could include bedding, pillows, brushes or combs, and toiletries.
 4. If possible, provide campers with personal storage place for their belongings. This could be a cubby or footlocker.
- **Sleeping**
 1. Minimize sleeping density by converting common spaces to sleeping areas.
 2. Create at least six feet of space between beds if possible. If unable to accommodate six feet of distance, consider the following:
 - Create physical barriers between sleepers using sheets, curtains, etc.
 - The amount of space can be lowered to four feet if using head-to-toe orientation (see below).
 3. Position sleepers to maximize distance between their heads/faces.
 - For bunk beds, position the head of the camper in the top bunk opposite the position of the camper in the bottom bunk.
 - For side-by-side beds, position the head of the camper in one bed opposite the position of the camper in the adjacent bunk.
 - For end-to-end beds, position the toes of each camper close to the other camper's toes.