

Communicable Illness Planning

Staff continue to work closely with our Medical Advisory Group and camp health professionals to plan for a healthy summer. As a residential community of over 1,000 campers and staff, we continue to be mindful about how to reduce the spread of communicable illnesses. Although our planning is comprehensive in seeking to reduce the spread of all communicable illnesses, we are mindful that COVID is still present and is highly transmissible. This is especially true at camp, where we sleep, eat, sing and play together.

The most important part of creating a healthy 2023 camp community is for campers to arrive at camp healthy.

The COVID information below is based on the current variant and levels of community transmission. If new variants emerge or levels of community transmission change before or during camp, we may need to change the policies and guidelines below. If updated guidance is issued by the State of New Hampshire, camp licensing agency, or the American Camp Association, we may change our policies and guidelines to be in line with industry standards.

We will communicate any changes to families regarding all Communicable Illnesses via email and by updating the Communicable Illness Planning page of our website. Thank you in advance for your flexibility.

- **What pre-arrival expectations have been decided at this time?**

COVID

We *strongly recommend* all campers and staff be fully vaccinated and boosted prior to arrival. COVID is a highly communicable illness, and although being vaccinated and boosted does not prevent getting COVID, it does reduce the severity of illness.

Arriving to Camp Healthy

The most important thing you can do to ensure camp continues uninterrupted is to arrive at camp healthy and reduce potential exposure to COVID and other communicable illnesses in the 2 weeks prior to camp. In 2022, positive COVID cases emerged several days after check-in. We are once again asking families to engage in low-risk activities prior to arrival at camp. For example, attending large, indoor events with sizeable numbers of people unmasked is not a good idea prior to arrival.

Please complete COVID testing if you or anyone in your household is symptomatic 2 weeks prior to camp. Please inform camp if there is a positive case or other communicable illnesses in your household.

- **What pre-arrival testing will be required?**

COVID

If a camper has been exposed to a positive COVID case in the 2 weeks prior to camp, we highly recommend that campers test the week prior to camp and before departing for Camp on Check-In Day. If a camper will still be in isolation at the start of camp, we can work closely with your family to determine a different time/session in the summer for your camper to attend.

- **Will there be COVID testing during Check-in Day?**

No. In our current plan, antigen testing will not be a part of our Check-in Day health screening. Normal Health screenings, including lice checks for North Woods & Pleasant Valley, will take place before campers move into cabins.

- **What time is check-in and what will Check-in Day look like?**

Check-in time is posted on each camp's website. (Link to North Woods & Pleasant Valley) (Link to Sandy Island) note, lunch will not be provided for North Woods and Pleasant Valley Campers. Please arrive knowing that the next camper meal will be dinner. More detailed information on check-in will be shared later in the spring.

For North Woods and Pleasant Valley movement around camp by non-campers will be limited to mitigate health risks. Access to camp buildings will be limited to campers and staff in our current plan. Families of campers will drop off luggage OUTSIDE their camper's cabin. Only campers and staff can enter cabins. Staff will help all campers get settled.

Please limit luggage to one trunk, one set of drawers, and a bag with bedding.

Specifics about luggage, what to bring and what not bring can be found here: [Packing List 2023 \(Link our Packing List\)](#)

For North Woods and Pleasant Valley Camps, please include your camper in the packing process, so they know where to find everything (especially their bedding) and so they feel confident setting up their bed.

- **Can campers arrive late to camp?**

For North Woods and Pleasant Valley camps, you can request a late arrival to camp by communicating directly with the Camp Director. If a late arrival request is approved, families will work with camp to schedule the arrival time. Upon arrival, the camper will meet with one of the nurses for a health screening. Luggage will be dropped off at the office and delivered to the cabin. A staff member from your campers village or section will meet the family at the office to walk the camper to their cabin.

- **What will be the policy regarding masks?**

Our current plan is that masks will be optional at camp unless a camper tests positive. Campers who want to mask can and will be supported in their masking. If a camper or staff member tests positive, the campers and staff in their cabin may need to wear masks indoors for 5 days. We are asking families, campers, and staff to be flexible and willing to adapt, even mid-session.

- **What will testing at camp look like during camp?**

We are currently creating protocols to identify testing thresholds for COVID, flu, strep and communicable illnesses. We will share more information about testing thresholds as we approach your campers check-in date.

For North Woods & Pleasant Valley-

- **For North Woods & Pleasant Valley, if my camper is staying for 4 weeks, will they be able to leave camp on Saturday (visiting day- between sessions)?**

Our current planning allows campers staying for a month to leave camp with their family on Saturday. We ask that families arrive healthy. Thank you for your flexibility.

- **Can campers leave camp for a family event and return to camp?**

We strongly discourage campers leaving camp during the session, as it is disruptive to their cabin and increases the risk of them bringing a communicable illness back into camp. Please contact the office regarding specific requests.

- **Will visitors be allowed at camp this summer?**

Yes, limited visitors will be allowed on site. Visitors will be limited to tours and alumni. Please contact the office to schedule a visit. We ask all visitors to arrive at camp healthy. Due to child safety considerations, visitors will not be able to enter cabins or bathhouses and will be accompanied by a staff member for North Woods & Pleasant Valley and with a registered camper if at Sandy Island.

- **What happens if my camper is symptomatic and tests positive?**

COVID

A camper that tests positive will be moved to an isolation room in the Health Center until a parent/guardian or emergency contact arrives to pick them up for North Woods or Pleasant Valley or a boat can be arranged at Sandy Island. For North Woods & Pleasant Valley please make a plan in advance so your camper can be picked up **within 8 hours**. All families must designate an emergency contact that can pick up the camper within that time if the parent/guardian is unable to be at camp within the 8 hours.

Other Communicable Illnesses

As a congregate community, illness can spread quickly through camp. Some don't slow campers down, but others may require medication or extended isolation and rest. We will share information in the spring about other illnesses that will require your camper to go home from camp.

Examples:

- Covid-19: Camper must leave camp for 10 days.
- Strep: Camper can stay but will remain in the health center until they have been on antibiotics and fever free for 24 hours.
- Stomach Bugs/Norovirus: HIGHLY Contagious. If unable to control bodily secretions within 24 hours, the camper must leave until fever-free and vomiting and diarrhea have been stopped. To return, camper must be fever free and have no symptoms.
- Fever of unknown origin: If camper has been with a fever for more than 48 hours, parents will be contacted to come pick up their camper for North Woods and Pleasant Valley, or you will be asked to leave Sandy Island.

We are grateful to have an outstanding team of experienced nurses on staff, as well as excellent resources they can reach out to for support in our local medical providers and Medical Advisory Group. The Health Center staff reserve the right to use their medical and nursing judgment to send a camper home if there is a concern about a worsening condition that is not responding to the treatments available at camp or the local clinic. Every attempt will be made to ensure the safety and well-being of your camper and the camp community.

- **What happens if there is a positive COVID case in my child's cabin?**

If a camper tests positive, that camper will go home. Based on current guidance, the other campers can continue to participate in camp as normal. Masks may be required indoors, and we will ask campers to visit the Health Center if they feel ill. We will have more information regarding the process we will follow with close contacts later this spring.

- **What happens if there is a COVID or other communicable illness outbreak among staff?**

We must maintain certain ratios of staff to campers to deliver a safe, quality camp experience. Although we will do all we can to keep staff healthy, if there is a COVID or other communicable illness outbreak among staff that prevents us meeting these ratios, campers may be required to return home. Families will be contacted with a plan to pick up their camper expeditiously.