

2022 Overnight 4-H Event Safety Protocols

Sleeping, Overnight, Food & Bathroom Accommodations

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Note:

While most guidance comes from the American Camp Association, many of these recommendations can be applied to conferences or other types of overnight events. We did not differentiate between camp and conferences in the table below.

Note from the Camping team:

The information compiled here is from the last camping season (2021) and may not yet be up-to-date for the 2022 season. We used reliable resources from the American Camp Association, the Centers for Disease Control, and California Department of Public Health. The procedures which we utilize will be updated as new information and best practices are available and may become more or less restrictive, depending on illness conditions and public health guidance.

Camp and other outdoor programs are an important part of the 4-H program and in getting youth back into a healthy place both mentally and physically. Camp and other outdoor programs take place largely outside and can be held in a relatively safe manner, especially if following adequate safety protocols. Camps which followed the ACA and CDC guidance were less likely to have an outbreak and were able successfully respond to any cases that did occur. COVID-19 has deprived youth of opportunities and our 4-H programs can provide opportunities which support social-emotional health.

General Recommendations

As of March 2022, most COVID restrictions or public health orders have been lifted by state and local officials. However, this does not mean that COVID-19 has gone away completely. At this time, CA 4-H's prevention strategies will transition to resuming activities safely, with a focus on monitoring and preparedness. These protocols are supplemented by a [CA 4-H Camp COVID Preparedness Checklist](#).

Stay Informed

When planning for camp, adult volunteers and youth leaders will monitor state and local health resources orders for information and guidance about COVID-19 outbreaks and public health orders.

- California Department of Public Health: <https://covid19.ca.gov/>
- Links to local public health websites: <https://covid19.ca.gov/get-local-information/>
- UC ANR COVID-19 information: <http://ucanr.edu/reopening>
- CA 4-H COVID In-person update: https://ucanr.edu/sites/ca4H/COVID_Update/

Additional considerations when planning for camp

- Ensure adequate supplies are available, including masks, hand sanitizer, cleaning supplies, etc.
- Consult with Camp Nurse/Health supervisor about supplies needed for COVID prevention and assessment, including rapid test kits, etc.
- Clean and disinfect all high touch areas including the entire bathroom and any common or activities areas, as well as handrails, exterior door entry handles, cabinet handles, and restroom door handles, as well as crafting tools or sports equipment.

Pre-Arrival

- Vaccination is not a requirement to attend camp, but campers and volunteers must provide vaccination status prior to camp. This information will be kept confidential and accessible only to Camp Nurse and only used if necessary for determining response to a positive case.



- Testing – all attendees at 4-H camp must be tested for COVID-19 and provide proof of a negative test. Additional information about testing can be found on 4-H Camp COVID Checklist.
- During the week prior to camp, campers (and their parents), teen staff, and adult volunteers are advised to daily screen themselves for symptoms that are new or not caused by a known or existing condition.
 - Symptoms include: Fever or chills, Cough, Shortness of breath or difficulty breathing, Fatigue, Muscle or body aches, Headache, New loss of taste or smell, Sore throat, Congestion or runny nose, Nausea or vomiting, Diarrhea. For more information about symptoms, see <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
- Advise campers (and their parents), teen staff, and adult volunteers to not come to camp if they test positive, have symptoms, or have had close contact with someone who has COVID within 10 days prior to camp.

Arrival screening

- Upon arrival at camp, all campers, teen staff, and adult volunteers must provide proof of a negative COVID test.
- If any persons do not have test results, they must be isolated and tested, pending results.
- The health supervisor will screen all persons attending camp to confirm none have COVID symptoms.

Daily Symptom monitoring

- All people at camp will be reminded of COVID symptoms. Print and post signs, etc. <https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID19-symptoms.pdf>
- Campers will be reminded to report symptoms to their teen leaders or camp health supervisor
- Teen leaders/staff should verbally check in with campers to screen for symptoms

Masks



- Masks are not required for general activities indoors or outdoors, based on current state health orders. However, local health conditions or site-specific rules may require masks at a camp facility..
- No one should be discouraged from wearing a mask if they choose as long as a mask would not create a hazard (such as during swimming).
- Masks could be required in some situations. For example, in the camp infirmary, or if there is a positive COVID case, persons who were close contacts may be required to wear a mask to prevent further exposure.
- A supply of masks will be maintained at camp.

Mealtime / food service

Given very low risk of transmission from surfaces and shared objects, there is no need to limit food service approaches to single use items and packaged meals.

- Follow standard practices for food safety, hygiene, and training in the kitchen, including local health permits and 4-H guidelines.
- When meals are prepared and served, at least one 4-H volunteer or 4-H professional serving food at camp must complete [ServSafe](#) training (this does not apply to snacks or pre-packaged food items served at 4-H meetings or activities). The ServSafe certified 4-H volunteer or 4-H professional can train additional food servers using the Clover Safe Note: [Food Safety at 4-H Meetings](#).
- Encourage and remind campers and staff to wash their hands before handing food and before and after eating.
- Dine outside if possible, or increase ventilation/filtration of indoor dining areas.
- Limit sharing of utensils, condiments, etc. if possible.

Sleeping Quarters (Indoor & Outdoor)

Access

(American Camp Association, 2021, #33-35)

- Limit access to the sleeping quarters to those who are assigned to that area.
- Cabins, tents, decks, and other sleeping quarters should be limited to those who are assigned to them. Avoid having visitors or parents enter the spaces.

Spacing between Beds

(American Camp Association, 2021, #33-35)

- If possible, create at least six feet of space between beds. If utilizing head-to-toe orientation (see below) four feet of space between beds is acceptable.
- If possible, minimize the number of people sleeping in a space by converting common spaces to sleeping areas.
- Position sleepers head-to-toe or toe-to-toe to maximize distance between heads/faces
 - For bunk beds, position the head of the camper in the top bunk opposite the position of the camper in the bottom bunk.
 - For side-by-side beds, position the head of the camper in one bed opposite the position of the camper in the adjacent bunk.
 - For end-to-end beds, position the toes of each camper close to the other camper's toes.

Sleeping Assignments

(Center for Disease Control (CDC), 2021)

- Assign bunks/mats/cots to individuals - no sharing
- Beds, bunks, mats, cots, bedding and other sleeping materials should be assigned to individuals and not be shared.
- If there is a need to move or use another sleeping location, it should be sanitized before and after use.

Ventilation

(American Camp Association, 2021, #33-35)

- Open windows when weather permits
- Consider the use of portable HEPA air cleaners in the Health Center or residential bunks with persons in isolation

Sleeping Outdoors

(American Camp Association, 2021) (Center for Disease Control (CDC), 2021)

- If possible, create at least six feet of space between beds, but if utilizing head-to-toe orientation then four feet is acceptable. This is not addressed to sleeping outdoors.

Suspected or Confirmed COVID-19 cases

(American Camp Association, 2021)

- Clean and disinfect an area extending 12 feet in all directions around the camper's sleeping quarters, focusing on all horizontal surfaces and high touch objects.
- Clean and disinfect areas identified as locations visited by the individual who is sick or that the individual used or occupied, including the entire bathroom and any common or activities areas. These include high touch objects in common areas including handrails, exterior door entry handles, cabinet handles, and restroom door handles, as well as crafting tools or sports equipment.
- Be prepared for isolation/quarantine. Identify sleeping spaces that will be available for isolation of sick campers or quarantine of close exposures, if necessary.
- Have a plan for COVID-positive campers, staff, or volunteers. Will they return home or isolate for the duration of camp?

Shared Bathroom Use

(American Camp Association, 2021)

- Clean/disinfect bathrooms daily, with special attention to high-touch areas.
- Avoid sharing common bathroom supplies (towels, soap, toothpaste, etc.).
- Instruct campers to 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 at their bunk area.
- Keep soap, toilet paper, and paper towels in the bathroom stocked at all times.
- Place a trash can (with a foot-actuated lid or no lid) near the exit of the restrooms to make it easier to discard items.
- Post the Handwashing sign from the CDC in the bathroom to remind campers and staff when and how to properly wash hands.

Cohorts

(American Camp Association, 2021)



- If all the requirements for sleeping and bathroom safety can be met, it is safe to return to full capacity; except where required by federal, state, local, tribal, or territorial laws, rules, and regulations.
- Campers are already put in groups at camp with teen and adult leaders which is a cohort, and this practice should continue
- Campers should remain in their groups for all group session activities and meals.

Social Distancing Guidelines for outdoors activities (swimming, singing, crafts, etc.)

Social distancing is not required by current public health guidance for prevention of COVID-19.

Swimming/Water Activities

(American Camp Association #59-60) (Center for Disease Control (CDC))

Masks are voluntary for most situations, however, masks must not be worn during outdoor activities that could get masks wet, like using boats and watercraft or swimming at the beach or pool. A wet mask can make it difficult to breathe and might not work as intended.

Reporting

Be prepared to report any positive COVID cases to local public health officer. Have contact information available (phone numbers, websites, etc.). Report any positive COVID cases, quarantines, etc. to the 4-H staff or UCCE office and be prepared to inform parents/guardians of a COVID-positive camper or exposure.

Works Cited

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