

Summer 2021 Covid Handbook

IMPORTANT DATE CHANGES

Please note our UPDATED camp dates for summer 2021:

STARTER 1: July 1-15, 2021

GROUP 1: July 1-25, 2021

SIX WEEKS: July 1-August 9, 2021

STARTER 2: July 26-August 9, 2021

GROUP 2: July 26-August 18, 2021

FULL SUMMER: July 1-August 18, 2021

SITs and PIOS: July 1-August 18, 2021

ROOKIE WEEKEND: August 20-22, 2021

FOR CAMPERS STAYING FOR 6 WEEKS AND FULL SUMMER: PLEASE NOTE THAT NO ONE IS GOING HOME FOR CHANGEOVER WEEKEND AS WE HAVE NORMALLY DONE.

PLEASE ALSO NOTE THAT THIS YEAR'S OPEN HOUSE IS CANCELLED.

EXTRA COVID COSTS

In order to help offset our additional Covid-related costs, such as: the purchase of outdoor tents, air purifiers, extra cleaning staff and more, we are asking parents for an additional \$150 per session, per camper. This surcharge will be automatically added to your final invoices. For those who have already paid in full, we will be in touch to discuss how you would like to make this payment. For those who have qualified for financial assistance arrangements will be made on an individual basis.

THE IMPERFECT BUBBLE

In order to mitigate the arrival of Covid at camp this summer, the most important precaution we can take once we are all in camp, will be to create bubbles. These bubbles will be formed from 2 or 3 bunks of the same age and gender.

We must acknowledge that as we have experienced in all daycares, schools and workplaces over the last 16 months, there is no such thing as a perfect bubble. This is what we refer to as the imperfect bubble.

We will of course be limiting who comes in and out of camp to the best of our ability. To accomplish this, we will operate with as little coming and going as possible for the summer. Once our campers and staff arrive, they will not be allowed to leave. We will not be running any camp tours for any prospective families.

We are also mindful that for any number of reasons, campers or staff members may need to leave to receive additional medical or emergency care. Should this occur, we will of course be taking every precaution before allowing them back into camp. While out of camp they will be following all Public Health guidelines, such as wearing a face mask, keeping physical distance from others and hand washing.

COVID might enter camp. This is a risk that we all must be aware of. Each camper, staff member and their family needs to assess their own and their household's own risk using, among other things, the Canadian Government website to identify any risk factors. Families who cannot meet the pre-camp protocols (quarantining, testing, minimizing any contact outside the household), and/or who are unable to pick up their camper within 12 hours of receiving a call from camp, and/or who, cannot or will not fulfill camp's policies, cannot attend.

COVID-19 BEFORE-CAMP PROTOCOL

In order to mitigate the arrival of Covid at camp this summer, we will ask all campers and staff to engage in low-risk behaviour for **5** days prior to arrival at camp. During this time, campers must follow all Public Health guidelines at all times while outside their household. We ask other household members to take appropriate social distancing and health care measures, such as wearing a mask, maintaining 6 feet distance from other people, and washing hands with soap and water frequently, during this time.

Campers **cannot** go to friends and family's homes for social gatherings or to any stores, events, etc. While we understand other members of the camper's household may not be able to avoid work or grocery shopping for 5 days prior to their camper attending camp, we do ask that they pay extra attention to masking, distancing, hand washing and sanitizing, etc., during this time.

Every camper will need to have a COVID-19 PCR test within the 48 hours before first arrival and will be required to present a negative result. Without one, you will NOT be allowed into camp.

Campers and staff from outside Quebec or Canada will need to follow all government guidelines found here: <https://travel.gc.ca/travel-covid>. The isolation period will be required of all international campers and staff as well. Campers may need to do this in a hotel with family, whereas international staff will be fulfilling their isolation time at camp long before camper arrival.

These procedures may be changed at any time as we continue to review the latest data and guidance from Public Health officials.

Temperature and symptom monitoring

During the two weeks prior to camp, parents should monitor their children's health and should screen their children for COVID-19 symptoms on a daily basis. We will continue to monitor symptoms during camp. All campers and staff will be required to be completely symptom-free for at least 24 hours prior to their arrival at camp without the use of any medication.

Non-essential travel

All campers and staff should avoid any non-essential travel for the 14 days prior to arriving at camp.

COVID-19 test

After campers and staff get tested using the COVID-19 PCR test 48 hours prior to their arrival to camp, the camper or staff should have no contact with anyone outside of their immediate household.

If a member of the camp community exhibits COVID-19 symptoms in the 14 days prior to camp, tests positive for COVID-19, or has COVID-19 symptoms during their intake exam prior to departing for camp, they will not be permitted to join us at camp. It is critical that anyone who exhibits symptoms or tests positive stays home for the safety of the entire camp.

COVID-19 DURING-CAMP PROTOCOL

In order to create as safe an environment as possible and mitigate the risk of Covid in camp, we will be making adjustments to camp policies and procedures in a variety of areas. We may change any or all of these procedures at any time as we continue to review the latest data and guidance from Public Health officials.

When possible (and weather permitting), camp activities will be held outdoors. We will have more outdoor shelters throughout the summer that have at least two walls open for optimal air circulation. All modified camp rules and procedures will be announced to all campers during the first day of camp, including hand washing and sanitizing procedures, ground rules for cabin quarantines, when masks will be required, etc.

Cohorts/Bubbles

A cohort/bubble is similar to immediate family; members of one bubble do not need to wear a mask around one another. To limit exposure, each bubble will consist of 2-3 bunks of the same age and gender. They will generally have around 25 campers and 6-8 staff.

Outside, Masked & Distanced (2 out of 3 rule)

The most important philosophy that we have adopted to mitigate the potential spread of Covid at camp is what is known as the "2 out of 3 rule". The 3 conditions are Outdoors, Distanced and Masked - the goal is to have all 3 conditions met when not in our bubbles. However, when this is not possible, such as when a specialist staff needs to interact closely with different groups, or a sibling needs a hug, it is critical to observe at least 2 of the 3 conditions. At camp, being outdoors will be the priority and we

are planning as much outdoor programming as possible. Our staff will be trained to implement the “2 out of 3 rule”, as well as all safety guidelines, with their campers.

In-Camp Testing & Daily Health Screenings

All campers and staff will receive another test 5 to 7 days after arrival. Screening records will be kept daily for the first 14 days and include the presence and/or absence of any symptoms, as well as temperature checks. There will be enough tests in camp should any camper or staff develop any symptoms. Please note that our testing policy is based on the information we have today, and our testing protocol is subject to change.

Just like there has been before entering any daycare, school or workplace this year, there will be daily self-screening. Everyday, everyone at camp will be asked and should ask themselves, "How am I feeling today?"; "When was the last time I coughed?"; "Is my throat sore?"; "Do I feel like I have a fever?"; "Am I tired for no particular reason?". This self-screening process will allow campers and staff a few mindful moments to check in with themselves and then check in with our staff, nurses and doctors for further evaluation if they are feeling unwell.

Cleaning, Handwashing, and Sanitization Procedures

We will be cleaning a lot this summer! Stations containing hand sanitizer will be located throughout camp. Every table in the dining hall will have a large bottle of hand sanitizer. Door knobs, handles and other commonly touched areas will be wiped or sprayed with antibacterial wipes or spray frequently.

All communal bathrooms will be open for emergency use only. All campers and staff are encouraged to use their bathrooms in their villages. However, we understand this isn't always possible. Every bathroom will be equipped with the proper sanitization products.

Camp Facility Updates, Sanitization of facilities, and Enhanced Hygiene

Here are some of the ways in which we are enhancing and implementing extra hygiene measures at camp:

- Air purifiers are being installed in high volume areas, such as the office, kitchen and infirmary
- Bunk windows will be open for constant airflow
- Hand sanitizing stations are being installed all around camp, with a large number of them being by the dining hall. Every camper will sanitize their between every activity and before and after meals
- Hand sanitizer stations will be at each cabin and inside and outside of public buildings so campers and staff can “sanitize in” and “sanitize out” of each activity area. Hand sanitizer will be placed in spaces that don't have installed hand washing stations
- Sanitation systems will be used to clean all equipment (sports equipment, lifejackets, paddles, etc.) and public spaces multiple times a day (this includes disinfecting and cleaning)
- Door knobs, handles and other commonly touched areas will be disinfected regularly
- Additional signage will be posted throughout camp as a reminder of health protocols
- Tents will be placed around camp to offer more outdoor, sheltered programming space

Mask Wearing Policy

Anytime a camper might be less than 6 feet apart from someone outside of their bubble, they must be masked. All campers and staff will be required to wear a mask when they are indoors and social distancing cannot be maintained with someone outside their bubble.

Campers are not required to bring ANY masks with them; everything will be provided.

Campers and staff should plan to carry a drawstring bag to hold an extra mask, hand sanitizer, water bottle, sunscreen, bug repellent, etc., at all times. We will have plenty of disposable masks available.

In order to contain possible exposure and spread of Covid, we are requiring face masks that cover both the nose and mouth when campers and staff are in the following public, indoor areas:

- Dining Hall
- Rec Hall
- Main Office
- Retreat Center

Masks will NOT be required when:

- Campers and/or staff are located inside their own bunks
- Campers and/or staff are outdoors and more than 6 feet apart
- Campers and/or staff are seated at their table in the dining hall
- Campers and/or staff are taking showers
- Campers and/or staff are taking part in swim or waterfront activities (waterskiing, canoeing, sailing, etc.)

Meals

This summer, there will be a handful of changes to our dining hall and meal times:

- Meal times will be split into 2 shifts, each containing half of every unit
- Bubbles will sit together at their own tables

Water

As always, staying hydrated on a warm summer day is imperative to staying healthy and avoiding dehydration. Campers and staff are encouraged to refill their water bottles at the water station located outside of the Dining Hall or other water coolers placed around camp.

Daily Schedule

In order to maintain as much social distance as possible, the daily schedule will be adjusted for each cabin. Most activities this year will be together with a cabin/bubble. There will also be additional “transition” periods to allow more time in between periods to sanitize activity equipment, wash hands as necessary, and travel between each activity. All cabin period times will be posted in the cabin and shared with counsellors.

Meal times will be split into 2 shifts: While one half of a unit eats, the other half will have their relaxation and/or shower time.

All out-of-camp trips, inter camps and Maccabiah games are cancelled for this summer.

Inside The Cabin

While inside the cabin, campers and staff do not need to wear face masks. Campers will only be allowed on their own beds and should not touch other campers' clothes or equipment. Under no circumstances shall campers visit another cabin. Additionally, personal items, personal equipment, or clothing cannot be shared with campers from another cabin.

Campers should avoid sharing bathroom supplies (towels, soap, toothbrushes, etc.). Campers need to bring their own supplies and a container for toiletries to be stored in for the duration of camp. All campers and staff should wash their hands and sanitize after using the bathroom.

Swim/Waterfront Activities

There is no current evidence that Covid can be spread to people through water in a pool or lake. To be extra safe, we will implement additional safety measures this summer, including:

- Campers and staff should follow physical distancing and proper hand hygiene practices prior to/following using any waterfront equipment (canoes, kayaks, paddleboards, sail boats, etc.)
- All shared use equipment (paddles, lifejackets, boats, etc.) will be cleaned and disinfected before AND after each use

Policy and Procedure for Suspected COVID-19 Symptoms and/or Positive COVID-19 Test

Should a camper or staff member begin to exhibit COVID-19 symptoms, they will be immediately isolated, quarantined, and tested for COVID-19 in our designated quarantined facility.

If the test is negative, the camper can return to their regular activities once they are no longer experiencing symptoms.

If the test is positive, the following steps will then be taken:

1. The COVID-19 positive camper's parent/guardian or staff member's emergency contact will be notified immediately
2. Parents/guardians/emergency contacts of the *other* campers and staff in the COVID-19 positive cabin and bubble be informed immediately that someone in their cabin has tested positive
3. The parents/guardians must pick up their child and they must quarantine at home for 14 days
4. Public Health will be notified and we will follow their directions for next steps

Quarantine and Isolation at Camp

While we are taking necessary and required precautions prior to everyone's arrival, as well as implementing the best cleaning and sanitation practices available, we need to be prepared for the event that someone at camp will present with a symptom of COVID-19. In the event that we need to quarantine a single member of a bubble at any point during the summer (due to experiencing COVID-19

related symptoms or a positive COVID-19 test), they will be quarantined at camp in a designated quarantine wing of the retreat center, where there are private rooms, and a bathroom/shower.

Based on guidance from our medical team, the bubble where that camper or staff member came from may need to begin isolating as well. Whenever an entire cabin/bubble is isolating and is completely symptom-free, they will still be able to participate in camp activities away from other bubbles. During group isolation, meals will be delivered to them at one of our outdoor dining locations or directly to their cabin. The decision to end any quarantine or isolation will be at the direction of the Medical Team.

Staff Time Off

Staff members will of course still be able to take days off. However, in order to preserve the camp quarantine “bubble”, this year’s time off will be in a secluded area IN camp.

INFIRMARY AND MEDICAL STAFF

Our infirmary has qualified and professional coverage throughout the summer. Should the need arise, there is also a hospital 15 minutes away.

Our infirmary has always maintained the highest levels of cleanliness and protection for our staff and campers. Rest assured that we will be taking our standards to the next level to disinfect and sanitize the infirmary daily.

We have an amazing, caring, expert rotation of medical staff on hand, and have a nurse and doctor on-site AT ALL TIMES.

The doctors that will rotate throughout the summer are: **Dr. Sam Shemie, Dr. Dori Shiff, Dr. Debbie Schwarcz** and **Dr. Stephen Rosenthal**. Our long time emergency nurse, **Nurse Bonnie Rubenstein**, will of course be at camp for the duration of the summer.

Our Medical Staff will wear appropriate PPE (ie. face masks and shields) at all times, following the protocols and procedures that hospitals and urgent care facilities are using during the pandemic. This will allow them to safely interact with any member of our camp community needing medical care.

Parents will be contacted by our infirmary staff if:

- A child is placed on prescription medication
- A child undergoes tests that are requisitioned by the doctor (ie. throat swab)
- A child has an accident causing injury of more serious nature (ie. more than bumps and bruises)
- A child has to be taken to the hospital
- A child spends a night in the infirmary
- A child requires stitches or glue to close a wound

Your [Health History](#), [Health Insurance](#), and [Immunization Forms](#) (available in your CampInTouch account) are **crucial** to our medical staff and we ask for your full cooperation to ensure that all information is completed and is as detailed as possible in order for camp to be able to provide the most

suitable care for your child. The Health History form does not have to be signed by your family doctor. If not done already, please make sure that these forms are completed as soon as possible. **Campers will not be allowed to come to camp if we have not received complete Health History, Health Insurance, and Immunization forms.** All medication (needles, prescription drugs, etc.) **MUST** be kept in our Infirmary, as this is in the best interest of all campers. Our medical staff, upon arrival at camp, will make arrangements for the administration of these medications. Coolers will be made available at the departure points for those medications that require refrigeration.

NOTE: PLEASE ARRANGE FOR MEDICAL AND DENTAL APPOINTMENTS EITHER BEFORE OR AFTER THE CAMP SEASON. THIS SUMMER, WE ARE NOT ALLOWING CAMPERS TO RE-ENTER CAMP FOR ANY REASON.

Should your child require a visit to a hospital, they will be driven to the hospital and accompanied by the appropriate staff member. The camp will notify you if your child is being taken out of camp for medical reasons. Depending on the circumstance your child may not be able to return to camp.

EMOTIONAL SUPPORT TEAM AND GENERAL WELL-BEING FOR 2021

The mental health of our campers will be monitored closely as well this year.

This summer, both children and parents are in desperate need of some respite. It is also necessary for our children to have a break where they can focus on their independence, social growth, physical activity, as well as surrounding themselves with nature, sports, leisure and hobbies that do not involve a screen. This can only be achieved if everyone feels completely safe and secure, without the health worries of Covid continuing to hover around them.

We can be sure that this summer will be different for everyone. While some of us may be more excited than ever, some of us may also feel a little more anxious than usual. All feelings are normal, and we will support your campers in any way that they need.

Please talk to your campers in the days leading up to camp, check in with their feelings, and encourage them to speak to any staff at any time that they feel they need extra support - that's what we're here for!

Remember that it is very likely that drop off will have to be quick this year, and you may even have to give your good-bye hugs and kisses **BEFORE** you get into the car to drive to the drop off point. Please remember that if anyone seems overwhelmed at drop off, they usually don't stay that way for long!

We are so fortunate to have an amazing and dynamic Mental Health team in place, who will be in camp all summer.

Susan Marks is a Clinical Social Worker with over 20 years of experience working with families, adolescents and children. She received her Bachelor of Social Work Degree from McGill University and her Masters of Social Work Degree from the University of Toronto. Susan is a Guidance Counsellor at a private high school in Montreal. She also currently has a private practice where she focuses on providing supportive counseling to children, adolescents, adults and families. Susan is the co-

chair of the social worker cohort through the AIJC. Susan is a member of the Order of Professional Social Workers of Quebec as well as the Academy for Eating Disorders.

Jess Welik is a Clinical Social Worker with over 10 years experience working with a variety of different populations. Jess is currently part of the Critical Care team at the Jewish General Hospital, where she provides support to patients and their families. Jess also provides individual therapy focused on: anxiety, depression, life transitions, ageing, grief, and loss. Her approach is led with compassion and empathy, with a profound weight on clients' personal resilience and strength. Jess received her Bachelor and Masters of Social Worker Degrees from McGill University. Jess is a member of the Order of Professional Social Workers of Quebec.

FINANCIAL AND REFUND INFORMATION

There are changes to the cancellation and refund policy this year.

Before **May 25th, 2021** you are entitled to a full refund. After this date, if camp is cancelled due to a government mandate, or by the administration's own decision, you are entitled to a full refund.

After May 25th, 2021, if you decide to cancel **on your own**, our regular refund policy will apply:

Until June 1st, 2021: Tuition is 50% refundable (except for the deposit)

After June 1st, 2021: Tuition is non-refundable

If your camper needs to come home due to a positive Covid test produced by themselves or by someone in their bubble, you will be reimbursed on a prorated basis; i.e., for the number of days that they will be missing camp.

THINGS TO LOOK FORWARD TO:

1. **Packing Zoom with Camp Mom**

We know that you still have to prepare for camp, and that packing is also on everyone's mind!

Please see our email for more information and a suggested packing list. We hope that you will join us for some packing tips with Dayna, our Camp Director, and Marissa, our Camp Mom, on

Wednesday, May 19th at 8:00 pm with the following Zoom Link:

<https://us02web.zoom.us/j/82685352286>

2. **Meet Susan and Jess, our Mental Health team, as they share tips and tricks on how to prepare yourselves and your kids for camp!**

Date and time TBD. Look out for more communication from us!

3. **Pioneer & SIT Information Session**

We are so excited to be able to offer a special Pioneer and SIT program this summer. Please join us to learn about the special plans we have in store for the Pioneer and SIT programs on

Thursday, May 20th at 7:30 pm with the following Zoom link:

<https://us02web.zoom.us/j/83402184684?pwd=YWk0bktQU09vbXB0Wlg5Z09ZL2dpQT09>

4. **Q and A with Josh on Zoom**

This will be held once we have the final protocols from the government. Look out for more communication from us!

DETAILS THAT WE HAVE NOT YET FINALIZED

1. **Transportation to and from camp:**

Please be prepared for the real possibility that bussing may NOT be permitted this summer and therefore we will ask that parents drive their kid up to camp.

As of today, we plan to provide bussing up to camp. You may of course choose the drop off your camper, BUT WE MUST BE INFORMED IN ADVANCE, or you may have to wait a long time upon your arrival at camp, as we need to be prepared in order to accept all campers into camp in a safe and efficient manner.

Bussing details will arrive 2 weeks before our start date; please be prepared to drop off your camper in a TIMELY fashion, according to your designated drop-off time. Please also be prepared that if you have more than one camper attending camp this summer, they may have different drop off times.

It is imperative that we run drop off this year in a very CONTROLLED, as well as efficient, manner.

2. **The relaxation of Covid-related restrictions after 2 weeks of bubbling, and as the summer goes on with no cases of COVID:**

There is a strong possibility, and one that we are all hoping for, that restrictions will be able to be relaxed as time goes on. This includes widening the bubbles. We all know that the Covid situation changes daily globally and locally, and in camp it will as well. Therefore, we cannot say for sure what will happen after 14 days of camp, other than we will continue to remain hyper-vigilant about taking all of the precautionary measures, as well as assessing everyone at camp. Any major changes will be communicated with families in real time.

We will not be making any important decisions without Public Health, the Quebec Camping Association and our team of medical experts, and will follow all guidelines and protocols set out

for us.

We can guarantee that hand hygiene, health monitoring, masking and outdoor time will be pillars of our entire summer.

If at any time, restrictions can be relaxed safely, we will of course ease them; however, Covid will always be at the forefront of all of our decisions and everything that we do, all day, everyday.