

## Camp Arowhon COVID Safety Plan



### Isolating Before Camp

The foundation for a safe COVID free camp is what happens in every family *before* camp. It's a shared responsibility to keep everyone at camp safe. To do that, we need everyone to isolate as much as possible for the 14 days before coming to camp. That means no non-essential leaving home. Campers can't go to friends' and family's homes for social gatherings or to stores or restaurants or sporting events.

It will be hard for kids not to have parties with cabin mates or friends. It will be tempting to invite groups of people to a cottage on a hot weekend. It will be tempting to hang out in large numbers for a BBQ. We understand this is a *very* difficult request for children and teens. But if we don't all do it, COVID will come to camp. **The only exception to the isolation requirement is that kids can go to a day camp if it's accredited by the Ontario Camps Association.**

### Testing

We are lucky to be working closely with Integracare ([integracare.on.ca/](https://integracare.on.ca/)) on testing and all matters COVID. Their CEO, Lee Grunberg, is an Arowhon camper dad, so he cares deeply about camp's well-being.

We're using both PCR and Rapid Antigen testing to ensure that if COVID comes to camp, we catch it fast and early. We're SUPER HAPPY that *all* our tests are *anterior nasal*. In English that means they require a non-invasive front/bottom of the nose swab. No brain tickling. **Neither scary nor painful.** We're emailing all our families to schedule both tests.

**Testing requirements for campers are below:  
For First Session Campers - Arriving at Camp July 1**

- We'll PCR test every Toronto camper at the **June 28** Luggage Drop Off at Herbert Carnegie Centennial Centre in Toronto between 3 and 9 pm. **This applies to ALL campers, including those who are NOT sending their luggage to camp on our luggage truck!**
- We'll PCR and antigen test every camper at Integracare (396 Moore Ave) on their way out of Toronto on **July 1**

**For campers travelling to camp from OUTSIDE the Toronto area:**

Why are 2 different tests desirable? Because 1) Antigen is not as accurate as PCR but it's instant results. 2) PCR is more accurate but we'll wait 24-36 hours for results. 2 different NON-INVASIVE tests = best possible accuracy.

Anyone with a positive test cannot come to camp.

- For campers who can't get to Toronto for the two required tests, we'll require proof of negative PCR tests on the same schedule. **If you are NOT doing one or both of the required tests in Toronto, please email [joanne@camparowhon.com](mailto:joanne@camparowhon.com) asap and let us know WHERE and WHEN those tests will be done.**

- Because things COVID change so fast, the testing landscape is confusing. It is increasingly possible to get a free PCR test at pharmacies in Ontario. But please ensure, when you make the appointment, that results will be emailed in time to meet camp's **June 29 results deadline** deadline. If that's unattainable, a private facility may work better.

- We require a PCR test done on **June 28**. Before end of day June 30, we require emailed proof (to [joanne@camparowhon.com](mailto:joanne@camparowhon.com)) of this test being negative.
- We require a second PCR test done on the way out of town heading for camp on **July 1**. Please arrange for the results of this test to be emailed to [joanne@camparowhon.com](mailto:joanne@camparowhon.com)
- If possible - but not required - we'd love for campers also to get a rapid antigen test on July 1, and to get an email with those results when the test is done. This may be unattainable for you.

**For 2nd Session Campers - Arriving at Camp July 29**

- We'll PCR test every Toronto camper at the **July 26** Luggage Drop Off at Herbert Carnegie Centennial Centre in Toronto between 3 and 9 pm. **This applies to ALL campers, including those who are NOT sending their luggage to camp on our luggage truck!**
- We'll PCR and antigen test every camper at Integracare (396 Moore Ave) on their way out of Toronto on **July 29**

## For 2<sup>nd</sup> Session Campers Travelling to Camp from OUTSIDE the Toronto area:

- For campers who can't get to Toronto for the two required tests, we'll require proof of negative PCR tests on the same schedule.
- If you are NOT doing one or both of the required tests in Toronto, please email [joanne@camparowhon.com](mailto:joanne@camparowhon.com) asap and let us know WHERE and WHEN those tests will be done.
- Because things COVID change so fast, the testing landscape is confusing. It is increasingly possible to get a free PCR test at pharmacies in Ontario. But please ensure, when you make the appointment, that results will be emailed in time to meet camp's **July 28 results deadline**. If that's unattainable, a private facility may work better.
- We require a PCR test done on **July 25 or 26**. Before end of day July 28, we require emailed proof (to [joanne@camparowhon.com](mailto:joanne@camparowhon.com)) of this test being negative.
- We require a second PCR test done on the way out of town heading for camp on

**July 29**. Please arrange for the results of this test to be emailed to

[joanne@camparowhon.com](mailto:joanne@camparowhon.com)

- If possible - but not required - we'd love for campers also to get a rapid antigen test on July 29, and to get an email with those results when the test is done. This may be unattainable for you.

At camp, both sessions:

On Day 5 of each session, we'll PCR test every camper again.

We'll be doing Daily Health Checks at camp; if anyone has COVID symptoms, our trained COVID nursing team will investigate both symptoms and that camper's medical history. If the nurses determine that they may have COVID, the nurses will use camp's *rapid* Abbott ID Now PCR machines to test the camper, and possibly everyone in their cohort. These machines produce results in 15 minutes.

We'll use the Rapid Point of Care Abbott Panbio Antigen Test to test everyone in camp twice per week. This is the gold standard for detecting COVID in a community.

## What About Campers Who've Had COVID and Thus Test Positive?

Children can have COVID and be asymptomatic – and not know they have it. Some kids have had COVID and recovered. All these kids may well test positive for *3 months* after recovering. If your child had COVID + 3 months ago, see above re testing protocol for these campers. If your child had COVID less than 3 months ago, there's no point testing

them. Email [joanne@camparowhon.com](mailto:joanne@camparowhon.com) with the doctor note (see below) re non-contagion.

If your child has had COVID and recovered, we require a note from your healthcare provider or Public Health stating that your child is not contagious.

If you think your child *may* have had COVID, in order to avoid a positive test in the week before camp (which could keep your child out of camp) get a PCR test *14 days* before camp. If it's positive, notify Public Health immediately. They will answer contagion questions. Inform camp.

## **Testing Surcharge**

### **Screening**

The three phases of screening include pre-screening before camp, initial screening on arrival at camp, and ongoing daily screening at camp.

**Before Camp:**

We'll require all our campers to complete a Daily Health Screening form – digitally – for 14 days before camp. We'll email you this.

Campers who have had a positive COVID test in the 3 months before camp and have met the criteria to end isolation will need a letter from their healthcare provider or Public Health documenting the positive test date and stating that the individual is cleared to end isolation.

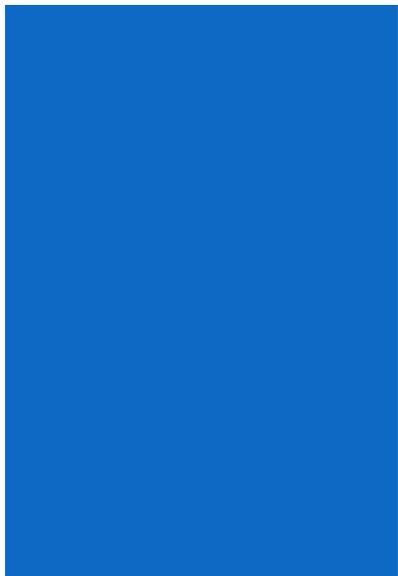
**On Arrival at Camp:**

Campers will be screened and have their temperature taken. Anyone who fails screening will be PCR rapid tested.

**During Camp:**

Campers will be screened every morning. Anyone with a possible COVID

symptom will mask and immediately visit the COVID Nursing Team for diagnosis and



Camp will pay the significant extra costs due to COVID, including an extra nursing team for all matters COVID, costs for testing staff, much extra equipment, more cleaners etc. Hence the COVID surcharge, as follows: 2 week campers \$400, 4 week campers \$550, 6 week campers \$750, 8 week campers \$900

possible testing. To prevent unnecessary COVID worries, we'll ensure that the COVID nurses know campers' pre-existing and chronic conditions e.g. migraine, allergies, asthma, stuffy nose.

### **Travel to Camp: For Both First and Second Session**

Like many other camps, we've decided against bus travel to camp. It's impossible to guarantee safe distancing on buses or at the bus dropoff. Thus every family will need to drive their camper(s) to camp. Travel home will be by camp bus if families wish. And assuming community transmission continues to get lower, we should be able to take campers to the airport at the 6 week mark and the end of camp for their flight home. Driving to camp changes our Transportation Fees. Your invoice does NOT include bus to camp. Instead you'll see a Luggage Charge of \$50. If you'll bring your camper's luggage to camp, mail [ian@camparowhon.com](mailto:ian@camparowhon.com). Why all of a sudden are you charging for luggage? We always have. It's been folded into the BUS charge. Why? Because we pay for transport truck and professional loading team.

### **Junior Camp Travel Home by Car July 14 and August 11 and 6 week Travel Home August 11**

For two-week campers who are being picked up at camp:  
Pickup time is between 9:30-11 am

Please park in the camp parking lot. Unfortunately because Public Health is not allowing visitors to camp, parents will have to stay *in their cars* in the parking lot. Please **take a bathroom break on the way to camp at the Algonquin Park Gate.**

Camp staff will walk your child to the parking lot, and load their luggage into your car.

### **Arrival at Camp: What Will “Kiss and Go” Look Like?**

We’re emailing all our families a Calendly invitation to allow you to CHOOSE your arrival time first at Integracare for testing and second at camp - to minimize waiting time as much as possible.

We’ll need campers to be driven in cars with *only* their household members.

There will be lots of staff along the narrow camp road to help drivers avoid oncoming vehicles.

One you arrive at camp:

Staff will greet both parents and campers.

Another staff will ask Health Screening Questions.

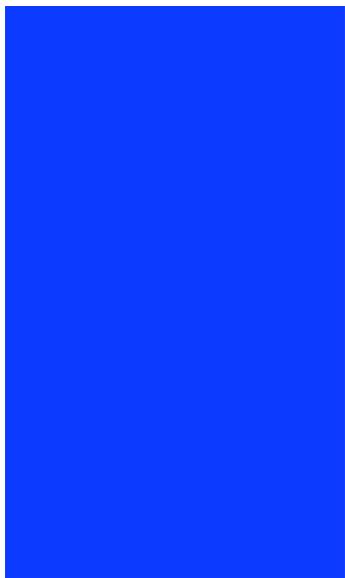
Another staff will get any luggage out of the trunk.

Unfortunately, to avoid contagion and protect the camp “bubble,” parents must stay in the car at all times. *Please make a bathroom stop at the Algonquin Park Gate on the way to camp.*

Parents will kiss their kids goodbye inside the car (briefly).

Campers will put on a mask and be walked to their cabin by staff.

### **Getting Campers’ Luggage to Camp**



For First Session:

Luggage will, as usual, be brought to Herbert Carnegie Centennial Centre in Toronto

**Monday June 28** between 1 and 7 pm. **We'll need all Toronto campers to come to Carnegie with their luggage for COVID testing.**

Not in Toronto? We'll need proof of a negative PCR test done that day.

For Second Session:

Bring campers' luggage to Herbert Carnegie Centennial Centre in Toronto **Monday July 26**, between 3 and 7 pm. **We need all Toronto area campers to come to Carnegie (whether bringing their luggage or not!) for COVID testing.** Not in Toronto? We'll need proof of a negative PCR test done that day.

## **Cohorting**

When both sessions of camp start, every cabin group will be a cohort. Except for Curves and Point Smalls: Their cohort is all the Curves and all the Smalls. Cohorting both contains possible contagion and facilitates contact tracing. Life in the cohort is **NORMAL!!** No masks, lots of hugs and pillow fights and singing and dance parties. Cohort is just another way to say "cabin life" at camp, where your cabin group is your family. We ask only that everyone wash hands every time they enter the cabin. Public Health tells us that after 14 days, cohorting should open up. How much? They haven't said. We hope the whole camp.

Till then, shower times/days will be assigned by cabin.

## **What Happens Outside the Cohort?**

Outside the cabin, we'll use the "2 out of 3" concept for mixing with folks outside your cohort: Mask/Distance/Outside: Always 2 out of 3.

We also use the

Socializing with those outside your cohort - How will siblings, friends and cousins get together? Until cohorting relaxes, campers will hang out with their siblings etc. distanced and/or masked. 2 out of 3! And hang out out they will!

## **Meals**

We're eating breakfast in two sittings inside the Main Lodge, with all windows open and big fans added. Younger kids will eat first and older kids will have second breakfast (Yay, a small sleep-in every day!)

We'll eat lunch and dinner outside all together, weather permitting. Community happens when we break bread together. Outside we'll be sitting at cabin/cohort picnic tables, distanced but together.

Both inside and outside, once campers have sat down at their table, they can un-mask. And they don't leave the table till the meal ends.

“Swiss cheese analogy” of creating multiple layers of precautions, to avoid the “holes in the Swiss cheese pile.” This means *layering* Non-Pharmaceutical Interventions (NPI’s). Safety at camp will rest on the foundation of the following NPI layers: testing, distance, hand-wash/sanitize, doing more outside, protecting the camp “bubble” and changing Changeover to be at camp.

Counsellors will mask and pick up their cabin’s food tray. Kitchen staff will put all special diet meals (vegan, allergies, gluten, non-dairy milk etc.) on the cabin tray.

### **Masks**

We all **HATE** wearing a mask. Camp is mostly outside, or in cohorts at the beginning, which means not much masking. We follow the “2 out of 3 rule:” 2 out of 3: masking, outdoors, and/or physical distance.

We only have to mask when:

- Outside when we get within 2 meters of someone outside our cohort – like when an instructor has to get close to give a camper instruction that requires it.
- Entering and exiting the dining hall for breakfast
- We’re moving most of our in our activities outside. If rain drives them inside,

everyone masks.

### **Activities**

Arowhon is fortunate to have enough activities for each cohort to do activities and stay well separated from other cohorts. So no masking needed at the vast majority of activities. Counsellors will ask the cabin which activities they would prefer, and this will be taken into consideration as best as we can for scheduling.

If more than one cohort is at an activity, they must be at least 2 meters apart at all times which is easy. If sailing or canoeing or windsurfing, cohorts will stay separate: separate boats, windsurf boards, separate teaching areas on land...and no mask.

Counsellors from every cabin will go to activities with their cabin and help them. Swim class will be organized by cabin group.

### **No Individual Activity Choosing, Like Usual at Arowhon?**

“That sucks.. I was planning on getting my 2<sup>nd</sup> in sailing...” Let’s re-frame it: Campers have had a hellish 14 months, stuck inside without friends, isolated and lonely. Camp will be GREAT! Different in some ways, but still camp – away from

home, playing outside with friends. That's the big win. We're lucky. Let's find the joy in it.

And of course, over time, as cohorting opens up, increasing individual activity choice will become possible.

### **How About the Camp Bubble and Second Session?**

Public Health has ruled that camps with more than one session are not allowed to add incoming 2<sup>nd</sup> session campers to an existing group of campers who have been at camp for 1<sup>st</sup> session and are staying 6 or 8 weeks. This means there will have to be separate cabins for 6/8 weekers and 2<sup>nd</sup> session campers.

We're *hoping/trying* to keep 6 and 8 week campers together so that they don't have to cohort separately again. We want them to be a bubble together. We're hoping the campers in the 6/8 week cabins will be able to chill/do activities together in a normal fashion- and coed! For the Second Session campers, it will be the same cohorting routine as at the start of First Session. If community transmission is low on July 29, less strict!

### **How About Campwide Activities like Circus Day and Colour War?**

We hope that by the time of these camp highlights, cohorting will relax enough for normal campwide frolic. If not, we'll alter them to be safe.

### **Plays and Campfires**

Will happen! Outside and distanced. While cohorting continues, for the Junior plays, they'll be medleys, with scenes done by separate cohorts. We've found cool medley plays for Juniors. After cohorting relaxes, it's Inter Senior plays and here comes Broadway! Buck will be medleys done by cohorts.

### **How About Refunds... if My Child Has to Leave Camp or Camp is Cancelled etc.?**

Camp is a go for 2021: We are gearing up and spending on materials, staff, insurance and many other things to assure that we can give campers a great summer. If Public Health changes its mind and camps do not open, we will refund fees paid less \$1,000 plus HST.

#### **Refunds Due to a Positive Test Before Camp:**

During the before-camp screening and isolation period, if a camper tests positive, they will not be allowed to come to camp unless and until approval for doing so is granted by Public Health. If the camper does come to camp, their fee will be adjusted based on days missed, with a refund of 50% of the missed days' fees. For example, if the camper does not come to camp at all, the refund will be 50% of the 2, 4, 6 or 8 week fee. If they miss two weeks and come to camp after being cleared by Public Health, they will be

eligible for a refund of 50% of the pro-rated two week amount .... We would also endeavour to find a spot for that camper to make up their camp time lost.

#### Refunds After Camp Starts:

If a camper tests positive at camp and/or his/her cohort has a positive test and if Public Health requires that any camper be sent home, Camp Arowhon will refund 50% of the fees pro-rated for days missed after the first ten days of the camper's stay at camp. For example, if a camper is sent home by Public Health on day 5 of camp, there will be no refund of fees for the first 10 days of the session, and there will be a 50% refund of fees pro-rated for the remaining number of days in the camper's stay at camp. If the camper is a 4 week or longer camper then, we would hope to be able to welcome the camper back after written approval by Public Health. If a camper is sent home by Public Health on day 15, full fees will be required for the first 15 days of camp, and then a refund will be provided for 50% of the fees pro-rated for days subsequently missed.

#### What If Camp Gets Cancelled/Closed After It Starts?

This is a REALLY hard one: We, like other camps, are asking (and need!) our families to *share the risk* with us. When Ontario gave the green light to camps on May 16, we started spending. It takes several million dollars to "turn the lights on" at camp. Staff, equipment, supplies, insurance and much more. The vast majority of this money cannot be recouped once camp starts. Camps can't afford to shoulder 100% of that risk. Thus, if Public Health closes camp after it starts - which is very unlikely – the "Refunds After Camp Starts" policy (outlined in the paragraph above) applies.

#### What if Camp Has to Start Late?

This is such a thorny issue for us. We cannot formulate a policy now, because there are too many unknowns. Would camp be delayed one day? Two? Four? If camp is delayed just a few days, we will likely not refund, because there are too many major costs already incurred. Staff will be already at camp and getting paid, all purchasing will have been done for the summer etc. etc.

If camp is delayed much longer than that, we will have to make a "late start" refund policy.

In 33 years of running Camp Arowhon, Leon and Joanne have always operated with a sense of fairness to our families, whose loyalty we highly prize. We fervently hope that our families will trust that in this horribly challenging situation, we will continue to make decisions that are fair and do not take advantage of anyone.

### **Communicating with Parents During the Summer**

We understand that the unusual circumstances of summer '21 will *legitimately* create anxiety in parents. To honour parents' needs for info, we commit to:

- If your child tests positive for COVID, we will call you *immediately*.
- If someone in your child's cabin tests positive, we will email you that info

promptly, with details of our follow-up. But not their name.

- We will protect individual privacy by never naming who has COVID except to their parents.
- If any child or staff at camp tests positive, we will email all our families promptly to inform them. We will tell you that it's not your child, assuming it's not.
- In addition to our daily BLOG, we'll give parents camp and COVID updates often – daily if possible. We'll tell you when we test, when we get results, when cohorting opens up etc.

### **Medical Care This Summer at Camp**

#### Going to the Med Lodge

We will have two separate medical teams at camp. Our regular medical team of nurses and doctor will work as usual in the Med Lodge. A core goal is to keep COVID out of the Med Lodge, in order to protect the campers and staff who need the Med Lodge.

Just outside the Med Lodge will be the COVID Check Tent. Before anyone enters the Med Lodge, a nurse will ask if they have any COVID symptoms and check their temperature. (Obviously in emergency we'll move faster.)

If the person has symptoms or a temperature, they will visit a COVID nurse in the COVID Check Tent, who will take it from there. If no COVID issue, the person will enter the Med Lodge and have a normal medical visit.

#### The Covid Check Tent

Integracare is providing us with two COVID-trained nurses for the summer. They will work in the COVID Check Tent and do the following:

- Study every day's camper and staff Daily Health Questionnaires
  - Meet with anyone who "failed" the Questionnaire and determine if they have COVID
  - Do all the COVID tests.
  - Take care of any campers or staff who may be isolated in a Quarantine Cabin.
- This will allow our existing medical team to focus on their normal health care responsibilities at camp.

- If/when additional medical support is needed for any aspect of COVID

checking or care, our camp doctor/nurses will step in. Medication Takers

Who knew this would matter? When we built our wonderful new Med Lodge in 2018, we created a completely separate entrance and exit for medication takers. Which means our daily meds takers will be able to line up for their meds (distanced!) and enter, then exit the Medication Area in a 1-way flow that does not expose them to each other or to anyone waiting at the COVID Check Tent.

#### Sick Call

Will be once a day, after lunch. Of course the Med Lodge is always open for emergencies.

#### Hospital and other Medical Visits

If someone needs to go the hospital, obviously we'll take them. With full COVID precautions.

#### Mental Health

Our campers have suffered an emotionally challenging year. We expect perhaps greater separation anxiety, and some mixed feelings about being in large groups at camp after kids have spent so much time at home with parents and not in group settings. We also know that oftentimes, *after* a stressful time, people who have held it together sometimes get upset later. To support our campers and staff in this unusual summer, we have hired a full-summer camp social worker who is highly experienced working with stressed young people. She will see only staff, who will rely on her wisdom and support both for their own needs and also re how to accurately and effectively support their campers.

### **Vaccination**

Please please have your child vaccinated with at least one shot before camp, if possible. This will keep everyone at camp safer!

There are as many different vaccination situations as there are colours of the rainbow. And it's changing daily. We know there will be campers who need to get a vaccination during their time at camp. To protect the camp bubble, we can't have anyone (even Joanne and Leon!) leave camp and go home and come back. This opens the door to possible contagion. Here's the "instead:"

If we get *really lucky*, we'll get hold of vaccine for our camp docs to administer. That's unknown now. We're working on it.

If we get *very lucky*, we'll get an Algonquin Park camps mass vaccination pop-up. Also unknown. We're working on it.

If neither of the above, and your camper needs a 1<sup>st</sup> or 2<sup>nd</sup> jab during their time at camp, we hope you'll be able to book it in Huntsville and we will take them there to get vaccinated, following strict safety protocols.

### **What if My Child Tests Positive at Camp?**

If someone is suspected to have COVID, they and their cohort will isolate till after we get their Rapid PCR test results – about 2 hours for a cabin. Isolating does NOT mean being stuck inside doing nothing. That cabin can still play outside – with each other, at distance from everyone else.

If someone tests positive, the following will occur:

- We will notify the child's parents and Public Health immediately.
- Parents will need to pick up their child kid within 24 hours (48 hours if from outside Ontario)
- We'll inform parents of everyone else (with no names).
- Any precautions/testing governing the others in that cabin/cohort will come from Public Health.

### **Quarantine Cabins**

If a camper tests positive, they'll go to a Quarantine Cabin to await parents picking them up. We are leaving some cabins open for that. Beds will be separated by a plastic barrier from floor to ceiling. When a camper or staff is in a quarantine cabin, meals are brought to them/removed by a nurse in PPE. Frequent health checks of those in quarantine cabins will be conducted by camp nurses or doctor in PPE. We'll provide movies for campers in the quarantine cabin on a camp iPad.

### **What Will the LIT Programme Look Like?**

Pretty normal! While Public Health hasn't given us their final word on this, we believe that the LITs and LIT Directors will be one big happy cohort. Which means in their cabin and at their 5-day "LIT PreCamp" training at the start of each session, they'll all be together for teaching sessions. When camp leaders external to the LIT programme (like Head Counsellors, Directors etc.) do LIT sessions, we will meet outside if it's not raining, so that we can safely distance from the LITs and nobody has to mask.

When LITs go out on placements:

- At activities, LITs on placement will behave precisely as instructors do – distanced from campers/counsellors outdoors, masked if indoors.

- On cabin placements, the cabin counsellors will move things outside as much as possible. When indoors, masks on.

### **Changeover**

In order to protect the camp bubble, nobody will be leaving for Changeover. Our 200 staff will stay at camp and take turns caring for the 6 and 8 week campers at camp. There will be fun and special programmes for the campers, sleep-ins, fancy brunch etc. And every camper will have the chance to Zoom or FaceTime with their parents.

### **Protecting the Camp Bubble - Staff Days Off**

The safety of the camp bubble depends on many factors, including no visitors, no leaving for Changeover, no weekend “taste of camp,” strict protocols for deliveries and repairs, and staff days off *at camp*. Our staff will not be allowed to leave camp for their days off. We’ve gotten creative about giving staff the fun and relaxing days off they deserve – in private space well away from campers..

### **Canoe Trips? Yes, They’re Happening!**

While cohorting is required, canoe trip groups will be cohort/cabin groups. We’re hoping that especially Seniors will talk together to plan for the whole cabin to go on a whitewater trip, as is their tradition.

Trippers, who are by definition outside the cabin cohort, will distance 2 meters from the campers and counsellors. They will sleep in their own tent.

When trippers must come within 2 meters of campers or counsellors, both parties will mask. Examples are showing a camper how to cook on the fire or put up a tent, helping a camper put a pack or canoe on to portage it, or the tripper administering 1<sup>st</sup> aid to a camper or counsellor.