

Stone Mountain Adventures

Summer 2020

COVID-19 Protocols



Developed for Stone Mountain Adventures, June 2020

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Purpose Statement

Our initial goal was to determine if it was safe and responsible to hold summer camp in the wake of the global COVID-19 pandemic assuming we are allowed to open by local government. After working through the nuances of camp with Infectious Disease Epidemiologist, Cara Exten, and utilizing guidance published by the Pennsylvania Department of Health, CDC, WHO, and the American Camp Association (all resources listed on page 18), we have determined that it is possible to run a safe and responsible summer program with some changes to our programming and the addition of certain safety protocols. Bear in mind, if we are not permitted by law to open, we will not legally be able to hold our summer program.

In this document we have outlined the changes and protocols that will allow us to run a safe and responsible summer program during the summer of 2020 according to the Pennsylvania Department of Health. We have also included resources to make the process as simple and easy to understand as possible for parents and campers. As always, we will keep to our promise to deliver a safe and classic Stone Mountain Adventures experience for everyone.

COVID-19 Current Status

Huntingdon County

On Friday, June 12th PA Governor Tom Wolf announced that Huntingdon County moved to the Green Phase on Friday, June 19th. We are able to run our overnight camp in the Green Phase by following the CDC Guidelines about running Overnight Camps

Huntingdon County Numbers ([Johns Hopkins](#)):

Total Cases to date: 240

Percent of State's Cases: 0.1%

Total Deaths: 4

Stone Mountain Adventures COVID-19 Safety Protocol

Introduction

At the recommendation of the American Camp Association and the CDC, we have devised a three-part safety protocol: Prevention, Detection and Response.

Prevention will include our requirements for pre-camp epidemic tracking as well as screening upon arrival and camp programming changes. Detection will include on-site health monitoring protocol. Response outlines our plan of action if symptoms present, including isolation and testing protocols.

Prevention Protocol

Prevention: Pre-Camp

In order to ensure no one is arriving at camp with COVID-19, we are introducing the following pre-camp safety protocols. We will be conducting some basic epidemic tracking prior to your arrival in the form of a digital survey; this will help us better identify and avoid possible exposure in the weeks before camp. **We ask that you please take these very seriously as pre-camp precautions are our best bet in avoiding an outbreak at camp.**

1. The online questionnaire is due 2 weeks prior to the opening day of your session
 - a. All camp attendees will be required to submit a medical history form including Immunization History, ongoing health conditions (ex: allergies, asthma, etc.), and notable historical medical conditions.
 - b. This summer it is critical we have this information in advance.
2. COVID-19 Permission To Treat, Exposure Pledge and Medical History Forms due on arrival
 - a. Parents will be required to sign a special COVID-19 Permission to Diagnose and Treat form, giving Stone Mountain Adventures the right to take your child to be tested if your child shows specific symptoms associated with COVID-19. Details of this will be outlined in the "Response" section of this document (page 12) and the forms are included at the end of the document (pages 25, 26)
 - b. This form also includes specific Medical History questions pertaining to COVID-19 symptoms
3. Pre-Camp Two-Week Quarantine
 - a. In order to ensure no one is arriving at camp carrying the virus, we are requiring the CDC recommended two-week quarantine prior to opening day. This means campers and their families should not leave their home property at the risk of being exposed in public areas. Camper's families are also encouraged to take extra precautions to avoid contamination.

- b. If it is absolutely necessary for the camper to leave the house during the two weeks prior to camp, they will be expected to take proper precautions including: wearing a mask, maintaining social distancing, avoiding touching their faces, and washing their hands thoroughly upon return.
- c. Camp staff is also required to complete the two-week quarantine before opening day.
- d. If your family has any plans that would prevent a thorough quarantine, please contact us.

4. Pre-Camp Epidemic Tracking Survey

- a. A few days before your scheduled camp session begins, you will receive a digital survey about the camper's possible exposure during the two-week quarantine. This will include a history of travel, exposure and symptoms in the weeks leading up to camp. We encourage everyone to be completely truthful in the survey, an unfavorable answer will not necessarily disqualify the camper from attending, but we need to know the facts so we can make decisions on a case-by-case basis.
- b. Survey questions will be as follows:
 - i. Have you been seriously quarantining for the last 2 weeks?
 - ii. Has anyone in your household interacted with anyone outside your household in the last 2 weeks? (Excluding necessary trips including grocery store, essential work, etc.)
 - iii. During necessary outings, have you (and your family members) been taking proper precautions: wearing a mask, maintaining social distancing, avoiding touching your faces, washing hands thoroughly?
 - iv. Have you been in close contact with anyone who has had symptoms or tested positive for COVID-19?
 - v. History of travel within the last couple of weeks
 - vi. Where are you quarantining? (where will you be coming from when you arrive at the camp?)
 - vii. Have you or anyone in your family tested positive for COVID-19? (if yes, when?)
 - viii. Have you experienced any symptoms in the last 3 weeks? (describe below)
 - ix. Has anyone you live with been in contact with someone who tested positive in the last three weeks?

5. Pre-Camp Temperature Tracking Form

- a. Each camper is expected to keep a written log of temperatures taken every day during the two-week quarantine, all the way through to the morning of opening day. This log will be handed over upon your arrival to the camp.
- b. We have included a Temperature Reporting Log template for your convenience in this document (see page 22)
- c. **If the camper shows a temperature above 100°F** at any point within those two weeks, the camper will be required to get swab tested and the results shared with us.

6. Pre-Camp Swab Testing

- a. We are **requiring** that campers get tested within the two-week quarantine prior to camp. Please contact Camp Director Jud Millar if you need assistance finding a testing site in your area.
- b. Your child is still required to complete the two-week quarantine in order to avoid contacting the virus after being tested.
- c. As stated in above in point #4, if the camper shows a temperature above 100°F within two-weeks of camp, a test is required prior to your child's arrival.
- d. Please bring a hard copy of the test results with you on the first day of camp for our medical files.

Prevention: Opening Day / Drop-Off

Opening day will look a little different this year. As saddened as we are to eliminate certain traditions, in order to ensure the safest possible camp experience, we have to limit everyone's exposure and contact around camp during opening day. Pursuant to that goal, below is our opening-day protocol.

7. Opening-Day Drop-Off Protocol

- a. Camp drop-offs will be staggered between approximately 12pm-4pm, and you will be assigned a specific drop-off time slot. Please arrive within your scheduled time to help us avoid congestion. We will communicate your specific time slot in an email one week prior to opening day; if you have any conflicts or special timing concerns please let us know ASAP.
- b. Drop-offs will be brief (no more than 30 minutes) and parents and families will be limited to the driveway and required to wear masks.
- c. After bags are unloaded from the car, they will be delivered to cabins by camp staff. Counselors will help your camper unpack your child's things.
 - i. We will facilitate conversations between parents and staff prior to opening day so you will have the opportunity to meet the staff and communicate details about your camper.
- d. In accordance with the CDC's recommendations, our bathrooms will not be open for use, please stop at the Sheetz (in State College on South Atherton St. and in Huntingdon on Route 22) on your way to/from the camp to use their facilities which are properly cleaned regularly.
- e. We recommend only one parent drop-off your child to avoid congestion and exposure. PLEASE, no pets are allowed at drop off/pick up.
- f. We will have our typical opening-day setup on the driveway with the following stations six-feet apart:
 - i. Camper Check-in
 1. Here you will have the opportunity to chat with SMA Directors and Staff, hand over final paperwork including your two-week Temperature Log, COVID-19 Permission to Diagnose and Treat form and settle outstanding camp balances.
 - ii. Meds
 1. Please have your daily meds in a large Ziploc bag. Our medical staff will assist you in sorting meds and placing them in an adhesive plaster pack to make distributing meds easier. Any specific medical or dietary concerns will also be communicated.

2. A staff member will check to make sure our medical information is complete including all medical history, immunization history, permission to treat, and temperature tracking documents.
 - iii. Spending Money and the Camper Bank
 1. We will not be off camp to spend money this summer, but we are starting a camp canteen for kids to get treats and trinkets.
 2. We suggest depositing \$40 in the camper bank per two week session for your child.
 - iv. Stone Mountain Adventures Merchandise
 1. We will have a display of merchandise available for purchase on opening and closing day of each session
 - v. Cleaning Supplies Donation
 1. As outlined on page 8, part 14 below, we will be increasing cleaning and disinfecting around camp, in order to avoid extra trips off-camp and ensure we have enough supplies to keep up with cleaning, we would be very appreciative if you would consider donating any of the following cleaning supplies upon your arrival to the camp:
 - a. Disinfecting wipes
 - b. All-purpose spray cleaner
 - c. Large bottles of hand sanitizer (60% or greater alcohol content)
8. Opening-Day Screening
- a. Our SMA Medical Staff will be conducting temperature checks upon arrival.
 - b. Our team will also ask each camper and their parents about their two-week quarantine and possible exposure.
 - c. Our team will review your medical documents and make sure we have everything in the Medical Binder (Medical History, Immunization History, Pre-Camp Temperature Log (and meds preferences at the bottom), Epidemic Tracking Survey responses, COVID-19 Medical Form, Permission To Treat and Parental Exposure Pledge, and Daily Meds)

Prevention: Closing Day / Pick-Up

Pick-Up / Closing Day will look similar, but different, to Opening Day / Drop Off Procedures:

9. We will stagger arrival times so please arrive within your scheduled time to help us avoid congestion when picking up your camper's luggage. We will communicate your specific time slot in an email prior to Closing Day; if you have any conflicts or special timing concerns please let us know ASAP.
10. Our bathrooms will be closed to families so please stop at the Sheetz (in State College on South Atherton St. and in Huntingdon on Route 22) on your way to/from the camp to use their facilities which are properly cleaned regularly.
11. Post Closing Day Sanitation: During the full day in between sessions we will sanitize the camp in preparation for the next group's arrival.

Prevention: During Camp Programming Changes

For the most part our day-to-day camp experience will be the same, with a few changes outlined below.

12. Off-Camp Activities

- a. We are able to run off-site activities where our group is able to maintain group isolation meaning we have no interaction with people outside of camp. Off-site activities we can safely run and maintain group isolation include:
 - i. Canoeing and Kayaking
 - ii. Mountain Biking
 - iii. Wakeboarding and waterskiing
 - iv. SUP and Sail
 - v. Camping Overnights
 - vi. Rock Climbing
- b. Activities that we are unable to run as our out of camp experience include Amish Market, Roller Skating, Bowling and trips to the local ice cream parlor. We have come up with some equally fun and creative activities in their place, we promise it won't disappoint!

13. Hand Washing and Sanitizing

- a. SMA campers will be required to wash their hands before mealtimes and evening snack.
- b. We will have multiple hand sanitizing stations around the camp in convenient locations including: by the SMA Bulletin Board, in the cabins, in the board room and in the bike shop and art studio. Campers will be encouraged to sanitize when passing a station between activities.

14. Cleaning Protocol

- a. We have identified six areas around the camp that will require extra cleaning and they are outlined below.
 - i. The Girls' and Boys' Bathrooms and the water fountains
 1. These spaces are cleaned three times per day. We have updated the cleaning guidelines to ensure hot-spots like doorknobs, faucet handles and toilet flush handles are being disinfected.
 2. Hot-spots will get an additional wipe-down in the morning before campers wake up.
 - ii. Cabins
 1. Cabins are generally tidied once per day during our "Camper-Cabin Cleanup" time after breakfast and before morning activity. For this summer, it will include more specific, structured chores: a wipe-down of bunks and cabin doorknobs.
 - a. Please remember to send your camper with a tub of disinfecting wipes for this purpose
 - iii. Dining Room
 1. Our dining room is cleaned three times per day (after each meal), and we have updated the cleaning guidelines to ensure all surfaces are being properly disinfected.

iv. Barn Meeting Area

1. If the Barn Meeting Area is scheduled to be used for an evening activity, it will be wiped down by our evening chore group.
2. If it is used for an afternoon activity, it will be the responsibility of the counselor leading the activity to wipe it down before and after the activity.

v. Barn Benches

1. This area will be wiped down as part of the morning "Barn Cleanup" chore.

vi. Hot-Spots

1. Our chore group on "Grounds, Vans and Garbage" will be responsible for disinfecting hot-spots around the camp including: cabin door handles, pergola area and water stations.

a. Dishes Chores

- i. In order to minimize possible exposure during our morning "Dishes" chores, everyone in the chore group will be required to wear gloves and masks (which will be provided) when handling dirty and cleaned dishes.

15. On-site COVID-19 Updates

- a. We have identified a staff member to stay up-to-date on COVID-19 news and relevant findings throughout the summer, the member will be referring to the following resources:
 - i. [CDC Coronavirus Updates](#)
 - ii. [WHO Situation Reports](#)
 - iii. [American Camp Association COVID-19 Resource Center for Camps](#)
 - iv. [Huntingdon County COVID-19 Updates](#)

16. Basic Sanitary Practices to Minimize Exposure

- a. Face-touching will be discouraged
- b. Campers will be taught to cough/sneeze into their elbow on the first night of camp
- c. There will be no sharing of personal items: hairbrushes, pillows, hats, toothpaste, etc.)
- d. There will be no sharing of food and drinks

17. Cabin Safety

- a. Campers will sleep in bunks with their heads in the same direction (head to foot). Bottom bunks will sleep head to foot with heads in the opposite direction in order to maintain a six-foot distance overnight.
- b. At least two cabin windows (on opposite sides of the cabin) will be kept open for proper ventilation.

18. Meal-Time Protocol

- a. Staff will serve food during mealtimes to ensure serving utensils are not cross-contaminated
- b. We will introduce additional tables outside the dining hall to create more space between campers while they eat

19. Off-Camp Staff Protocols

- a. The small number of SMA Support Staff who live off-camp will have limited interaction with campers, however if for some reason they are around campers, they will be required to wear masks and maintain a six-foot distance.
- b. All off-camp staff working in the kitchen will be required to wear masks at all times and wipe down surfaces before they depart.
- c. Off-camp staff will be expected to self-regulate and not come to work if they are feeling ill.

20. Camp Errands

- a. Anyone leaving camp to run errands will be required to wear a mask, practice safe social distancing, avoid touching their face, and wash their hands thoroughly upon return.
- b. Food shopping will be done by our chefs. We are confident that they are taking COVID-19 safety practices extremely seriously.
- c. In order to limit off-camp errands, activities will be planned and supplies will be purchased well in advance.

21. Laundry

- a. Laundry will be done on-camp once per session and during intersession.
- b. Please mark your camp's clothing clearly with their full name to make this process as seamless as possible.

22. Visitation

- a. In order to maintain a safe "bubble" at camp, off-camp visitors will not be allowed during camp. This includes parents and family members.
- b. Visitation will be allowed for campers staying for multiple sessions during intersession day.
- c. If parents would like to take their campers off-camp during intersession they will be required to wear masks, practice social distancing, avoid touching their face, and wash their hands thoroughly upon return. They will only be allowed to visit establishments where masks are required and not visit establishments where large crowds gather (Hershey Park, State College Spikes Baseball Game, etc.) Examples of places to visit include Seven Points at Raystown Lake, Greenwood Furnace State Park, the Renoir Overlook at Raystown Lake, etc.
- d. Campers staying for multiple sessions must sleep at camp during intersession.

23. Staff Off-Time

- a. Staff will be discouraged from leaving the camp on off-time and must ask for permission to do so.
- b. If they choose and receive permission to leave the camp grounds they are only permitted to frequent establishments that require masks
- c. Additionally, if they leave they will be required to wear a mask, practice proper social distancing, avoid touching their face, and wash their hands thoroughly upon return to the camp.
- d. Staff will not be allowed to have guests on camp at any time during the summer.

Detection Protocol

Our promise is to deliver a safe and responsible summer program while maintaining the classic Stone Mountain Adventures experience. In an effort to make camp safe in the wake of the COVID-19 pandemic, some programming changes have to be made, but we have worked hard to maintain the authentic and unforgettable Overnight Camp experience.

24. Daily Temperature and Symptom Check and Tracking

- a. Each morning on their way to breakfast we will conduct a one-on-one symptom check with each camper, record their temperature with an infrared thermometer and inquire about any other symptoms.
- b. Data from each check-in will be recorded in the Medical Binder
- c. We recognize that it is possible a camper is contagious before they present with a fever, however because the household transmission rate is only 19.3%, the likelihood that the virus has spread in that time is low. The goal of taking temperatures would be to trigger a response and containment plan outlined in the next section.

25. The Jelly Bean Test

- a. As the campers enter the dining hall for lunch each day they will be given a flavored Jelly Bean, if they are unable to taste or smell the flavor of the Jelly Bean we will begin the response protocol.
 - i. Loss of taste and smell is one of the early signs of COVID-19 ([CDC](#)), this will help us identify cases before serious symptoms present.

26. Self-Reporting Reminders

- a. Campers will be encouraged to speak up if they are experiencing any unusual symptoms at any point throughout the day.
- b. Campers will be reminded during our daily evening meeting and before bed to tell their counselor if they are not feeling well.

27. Daily Staff Temperature and Symptom Checks
 - a. Every morning during staff meeting, each staff member will be required to record their temperature and any symptoms they may have experienced in the Medical Binder.
 - b. Upon arrival at camp, each SMA Support Staff will be required to record their temperature and any symptoms they may have experienced in the Medical Binder.
28. Staff Symptom Orientation
 - a. Staff will be fully trained on identifying possible COVID-19 symptoms during Staff Training and will be responsible for observing the campers for any signs of illness.
 - b. Staff will record any observed symptoms in the Medical Binder and communicate findings with Jud and the staff in real time.
29. Parental COVID-19 Status
 - a. Parents will be required to sign a pledge stating that if, while your child is at camp, you discover that someone your child
 - b. had close contact with has been tested positive for COVID-19 you will notify us ASAP so we can properly monitor her for symptoms. Pledge form on page 26)
 - c. We will send a reminder email to all parents during camp.

Response Protocol

In order to prevent a camp-wide outbreak, we have developed the following protocols to isolate, test, and contain possible cases of COVID-19 at camp. Our staff will be trained to be calm and caring and to ensure the campers with possible COVID-19 cases never feel isolated, scared or infectious.

30. Key Symptoms
 - a. The following symptoms will trigger a response protocol:
 - i. Fever, cough, shortness of breath, chills, muscle aches & pains, headache, sore throat, loss of taste or smell, nausea, vomiting or diarrhea
 1. If any of these symptoms are typical for the camper, we will discuss whether they are worse than usual or if regular medication is not working properly (ex: allergy meds).
 - ii. Additional symptoms that are not otherwise explainable (by their medical history or daily activity) or persist after 8 hours will also trigger a response protocol
 - b. These are the symptoms our local testing facilities (Penn Highlands Huntingdon Hospital) are requiring for testing, they are also listed on the [CDC website](#) as possible symptoms of COVID-19
31. Response Protocol:
 - a. In the event a camper exhibits any of the symptoms listed above, we will proceed as follows:
 - i. Isolate the camper
 - ii. If the symptoms are respiratory, give the camper a mask to wear

- iii. Complete the [CDC Coronavirus online Symptom Checker](#)
 - iv. Call the Geisinger 24/7 COVID-19 Testing Hotline to speak with a nurse and determine whether isolation or testing is recommended
 - 1. Hotline number: 570-284-3657 Option 3
 - v. Record Symptoms in the Medical Binder
32. Isolation Protocol (if the nurse recommends isolation)
- a. If short-term isolation is recommended:
 - i. We will give the camper a special outdoor project to work on and designate a staff member to facilitate and check up on her using proper PPE.
 - ii. If her symptoms are respiratory (coughing), your child will be required to wear a mask.
 - iii. If it is necessary for the camper to use the bathroom or go back to the cabins, the camper will wear a mask and be escorted by a staff member when other campers are not around.
 - 1. The counselor will be responsible for sanitizing the bathroom after the camper has left.
 - b. If long-term isolation is recommended:
 - i. We have identified two isolation locations on camp (the COVID19 Isolation Cabin, and a pop-up camper) where campers with possible COVID-19 cases can spend the night in isolation if necessary. Both locations have proper ventilation.
 - 1. Our goal will be to never have this happen, but if symptoms present at night when testing facilities are closed we may have no choice.
 - ii. A counselor will be assigned to make sure the camper is comfortable. Fears will be alleviated, we will be in touch with parents throughout the process.
 - c. At the recommendation of the Geisinger Nurse, if the symptom subsides after the recommended isolation period, the camper will rejoin the camp.
 - d. In the event we need to isolate more than two people at a time, they may be isolated in the same room with a separation curtain. They will be required to wear masks, maintain a six-foot distance and the room will be properly ventilated.
 - i. Reminder: household transmission is only 19.3% ([MedRxiv](#)) so the risk of getting the virus (even when sharing a living space), is low.

33. Testing protocol (if testing is recommended):

- a. We will make a same-day appointment and short-term isolate the camper until her appointment time.
 - i. In the event a same-day appointment is not possible, we will isolate the camper in a long-term isolation room and test as early as possible the next day.
- b. A staff member will escort her through the testing process (both camper and counselor will be wearing a masks and avoiding touching their faces).
- c. Parents will be notified as soon as the decision to test has been made, more details in page 15, part 40 below.

- d. The camper will be allowed to their parents at any point during the testing process.
- e. Upon return from the testing facility, the camper will be long-term isolated and limited to specific outdoor space and their isolation room until test results are received.
 - i. Staff will constantly be checking in and spending time with the camper (proper precautions will be taken)
 - ii. A counselor will help the camper safely get their things and move into the isolation room.
 - iii. Your child will be given some projects and activities to do during the 24- 48 hours until test results are received.
 - iv. Meals will be brought to her by staff who will also eat with the camper (6 feet away, outside)

34. Negative Test Results

- a. The camper returns to camp

35. Positive Test Results

- a. The camper will be long-term isolated until their parents can come pick them up (as soon as possible to limit exposure to the rest of the camp).
- b. In order to prevent the spread of the virus, parents will be expected to pick up their camper and return **straight home** (no stopping at rest stops or hotels).
- c. Because our sessions are only 2-weeks long and the standard recovery period for the COVID-19 virus is 2-weeks ([WHO](#)), it doesn't make sense to have the camper stay on-camp with the virus. It makes sense for the camper to be home and close to your primary care provider. Additionally, the camper will be much happier at home than isolated by herself on camp.

36. Long-Term Isolation Sanitation

- a. At least 24 hours after the infected person leaves the isolation room it will be fully cleaned and sanitized by a staff member wearing a mask.
- b. In the 24 hours before it is cleaned it will be ventilated by leaving the windows and doors open.
- c. We have identified two isolation rooms so there is time to properly sanitize one that has been used.

37. Confirmed Case of COVID-19 Protocol For Session Parents

- a. In the event of a confirmed case of COVID-19, camp will continue as planned with heightened symptom monitoring.
- b. Parents will be allowed to voluntarily pick up their children.

38. Intersession Camper and Staff Testing after Confirmed Case of COVID-19

- a. In the event there is a confirmed case of COVID-19 in a session, all intersession campers and staff members will be required to be tested and receive a negative test result before any new campers arrive on the camp.

39. Testing Facilities Information

- a. Geisinger Huntingdon, Cold Springs Road (8 miles from camp)
 - i. Swab-testing
 - ii. They have confirmed they have tests available
 - iii. Free testing
 - iv. 24-48 hours for results
 - v. Require a standard "Permission to Treat"
 - vi. They will not test without symptoms
 - 1. They will ask if the patient has been exposed to someone who tested positive.
 - 2. They will ask if they are experiencing any of the following symptoms: Fever, cough, shortness of breath, chills, muscle aches & pains, headache, sore throat, loss of taste or smell, nausea, vomiting or diarrhea.
 - a. If the child has one of the above symptoms and it is new or worse than normal, they will test
 - vii. Call a 24/7 hotline and they will schedule a same-day testing and tell you where to go: 570-284-3657
 - viii. 9 testing facilities open 8am-8pm weekdays, 8am-4pm weekends. The closest is Geisinger Huntingdon is the closest.
- b. Penn Highlands Huntingdon Hospital (8 miles from Camp)
 - i. Swab-testing
 - ii. They have confirmed they have tests available
 - iii. Free testing
 - iv. Require a standard "Permission to Treat"
- c. [Dr Allison Buza Holmes](#) Office (8 miles from camp)
 - i. Swab-testing
 - ii. They have confirmed they have tests available
 - iii. \$100 Fee
 - iv. Require a standard "Permission to Treat"
 - v. 24 hour turn around time
- d. Geisinger Lewistown Hospital (35 miles from camp)
 - i. Swab-testing
 - ii. They have confirmed they have tests available
 - iii. Free testing
 - iv. Require a standard "Permission to Treat"
 - v. They will not test without symptoms
 - 1. They will ask if the patient has been exposed to someone who tested positive.
 - 2. They will ask if they are experiencing any of the following symptoms: Fever, cough, shortness of breath, chills, muscle aches & pains, headache, sore throat, loss of taste or smell, nausea, vomiting or diarrhea.
 - a. If the child has one of the above symptoms and it is new or worse than normal, they will test
 - vi. Call a 24/7 hotline and they will schedule a same-day testing and tell you where to go: 570-284-3657
 - vii. 9 testing facilities open 8am-8pm weekdays, 8am-4pm weekends. The closest is Geisinger Lewistown Hospital.

40. Parent Communication

- a. We will be sending a SMA Camp Newsletter email once per week to update you on the camp fun as well as how some of the protocols outlined in this document are working.
- b. If a camper requires COVID-19 testing based on the criteria outlined above, their parents will be notified immediately by phone.
- c. We will send an email to all session parents that day telling them a camper is being taken to be tested, and outlining next steps as described above.
- d. As soon as test results are received a follow-up email will be sent to all session parents with test results and next-steps as described above.
- e. We will inform all summer parents of any positive COVID-19 case at camp throughout the summer via email as soon as the situation is under control.

41. Return-To-Camp Protocol

- a. If a camper leaves camp after having a confirmed case of COVID-19 the camper will be allowed to return once the camper gets a negative result of a swab test. We recommend waiting a full three days after the disappearance of the last symptom to get tested ([CDC](#)).

Conclusion

The above protocols have been put in place to ensure the safety of our campers, their families, our summer staff, our support staff and our local community. By abiding by the protocol listed above, you will allow us to run a successful summer program without fear of an outbreak and provide your children a safe and memorable experience at camp.

We understand this is a lengthy and overwhelming document, please see the “What do we do now?” document (page 20) for clear guidance on how to proceed.

A special thanks to Cara Exten, Ph.D. MPH. for her time and expertise in creating these protocols.

External Resources / References

CDC Considerations for Youth and Summer Camps

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/summer-camps.html>

This is the guide we followed to create many of the protocols in this document.

Pennsylvania Department of Health Summer Recreation, Camps and Pools FAQ

<https://www.governor.pa.gov/wp-content/uploads/2020/05/20200522-Department-of-Health-2020-Summer-Program-FAQ.pdf>

American Camp Association Field Guide for Implementation of CDC Guidance

<https://acacamps.app.box.com/s/7gkh9buu3ntssx2v38gajg4z94631lag>

American Camp Association Communicable Disease Management in the Camp Setting

https://www.acacamps.org/sites/default/files/resource_library/research/communicable_disease_management_strategies_for_the_camp_setting.pdf

CDC Cleaning & Disinfection Guide

<https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html>

Pennsylvania Department of Health COVID-19 Resources

<https://www.health.pa.gov/topics/disease/coronavirus/Pages/Coronavirus.aspx>

Geisinger COVID Resource Center

<https://www.geisinger.org/coronavirus>

CDC Coronavirus Symptom Checker Healthbot

<https://covid19healthbot.cdc.gov/>

COVID-19 Dashboards

<https://www.nytimes.com/interactive/2020/world/coronavirus-maps.html>

US Counties COVID-19 Trends

<https://covid19-naccho.hub.arcgis.com/>

PA dept of health: 1-877-724-3258 CDC

phone number: 1-800-232-4636

Geisinger 24/7 COVID-19 Hotline: 570-284-3657

FAQ

Will you be practicing social distancing during camp and discouraging touching?

No. Our philosophy is to prevent COVID-19 from ever entering camp by taking the precautions outlined above. We believe interfering with normal social practices would not be in keeping with the Stone Mountain Adventures Camp experience.

Will campers and/or staff be requiring facemasks during camp?

Only on/off camp staff will be required to wear masks when in enclosed areas or interacting with the campers. Additionally, if it is necessary for staff to leave the camp to run errands they will be required to wear masks and only frequent establishments that require masks. The Department of Health is not recommending campers wear masks ([DOH](#)).

How can I be sure my camper will be safe this summer?

Take the pre-camp quarantine protocols seriously. If everyone quarantines and everyone tests their children with negative results, we should have no issues this summer! (See “Pre-Camp Two-Week Quarantine” Protocol page 4, part 3)

What if someone has a temperature?

If a high temperature is recorded during our daily checks, the Response Protocol will be triggered, this is outlined on page 12, part 30.

What if someone is asymptomatic?

If everyone follows our pre-camp two-week quarantine there should be minimal risk of a COVID-19 case arriving at camp. We will be conducting daily “Jelly Bean Tests” to look for otherwise undetectable symptoms of the virus (page 11, part 25). However if we do have an asymptomatic case, we will not know until someone presents with symptoms in which case the Response Protocol will be triggered (page 12, part 30).

How will laundry be handled?

This summer laundry will be done on-camp once per session and during intersession. Please make sure your camper’s clothing is clearly marked with her name. See page 10, part 21 for more info.

Who will take my camper to the hospital if testing is required?

One of the senior members of our staff will take your camper to be tested, we will put you in contact with your child as soon as the decision to test has been made.

Will I get a chance to meet the counselors?

Since opening day will be limited, you will not have the opportunity to meet all the counselors face-to-face. We will facilitate pre-camp chats with your camper’s counselors so you know who will be looking after them this summer.

Will I be allowed to visit my camper?

We will not be allowing any visitors during camp sessions (see page 10, part 22) however if your camper is staying multiple sessions and you would like to visit during intersession, that can be arranged. Your camper may not spend the night away from camp.

Will I be told if someone gets sick?

If the Response Protocol is triggered, we will notify all parents in the session via email. Please see page 15, part 40 for more information.

What if someone coughs/sneezes?

We have to remember that this is camp, and we don't want campers to feel they've done something wrong if they cough or sneeze. If a camper is coughing or sneezing more than usual, your child may be asked to wear a mask while we monitor her symptoms.

What forms do I need to bring with me when I arrive to drop my child off?

1. Completed **COVID-19** Medical Form (page 25)
2. Permission to Treat/Parental Exposure Pledge (page 26)
3. Completed Pre-Camp Temperature Reporting Log (page 22)
4. COVID-19 test results (if your child was tested)

Appendix

Additional forms and guidance.

1. "What do we do now?" – Next Steps to get your child ready for camp
2. Standard Medical Form
3. Pre-Camp Temperature Log Template
4. Guide to Pre-Camp Quarantine and Epidemic Tracking Digital Survey
5. COVID-19 Medical Form, Permission to Treat & Parental Pledge Form
6. Drop-Off & Pick-Up Guidelines & Checklist for Parents
7. Summer 2020 Packing List
8. "How will camp be different this summer?" A letter from your 2020 staff to our campers
9. Cleaning Supplies Donation Request

“What do we do now?”

Next Steps To Get You And Your Camper Ready For Camp

We realize all of this information is overwhelming, but do not fear! The Protocol document is simply meant to outline all of our programming changes and protocol to keep your camper safe and be completely transparent. In reality, the Stone Mountain Adventures experience will remain very much the same for your camper.

Below is a checklist to help guide you through what to do in the weeks leading up to camp. If you have any questions, please don't hesitate to reach out.

What to do now:

1. Complete the online Camper Questionnaire and online Camp Medical Form and Immunization History by 2 weeks before your session starts
2. Prepare your child for a safe and fun summer at camp using the “How will camp be different this summer” letter on page 30
3. Prepare your child and family for the 2-week quarantine prior to camp. Please see the Quarantine Guidance Form on page 23
4. Print the Pre-Camp Temperature Log on page 22 and begin tracking temperatures on the first day of your quarantine.
5. Research local testing facilities and schedule a test for your child in the days before camp if possible.
6. Print the Summer 2020 Packing List (page 30) and make sure to pack new and required items
7. If you have any known conflicts or travel time requirements on pick-up or drop-off days, please notify us ASAP so we can assign you the time slot that works best.
8. Make sure you are getting our emails to a reliable account so you don't miss any updates! If you'd like to add a new email to our Summer 2020 parent list, please email us and let us know.
9. If you come across any of the following cleaning supplies in the weeks leading up to camp, please consider purchasing and donating them on opening day (see more info on page 31). Supplies include: all-purpose spray cleaner, disinfecting wipes, large bottles of hand sanitizer with at least 60% alcohol content.
10. Be on the lookout for an email detailing your Opening Day Drop-off Time Slot

A few days before coming to camp:

11. Lookout for a digital Epidemic Tracking Survey in your email two to three days prior to your arrival at camp. Complete the survey promptly.
12. Review the Drop-Off Opening Day Protocol (on page 6) and Drop-Off & Pickup Guidelines on page 27 before departing
13. Print and complete the COVID-19 Medical Form, Permission to Treat, and Parental Exposure Pledge (page 26). This is to be handed to us upon arrival.

Opening Day Checklist:

- Know your drop-off timeslot and arrive within that time
- Make sure you have completed the Epidemic Tracking Digital Survey.
- You should have the following documents in-hand when you arrive:
 - Completed **COVID-19** Medical Form (page 25)
 - Permission to Treat/Parental Exposure Pledge (page 26)
 - Completed Pre-Camp Temperature Log (page 22)
 - Hard copy of COVID-19 test results
- Make sure everyone coming to camp has a mask (including the camper) and is prepared to practice safe social distancing upon arrival. *REMINDER:* Parents and families will be limited to the driveway and bathrooms will not be available for use.
- Have all daily meds pre-packed into a 1-gallon Ziploc bag
- Please bring any cleaning supplies you're willing to donate (see more info on page 31) including all-purpose spray cleaner, disinfecting wipes, and/or large bottles of hand sanitizer.

Pre-Camp Temperature Reporting Log

Camper's Name: _____

Opening Day- day of arrival (circle one):

SMA2: 7/11/20 SMA3: 7/26/20 SMA4 8/10/20 SMA4-2 8/16/20, Other __ / __

Quarantine Start Date (circle one):

SMA2: 6/27/20 SMA3: 7/10/20 SMA4: 7/27/20 SMA4-2 8/2/20 Other / /

In the space below please record camper's temperatures and note any symptoms daily during your two-week quarantine. Specific symptoms include: fever (temperature over 100°F), cough, shortness of breath, chills, muscle aches & pains, headache, sore throat, loss of taste or smell, nausea, vomiting or diarrhea)

This section is to be filled out by Stone Mountain Adventures staff upon arrival

Arrival Temperature: _____ °F Any symptoms or notes:

Medical preferences:

Pain: Ibuprofen (Motrin/Advil) Acetaminophen (Tylenol)

Antihistamine (allergies): Claritin Zyrtec

Decongestant (stuffy nose): Benadryl Sudafedrine

Pre-Camp Quarantine Guidelines

Why A Two-Week Quarantine?

The best way to ensure all campers and their families are virus-free upon arrival to camp is a thorough two-week quarantine for everyone. Even testing is less effective unless everyone seriously quarantines between the time they get tested and the time they arrive at camp in order to ensure they are not contracting the virus in that time.

What Do We Expect?

We ask that you stay home. Campers and their family members should only leave the house if it is absolutely necessary. If and when it is absolutely necessary take proper precautions so you don't contract the virus: **wear a mask, maintain social distancing (six-feet), don't touch your face at all until you have washed your hands thoroughly for at least 20 seconds or used hand sanitizer with at least 60% alcohol content.**

If a camper has a parent who is going to work every day, we ask that the family take extra precautions. The camper should avoid contact with that parent, and the parent should be taking the precautions detailed above.

When To Quarantine:

If you are attending:	Your quarantine will be:
2 nd Session	June 27 – July 11
3 rd Session	July 10 - July 24
4 th Session	July 27 - August 10
4-2 Session	August 2 – August 16

Epidemic Tracking Digital Survey Info

What is the Epidemic Tracking Survey?

A few days before your scheduled camp session begins, we will send you a digital survey via email about the camper's possible exposure during the two-week quarantine. This will include a history of travel, exposure and symptoms in the weeks leading up to camp. We encourage everyone to be completely truthful in the survey, an unfavorable answer will not necessarily disqualify the camper from attending, but we need to know the facts so we can make decisions on a case-by-case basis.

Why do we have to take the survey?

In the event we have a positive case of COVID-19 at camp, the PA Department of Health will require proof that we conducted some Epidemic Tracking before the start of camp. This is the government's way of trying to control the spread and learn how and where the virus is spreading.

In addition, we will be responsible for notifying everyone who was in contact with the person testing positive for COVID-19 so they can self isolate and/or get tested.

Below are the survey questions. Please keep these in mind during your quarantine so you can answer to the best of your ability in the days before camp.

1. Have you been seriously quarantining for the last 2 weeks?
2. Has anyone in your household interacted with anyone outside your household in the last 2 weeks? (Excluding necessary trips including grocery store, essential work, etc.)
3. During necessary outings, have you (and your family members) been taking proper precautions: wearing a mask, maintaining social distancing, avoiding touching your faces, washing hands thoroughly?
4. Have you been in close contact with anyone who has had symptoms or tested positive for COVID-19?
5. History of travel within the last couple of weeks
6. Where are you quarantining? (where will you be coming from when you arrive at camp?)
7. Have you or anyone in your family tested positive for COVID-19? (if yes, when?)
8. Have you experienced any symptoms in the last 3 weeks? (describe below)
9. Has anyone you live with been in contact with someone who tested positive in the last three weeks?

COVID-19 Medical Form

Child's Name: _____ DOB: _____

Emergency Contact 1 Name: _____ Relation: _____ Phone

Number: _____

Emergency Contact 2 Name: _____ Relation: _____ Phone

Number: _____

Where Did You Quarantine prior to camp? (City and state):_____

Has your child been tested for COVID-19?

Yes, tested negative Yes, tested positive No, not tested Date of test:

As of (today's date) _____, has your child been exposed to anyone who
tested positive for COVID-19? Yes No

If you checked "yes" above, how long ago was your child exposed? _____ Was he/she
wearing a mask, maintaining six-foot distance, not touching their face, and did they
wash her hands thoroughly afterwards? Yes No

Does your child have a history of (check all that apply):

- | | | |
|--------------------------------------|---|--|
| <input type="checkbox"/> Fever | <input type="checkbox"/> Cough | <input type="checkbox"/> Shortness of Breath |
| <input type="checkbox"/> Headaches | <input type="checkbox"/> Muscle Aches & Pains | <input type="checkbox"/> Chills |
| <input type="checkbox"/> Sore Throat | <input type="checkbox"/> Loss of Taste or Smell | <input type="checkbox"/> Nausea |
| <input type="checkbox"/> Vomiting | <input type="checkbox"/> Diarrhea | |

If checked, please elaborate below. Include how often, how severe, and most recent episode

Does your child have (or had) any of the following (check all that apply):

- | | | |
|--|-----------------------------------|---|
| <input type="checkbox"/> Heart Disease | <input type="checkbox"/> Diabetes | <input type="checkbox"/> COPD |
| <input type="checkbox"/> Asthma | <input type="checkbox"/> Cancer | <input type="checkbox"/> Chronic Kidney Disease |

COVID-19 Permission to Treat and Parental Exposure Pledge

Parent COVID-19 Permission To Diagnose & Treat Statement:

Per the Stone Mountain Adventures Summer 2020 COVID-19 Protocol, should a COVID-19 test be required, I, _____, parent or legal guardian of _____, consent to all medical care pertaining to COVID-19 including testing, transportation, diagnosis and treatment while said child is under the care of Stone Mountain Adventures and the staff acting on its behalf. I also agree to cover the cost of testing should there be a cost.

Parent or Legal Guardian Printed Name: _____

Signature: _____ Date: _____

Parental Exposure Pledge:

I pledge to inform Stone Mountain Adventures as soon as possible if I learn, while my child is attending camp, that someone your child had contact with in the three weeks before camp is tested positive for COVID-19. I will also inform them after her return from camp if your child or anyone who was at camp in the three weeks prior to the positive test is tested positive for COVID-19.

Parent or legal guardian Printed Name: _____

Signature: _____ Date: _____

Drop-Off & Pick-Up Guidelines for Parents

Opening Day / Drop-Off

- ✓ Drop-offs will be staggered between approximately 12pm and 4pm, you will be assigned a specific drop-off time slot via email. Please **arrive within your scheduled time** to help us avoid congestion.
- ✓ Drop-offs will be brief (no more than 30 minutes), you will be limited to the driveway and **required to wear a mask**. We recommend only one parent drop- off your child to avoid congestion and exposure.
- ✓ After bags are unloaded from the car, they will be delivered to cabins by camp staff. Counselors will help your child unpack her things.
- ✓ In accordance with the CDC's recommendations, **our bathrooms will not be open for use** on opening day, please stop at the Sheetz (in State College on South Atherton St. and in Huntingdon on Route 22) on your way to/from the camp to use their facilities which are properly cleaned regularly.
- ✓ Make sure you have completed the Epidemic Tracking Digital Survey before arriving to camp.

Opening Day Checklist:

1. Paperwork: Please bring hard copies of the following:

- Completed **COVID-19** Medical Form (page 25)
- Permission to Treat/Parental Exposure Pledge (page 26)
- Completed Pre-Camp Temperature Reporting Log (page 22)
- COVID-19 test results (if your camper was tested)

- Make sure everyone coming to the camp has a mask (including the camper) and is prepared to practice safe social distancing upon arrival. *REMINDER:* Parents and families will be limited to the driveway and bathrooms will not be available for use.

- Daily meds pre-packed into a 1-gallon Ziploc bag

- Any cleaning supplies you're willing to donate (page 31) including all-purpose spray cleaner, disinfecting wipes, and/or large bottles of hand sanitizer.

Opening Day Schedule:

Upon arrival to the camp, please park in the front lawn, camp staff will meet you to help you unload your camper's luggage. There will be four stations set up: Welcome Table, Medical station, Stone Mountain Adventures Merchandise and Cleaning Supplies Donation. Please take some time to chat with Jud (at a safe distance). Jud and camp staff will make sure we

have all your updated paperwork for the summer. You will be directed to the Medical Station where our medical staff will greet you to go over your medical paperwork, meds preferences, and conduct the Opening Day Screening (page 7, part 8). If you have any cleaning supplies to donate you can leave them in the donation box (thank you in advance!).

Closing Day / Pick-Up

- / We will stagger arrive times every half hour between approximately 10:30am and 12:00pm, please **arrive within your scheduled time** to help us avoid congestion when picking up your child's luggage. We will communicate your specific time slot in an email prior to closing day.
- / Bags will be separated by cabin and will be picked up as exit your car
- / All parents and families are **required to wear masks**, maintain a six-foot distance from others, and encouraged to stay outside
- / Our bathrooms will be closed to parents and family members. Please stop by please stop at the Sheetz (in State College on South Atherton St. and in Huntingdon on Route 22) on your way to/from the camp to use their facilities which are properly cleaned regularly.
- / In order to minimize group size, please limit your group to necessary relatives only (parents and siblings), do not bring dogs, grandparents, friends, etc.



Packing List

This packing list serves as a guide. Launder will be done in-camp this year once per 2 week session and during. Laundry soap will be provided. Please label all clothing. Avoid bringing expensive clothing articles or ones that require special laundering. SMA is not responsible for lost or damaged personal items. Trunks/duffels should not exceed 18 inches in height to ensure they will stow underneath bunks. Please see at bottom of page for items NOT allowed at camp.

Clothing

- 7-10 shorts
- 8-10 T-shirts/tank tops
- 2-3 long pants
- 1 pair sweatpants
- 1 sweatshirt
- 1 warm jacket or fleece
- 1 poncho or raincoat
- 12 pair underwear
- 12 pair socks
- 2-3 pair pajamas
- 1 robe
- 3 bathing suits

Miscellaneous

- Sunscreen & Sun Hat
- Leather Work Gloves
- Water Bottle-mandatory!
- Day Pack
- Inexpensive Camera
- Headlamp/flashlight w/extr batteries

Optional Items

- Books / Journal
- Musical instruments
- Stationery/stamps
- Favorite stuffed animal

Linens

- 1 blanket
- 1 set of sheets
- 1 pillow with pillow case
- 1 bath towel
- 1 beach towel
- 1 mesh laundry bag

Camping Equipment

- 1 sleeping bag with stuff sack
- 1 pad for under sleeping bag
- 1 medium size duffel bag or backpack (Must fit sleeping bag and personal clothes on camping trips)

Sports Equipment

- We provide all sports equipment, but you may bring:
- Tennis Racquet
 - Fishing Rod
 - Climbing Shoes & Harness
 - Mountain Bike

Toilet Articles

- Toiletry Back/Shower Caddy
- Toothbrush/Toothpaste
- Body soap or soap dish
- Shampoo/Conditioner
- Brush/Comb
- Deodorant

Footwear

- 2 pair sneakers or trail shoes
 - Flip-flops
 - 1 pair sandals with straps that will stay on in the water**
(Chacos, Tevas, Keens, etc.)
- *These are required to go White Water Rafting and Canoeing

COVID19 Items

- 2 Bottles of Hand Sanitizer
- 2 Reusable Washable Masks
- Large Pack of Disinfecting Wipes (Not Spray)
- Hand Lotion

Horsemasters participants: Riding boots required OR riding shoe with defined heel not higher than one inch.

Riding pants OR other long pants required. Riding helmets provided or camper may bring his/her own.

DO NOT BRING: Smart Phones, cell phones, Tablets, E-Readers, and other expensive electronic devises.

Phones brought to camp will be stored in camp office safe. Cameras, iPods, other electronics, jewelry, and items of sentimental value that you cannot afford to lose should be left at home.

Medications: Any non-over-the-counter medications need to be turned over to camp office upon arrival. Please send enough for camper's entire stay. Parents must complete the Camper Medication Form found in the Pre-Camp Packet.

How to Pack: We encourage you to pack all items in one trunk (max height "17), duffel, or suitcase. Campers using camp van (excludes international campers or campers flying to camp) service must ship luggage at least 5 days before camp using UPS or FedEx. Families will be billed accordingly after camp for return shipping charges.

Ship trunks/duffels to: If you are signed up for the SMA Camp Van and IF your receive an e-mail that says the van is full and you must ship your luggage please ship to:

(Your Camper's Name), c/o Stone Mountain Adventures, 9803 Old Hawn Road, Huntingdon, PA 16652

How will camp be different this summer?

A letter from your 2020 staff to our campers.

In order to have an incredible time at camp this summer, we've had to make some changes to keep everyone safe. To us, change means new opportunities, so we've wasted no time brainstorming brand-new fun and exciting activities for this summer that we can't wait to share with you! We're not going to give it all away just yet, but we want to give you an idea of how our day-to-day will be a bit different this summer so you know what to expect. We're SO EXCITED to meet you and spend another amazing summer together at Stone Mountain Adventures

/ Pre-camp Quarantine

- Your parents will go through the details of this with you, using the Pre-Camp Quarantine Guide on page 23. Please, please, please, follow the rules of the two-week quarantine.

/ Camp drop-off

- Your arrival at camp will be a bit different this year. You will have a specific drop off time and may share that drop off time with just one other family. PLEASE, no pets. You must maintain social distance from the other family. Your parents will be there for a brief orientation from Jud and SMA Camp Counselors. You quick temperature check and head lice check with one of our staff members. Then you'll say goodbye and be off to pick your bunkbed and unpack with your counselor's help.

/ Temperature Checks

- Every morning on the way to breakfast, we'll do a quick check to make sure you're healthy.

/ Off-Camp activities

- This summer we can run activities that are off our campus as long as we are able to maintain group isolation from other people not in camp.

/ Speak up

- During your time at camp, please tell us if you're not feeling well. This doesn't mean you will automatically be taken out of activities, but it is very important we know how you're feeling so we can keep you and everyone else happy and healthy.

/ Closing Day / Pick Up

- This will be similar to drop off day where your parents will have a set time window to pick you up. Luggage will be prepared so the pick-up process can take place in a timely manner.

Stay healthy. Stay happy.

We can't wait to see you soon - camp starts in less than a month!!!

♡your 2020 Staff

Cleaning Supplies Donation Request

With our increased cleaning and disinfecting efforts we will need extra cleaning supplies this summer. We've had some difficulty finding everything we need at our local stores, so we're asking for your help. If you come across any of the items below, please consider picking them up and donating them when you drop off your child. Alternate brands or store brands are welcomed! Thank you for your help!

Supplies needed:

Disinfecting wipes

All-purpose spray cleaner

Large bottles of hand sanitizer (60% alcohol content or greater)

