

# Setebaid Services,<sup>®</sup> Inc.



## COVID-19 Mitigation & Operations Plan

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# Camp Setebaid®



## COVID-19

### Mitigation & Operations Plan

### Disclaimer

The activities and risks of Setebaid Services' diabetes camps are an integral part of the Camp Setebaid® or HDYC experience. If every activity were eliminated, campers would be deprived of the opportunity for the growth and development expected from diabetes camp. We also recognize diabetes camp plays an important and critical part in the treatment of Type 1 Diabetes (T1D). Research has shown diabetes camp is critical to reducing diabetes-related distress, which leads to depression. COVID-19 isolation has dramatically increased depression in youth and diabetes camp is more critically needed than ever before in recent history.

Although protocols will be implemented, the activities at Setebaid Services' diabetes camps include a variety of traditional sports, games, activities, and events which may prove to be impossible to consistently implement social distancing of 6 feet. Diabetes camps are social support programs whose sole purpose is to bring campers, counselors, medical staff and others together, in close contact, to support each other. While we will strive to find ways to create this social support network effectively while maintaining social distancing, we cannot guarantee outcomes we have seen in the past.

Setebaid Services' diabetes camps will be taking more health precautions this summer. Precautions during camp include encouraging and enforcing more handwashing, more use of hand sanitizers, extra cleaning of high use areas and protocols to prevent the spread of the airborne particles which host the COVID-19 virus.

To keep everyone as safe as possible, we plan to send anyone with COVID-19 symptoms home. Please understand, while we are taking extra precautions, anyone at camp may still be exposed to the risk of contracting communicable illness, including COVID-19. Setebaid Services is making no guarantee of safety and recommends you consult with your personal medical team before deciding whether to come to diabetes camp this summer. Ultimately it is up to each individual family to decide whether Setebaid Services' diabetes camp this summer is a viable option worth the risk.

This COVID-19 Mitigation & Operations Plan document serves as a brief summary and big picture overview of the procedures and protocols developed by Setebaid Services to help mitigate communicable disease and COVID-19. This plan is a fluid document and will be changing rapidly as new information is learned about COVID-19. Further, this plan is not intended to be an exhaustive list of the implemented precautions.

Additional COVID-19 protocols may be implemented by our medical staff, based upon the latest recommendations and guidelines from public health experts and their own professional opinion.

Please contact our office with any questions or concerns by email at [info@setebaidservices.org](mailto:info@setebaidservices.org) or by phone at (570) 524-9090.

# Setebaid Services'<sup>®</sup>

## 2021 COVID-19 Mitigation Plan

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## INTRODUCTION

At Setebaid Services' diabetes camps, we understand teaching proper hygiene and healthy living is part of our role. We take cleanliness very seriously and are taking extra steps to protect campers, families, volunteers, and everyone on-site at camp. Our health and safety measures are designed to address a broad spectrum of viruses, including COVID-19, and include everything from handwashing, hygiene and cleaning product specifications to the sanitization of program equipment, watercraft and watercraft equipment and other high touch surfaces at camp.

The purpose of this plan is to develop and implement a strategy to operate summer diabetes camp while preventing the spread and outbreak of communicable disease, including COVID-19. We are closely monitoring government policy changes and are following the strict Mandatory and Recommended Best Practice Guidance of the American Camp Association (ACA) Operations Field Guide, US Centers for Disease Control (CDC) Childcare Guidelines, and federal, state and local government public health officials. We will continue to make changes, as necessary or appropriate, to our protocols and procedures to ensure our due diligence in making Setebaid Services' diabetes camp a viable and safe option for our camp family this season.

This plan will be distributed via our official website, <https://setebaidservices.org/>. We will also email a direct link to the plan to all camp volunteers whom are scheduled for the camp, all registered families, and all staff.

Some things to consider this summer:

**Camp Size:** In order to provide space for social distancing, we will be taking fewer campers, staff and volunteers this summer.

**Activities:** Due to the size of the camp, social distancing, and ability to sanitize equipment, some program areas will be closed this summer. For example, the pool will not operate this summer. Please refer to the Program section of this plan to see changes to other program areas.

**"Those Vaccinated":** Throughout this plan, we may refer to "those vaccinated". To define "those vaccinated", we are referring to persons who have received all COVID-19 vaccination injections AND have waited at least two weeks after the last injection. For example, both Pfizer and Moderna COVID-19 vaccinations require two injections. "Those vaccinated" would mean at least two weeks after the second injection. Johnson and Johnson requires only one injection so "those vaccinated" would refer to individuals who received the injection at least two weeks ago. Because COVID-19 vaccines are, at the time this plan update was written, only approved [by the US Food and Drug Administration (FDA)] for individuals ages 12 years and older, this plan currently considers only those ages 12+ could be included in "those vaccinated". At this time, the camp program schedule is set; if the FDA approves a COVID-19 vaccination for younger children, "those vaccinated" could be applied to additional children at a younger age, however, we will not be able to accommodate children under the age of 12 years of age in 2021.

2021 Diabetes Campers: To be accepted at a Setebaid Services' diabetes camp in 2021, campers must be vaccinated against COVID-19. Specifically, campers must fit the definition above of "those vaccinated".

Cancellation of Sessions: Due to the current FDA limit on those eligible for the COVID-19 vaccination, Setebaid Services' Board of Directors has been forced to close some 2021 summer camp sessions based upon what it currently knows. The following on-site sessions have been cancelled or significantly changed:

- The Harrisburg Diabetic Youth Camp (HDYC) for campers ages 7-12 has been amended to serving only 12 years old campers and will be held as originally scheduled in Bethel, PA from July 18-24, 2021.
- Camp Setebaid® at Mount Luther for campers ages 7-14 originally scheduled in Mifflinburg, PA from August 1-7, 2021 has been cancelled.
- The CIT Program: CITs are asked to participate in the Leadership Training sessions at Camp Setebaid at Swatara and other CIT sessions on-site (currently being developed). Because it was not possible to operate the second week on-site during the pandemic, the second week of the CIT Program will be virtual training sessions (planning continues for these sessions).

A new on-site family-style day program will be held for all families, especially those who would have originally attended any cancelled session. It will be held at Knoebels Amusement Resort in Elysburg, Pennsylvania on Saturday, July 31, 2021. More information about this day program is available on our website.

Please understand public health conditions may change and require additional camp sessions to be cancelled. If we need to cancel any additional camp sessions, we will contact those registered for the camp session as quickly as possible following the decision to cancel the session.

This plan will remain a fluid document and will be updated as conditions change. As soon as updates are approved, the updated plan will be posted on the website.

If diabetes camp sessions are closed, it will be beyond Setebaid Services' control and the normal refund policy will go into effect.

Please know, we will continue to hold personal health information as confidential information except where we are required to release it to public health officials. For example, if a governmental public health authority requires us to release data regarding an outbreak of a communicable disease (e.g. COVID-19), we will comply with the authorities.

Throughout this guide, masks are mentioned. Masks must be approved disposable masks or three-layer cloth masks. When masks are required, they must cover both the nose and mouth to prevent air droplets from spreading to others in close proximity.



## EXPECTATIONS PRIOR TO CAMP

Campers (and their Parents/Guardians), Staff, and Volunteers

**Everyone at camp** must affirm they have been vaccinated (please see the definition of Those Vaccinated) against COVID-19 prior to admittance to camp. In addition, everyone must:

- Complete all registration paperwork including submitting a physical with the individual's vaccination record\*, signing all releases, consents, and the new COVID-19 Waiver of Liability form. (\*All individuals at camp must have received all vaccines recommended by CDC guidelines).
- Submit a statement affirming the individual has received the COVID-19 vaccination, provide the date(s) of the vaccination, and submit a copy of the vaccination card.
- Affirm:
  - Within the last 14 days, the individual has not:
    1. Had a new fever of 100.4°F or higher, or a sense of having a fever.
    2. Developed a new cough, congestion or runny nose which cannot be attributed to another health condition.
    3. Developed shortness of breath, which cannot be attributed to another health condition.
    4. Developed a new sore throat, which cannot be attributed to another health condition.
    5. Experienced muscle aches, which cannot be attributed to another health condition, or may not have been caused by a specific activity such as physical exercise.
    6. Developed nausea, vomiting, or diarrhea.
    7. Traveled within an area identified as a COVID-19 "hot-spot."
    8. Been in contact with an individual who has been ill with respiratory complaints or fever, or who is or was known to have tested positive for COVID-19.
    9. Been diagnosed with COVID-19.
  - Within the last 30 days has not tested positive for COVID-19
    - The individual will disclose to the camp staff the date on which the individual was notified he/she was no longer contagious with COVID-19 (documentation may be requested)

If a person is not admitted to camp because they do not or cannot meet the above requirements or sign the consents or waivers, they will not be accepted at camp and will not receive a refund and/or credit for being present at camp.

**Volunteers and Staff:**

- Will have additional training to define new responsibilities, learn all Non-Pharmaceutical Interventions (NPIs) and learn when and how to properly use Personal Protective Equipment (PPE). Volunteers and staff will also learn the signs and symptoms of COVID-19.
- Must immediately report any illness, specifically any signs or symptoms of COVID-19 to the medical staff
- Administrative and Medical Staff will be available to answer concerns

## AT CAMP

### Check-In:

All campers will be scheduled the week prior to camp for check-in via Zoom. This check-in will include many of the stops families typically did during our on-site check-in day. The camper and his/her parents will meet with the medical team and share information including medication schedule, typical routines and insulin doses. Any paperwork not completed will also be shared with the camper family. The medical staff will explain how the medication will be collected on-site, and only one adult should transport the camper in the car to camp, if possible.

Upon arrival at camp, everyone will remain in the car. We ask all occupants of the vehicle to wear masks prior to opening windows or having the camper exit the vehicle. Camp staff will approach the window of the car wearing a mask, and hand the driver a Camper Screening Questionnaire. When the Questionnaire is completed, it should be passed out the window to the camp staff person. The Questionnaire must be answered to the required standard before the camper is able to be accepted.

If a camper/family is unable to complete the Questionnaire to the required standard:

- Due to concerns over their own health or the risks as described, the camper will not be able to remain at camp
- Because the family refuses to complete the questionnaire, the camper will not be able to remain at camp

If the camper has passed the Questionnaire step, he/she will have a temperature taken via a touchless thermometer. If the camper's temperature is 100.4°F, or higher, the camper may not remain at camp. Campers who are not accepted may not receive a refund.

If the camper's temperature is under 100.4°F, the camper may be accepted at camp.

Once the camper is accepted at camp, the staff member will pass any last-minute paperwork which needs to be signed through the window to the parent/guardian to sign. They will also collect the camper's medications.

When the camp staff is ready and has indicated they are ready, the vehicle driver should open the area of the car where the luggage is stored and the camper and volunteer staff will help the camper get luggage from the car. The family will then close the vehicle's doors and windows, remove their mask, and depart camp.

To keep everyone safe at camp, please be sure to follow these guidelines:

- No restrooms will be available during check-in for anyone not remaining at camp
- Each camper is asked to bring at least two masks per day of camp, labeled with their name, sealed in re-sealable-type plastic bags. Masks should be

surgical masks or three-layer-cloth masks. Any masks not used during camp will be sent home with the camper.

- Masks must be worn anytime the camper is outside of his/her cohort or anytime a guest from outside of the camper's cohort is with the group.
- There will be many times when masks will not be required at camp.

## Infirmiry Changes

- Infirmiry staff may elect to wear masks while providing care including doing pump site changes, CGM changes, or administering topical, oral, or injectable medication for individuals not in the same cohort.
- A supply of PPE will be maintained in the event they are needed to care for a high risk individual.

## Cabins

Campers will be with their cabin group (i.e. their cohort) for the entire week of camp. They may interact with other campers and staff as well, however they will always be with their cabin group. We anticipate the size of the group, which includes campers and staff in the cabin, to be 12-18 total individuals.

Everyone at camp will be asked to wash hands upon entering the cabin prior to touching anything in the cabin. Everyone will also be asked to shower with soap daily while at camp.

Each person sleeping in the cabin will have his/her head at least six feet from another person. This means bunks will be arranged so campers do not have their heads next to each other while in the cabin (i.e. beds will be arranged head-to-toe).

The cabin windows will remain open at all times with fans blowing fresh air through the cabin. Ceiling fans may also help circulate air through the cabin. The only time windows may be closed will be during any inclement weather which requires the windows to be closed.

Other cabin procedures:

- Masks do not need to be worn in the cabin.
- The same camp staff members and campers will be assigned to the cabin for the entire week; visiting the inside of other cabins will not be permitted, except for camp staff when needed.
- Setebaid Services will maintain the roster of cabin-members throughout the program
- Only individuals who reside in the cabin may enter; no visitors or parents may enter the cabin at drop off or pickup periods

- Avoid sharing common items (cups, bedding, etc.) as well as the sharing of individuals' items with cabin mates
- Personal belongings should be limited to essential items plus a limited number of non-essential items
- All cabin members (both campers and camp volunteer staff) should keep personal belongings organized and separate from others' belongings. Personal storage space for personal belongings will be the space under the individual's assigned bunk.

## Bathroom Procedures

- Avoid sharing common bathroom supplies (towels, soap, toothpaste, etc.).
- Campers must bring their own bathroom supplies and a container for toiletries to be stored in for the duration of camp (for example, a bathroom tote or a 1-quart clear plastic bag labeled with their name).
- Campers should keep personal items in their bag or tote and store their bag or tote with their personal items at the bunk.
- Sink soap, toilet paper, and paper towels in the bathroom will remain stocked at all times.
- Counselors will create a bathing schedule and limit the number of people using the facilities at one time.
- A trash can (with a foot-actuated lid or no lid) will be near the exit of the restrooms to make it easier to discard items.
- Each bathroom will have posted the Cover Your Cough and Handwashing sign from the CDC to remind campers and camp volunteer staff when and how to properly wash hands.

## Handwashing Training and Reminders:

1. Soap and water hand wash areas will be set-up at key points around camp.
2. Hand sanitizer will be used in areas where water is not accessible.
3. Camp staff and volunteers will be reminding campers of the key times we need to wash or sanitize hands, however, campers must follow these procedures without reminders.
4. Hand washing will occur:
  - a. Before and after every new activity
  - b. Before/After eating
  - c. After coughing or sneezing
  - d. Before/After using the restroom

- e. When entering your cabin
- f. After being near anyone who may be sick
- g. After touching high-touch surfaces like handrails, door knobs, etc.
- h. After cleaning surfaces with chemicals

### Proper way to wash hands:

1. Wet your hands with clean, running water.
2. Apply soap.
3. Lather your hands by rubbing them together with the soap. Make sure to lather the back of your hands, between your fingers, and under your nails.
4. Scrub your hands for at least 20 seconds (about the time it takes to sing the “Happy Birthday” song twice.)
5. Rinse your hands well under clean, running water.
6. Dry your hands using a clean towel or an air dryer. You may use paper towels to turn off the faucet and/or open doors before exiting the room.

### Proper way to use hand sanitizer:

Hand sanitizers should contain greater than 60% ethanol or greater than 70% isopropanol. Hand sanitizers are not a substitute for handwashing for kitchen and dining staff.

1. Apply the product to the palm of one hand.
2. Rub your hands together. Make sure the product contacts the back of your hands, palms, between your fingers, and fingertips.
3. Continue to rub your hands together until your hands are dry (about 20 seconds).

## Dining Procedures

Because Camp Swatara prepares all meals, the kitchen staff will follow Camp Swatara’s COVID-19 Plan when preparing, serving, and cleaning after meals.

Camp Setebaid at Swatara campers and camp volunteer staff will follow these procedures:

- Do not attend meals if you are sick or experiencing COVID-19 symptoms. Inform a counselor and medical staff member immediately.
- When traveling in the dining room, wear a mask. You must wear a mask anytime you are not seated at your table, including when you travel to the

restroom, to the food line, or anytime you are moving away from your seat at the table.

- Wash hands with soap and water for 20 seconds or use alcohol-based hand sanitizer upon entry to the dining area.
- Avoid touching frequently touched surfaces such as handles, doorknobs, tables, and counters as much as possible.
- Food will be placed onto your plate by the staff in the serving line, who will be wearing masks and separated from you by plexi-glass type shields
- Maintain physical distance and increased spacing between yourself and others whenever possible.
- Sit with your cabin in the same seat for each meal
- If the option is available, eat outside or in areas with less people.
- When in line, maintain physical distance and increase spacing between yourself and others.
- Cover your cough or sneeze with good cough and sneeze etiquette. If a tissue or napkin is used, throw it away, and wash your hands immediately.
- Avoid touching your eyes, nose, and mouth.
- Whenever possible, use utensils rather than hands to eat food.

## Program Modifications

### Camp Equipment

- All camp equipment (bows, paddles, etc.) will be thoroughly wiped down before and after individual use by a CDC approved sanitizer.
- All PFDs (Lifejackets), helmets, and other equipment that an individual would “wear”, will be disinfected in between each use through an approved disinfectant process.
- All sports equipment, including balls, will be utilized by one cohort at a time, then disinfected prior to another cohort utilizing the equipment.

### Large Group Activities

- All full camp activities will be modified to meet the current physical distance guideline recommendations of public health officials.
- Parents and families will not be permitted on-site this season.

### Rainy Days

- Each group will have a specified area either under a pavilion or in the East Lodge where they will be based if there is a lot of rain.
- In light rain, activities will proceed as usual as we have done in previous years.
- In the event of thunderstorms, all will take shelter in an assigned safe space, like East Lodge or the cabin.

Swimming: The swimming pool is closed this season.

Water bottles: Each camper must have a clearly labeled water bottle to be used at camp this summer. Staff will help campers fill their bottles to ensure filling stations are not contaminated. The filling station must be sanitized between each water bottle filling.

### Archery

- Counselor will sanitize all equipment (bows, arrows, arm guards) with disinfecting wipes
- Campers will sanitize their hands prior to using the equipment
- Social Distancing and Masking Procedures During the Activity:
  - Limit one group of 5 on the range at a time; masks will not be required on the range



- Individuals not on the range should be seated in the shade; if any individual not part of the cabin is closer than six feet to the group, everyone must wear a mask.
- Campers are instructed to only pick up their equipment when told to do so on the range
- Between usage the counselor may elect to wipe down equipment
- Cleaning/Sanitizing at the Conclusion of the Activity: Following the activity, the counselor will wipe down all of the bows prior to storage

## All Camp Activities

- Social Distancing Procedures During an All Camp Activity:
  - Campers will move in cabin groups and must stay together
  - Groups will maintain a social distance of at least 6 feet from other groups.
  - Groups will observe if stations or activities are occupied and wait, socially distanced from other cabin groups, until the station or activity is vacant.
  - Activities will be modified to eliminate single congregation spots (e.g. spot where all the loot is during rocks)
  - Activities will be spaced to prevent overlap. There will also be a waiting spot if timing is off to move to the next activity
  - Items can be used in a single transaction and turned in to a sanitization container before being touched by another individual
- Cleaning/Sanitizing at the Conclusion of the Activity:
  - Shared costumes and equipment will be sanitized after the activity ends
  - Avoid sharing items when applying make-up (e.g., no shared paintbrushes for face paint, no sharing personal make-up kits, etc.)

## Arts & Crafts Pavilion

- Entering Arts & Crafts
  - Campers use hand sanitizer
  - Campers sit in an assigned location with cabin group
  - Campers may not grab supplies and equipment freely
- Overall Distribution of Art Supplies and Equipment
  - Each camper will be given a bag of supplies labeled for him/her

- If additional supplies are needed, the camper must raise a hand and ask for what they need to minimize number of things campers touch and potentially contaminate
- Every time a camper is finished using a tool or art supply, camp volunteer staff may elect to wipe it down with sanitizing wipes before allowing another camper to use it or storing it properly.
- Arts & Crafts Staff:
  - Organize activities AHEAD OF TIME to be SINGLE CAMPER craft ready and prepped, ex: Gallon zip lock bag per camper with all materials in it for the given activity
  - Every time a camper is finished using a tool or art supply- staff may elect to wipe it down with sanitizing wipes before storing it properly
  - If staff is not part of our camp, the staff should wear a mask the entire time campers are present

## Campfire

- The campfire circle will have assigned seats per cabin prior to camper arrival. Campers will sit in the designated area and must stay in their cabin's area. Cabins should always go directly to their area and should not change areas so campers or staff who arrive late know where they are going upon arrival.
- If any guests (e.g. not part of our camp) come to the campfire masks will be required.
- Entering the campfire area:
  - Cabins will go directly to their assigned area

## Fishing

Any cabins who wish to go fishing may do so and must follow these practices:

- Keep at least six feet apart on land from anyone not part of our camp
- If anyone outside of our camp is closer than six feet, everyone must wear masks
- When finished with the fishing activity, everyone must wash their hands

## Boating

- Boating will be offered by cabin group to limit the size of the group and allow for social distancing.
- Upon Arrival at the Boating Area:
  - The group should get their PFD from staff. The staff will get PFDs which were sanitized and hand them to the campers.

- If anyone must use the restroom, they must travel in a group of three and must wash their hands prior to returning to the Boating area.
- If there are other people around not part of our camp (e.g. when at the dock with lifeguards), masks must be worn.
- No equipment may be shared by individuals. Equipment includes paddles, oars, PFDs, etc.
- Once in a boat, no one may change boats.
- End of Activity Period:
  - Staff will sanitize all PFDs with an approved sanitizer
  - Staff will wipe all paddles and oars
  - Staff will wipe the boat in areas used as hand holds and frequently touched surfaces.
- Following this activity, everyone must wash their hands

## Ropes Course

The Ropes Course is operated by trained Camp Swatara Staff whom we will not know if they have been vaccinated. Therefore, we will follow Non-Pharmaceutical Interventions (NPIs) for outdoor activities. These protocols will be in place for this summer's use of these facilities.

### Open Elements:

- Low Ropes Course (also known as the Challenge Course)
- Climbing Wall

### Closed Elements:

- High Ropes Course Elements Leading to the Zip Line
- Zip Line

Procedures: While using the Open Elements, the following procedures will be implemented.

### Masking:

Anytime an individual from our cohort (our camp) is less than six feet from an individual outside of our cohort (e.g. ropes course instructor), masks should be worn.

- During instruction
- When putting Safety Equipment (e.g. harnesses and helmets) on and having them checked by the Camp Swatara Staff

Anytime an individual is more than six feet away from someone outside of our camp, masks do not need to be worn.

- When on the elements

- When climbing the wall

#### Sanitization:

- Each climber will sanitize their hands, and may elect to put on climbing gloves before touching the climbing element
- Staff must sanitize hands:
  - After helping each camper
  - After completion of each group, staff may elect to wipe the following with an approved sanitizer wipe:
    - Carabiners
    - Helmets
    - Harnesses
    - Pull tethers
    - Climbing Gloves

Group Size: The maximum group size for the ropes course will be one cabin (12-18 individuals) at any one time.

## Mini-Golf or Disc Golf

Both the Mini-Golf and Disc Golf courses are in the Family Campground Area and will have individuals whom we will not know if they have been vaccinated. Therefore, we will follow Non-Pharmaceutical Interventions (NPIs) for outdoor activities. These protocols will be in place for this summer's use of these facilities.

#### Masking:

Anytime an individual from our cohort (our camp) is less than six feet from an individual outside of our cohort (e.g. picking up mini-golf equipment or balls), masks should be worn. Examples of when masks should be worn include, but are not limited to:

- Travel to the mini-golf course
- Picking up equipment and balls for mini-golf
- In areas of the disc golf course where others from outside of our camp are near

Anytime an individual is more than six feet away from someone outside of our camp, masks do not need to be worn.

- When on the mini-golf course
- When on the disc-golf course

#### Sanitization:

- Staff must sanitize:
  - Staff may elect to wipe the following with an approved sanitizer wipe:
    - Mini-golf clubs

- Mini-golf balls
- Discs (e.g. Frisbees) between groups
- All individuals playing mini-golf or disc golf should use hand sanitizer and replace their mask after finishing their game and before returning to our camp area.

Group Size: The maximum group size for the either mini-golf or disc golf will be one cabin (12-18 individuals) at any one time.

## Sports

The general safety procedures for all sports, which are not further described in detail later in this Plan, are:

- Everyone washes hands before activity
- No more than one cabin at an activity. If multiple activities are in an area, groups must remain at least 6 feet apart (e.g., different areas with a “buffer area” in between)
- Games and activities should be as low contact or no contact as possible.
- No full body contact or games that involve things like holding hands, linking elbows
- All equipment handled by campers or staff (balls, paddles, etc.) will be sprayed and/or wiped down after each activity
- Commonly touched surfaces (gaga pit ledges, gate latches or handles, etc.) will be wiped down after program sessions
- Use sanitizer between games (hydration break & clean hands, at least every 30 minutes)
- Everyone sanitizes or washes hands as they leave the activity

## Basketball

- When possible, limit games to low or no contact (e.g., HORSE, Knock Out, etc.) or drills (e.g., dribbling, passing, etc.)
- Team Games may be played within our camp, but not against anyone not part of the resident camp (e.g. any guest instructors, guest medical staff, etc.)
- When lining up or waiting to play, give space and avoid contact
- Take frequent breaks to sanitize or wash hands and hydrate
- Spray and wipe down basketballs after each session

## Volleyball

- When playing games, avoid body contact whenever possible. Limit team size to prevent contact
- Team Games can be played within our residential camp members (e.g., 5-on-5), but not against anyone not part of the resident camp (e.g. any guest instructors, guest medical staff, etc.)
- Encourage activities with more distance like passing drills
- When lining up or waiting to play, give space and avoid contact
- Take frequent breaks to sanitize or wash hands and hydrate
- Spray and wipe down volleyballs after each session

## Gaga Ball

- No more than one cabin per side or two cabins at the Gaga pit at a time.
- Limit body contact inside the pit.
- Campers who are knocked out, watching the game, or waiting to play should give space and avoid contact with each other, as well as give space and avoid contact with the Gaga Ball pit; they should be at least six feet away from the walls of the Gaga pit.
- Because all “knocked out” players and spectators are at least six feet from the walls of the pit, we will eliminate individuals from helping their team’s “last few players” in the pit by playing “hands-in”. This rule change will apply during the pandemic.
- Take frequent breaks to sanitize or wash hands and hydrate.
- Spray and wipe down gaga balls after each session.

## Cleaning

The following outlines surfaces which should be cleaned and disinfected between groups, especially after learning of a positive COVID-19 case.

Frequently Touched Indoor Surfaces in Common Spaces:

Dining room, and restrooms: The Dining Room tables will be disinfected after each meal.

The restrooms in the dining hall will be disinfected after breakfast, prior to lunch, after lunch, prior to dinner, after dinner, and after snack each evening.

- Tabletops
- Cafeteria/food trays
- Ice dispensers and buttons
- Refrigerator and Freezer handles
- Floors
- Door handles
- Chairs
- Handrails
- Light switches
- Countertops
- Cabinet handles
- Stair and hall rails
- Any other surfaces frequently touched by campers or staff
- Restrooms
  - Sinks
  - Faucets
  - Faucet handles
  - Restroom soap dispensers
  - Toilets/urinals
  - Toilet seats
  - Toilet/urinal handles
  - Restroom paper towel handles
  - Restroom surfaces
  - Restroom door handle

## Cabins

- Door handles/doorknobs
- Handrails

- Light switches
- Countertops
- Cabinet handles
- Stair and hall rails
- Any other surfaces frequently touched by campers or staff
- Restrooms in the cabins will be disinfected late morning daily.
  - Sinks
  - Faucets
  - Faucet handles
  - Restroom soap dispensers
  - Toilets/urinals
  - Toilet seats
  - Toilet/urinal handles
  - Restroom paper towel handles
  - Restroom surfaces
  - Restroom door handle
  - Shower handles

#### Program Areas and Equipment

- Shared sports equipment
- Shared craft tools and art supplies
- Tables
- Frequently Touched Outdoor Surfaces
  - Grab bars
  - Railings
  - Picnic tables
  - Play equipment such as basketballs

#### How to Clean

To minimize transfer of a communicable disease, including coronavirus, at camp, cleaning methods may be employed to reduce risk of transfer between individuals. Cleaning products should not be used near children or teens, and staff should ensure there is adequate ventilation when using cleaning products to prevent individuals from inhaling potentially harmful fumes associated with some cleaning products. Recommended methods for typical cleaning procedures include two-stage cleaning and



disinfecting. “Cleaning” entails washing with a detergent and water to remove soil, organic matter, and some microorganisms from a surface. Following a detergent and water wash, “disinfecting” entails use of an approved disinfectant. A dilute bleach solution may be used as the disinfectant.

## CLEANING METHODS

### Cleaning Solution Selection and Preparation

For cleaning, general-purpose residential cleaners used in accordance with product instructions are sufficient. For disinfection, dilute bleach using four teaspoons of bleach to one quart of water (or, for a larger quantity,  $\frac{1}{3}$  cup of bleach per gallon of water). Other cleaning and disinfecting products may be used according to manufacturers’ directions as long as they are on the approved list from the CDC.

## *On-site Individuals Remain in Camp Cohort*

To eliminate possible transmission of communicable disease this season, everyone on-site must remain on-site 24/7. If someone must depart the camp, they will not be permitted back on-site to re-join the group.

### Exceptions

- Camp Swatara's staff
- Designated Supply Runner: During our normal course of operations, we may need supplies. The Camp Director will appoint a designated supply runner who will be permitted to pick up supplies and return to camp. The supply runner must follow all CDC recommended procedures while off camp property, including wearing a mask while out in public. The supply runner may remove the mask while alone and driving the vehicle to pick up supplies, but must replace the mask when outside of the vehicle off-site.
- Medical Necessities: If the medical staff requires outside consultations for an individual at camp, the individual may go outside of camp to receive necessary testing or treatment. The medical staff will determine whether the individual may return to camp following the testing or treatment.
- Guests and Guest Instructors: If the camp program includes topics which the residential staff are not prepared to teach, guest instructors may be used. If a guest or guest instructor is not vaccinated or it is unknown if the guest is vaccinated, everyone in the group must wear their mask and the guest must remain outdoors.

## *Communications*

- Local Authorities: Setebaid Services will send letters to inform the local authorities diabetes camp will be operating at the site and provide the dates as well as any potential services which may be requested.
- Public Health Officials: The Pennsylvania Department of Health will be aware the camp is operating from our license.
- Posters at Camp: The following posters will be posted throughout the camp as teaching tools for the staff and campers:
  - COVID Social Distancing from CDC
  - Stop the Spread from CDC
  - COVID-19 Symptoms from CDC
  - Cover Your Cough and Hand Washing from CDC

- Vendors: Vendors will be:
  - Informed we will have restricted access this summer
  - Requested to reduce deliveries while still providing necessary supplies (e.g. reduce the number of deliveries and provide more supplies with each delivery)
  - Requested to provide the same delivery person as much as possible
  - Notified while on-site, the delivery person must wear a mask, social distance, and agree not to come on-site if not feeling well or if he/she has symptoms of COVID-19.

## *If Someone Experiences COVID-19 Symptoms During Camp*

### Care and Management of Individuals with COVID-19 Symptoms

- Person will immediately be physically distanced from others and required to wear a mask.
- Medical staff will identify an individual to provide in-person care for the individual.
- Medical staff will monitor temperature, oxygen saturation with pulse oximeter, and vital signs as necessary; if necessary, transport to the hospital will be the decision of the medical staff.
- Medical staff will contact the Public Health Nurse at the PA Department of Health.
- Medical staff will contact the individual's Emergency Contact to arrange for pick-up from camp.
- The individual will be sent for a COVID-19 test and asked to share the results with the camp's medical staff. The testing site will require the individual's health insurance information; this test will be at the individual's expense.
- Camp Director will inform all cabin members and all campers' parents from the same cabin of the COVID-19 positive test results. The name of the individual will remain confidential by using generic terms to describe the "individual", who has a confirmed positive test.
- The Camp Director will also inform everyone at camp there was positive COVID-19 test result and use contact tracing to identify other individuals who may have been exposed to the individual. Setebaid Services will follow CDC Guidelines and not test individuals who are vaccinated and may have been exposed to COVID-19 unless they have symptoms of COVID-19; if other individuals develop symptoms of COVID-19, we will send those individuals with symptoms for a COVID-19 test.

### Health Management of Individuals in a Cabin of an Individual with Suspected COVID-19

- Require face coverings for those exposed to this individual; hand washing and sanitization will be increased.
- Medical staff will monitor all cabin individuals for symptoms of COVID-19.
- The cabin will be isolated from the rest of the camp and be required to follow all NPIs for the duration of the camp.
- Camp Director will inform all Camp Staff and the families of other campers in the cabin will be notified in accordance with public health guidelines. These campers' families will be requested, upon picking up their camper, to quarantine in accordance with the current guidelines of the CDC.

## ***LOST & FOUND***

### ***DURING THE COVID-19 PANDEMIC***

In response to the COVID-19 pandemic, Setebaid Services is limiting items held in Lost and Found. To prevent exposure to items which we do not know if they have been sanitized, we will limit the Lost and Found storage to items which are not visibly soiled:

- Jackets / Sweatshirts
- Sleeping Bags, Blankets, Pillows
- Prescription glasses, durable medical equipment, prescription medication
- Diabetes Supplies and Equipment
- Shoes (not water shoes or sandals)
- Backpacks
- Electronic equipment (e.g. cameras, cell phones, etc.)

These items will be kept at the camp site for one-week after camp. If the items are not claimed after the week, they will be disposed in the dumpster. Please note these items will be held at the discretion of Camp Swatara's staff. Soiled or otherwise not safe or damaged items will immediately be disposed in the dumpster.

The list of items which camp will immediately dispose includes, but is not limited to:

- Socks
- Underwear
- toiletries and toiletry bags
- swim gear including swimsuits and goggles
- hats
- t-shirts
- pants
- shorts
- pajamas
- washcloths and towels
- water shoes including sandals
- water bottles
- sunglasses
- flashlights and headlamps
- toys
- arts and crafts projects including tie dye

Campers should maintain their belongings and help staff identify misplaced items during camp. We highly encourage parents to label all items with their camper's name to help our staff identify items during camp. Many items look similar and it can be confusing for both staff and campers.

As a reminder, please do not send your camper with anything irreplaceable. Campers often bring a favorite stuffed animal, or piece of jewelry; at camp, these items can be

easily lost or damaged. Electronics, excluding the use of phones as continuous glucose monitoring (CGM) receivers, are not permitted at camp. Camp is not responsible for any lost, damaged, or stolen items.

If you find an item missing and it's on the list of items we will keep in Lost & Found, please contact the Camp Swatara office at 717-933-8510 to arrange a safe pickup.

## FREQUENTLY ASKED QUESTIONS

- Will everyone at Camp be vaccinated?

Setebaid Services is requiring everyone, including campers and camp volunteer staff, to present proof of COVID-19 vaccination prior to accepting them at camp this season. However, Setebaid Services will not have control over others at the camp site. For example, the Camp Swatara staff may not be vaccinated. While our time with them will be limited (e.g. while loading the canoes at boating or receiving instruction at the ropes course) there may be some limited exposure at camp.
- What will group sizes be and how will camp implement social tracing?

Our cabin groups will be 18 or less (usually 12 campers, 3 Counselors; this number is flexible and may be as high as 18). Cabins will travel together to and from activities with the same group (cohort) the entire day. Some activities will have multiple cabins. If someone were to have symptoms, we would be able to trace every individual near the person with symptoms.
- What will happen if an individual presents with COVID-like symptoms?

The individual will immediately report the symptoms to the medical staff. The medical staff will immediately follow the protocols defined in the section of this Plan, “If Someone Experiences COVID-19 Symptoms During Camp”. If the individual’s symptoms appear to be COVID-19, the medical staff will contact the individual’s Emergency Contact and arrange for the person to depart camp immediately.
- How will camp volunteer staff be screened to make sure they do not have COVID-19?

Setebaid Services is requiring everyone, including campers and camp volunteer staff, to present proof of COVID-19 vaccination prior to accepting them at camp.
- Will campers have fun at camp?

Camp is about experiencing safe, fun adventures while making friends in an amazing place! We are committed to keeping everyone at camp as safe as possible. This summer we added everything in this plan to keep everyone at camp safe so they could still see their friends and have fun at camp. We are committed to creating magical experiences and memories for everyone at camp this summer!
- What can I do as a parent to prepare my child for camp this summer?

We all want camp to be a positive experience! We want the campers to make friends, go on adventures, learn more about themselves, and the world around them while having a blast in the outdoors! You can help by discussing:

  1. How to wear a mask properly
  2. How to maintain good hygiene such as proper hand washing
  3. What social distancing (6 feet of separation) is

4. Most importantly, explain how communicable diseases are spread. For example, most viruses need us to transport them into our body. We can avoid bringing them into our bodies by NOT touching our face, and frequently washing our hands.

We are promoting healthy habits and we appreciate your help. We recommend you limit travel and contact with others in the two-weeks prior to your camper's arrival at camp.

If after reading carefully over these policies and procedures you have additional questions, please feel free to contact our office at (570) 524-9090.



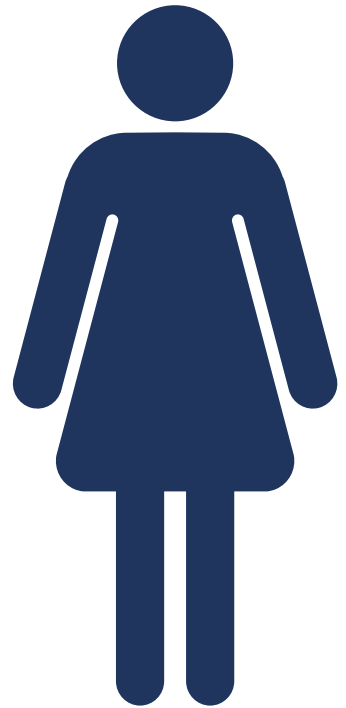
# Please keep your social distance.



Social distancing  
means keeping



**6 feet apart**  
from others



For more information on  
coronavirus (COVID-19) go to:

**[healthvermont.gov/COVID19](https://healthvermont.gov/COVID19)**



# Stop the Spread of Germs

Accessible version <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/symptom-screening.html>

## Help prevent the spread of respiratory diseases like COVID-19.



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

# Symptoms of Coronavirus (COVID-19)

**Know the symptoms of COVID-19, which can include the following:**



**Symptoms can range from mild to severe illness, and appear 2–14 days after you are exposed to the virus that causes COVID-19.**

## **Seek medical care immediately if someone has Emergency Warning Signs of COVID-19**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone

This list is not all possible symptoms. Please call your healthcare provider for any other symptoms that are severe or concerning to you.



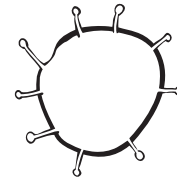
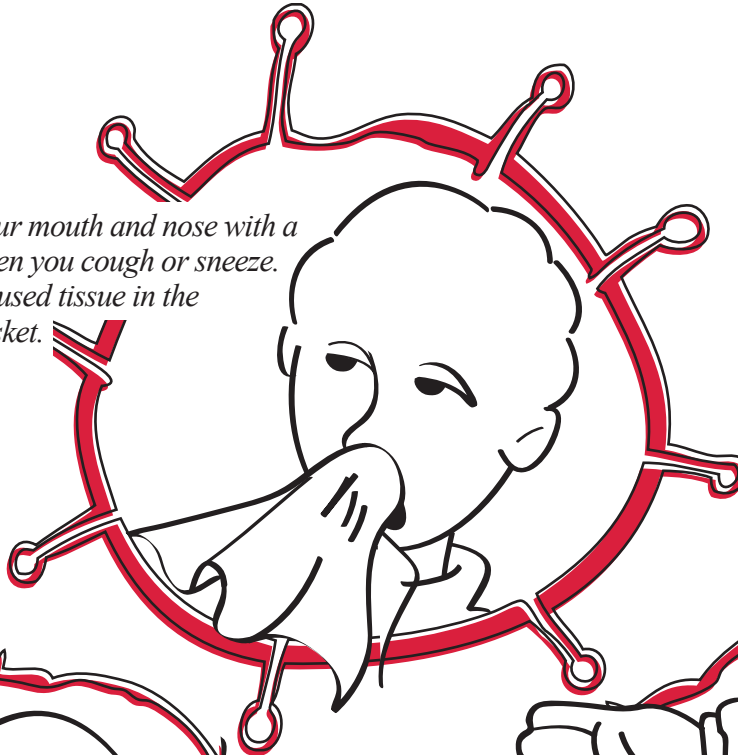
**Centers for Disease  
Control and Prevention**  
National Center for Emerging and  
Zoonotic Infectious Diseases

**[cdc.gov/coronavirus](https://cdc.gov/coronavirus)**

# Cover Cough

*Stop the spread of germs that can make you and others sick!*

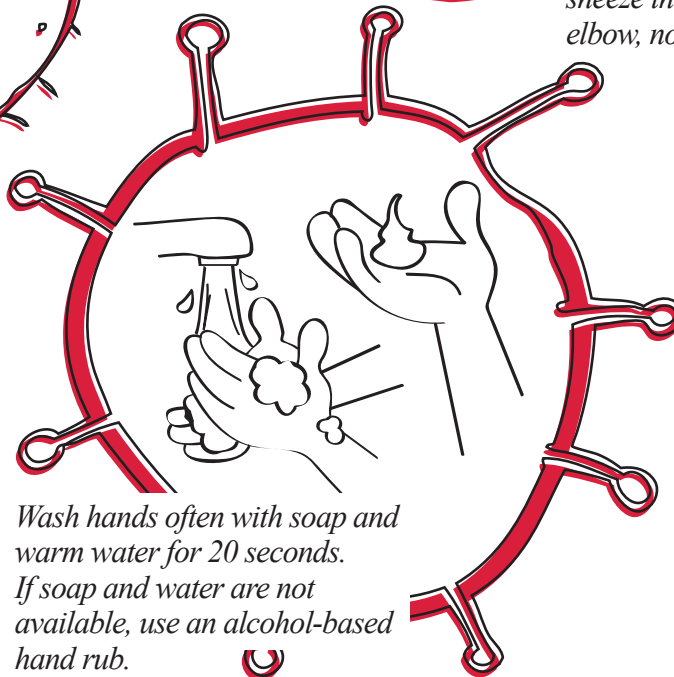
*Cover your mouth and nose with a tissue when you cough or sneeze. Put your used tissue in the waste basket.*



*If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.*



*You may be asked to put on a facemask to protect others.*



*Wash hands often with soap and warm water for 20 seconds. If soap and water are not available, use an alcohol-based hand rub.*

