



# FARM & WILDERNESS

## FAMILY GUIDE

# Health & Safety Plan

Updated June 7th, 2021



# Health & Safety at Camp

## CONTENTS

Health and Safety Plan.....	Pages 3-4
Before Arriving at Camp.....	Pages 5-6
Pre - Screening	
For Barn Day Camp	
Pre - Arrival Testing	
Vaccinations	
Arriving at Camp.....	Pages 7-8
Safety During Camp.....	Pages 9-12
Programs adaptations, starting with	
cabin "Household"	
In Camp Covid-19 Testing	
Additional health and safety strategies	
Heading Home after Camp.....	Page 13
Health and safety - Camp Staff.....	Page 13
Pre-Arrival Dos and Don'ts.....	Page 14



Throughout this handbook if you see text in **BLUE, it's a link!** Please use these links as additional, tools to prepare you for this summer.

### Camps & Acronyms

Farm & Wilderness = F&W  
 Barn Day Camp - BDC  
 Flying Cloud - FC  
 Indian Brook = IB  
 Questers - Q  
 Red Spruce Grove = RSG  
 Saltash Mountain = SAM  
 Tamarack Farm = TF  
 Timberlake = TL

# Farm & Wilderness Summer



## Health & Safety Plan

*This is a document in progress.. Given the rapidly shifting nature of the COVID-19 pandemic, our plans and protocols are subject to change. Go to <https://farmandwilderness.org/covid-19-resource-center/> for the most current information.*

We are fully committed to creating and maintaining an environment where all our campers and staff are healthy and safe and have an incredible experience! In designing our health and safety plans and protocols for this summer we have relied on recommended best practices and the most complete health and safety information that is available from the CDC, including their "Guidance for Operating Youth Camps", updated on May 28th, 2021. We are confident that your camper will enjoy an amazing summer, even with health and safety modifications that are necessary because of COVID-19. Our partnership with all our camp families is critical in ensuring that your children, our campers, enjoy a fun and safe summer at Farm & Wilderness (F&W). It may not be easy for your family and for our camp staff, but we believe the rewards will be well worth our extra effort. This year, we all need summer camp more than ever.

Camp is a unique congregate setting different from your own home. Vaccinations are enabling states to "open up" for the general public and move away from some COVID-related health and safety measures, such as masking outdoors, that have been in place for months in most states across the country. Being part of a camp community, or in our case communities, is different from life in the general public, and what we are doing to keep camp safe and healthy may be different from what you are doing as a family and from what is happening in your community.

Our camp communities are comprised of adults and children from different states each with a unique set of COVID-19 circumstances. Because many of the people at camp will be children who will not be vaccinated (even with access to the Pfizer vaccine for children 12-15), and because we live close together at camp, sharing cabins and eating together, **summer camps remain vulnerable to COVID-19 transmission.** That means , even as life in the general public gets "back to normal", **we need to have a higher standard of safety**, which includes measures to reduce the risk of COVID-19 illness and transmission.



## • HEALTH AND SAFETY AT CAMP: A LAYERED APPROACH •

We remain committed to keeping campers and staff safe using all of the tools available to us at this time: We are taking a layered approach, using research-based mitigation strategies, also referred to as non-pharmaceutical interventions (NPI's), for congregate settings; and **encouraging everyone—campers and staff—who has access, to be fully vaccinated before camp.** The strategies we are using are likely to be the same as or similar to those adopted by your children's schools, early education centers, and outside of school activities, your workplaces, and other settings that regularly bring people together.

**The main strategies prior to arrival at camp** are adopting low-risk behaviors and self-health monitoring as well as a pre-camp PCR testing.

**Our principal in camp strategies** are creating individual camp communities to reduce the overall number of individuals—campers and staff—in contact with each other, living and programming in small consistent groups (also called cohorting), daily health screenings, mask-wearing, physical distancing, being outdoors to increase airflow and ventilation, hand hygiene, robust cleaning, and testing throughout the summer as recommended by the Vermont Department of Health, American Camp Association, and CDC.

The rest of this document goes into greater detail and is organized into these sections:

- **Before Arriving at Camp**
- **Arriving at Camp**
- **Safety during Camp**
- **Heading Home After Camp**
- **For the Fridge: Pre-Arrival Dos and Don'ts**

We know this is a lot of information for camp families to take in and digest, and, still, we ask that you take the time to read this document and follow up with your Camp Director or the Admissions team with any clarifying questions.





## BEFORE ARRIVING AT CAMP

It is paramount that everyone arrives healthy to camp. **The pre-arrival layers will enable us to start camp with everyone healthy.** We are counting on each and every camper, staff, and family member to comply with the pre-camp low-risk behaviors to protect each other and our shared camp experience.

**For the 10 days prior to arrival at camp,** campers and members of their household should engage in low-risk behaviors, even if campers and members of their household are vaccinated. Low-risk behaviors are those that involve layering these strategies:

- Limiting interaction with individuals outside of your household with the exceptions of necessary school, child care, and workplace interactions
- Being outdoors
- Physical distancing
- Wearing a mask in congested spaces regardless of vaccination status.
- Wearing a mask in indoor spaces if unvaccinated.
- Good hand hygiene

We ask that camp families **not eat in restaurants or other eating venues with individuals outside their household.** We recommend that families **avoid large gatherings or groups.** This includes weddings, graduations, team sports, religious gatherings, parties, and playdates. We know this is a lot to ask, and you may have questions about your family's specific situation.

Families are encouraged to discuss their pre-camp plans with Camp Directors.

**Vaccinated campers should also follow the pre-camp behavior guidelines.** While the CDC has confirmed vaccinations reduce the likelihood that a vaccinated individual is able to transmit the COVID-19 virus, other germs can produce COVID-like symptoms which have the potential to significantly disrupt your child's camp experience..

**Pre-screening:** Regardless of vaccination status, parents will be required to monitor their camper's health for the 10 days before camp and record a daily screening including checking temperature and for symptoms, including a fever over 100.4, cough, shortness of breath, diarrhea, fatigue, headache, muscle aches, nausea, new loss of taste or smell, sore throat, or vomiting.

Parents will also be asked to verify their camper's travel and exposure.

**For Barn Day Camp:** Parents will be asked to complete a daily health screen of their camper prior to arrival at camp each day. Campers with any signs and symptoms of COVID-19 or other illness should stay at home and not come to camp.



## BEFORE ARRIVING AT CAMP

While most of this section focuses on COVID-19, Families should check their child/ren for lice at home in the 48 hours before arrival. Parent/guardian must attest to having completed the lice check before coming to camp. Instructions for how to perform a lice check can be [found here](#).

**Pre-Arrival Covid-19 Testing:** All campers and staff, regardless of vaccination status, need to **arrive at F&W with a negative PCR test result received within the prior 72 hours. Rapid or Antigen tests are not acceptable.** Campers will be asked to show their test results before entering camp by displaying them on the phone or showing us a paper copy of the results. Campers who have had COVID-19 in the past 90 days should not get tested (as they may still test positive). Instead, they should bring a doctor's note showing they have recovered from COVID-19 in the past 90 days.

You can find free, easy-to-access testing locations located in **Vermont** here: <https://www.healthvermont.gov/covid-19/testing>

You can learn about testing in **Massachusetts** here: <https://www.mass.gov/info-details/find-a-covid-19-test>

You can learn about testing in **New York State** here: <https://coronavirus.health.ny.gov/find-test-site-near-you>

If you need to purchase an at-home test kit because you are unable to schedule an appointment, here is one service that offers FDA approved kits we can recommend- [order a home PCR kit](#).

If you are using a home kit, please plan accordingly so you are able to receive your results before camp.

**Vaccinations:** We are including vaccines as part of our wider COVID-19 health and safety plan, and in combination with other protocols.

**We are encouraging all eligible campers to get their last vaccine dose at least 2 weeks prior to the start of camp** so that their vaccine is fully effective at the start of camp and so that if a child experiences any side effects, they can be taken care of at home. However, **we do not require COVID-19 vaccines for eligible campers at this time.**

**Overnight campers will not be allowed to leave their camp session and return to receive either a first, second or only dose of a COVID-19 vaccine.**

**We will be asking families if their campers have been fully vaccinated against the COVID-19 virus and the date of the last or final dose** so that our healthcare providers have the most up to date health information for each camper. This will be collected through a separate document than the physical exam form sent to you before the start of camp.

**If your child has been exposed to COVID-19 or tests positive for COVID-19 in the two weeks before camp**, you should notify the Admissions team right away. It is most likely that your child will not be able to attend their session as planned. If possible, we will try to find a way for your child to attend later in the summer. If you need to cancel because of COVID-19 exposure or illness, you will receive a full refund.

## ARRIVING AT CAMP

As you and other camp families arrive to camp, our goal is to keep everyone healthy and safe and to welcome you! We have been looking forward to arrival day for almost two years!

Both drop-off and pick-up days for campers at the beginning and end of each camp session will look different this year than in years' past. Families will have very limited interaction with camp staff, including nurses, so **please make a plan to talk to the Camp Director or Camp Nurse** with any concerns you have or information you want to share before you arrive.

**Each family will be given a drop-off time and location** in advance, and we will send this information along with directions and other details about your child's drop-off and pick-up closer to the dates of your child's session. These will come to the primary email we have listed on your camper's registration. **Please contact the Admissions team to update your primary email.**

We ask that families remember to **continue the pre-camp, low-risk behaviors outlined above when travelling to camp.** As much as possible, drive directly to camp as a single-day trip and avoid going indoors as much as possible. If you do need to go to a rest area, choose an un-crowded place, wear masks, use hand sanitizer before and after, and do not linger. Consider packing food so you don't need to eat indoors.



The Vermont Forward Plan anticipates that all travel restrictions will be lifted sometime in June. This is dependent on reaching certain vaccination goals in Vermont by that time, and that may change. **Please be prepared to comply with any travel rules that are in place at the time you travel to Vermont or if you are in Vermont** and leave Vermont in the days leading up to arrival day. You can find the most up-to-date travel rules here:

<https://www.healthvermont.gov/covid-19/travel-quarantine>.

In terms of planning your family's drop-off trip, we do not advise carpooling with other families. F&W will not provide pick-up services from bus stations, train stations, and airports this year.

### When you arrive at F&W on drop-off day:

- All people in the vehicle will be asked COVID-19 screening questions and be temperature checked.
- Be prepared to say bye-bye to your child/ren **at your vehicle rather than in camp.** We are planning for pick-up to happen at your vehicle as well.
- Each camper will complete a health screening.
- Please have a copy of your child/ren's PCR test with you and easily accessible. Expect that **you will not have cell coverage and WiFi at your drop-off location**, so if you are planning to show staff the negative test results on your phone, please have that document downloaded to your phone in advance of arrival.
- Family members will have access to portable toilets at F&W but will not be able to use camp kybos (compost toilets).



## ARRIVING AT CAMP

**All families who live more than 12 hours from camp should designate a local guardian** that can pick up their camper if they need to leave camp early and who will take responsibility in case their child tests positive for COVID-19 or is identified as a close contact of someone who tests positive for COVID-19. When we say “local” that does not mean someone who lives right around camp. Rather we mean someone who could, if needed, get to F&W in 3-4 hours and who is reachable while your child/ren is at camp.

With the exception of a pick-up for health or family emergency reasons, at our overnight camps, drop-off and pick-up days are the only times persons other than campers, staff, or essential operations personnel will be allowed to enter F&W facilities.

**Barn Day Camp procedures for drop-off and pick-up will be curbside style** with parents remaining in or next to their vehicle. Parents must be masked and maintain distance from BDC staff and other non-household members. Additional BDC specific procedures will be communicated to parents ahead of time.



## SAFETY DURING CAMP

**Each camp will operate as its own community, with restricted, minimal access by others.**

To minimize risk and protect our campers and counselors, **each camp will create and maintain a community with limited unique contacts.** Staff and camper movement in and out of a specific camp community will be minimized as much as possible.

**Unfortunately, visitors, guests, and volunteers will not be permitted into residential camps this summer.** Our closed-campus policy this summer extends to parents or other visitors regardless of COVID-19 vaccination status. The primary focus of our directors and staff will be on the health, safety, the well-being of the camp community, and the smooth operation of camp. We are not holding parent visiting day and our large events such as Interdependence Day and Fair are canceled for this year. We fully expect that these events will take place next year, and we look forward to welcoming camp families, alumni, and other friends of F&W back!

Critical F&W staff who may need to enter a camp (our Executive Director, Program Director, Nursing Supervisor, Medical Drivers, Maintenance staff) will be permitted to do so and will be masked, distanced, and outdoors with low or no contact. We have made the decision to allow limited and distanced access by photographers in order for us to share images of camp and campers with camp families.

**Program adaptations, starting with a cabin “household”:**

**For residential camps:** Each cabin will be considered a household unit. At Flying Cloud and Red Spruce Grove, two tent groups are considered one household.

Each household will sleep, eat and shower together all summer. Because we are, in effect, building a new household comprised of campers from multiple locations, for the first week of camp, household groups will participate in activities together and be outdoors as much as possible. Household groups will be distanced from other household groups during this time and throughout the summer.

In light of the May 28th CDC guidance, **we have updated our masking and distancing protocols. Campers and staff do not need to wear masks and social distancing will be relaxed when:**

- 1) Household groups are in their cabin or tents.**
- 2) Household groups are in indoor or outdoor spaces and not in the presence of non-household members**
- 3) Household groups are on overnight trips and hikes and not in the presence of others**

Additionally, masks will not be worn while participating in water-based activities (swimming, canoeing etc.) and while eating, and will always be worn while singing, playing woodwind or bass instruments, and during transition times moving around camp.





## SAFETY DURING CAMP

When campers from one household participate in activities with campers in another household, they will be masked and distanced. Silent meetings and campfires and evening programs will still take place with a distance between household groups.

**As in any other year, most of our programming will take place** outdoors, and we have secured open-sided tents in some locations to expand rainy days and dining space. There will be wilderness hiking trips on F&W lands for all camps except SAM and Questers who will travel within VT and hike in the Green Mountains.

### In-Camp COVID-19 Testing

Our testing partners, [CiC Health](#) and the [Broad Institute](#) in Cambridge, MA have been providing testing for the State of Vermont as well as many universities, schools, and businesses in our area.

**Residential Camps:** Within the first seven days of each residential camp session (July 3rd and July 25th are the start dates for each of our sessions), all campers and staff will receive a PCR test, using a self-administered nasal swab inserted about ¼ inch” into the nose. This will be a “pooled” test, meaning that the samples from each cabin will be pooled and tested as a group. If a cabin tests positive, each camper in the group will be re-tested individually.

We plan to administer weekly pooled tests, including one during the last few days of each session. Additionally, diagnostic antigen and PCR testing will be conducted on an as-needed basis for any campers or staff presenting with new or unexplained symptoms of COVID-19. Because the Quester group is in the field all session, they will be tested only once within the first seven days.

The purpose of this testing is to:

- Catch any cases caused by exposure shortly before or after the pre-camp tests.
- Monitor the progress of in-camp safety prevention and exposure measures.
- Ensure that our staff are COVID-negative for the duration of the current
- Give peace of mind to families when their camper comes home.

**Barn Day Camp** staff will be tested once a week, but F&W will not test Barn Day campers.





## SAFETY DURING CAMP

**In the event that a camper tests positive for COVID-19**, they will be separated from their cabin group, with staff and nurse support and supervision, and closely monitored in a separate cabin. The camper's family or local guardian are expected to pick them up as quickly as possible and have the camper isolate at home, and contact their doctor for further instructions. A camper who is enrolled for a 2- or 3- week session will not be permitted to return to camp. Full session (6-weeks) campers may be able to return to camp depending on the date of the positive test, and only after meeting the CDC criteria for ending isolation and a full 14-days have passed since they first showed signs and symptoms or were initially PCR-tested.

F&W will contact the VT Department of Health within 24 hours of a positive test result.

**Unvaccinated close contacts\* of a camper who tests positive** for COVID-19 will need to leave camp and quarantine at home for 14 days as per the CDC guidelines. Unvaccinated close contacts who are enrolled for a 2- or 3- week session will not be permitted to return to camp. Unvaccinated close contacts enrolled for a full session (6-weeks) may be able to return to camp depending on the date of the initial positive test, and only after meeting the CDC criteria for ending isolation and a full 14-days have passed since they were exposed to the positive case.

**Fully-vaccinated close contacts\* of a camper who tests positive** will be able to remain at camp if they are asymptomatic and remain so based on the information collected in the daily health screening and other observable information.

**Close contacts\* who have tested positive for COVID-19 in the last 90 days** and are fully recovered before arriving at camp will be able to remain at camp if they are asymptomatic and remain so based on the information collected in the daily health screening and other observable information.

\*A **close contact** of COVID-positive individuals includes their cabin or household mates, including counselors. In addition, close contact includes campers or staff members who have been within 6 feet of the COVID-positive camper for 15 minutes or more over the prior 24 hours.



## SAFETY DURING CAMP

### Additional Health and Safety Strategies

In addition to our daily health checks, a daily COVID-19 screening will take place and hand hygiene will be enforced before eating and throughout the day. We intend to offer our meals in shifts at our larger camps to decrease the density in and around dining halls. Fans will be added to enclosed buildings to increase ventilation and in some cabins, and program areas where physical distancing is difficult to maintain, there will be additional barriers (plexiglass or other material, for example).

Extensive and consistent routine cleaning of communal spaces and frequently touched surfaces will take place at least once a day.

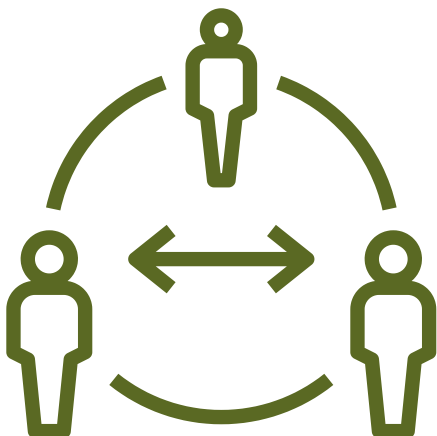
Each camp will have a designated assessment area for campers or staff who present with COVID-19 signs and symptoms.

The Tamarack Farm facility will act as a quarantine location. Specific outdoor cabins at the Tamarack Farm facility will be used to isolate campers and staff exhibiting signs and symptoms immediately and provide other healthcare-related management and care.



**At the Barn Day Camp,** campers will program within their activity groups for the whole session. All campers and staff will be unmasked when they are outdoors, eating, napping, swimming, and participating in other waterbased activities. Outdoor activities will be prioritized, and a large open tent has been purchased to create additional outdoor rainy day spaces. For activities where multiple groups might come together, silent meetings and announcements for example, small groups will be distanced from other small groups, and everyone will wear masks. Masks will be required when singing.

Parents will complete a health screening including a temperature check at home before coming to camp each day. Extensive and consistent routine cleaning of communal spaces and frequently touched surfaces will take place at least one a day.





## • HEADING HOME AND INFORMATION ABOUT CAMP STAFF •

### Heading Home After Camp

Pick-up will be drive-through only. If you wish to eat or stay in Vermont as part of your travel plans, you will need to follow any VT State travel rules. There will be portable toilets available to camp families when they are picking up their child/ren.

After camp, **we ask that you monitor your camper's health for the following two weeks**, and alert us if they show any symptoms of illness or test positive for COVID-19. We will then contact the VT Department of Health to enact contact tracing.

### Health and Safety Strategies for Camp Staff

By and large, the health and safety strategies outlined above apply to all staff working at camp. One of our most important strategies is **to limit the unique contacts our camp staff have, at camp and when they have time off**. While Plymouth is a quiet little place, we are within miles of several vacation and tourist destinations which attract visitors and seasonal residents from across the country.

Therefore, the vast majority of overnight camp staff and **all camp staff who live in a household group will be required to stay on campus**, even on their days off, for the duration of their employment or until the end of the camp season, whichever comes first.

**Staff will arrive at camp for staff orientation prior to camper arrival and will follow testing and quarantine procedures as required by the State and participate in daily health screening.**



We are strongly encouraging all staff who have access to be **vaccinated before they arrive at camp**. While our hope is that all staff will be vaccinated, we are preparing for a scenario in which not all staff are vaccinated.

**Barn Day Camp staff will be asked to maintain low-risk behaviors**, outlined above, while they are working at the camp.





• FARM AND WILDERNESS PRE-ARRIVAL DOS AND DON'TS •

Consider hanging a copy of this page on your refrigerator or other well-trafficked part your home to remind your family about pre-camp, low-risk behaviors.

### What activities are OK in the 10-14 days prior to camp?

	<b>OK</b>	<ul style="list-style-type: none"> <li>• Activities with no close contact outside your household.</li> <li>• Play outside.</li> <li>• Go for a hike with your household.</li> <li>• Outdoor exercise.</li> </ul>
	<b>ONLY IF NEEDED</b>	<ul style="list-style-type: none"> <li>• Mandatory attendance at school and work.</li> <li>• Medical appointments.</li> <li>• Attending daycare or day camp which are following state and CDC health and safety guidelines so that parents can work.</li> </ul>
	<b>NOT OK</b>	<ul style="list-style-type: none"> <li>• Gatherings with anyone outside your household group. This includes visits with other family members living outside your household, even if they are vaccinated, and especially if indoors.</li> <li>• Funerals, weddings, recitals, graduation, parties, play dates indoors or outdoors.</li> <li>• Crowded indoor spaces like movie theaters, malls.</li> <li>• Except for travel to camp—traveling by plane or train, taking public transportation.</li> </ul>

Please contact your Camp Director or the Admissions team with any clarifying questions.  
Travel safe and see you soon!