

**2022 Overnight 4-H Event Safety Protocols
Sleeping, Overnight, Food & Bathroom Accommodations**

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Note:

While most guidance comes from the American Camp Association, many of these recommendations can be applied to conferences or other types of overnight events. We did not differentiate between camp and conferences in the table below.

Note from the Camping team:

The information compiled here is from the last camping season (2021) and may not yet be up-to-date for the 2022 season. We used reliable resources from the American Camp Association, the Centers for Disease Control, and California Department of Public Health. The procedures which we utilize will be updated as new information and best practices are available and may become more or less restrictive, depending on illness conditions and public health guidance.

Camp and other outdoor programs are an important part of the 4-H program and in getting youth back into a healthy place both mentally and physically. Camp and other outdoor programs take place largely outside and can be held in a relatively safe manner, especially if following adequate safety protocols. Camps which followed the ACA and CDC guidance were less likely to have an outbreak and were able successfully respond to any cases that did occur. COVID-19 has deprived youth of opportunities and our 4-H programs can provide opportunities which support social-emotional health.

Topic/Area of Interest	Recommendation & Details	Source
<p>Sleeping Quarters Access (indoor or outdoor)</p>	<ul style="list-style-type: none"> ● Limit access to the sleeping quarters to those who are assigned to that area. ● Cabins, tents, decks, and other sleeping quarters should be limited to those who are assigned to them. Avoid having visitors or parents enter the spaces. 	<p>ACA Field Guide for Camps (pg. 30): https://acacamps.app.box.com/s/7gkh9buu3ntssx2v38gajg4z94631lag</p>
<p>Sleeping Quarters & Spacing between Beds</p>	<ul style="list-style-type: none"> ● If possible, create at least six feet of space between beds. If utilizing head-to-toe orientation (see below) four feet of space between beds is acceptable. ● If possible, minimize the number of people sleeping in a space by converting common spaces to sleeping areas. ● Position sleepers head-to-toe or toe-to-toe to maximize distance between heads/faces <ul style="list-style-type: none"> ○ For bunk beds, position the head of the camper in the 	<p>ACA Field Guide for Camps (pg. 31): https://acacamps.app.box.com/s/7gkh9buu3ntssx2v38gajg4z94631lag</p>

	<p>top bunk opposite the position of the camper in the bottom bunk.</p> <ul style="list-style-type: none"> ○ 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. 	
Sleeping Quarters & Personal Belongings (indoor or outdoor)	<ul style="list-style-type: none"> ● Limit participant's personal items to essentials only. Keep personal items separated from other participants. ● Personal belongings should be limited to essential items plus a limited number of non-essential items. ● Participants should keep their personal belongings organized and separate from other participants' belongings. 	<p>ACA Field Guide for Camps (pg. 30): https://acacamps.app.box.com/s/7gkh9buu3ntssx2v38gajg4z94631lag</p>
Sleeping Assignments (indoor or outdoor)	<ul style="list-style-type: none"> ● Assign bunks/mats/cots to individuals - no sharing ● Beds, bunks, mats, cots, bedding and other sleeping materials should be assigned to individuals and not be shared. If there is a need to move or use another sleeping location, it should be sanitized before and after use. ● Label the sleeping area with the participant's name. 	<p>CDC: Section 4.A: https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/summer-camps.html#anchor_1621978638979</p>
Sleeping Quarters Ventilation	<ul style="list-style-type: none"> ● Open windows when weather permits ● Consider the use of portable HEPA air cleaners in the Health Center or residential bunks with persons in isolation 	<p>ACA Field Guide for Camps (pg. 32): https://acacamps.app.box.com/s/7gkh9buu3ntssx2v38gajg4z94631lag</p>
Entering & Exiting Sleeping Quarters	<ul style="list-style-type: none"> ● Use hand sanitizer upon entering the sleeping area and upon exiting to reduce the spread. 	<p>ACA Field Guide for Camps (pg. 30): https://acacamps.app.box.com/s/7gkh9buu3ntssx2v38gajg4z94631lag</p>
Sleeping Quarters: For suspected or confirmed	<ul style="list-style-type: none"> ● Clean and disinfect an area extending 12 feet in all directions 	<p>ACA Field Guide for Camps (pg. 51):</p>

<p>COVID-19 cases</p>	<p>around the camper’s sleeping quarters, focusing on all horizontal surfaces and high touch objects.</p> <ul style="list-style-type: none"> • Clean and disinfect areas identified as locations visited by the individual who is sick or that the individual used or occupied, including the entire bathroom and any common or activities areas. These include high touch objects in common areas including handrails, exterior door entry handles, cabinet handles, and restroom door handles, as well as crafting tools or sports equipment. 	<p>https://acacamps.app.box.com/s/7gkh9buu3ntssx2v38gajg4z94631lag</p>
<p>Shared Bathroom Use</p>	<ul style="list-style-type: none"> • Clean/disinfect bathrooms daily, with special attention to high-touch areas. • Avoid sharing common bathroom supplies (towels, soap, toothpaste, etc.). • Instruct campers to bring their own bathroom supplies and a container for toiletries to be stored in for the duration of camp (for example, a bathroom tote or a 1-quart clear plastic bag labeled with their name). • Campers should keep personal items in their bag or tote and store their bag or tote at their bunk area. • Keep soap, toilet paper, and paper towels in the bathroom stocked at all times. • Create a staggered bathing schedule and limit the number of people using the facilities at one time. • Place a trash can (with a foot-actuated lid or no lid) near the exit of the restrooms to make it easier to discard items. • Post the Handwashing sign from the CDC in the bathroom to remind campers and staff when and how to properly wash hands. • If there are multiple sinks in a row then every other sink should be taped off. 	<p>ACA Field Guide for Camps (pg. 31): https://acacamps.app.box.com/s/7gkh9buu3ntssx2v38gajg4z94631lag and page 46, Guidance for Cleaning and Disinfection</p>

<p>Cohorts</p>	<ul style="list-style-type: none"> ● If all the requirements for sleeping and bathroom safety can be met, it is safe to return to full capacity; except where required by federal, state, local, tribal, or territorial laws, rules, and regulations. ● Campers are already put in groups at camp with teen and adult leaders which is a cohort, and this practice should continue ● Campers should remain in their groups for all group session activities and meals ● Indoors - Mask use indoors is required for all people ● Outdoors - In general, people do not need to wear masks when outdoors. In crowded outdoor settings or during activities that involve sustained close contact, masks are required. 	<p>Most of this comes from ACA Field Guide for Camps https://acacamps.app.box.com/s/7gkh9buu3ntssx2v38gajg4z94631lag</p>
<p>Sleeping Outdoors</p>	<ul style="list-style-type: none"> ● Masks should not be worn while sleeping. ● If possible, create at least six feet of space between beds, but if utilizing head-to-toe orientation then four feet is acceptable. This is not addressed to sleeping outdoors. 	<p>CDC Guidance for Operating Youth Camps, Section 4A: Masks https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/summer-camps.html</p> <p>ACA Field Guide for Camps (pages 30-31) https://acacamps.box.com/s/7gkh9buu3ntssx2v38gajg4z94631lag</p>
<p>Social Distancing Guidelines for outdoors activities (swimming, singing, crafts, etc.)</p>	<ul style="list-style-type: none"> ● Refer to Good, Better, Best Practices in ACA Field Guide for Camps on page 61 for Sports & Range Activities, Swimming, Small Craft Activities, Equestrian Activities, Wilderness Activities, Performing Arts, Creative Arts & STEM. 	<p>ACA Field Guide for Camps (additional camp activities pages 56-61) https://acacamps.box.com/s/7gkh9buu3ntssx2v38gajg4z94631lag</p>
<p>Swimming/Water Activities</p>	<ul style="list-style-type: none"> ● Masks should not be worn when 	<p>CDC Guidance for</p>

	<p>doing outdoor activities that could get masks wet, like using boats and watercraft or swimming at the beach or pool. Because masks must not be worn in pools, campers should maintain physical distance and camps should limit the number of people in the pool at one time. A wet mask can make it difficult to breathe and might not work as intended.</p>	<p>Operating Youth Camps, Section 4A: Masks https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/summer ACA Field Guide for Camps (all aquatics, pages 33-36) https://acacamps.box.com/s/7gkh9buu3ntssx2v38gajg4z94631lag</p>
Singing/Cheering	<ul style="list-style-type: none"> • Should be held outdoors. If following cohorts, then you would want to continue to stay together during larger gatherings. • <i>If distancing isn't possible, then masks should be worn outdoors.</i> 	<p>ACA Field Guide for Camps (cohort info, pages 62-65) https://acacamps.box.com/s/7gkh9buu3ntssx2v38gajg4z94631lag</p>
Sleeping Quarters & Personal Belongings (indoor or outdoor)	<ul style="list-style-type: none"> • Limit participant's personal items to essentials only. Keep personal items separated from other participants. • Personal belongings should be limited to essential items plus a limited number of non-essential items. • Participants should keep their personal belongings organized and separate from other participants' belongings. 	<p>ACA Field Guide for Camps (pg. 30): https://acacamps.app.box.com/s/7gkh9buu3ntssx2v38gajg4z94631lag</p>
<p>General Recommendations (Reminders for youth/volunteers - things that may slip people's mind)</p>		
<ul style="list-style-type: none"> • When indoors, masks must be worn regardless of physical distancing (except for when sleeping). • Times when people may forget to wear a mask and may need a reminder: <ul style="list-style-type: none"> ○ When walking between your room/cabin/bed to the bathroom ○ When done eating and sitting and talking ○ When getting up to get more food or put away dirty dishes ○ When transitioning from outdoors to indoors 		

Additional considerations when planning for camp

- Ensure adequate supplies are available, including masks, hand sanitizer, cleaning supplies, etc.
- Consult with Camp Nurse/Health supervisor about supplies needed for COVID prevention and assessment, including rapid test kits, etc.
- Clean and disinfect all high touch areas extending 12 feet in all directions including the entire bathroom and any common or activities areas, as well as handrails, exterior door entry handles, cabinet handles, and restroom door handles, as well as crafting tools or sports equipment.

Additional recommendations coming after the first of the year

- Kitchen/dining: cooking, serving, dining, separation, cleaning, etc.
- Health requirements: pre-camp, daily health assessments
- Isolation/quarantine: facilities/additional space for isolation, when to send home, quarantine of exposed groups, contact tracing, etc.