



## **Interim Guidance for Overnight Camp Settings (November 23, 2020)**

**Guidelines for Conducting Business:** Any scenario in which many people gather together poses a risk for COVID-19 transmission. All businesses and agencies where groups of people gather in an enclosed space should create and implement a plan to minimize opportunity for COVID-19 transmission at their facility. The guidance below will help overnight camps reduce the risk of spreading COVID-19.

### **Transmission and Symptoms of COVID-19:**

COVID-19 is mostly spread by respiratory droplets released when people talk, cough, or sneeze. It is thought that the virus may spread to hands from a contaminated surface and then to the nose or mouth, causing infection. Therefore, personal prevention practices (such as handwashing and staying home when sick) and environmental cleaning and disinfection are important principles that are covered in this guidance. Fortunately, overnight camps can take action to lower the risk of COVID-19 exposure and spread of disease.

**Symptoms may appear 2-14 days after exposure to the virus. People with COVID-19 have reported a wide range of specific and non-specific symptoms of COVID-19.**

People with these symptoms may have COVID-19 (but this list does not include all possible symptoms):

- **Fever\* or chills**
- **New cough**
- **Shortness of breath or difficulty breathing**
- **Fatigue**
- **Muscle or body aches**
- **New loss of taste or smell**
- **Sore throat**
- **Congestion or runny nose**
- **Headache**
- **Nausea or vomiting**
- **Diarrhea**

People with COVID-19 report a wide range of symptoms from no symptoms and mild to severe illness. Even people with no or mild symptoms can spread the virus. Children with COVID-19 may not initially present with fever and cough as often as adult patients.

\*Fever is determined by a measured temperature of 100.4 °F or greater, or feels warm to the touch, or says they have recently felt feverish.

Actions that are **required** for each topic are stated in [Executive Order 141](#) and extended in [Executive Order 147](#). Actions that are **recommended** for each topic were developed to protect staff and campers to minimize spread of COVID-19. Facilities are expected to make every effort to meet all guidance in this document, however it is understood that some recommended actions may not be feasible in all settings; specific actions should be tailored to each overnight camp.

## Prevention Efforts

It is **recommended** that overnight camps:

- Limit participation to campers from North Carolina and neighboring states.
- If possible, have counselors and staff (particularly those coming from outside of North Carolina or neighboring states) come early and quarantine in camp for 14 days before campers arrive.
- Implement staggered drop-off and pick-up times, with specific times for each group of campers, if feasible.
- Use methods that do not require contact to check campers in and out of camp.
- Ensure parents dropping-off and picking-up campers remain in their vehicles or outside of cabin.
- Post this [door sign](#) at all entrances to camp facilities (also available in [Spanish](#)).
- Post signage requesting that campers or staff who are or recently have been symptomatic with fever and/or cough not remain at camp. [Know Your Ws/Stop if You Have Symptoms](#) flyers (English - [Color](#), [Black & White](#); Spanish - [Color](#), [Black & White](#)).
- Install physical barriers, such as sneeze guards and partitions, particularly in areas where it is difficult for individuals to remain at least six (6) feet apart (e.g., reception desks).
- Prohibit outside visitors from camp activities and facilities.
- Clearly provide six (6) feet floor markings in waiting areas and check-in points and modify transportation to and from camp so that individuals can maintain social distance.

### This guidance covers the following topics:

- [Prevention Efforts](#)
- [Communication and Combatting Misinformation](#)
- [Monitoring Campers and Staff for Symptoms](#)
- [Recommendations for Specific Areas/Activities](#)
- [Cloth Face Coverings](#)
- [Cleaning and Hygiene](#)
- [Transportation](#)
- [Protecting Vulnerable Populations](#)
- [For Facilities Planning to Reopen After Extended Closure](#)
- [Coping and Resilience](#)
- [Additional Resources](#)

## Communication and Combatting Misinformation

Help ensure that the information staff, campers, and their families are getting is coming directly from reliable resources. Use resources from a trusted source like the [CDC](#) and [NCDHHS](#) to promote behaviors that prevent the spread of COVID-19.

Overnight camps are **required** to:

- Post signage in key areas throughout the camp facility (e.g., camp entrances, dining areas, restrooms, cabins) to remind people to keep six (6) feet of distance whenever feasible, use face coverings and wash hands (Wear, Wait, Wash). [Know Your W's](#) signs are available in English and Spanish.**

It is **recommended** that overnight camps:

- Provide campers, their families, and staff with education about COVID-19 strategies, using methods like videos, webinars, or FAQs prior to the beginning of the camp session.

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- Use reliable sources including: [NC DHHS COVID-19 Webpage](#), [Know Your Ws: Wear, Wait, Wash](#), [NC DHHS COVID-19 Latest Updates](#), [NC DHHS COVID-19 Materials & Resources](#), and the additional resources listed at the end of this guidance document.
- Clearly communicate criteria for when campers will be excluded from camp activities.
- Provide a transparent weekly email of concerns/cases to parents, campers and staff. Respect the privacy of all campers and staff while offering transparency and a reason to be vigilant.
- Consider the ongoing need for regular training among all staff on updated health and safety protocols.
- Partner with other institutions in the community to promote communication and cooperation in responding to COVID-19.

### Monitoring Campers and Staff for Symptoms

People with COVID-19 have reported a wide range of [specific and non-specific symptoms of COVID-19](#). Adults should be encouraged to self-monitor for symptoms such as fever, cough, or shortness of breath. More information on [how to monitor for symptoms](#) is available from the CDC.

It is **required** that overnight camps:

- Conduct daily [symptom](#) screening (use this standard interview questionnaire, [English](#) | [Spanish](#)) of staff.
- Immediately [isolate](#) sick campers and staff away from others.
- If a camper or staff member has been diagnosed with COVID-19 or is presumed positive by a medical professional due to symptoms, the camper or staff member should be isolated away from other campers and staff until they meet the CDC criteria for release from isolation:
  - No fever for at least 24 hours since recovery (without the use of fever-reducing medicine) AND
  - Other symptoms have improved (e.g., coughing, shortness of breath) AND
  - At least 10 days have passed since the individual first had symptoms
- Have a plan to work with local health departments to identify close contacts of confirmed cases in a camp setting.

**\*A test-based strategy is no longer recommended to discontinue isolation or precautions and employers should not require documentation of a negative test before allowing a worker to return.**

It is **recommended** that overnight camps:

- Educate staff, campers, and their families about the signs and symptoms of COVID-19.
- Work with camp administrators, nurses, and other health care providers to identify an isolation room or area to separate anyone who exhibits COVID-like symptoms. If the camp has a nurse or other health care provider, they should follow CDC's [Standard and Transmission-Based Precautions](#) when caring for sick people.
- Conduct symptom and temperature screening for campers and staff upon arrival to the camp, before joining their cabin group.
- Conduct daily temperature screening of staff before they interact with campers.
- Conduct daily [symptom](#) screening (use this standard interview questionnaire, [English](#) | [Spanish](#)) of campers.

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- Send any staff or camper with symptoms immediately to isolation area to be assessed by onsite medical professionals.
- Staff and campers who have had [close contact](#) with a person who has symptoms should be separated, and follow [CDC guidance for community-related exposure](#).
- While waiting with a camper who is under supervision in an isolation area, have a caregiver stay with the camper. If possible, allow for air flow throughout the room where the camper is waiting by opening windows or doors to the outside. The caregiver should remain as far away as safely possible from the camper (preferably 6 feet or more) while maintaining visual supervision. The caregiver must wear a cloth face covering or a surgical mask. If the camper is over the age of two (2) and can tolerate a face covering, they should also wear a cloth face covering or a surgical mask.
- Immediately inform your local health department if a camper or staff member is diagnosed with COVID-19.
- Support staff to stay home as appropriate with flexible sick leave and paid leave policies.
- Develop plans for backfilling positions of employees on sick leave and consider cross-training to allow for change of staff duties.
- Have a designated area ready (in health services area of camp) for isolation with designated staff. The sick staff or camper should remain in the designated area until they can be taken home. Afterwards the area must be properly cleaned and disinfected:
  - Close off all areas used by the sick person and do not use these areas until after cleaning and disinfecting.
  - Wait at least 24 hours before cleaning and disinfecting. If 24 hours is not feasible, wait as long as possible.
  - Open outside doors and windows to increase air circulation in the area.
  - Campers and staff should not be in rooms that are being cleaned.
  - Follow [NCDHHS Environmental Health Section guidance](#) for cleaning and disinfection recommendations.
  - Use an [EPA-registered disinfectant that is active against coronaviruses](#). Clean all areas used by the sick person, focusing especially on frequently touched surfaces such as doorknobs, light switches, countertops, chairs, cubbies, and playground structures. Use the cleaners typically used at your facility.
  - Cleaning staff should follow all Personal Protective Equipment (PPE) and hand hygiene [CDC recommendations](#) for cleaning.
  - Ensure [safe and correct](#) storage of cleaning and disinfection products, including storing them securely away from campers.

### Recommendations for Specific Areas/Activities

#### Recommendations for Cabins/Sleeping Areas:

- Arrange cabins so that physical distancing can be achieved to the extent possible, with six (6) feet between camper's heads while in mats or beds.
- Overnight adventure camps, primitive experience camps, or other camps with overnight tent camping should provide adequate alternatives for handwashing for the duration of the excursion.
- Require handwashing before preparing or eating meals, before and after activities, and other times when hands may be contaminated.
- Add physical barriers such as plastic flexible screens, between bathroom sinks and between beds, especially when people cannot be at least six (6) feet apart.

- Encourage staff and campers to avoid placing toothbrushes or toiletries directly on counter surfaces.

**Recommendations for Daily Activities:**

- Keep campers and staff in groups by cabin and minimize interactions of groups from different cabins. Campers should minimize interactions with other cabin groups.
- Reduce the size of groups for all activities and increase transportation frequency or routes to accommodate reduced group sizes.
- Permit only activities that allow social distancing. Do not hold large group activities, full camp assemblies, and team sports or relays where physical distancing cannot be maintained.
- Stop the practice of drinking directly from water fountains and provide cups or water bottles for use by campers and staff.
- Assign individual equipment for the duration of camp and label with campers' names to minimize sharing equipment.

**Recommendations for Meal Service:**

- Stagger meal service so that physical distancing between different cabin groups can be maintained.
- Meal service lines should have floor markings six (6) feet apart. Counselors should oversee family style meals and self-service to assist campers. Remove any contaminated food or utensils, and utensils should be switched out to be cleaned and sanitized between cabin cohorts.

## Cloth Face Coverings

There is growing evidence that wearing face coverings can help reduce the spread of COVID-19, especially for those who are sick but may not know it. Cloth face coverings are not surgical masks, respirators ("N-95"), or other medical personal protective equipment. Recent studies on types of face coverings suggest that multi-layered cotton face coverings provide good coverage to keep droplets from spreading when we speak, sneeze, or cough. Individuals should be reminded frequently not to touch their face covering and to wash their hands.

**Overnight camps are required to:**

- Have all workers, all other adults, and children five (5) years or older on site wear a face covering, unless the person (or family member, for a child) states that an exception applies.**
- Visit NCDHHS [COVID-19 response site](#) for more information about the [face covering guidance](#) and to access sign templates that are available in English and Spanish.**

It is **recommended** that overnight camps:

- Provide cloth face coverings for staff, other adults, and children five (5) years or older and ask them to properly launder using hot water and a high heat dryer between uses.
- Campers younger than five (5) should wear face coverings if it is determined they can reliably wear, remove, and handle masks following CDC guidance throughout the day. Individuals should be reminded frequently not to touch the face covering and to wash their hands. NOTE: Younger children may be unable to wear a face covering properly, particularly for an extended period of time. Camp staff can prioritize having children wear face coverings at times when it is difficult for children to maintain a distance of 6 feet from others (e.g., during pick-up or drop-off, when

standing in line). Make sure face coverings fit children properly and provide children with frequent reminders and education on the importance and proper way to wear face coverings.

- Cloth face coverings should NOT be placed on:
  - Children under the age of two (2);
  - Anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the face covering without assistance; or
  - Anyone who cannot tolerate a cloth face covering due to developmental, medical or behavioral health needs.

## Cleaning and Hygiene

Overnight camps are **required** to:

- Perform ongoing and routine environmental cleaning and disinfection of high-touch areas (e.g., doors, doorknobs, rails) with an [EPA approved disinfectant for SARS-CoV-2 \(the virus that causes COVID-19\)](#), and increase disinfection during peak times or high camper density times.**

It is **recommended** that overnight camps:

- Support healthy hygiene by providing supplies including soap, hand sanitizer with at least 60 percent alcohol (for staff and older campers who can safely use hand sanitizer), paper towels, tissues, disinfectant wipes, cloth face coverings (as feasible), and no-touch/foot pedal trash cans.
- Provide alcohol-based hand sanitizer (with at least 60% alcohol) at the entrance to cabins, cafeterias, and other high-volume areas when available. Systematically and frequently check and refill hand sanitizer stations; and provide soap and hand drying materials at sinks.
- Allow time between activities for proper cleaning and disinfection of high-touch surfaces.
- Teach and reinforce hand hygiene for adults and campers such as washing hands frequently with soap and water for at least 20 seconds (about as long as it takes to sing “Happy Birthday” twice).
- Monitor to ensure both campers and staff are washing hands correctly. In addition to usual handwashing, everyone should wash hands:
  - Before and after eating meals and snacks,
  - Before and after any activities,
  - After blowing noses, coughing, or sneezing or when in contact with body fluids,
  - After toileting
- Stagger bathroom breaks during activities so single cabin cohorts are using restrooms during the same break period.
- Provide training for campers and staff about hand hygiene, physical distancing, and cough/sneeze etiquette:
  - Encourage staff and campers to cover coughs and sneeze into their elbows, or to cover with a tissue.
  - Encourage staff and campers to avoid touching eyes, nose, and mouth.
  - Used tissues should be thrown in the trash and hands washed immediately with soap and water for at least 20 seconds.
- All shared equipment such as sports equipment (e.g., balls, racquets, archery equipment, helmets, kayaks or canoes, paddles, life jackets), art supplies, and camping gear must be properly disinfected after use by each camper. Provide adequate contact time for disinfectant as required by the manufacturer before shared equipment is used by another camper.

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- Avoid sharing electronic devices, toys, books, and other games or learning aids.
- Disinfect all areas of buses and other transportation between trips.
- Ensure ventilation systems operate properly and increase circulation of outdoor air as much as possible by opening windows and doors, using fans, or other methods. Do not open windows and doors if they pose a safety or health risk to people using the facility.

### Transportation

Overnight camps using transportation on camp premises are **required** to:

- Have all workers or riders (including adults and children eleven years or older) on public or private transportation regulated by the State of North Carolina wear face coverings when they are or may be within six (6) feet of another person.**

It is **recommended** that overnight camps using transportation on camp premises:

- Clean and disinfect** transportation vehicles regularly:
  - o Campers should not be present when a vehicle is being cleaned.
  - o Ensure **safe and correct use** and storage of cleaning and disinfection products, including storing products securely away from campers and adequate ventilation when staff use such products.
  - o At a minimum, clean and disinfect frequently touched surfaces in the vehicle (e.g., surfaces in the driver's cockpit, hard seats, arm rests, door handles, seat belt buckles, light and air controls, doors and windows, and grab handles) at the beginning and end of each trip.
  - o Doors and windows should remain open when cleaning the vehicle and between trips to let the vehicles thoroughly air out.
- Consider cloth face coverings for campers between the ages of two (2) and ten (10) years old if it is determined they can reliably wear, remove, and handle cloth face coverings throughout the day (see [Cloth Face Coverings section](#)). Individuals should be reminded frequently not to touch the face covering and to wash their hands.
- Have adequate supplies to support healthy hygiene behaviors (e.g., hand sanitizer with at least 60 percent alcohol for safe use by staff and older campers).
- Separate campers with as much space as the vehicle allows while maintaining safe transportation practices, ideally more than six (6) feet away (e.g. one rider per seat in every other row).
- Consider keeping windows open while the vehicle is in motion to help reduce spread of the virus by increasing air circulation, if appropriate and safe.

### Protecting Vulnerable Populations

Information on who is at higher risk for severe illness due to COVID-19 is available from the [CDC](#) and [NC DHHS](#).

Individuals who are considered high-risk include people who:

- Are 65 years and older
- Have a high-risk condition that includes:
  - o Chronic lung disease or moderate to severe asthma;
  - o Heart disease with complications;
  - o Compromised immune system;
  - o Severe obesity – body mass index [BMI] of 40 or higher; or
  - o Other underlying medical conditions, particularly if not well controlled, such as diabetes,



renal failure, or liver disease

- Staff concerned about being at higher risk should discuss with their supervisor. They may want to speak with their medical provider to assess their risk.

It is **recommended** that overnight camps:

- Enable staff to self-identify as high risk for severe illness to minimize face-to-face contact and reassign work to minimize their contact with campers and other staff.
- Provide accommodations for high risk individuals (minimize interaction with campers, more spacing, wear face covering).

### For Facilities Planning to Reopen After Extended Closure

It is **recommended** that overnight camps:

- Refer to the following CDC guidance:
  - o Guidance for [Schools and Child Care Programs](#)
  - o [Reopening Guidance for Cleaning and Disinfecting Public Spaces, Workplaces, Businesses, Schools, and Homes](#)
- Take steps to ensure [water systems and devices](#) (e.g., sink faucets, drinking fountains, showers, decorative fountains) are safe to use after a prolonged facility shutdown to minimize the risk of Legionnaire’s Disease and other diseases associated with water. When reopening a building after it has been closed for a long period of time, it is important to keep in mind that reduced use of water and ventilation systems can pose their own health hazards. There is an increased risk for Legionella and other bacteria that come from stagnant or standing water.
- Train all staff and communicate with families on the following:
  - o Enhanced sanitation practices;
  - o Social distancing guidelines;
  - o Screening practices; and
  - o COVID-19 specific exclusion criteria.
- Make sure adequate supplies are available to meet cleaning requirements.

### Coping and Resilience

It is **recommended** that overnight camps support coping and resilience by:

- Encourage staff and campers to talk with people they trust about their concerns and how they are feeling.
- Encourage staff and campers to take breaks from watching, reading, or listening to news stories about COVID-19, including social media if they are feeling overwhelmed or distressed.
- Promote staff and campers eating healthy, exercising, getting sleep, and finding time to unwind.
- Provide staff and families with information on help lines to access information or other support in reference to COVID-19, e.g. 211 and Hope4NC Helpline (1-855-587-3463).
- Promote [Wellness Resources](#) to campers, their families, and staff.
- Provide access to mental/behavioral health support for both campers and staff. See [Managing Overall Health](#) and [Behavioral Health Guidance](#) for more information.

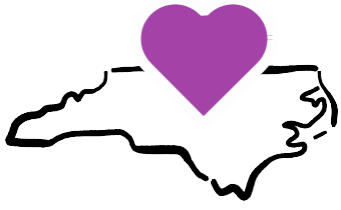
### Additional Resources

- NC DHHS: [North Carolina COVID-19](#)



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- CDC: [Suggestions for Youth and Summer Camps](#)
- CDC: [Suggestions for Youth and Summer Camps: Readiness and Planning Tool](#)
- CDC: [Interim Guidance for Businesses and Employers](#)
- CDC: [Cleaning and Disinfecting Your Facility](#)
- CDC: [Reopening Guidance](#)
- CDC: [Coping with Stress](#)
- EPA: [Disinfectants for Use Against SARS-CoV-2](#)
- FDA: [Food Safety and the Coronavirus Disease 2019 \(COVID-19\)](#)
- HHS/OSHA: [Guidance on Preparing Workplaces for COVID-19](#)



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**Staying apart brings us together.  
Protect your family and neighbors.**

**Learn more at [nc.gov/covid19](https://nc.gov/covid19).**



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