

RECOMMENDATIONS ON COVID-19 FOR CAMPS

In accordance with public health department recommendations, the Association des camps du Québec (ACQ) and the Ministère de la Santé et des Services sociaux (MSSS) have agreed on best practices to follow for prevention and intervention in cases of COVID-19. These recommendations are aimed at optimizing risk management in Québec camps during the summer 2022 season.

They remain in effect for the entire summer 2022 season, unless otherwise indicated. The decision of whether to go beyond the basic recommendations or implement the enhanced measures remains with each camp.

Measure	Basic	Enhanced
1. WEARING OF PROCEDURE MASKS OR FACE COVERINGS		
1.1	Optional	Recommended for employees indoors when 1 metre of distancing cannot be observed
1.2	Recommended indoors at all times for any person showing symptoms (participant or staff) and for vulnerable clientele	Recommended at all times for all persons in the event of an outbreak
2. FORMING GROUPS		
2.1	Physical distancing is not required between participants/employees who are part of the same group and/or the same bubble.	Keeping a distance of 1 metre between participants from different bubbles at all times is strongly recommended.
2.2	The same recommendations apply to day camp childcare services. This means that participants from different groups can be brought together, preferably keeping 1 metre of physical distancing for all participants at all times.	Avoiding large gatherings where several bubbles intermingle is recommended.
2.3	A return to regular ratios is possible: See the ratios for certified camps here (Standard 4.17, page 40)	



	◦ See the ratios for municipal camps here (Standard 4.6, page 29)	
3. ACTIVITIES		
3.1	Favour outdoor activities over indoor activities.	To further reduce the risks of spreading the virus, favouring outdoor over indoor activities, is strongly recommended, even for meals.
4. PROMOTE GOOD HYGIENE PRACTICES		
4.1	Maintain hygiene routines (hand washing, cleaning and disinfection, respiratory etiquette, etc.)	Increase the frequency of cleaning and disinfection, especially in common areas (e.g. bathroom blocks, dining rooms, etc.)
4.2	https://publications.msss.gouv.qc.ca/msss/en/document-002470/Good practices poster (available in 20 languages)	
4.3	Equipment used must be cleaned and disinfected regularly, but does not need to be disinfected between users every time. See this link (document in French only) .	
5. RESTRICT THE ACCOMMODATION CAPACITY OF SLEEPING SPACES (BEDROOMS, DORMITORIES AND TENTS)		
5.1	A limit of 10 persons or 3 family cells per unit is recommended to facilitate case and contact management.	Ensure distancing between beds, as far as the unit’s accommodation capacity allows.
5.2	As far as possible, open windows and ensure good air circulation in units and areas where cases are accommodated.	Arrange beds so that people sleep “head to feet” and not “head to head,” especially in tents.
6. SET ASIDE SPACES FOR ISOLATION		
6.1	Limit use of the nursing station to the distribution of medication and treatment of everyday wounds, and direct people with COVID-19 symptoms to another place.	
7. ADAPT PROCEDURES IN CASE OF COVID-19		
7.1	A procedure is established for the care of persons who develop symptoms during their stay at the camp. The procedure must be known by everybody. Explain the camp or establishment’s policy during meetings with parents/tutors.	



7.2	Then ensure that the policy is available on the camp's website for later reading. Introduce and disseminate the policy regarding exclusion and returning to camp in case of COVID-19. For help, please see this link on self-isolation. Explain the camp or establishment's policy during meetings with parents/tutors. Then ensure that the policy is available on the camp's website for later reading. A decision tree can be found on page 5.
8. STEPS TO FOLLOW IN CASE OF COVID-19	
8.1	Isolate the person affected and give them a procedure mask. In sleepaway camps, isolation can be done on site, if needed, following the enhanced isolation instructions. Isolation must be strictly observed. A participant or employee who has completed their 5 days of isolation can rejoin the camp but must follow enhanced protection measures: wearing a mask and observing physical distancing at all times. (See Quebec.ca - When do I need to self-isolate and the decision tree on page 5.) Pre-school age children who are declared COVID-19 positive must be isolated for 10 days, since they cannot wear a mask. Record symptoms observed in the log (List of symptoms consistent with COVID-19). Employees must wear personal protective equipment (PPE) and the person with symptoms must be kept isolated. Call the parent or legal guardian to have them come to fetch a participant with symptoms, or send an employee with symptoms home. Tell legal guardians to see Instructions for people with COVID-19 symptoms and particularly the Instructions for children (COVID-19). In the event of a major outbreak, contact the public health department in your region for more support. A participant or employee who has completed their 5 days of isolation can rejoin the camp but must follow enhanced protection measures: wearing a mask and observing physical distancing at all times. (See Quebec.ca - When do I need to self-isolate) Pre-school age children who are declared COVID-19 positive must be isolated for 10 days, since they cannot wear a mask.
9. STEPS TO FOLLOW IN CASE OF CLOSE CONTACTS WITH COVID-19	
9.1	See the instructions on appropriate measures when a participant or employee has been in close contact with a positive COVID-19 case.
9.2	In case of contact at home with a person infected with COVID-19 (parent, partner, child, etc.), masks must be worn at all times for 5 days.



10. RAPID TESTS – SLEEPAWAY CAMPS

10.1

In the context of sleepaway camps, rapid antigen detection test (RADTs, or rapid tests) are an additional tool for identifying infected persons quickly and thereby reducing the risks of an outbreak. Although they may be available for camps with accommodation, they are not mandatory. Remember that the appearance of symptoms consistent with COVID-19 is enough to begin isolation. (See [Quebec.ca - When do I need to self-isolate.](#))

Employees

- Rapid tests are not mandatory but may be used when a person develops symptoms. In persons without symptoms, tests will be negative.
- Tests must be administered by a responsible, consenting adult (aged 18 or over) who has received sufficient training, at least by means of the accompanying leaflet and training videos. ([Quebec.ca - Using rapid tests: How to use the test \[videos\]](#)). *Note that the instructions have changed, and now include 2 different sampling options.*

Participants

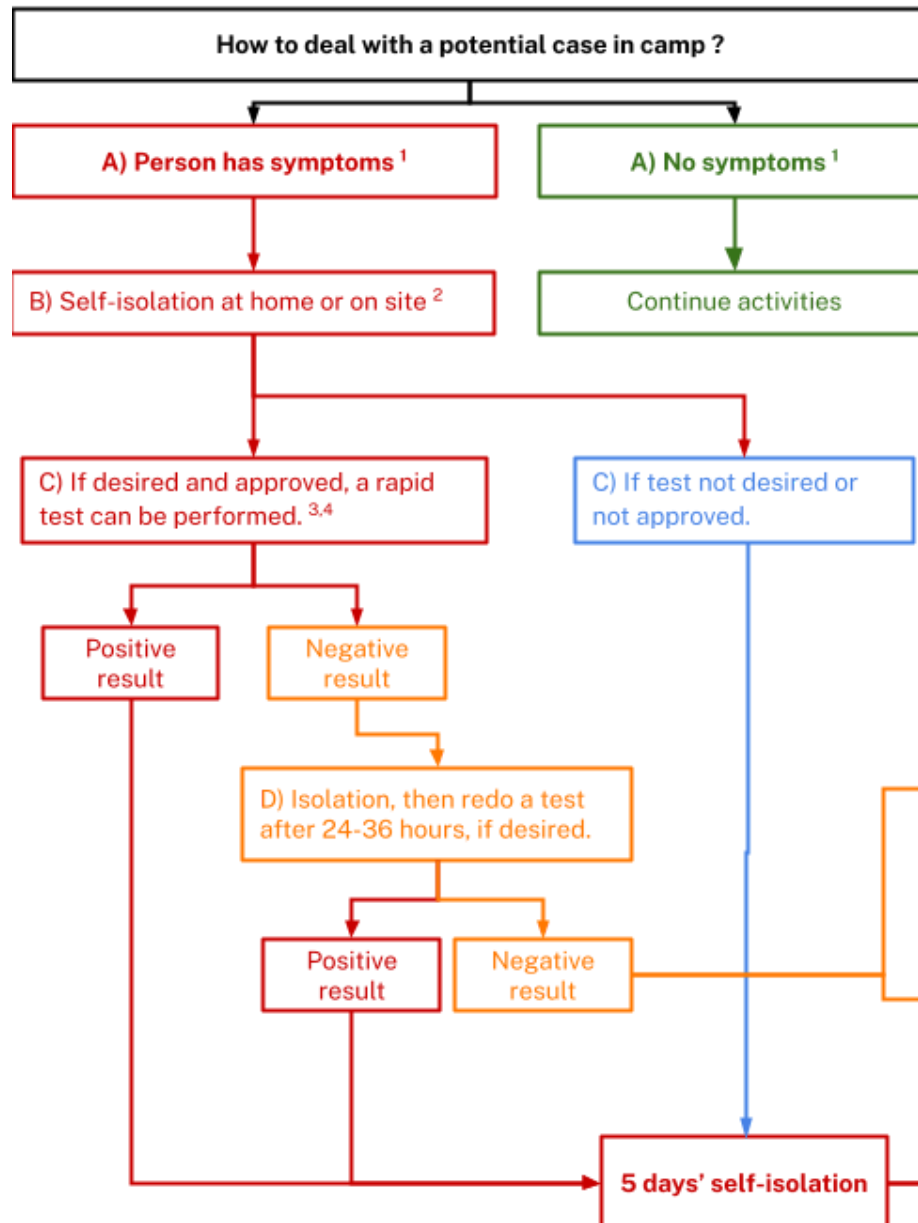
- Rapid tests are not mandatory but may be used when a person develops symptoms.
- Provide a [consent or refusal form](#) which parents must complete and hand in to the camp.
- Parents must monitor for symptoms before the stay and after the end of the stay.
- If symptoms appear, parents should see the [online self-assessment tool](#) or call 1-877-644-4545 and follow the instructions given.

Camps may order 2 record tests per participant and per employee per stay. When placing an order, camps should specify the number of participants and staff and the duration of the stay (in days).

Here is the link for ordering tests: commandetestsrapides@msss.gouv.qc.ca
This form should be completed and attached to the email: [download here](#) (FR only).



APPENDIX - Decision tree to help with deciding on potential cases



¹ Symptoms consistent with COVID-19: [Quebec.ca - Symptoms, transmission and treatment](https://quebec.ca/symptoms-transmission-and-treatment). Fever (specifically) is sufficient reason to begin isolation.

² Isolation instructions in section 8.1 or at [Quebec.ca - Self-isolation instructions](https://quebec.ca/self-isolation-instructions). Enhanced isolation measures must be observed if isolation is done on the site..

³ For a person aged under 14, parental consent is required. Otherwise, the test is done on a voluntary basis. The person conducting the test must be a consenting adult who has been trained to administer it. Training at [Quebec.ca - How to use the test](https://quebec.ca/how-to-use-the-test). Since false negatives are common at the beginning of illness, symptoms are sufficient justification for beginning isolation.

⁴ Enhanced protection: [Quebec.ca - When do I need to self-isolate](https://quebec.ca/when-do-i-need-to-self-isolate) - [Self-care guide](https://quebec.ca/self-care-guide) and section 8.1.

Then, if symptoms improve and there has been no fever for 24 hours without taking fever-reducing medication, activities may be resumed provided that enhanced protection measures are observed for 5 more days⁴ (Decision for the camp).⁴ (Camp decision.)

Then, if symptoms do not improve, continue isolation (total 10 days).