



Where Tradition Meets Tomorrow



Health and Safety Handbook Summer 2020



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This summer, children need camp more than ever!! We have heard you and we are taking the necessary steps to make it happen.

Although camp will be different from any year in our history, our goal is to make it the best summer possible while operating within necessary safety constraints to minimize (although we cannot eliminate) the risk of transmittal of the COVID-19 virus.

We have carefully reviewed the CDC's guidelines, the American Camp Association's Field Guide and the New Jersey Department of Health COVID-19 Youth Summer Camp Standards for operating camps in the current environment. We have also worked closely with health officials as well as private practice medical professionals. After a great deal of study we have formulated a set of protocols to run camp. These protocols are still subject to change, pending further guidance from the State, medical experts and others.



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Camp Basics

Camper groups will be limited to about 10 campers with 2-3 counselors. Each group will be treated as a "household" doing all activities together and not mixing with the general camp population. We do not currently anticipate enforcing social distancing within a group.

Face Coverings: Campers and staff may be required to wear a face covering for activities and times when social distancing is not feasible.

Activities: We will be running almost all of our camp activities this summer. Instructors will be required to socially distance themselves while teaching, and/or wear face coverings if they have to be in close contact with campers.

At some activities, high ropes for example, where the instructors have to get close to campers to ensure safety, all campers and staff will be required to wear face coverings during the activity.

Activity staff as well as our cleaning staff will disinfect equipment between uses.

All activities will be outside, to the extent possible. There will be no clubs/free time, tracking or SuperChoice. There will be no overnights or Late Nights.

There will be no outside entertainers; we will make all our own fun!

Swimming will, as always, be a big part of camp this summer. In the morning, each group of campers will have a swim lesson all together in one part of the pool complex.

One or two swimming instructors will run a "one-room schoolhouse" for each camper group, teaching different skill levels simultaneously. In the afternoon, each group will have free swim time all together in one part of the pool complex. Campers will not mingle with other campers outside of their group at the pool.



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Food and Water

Lunch will be served daily. As in the past, parents will order their child's meal ahead of time through the Parent Portal. The lunch pavilion, which is open on three sides to fresh air, will be arranged with open spaces between each camper group.

Each camper's lunch will be served in an individual portioned container. We will serve our usual menu, with hot and cold options. We will only serve chips, fresh fruit and vegetables that are pre-packaged. Lunch is served with cold water. Seconds and swap-outs are always available if a camper is still hungry.

As always, we will accommodate a variety of food allergies and restrictions.

Snacks and **Ice Cream** will be served daily. We only serve pre-packaged snacks and ice cream/ice pops.

Water fountains will be closed this summer. Campers will need to bring a water bottle clearly labeled with their full name to camp each day and it should be washed by you each night. We have a special no-touch Water Monster where individual water bottles can be refilled during the day.





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Health

We will have two full-time **Registered Nurses** on staff, with full supplies of PPE, as well as an isolation room if needed.

If your child has a fever or other **COVID** symptoms, he or she will be isolated, and you will be notified to pick up him or her up within one hour. Your child must be tested that day for COVID and parent must report test results back to camp. If the diagnosis is COVID, your child must remain home until medically cleared in accordance with DOH guidelines.

If a camper is diagnosed with COVID, we will notify the families of all other children in that group, who will need to stay home until medically cleared in accordance with DOH guidelines. We will maintain the confidentiality of any affected campers.

If a camper is sent home because of a COVID diagnosis (either that child's own diagnosis, or the diagnosis of another child in the group), Camp Riverbend will credit you for the 2021 season for any days of camp missed.

If a child is sent home for any non-COVID illness or injury, there will be no reimbursement, credit or make up for days missed.



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Driving Your Child To Camp

In all towns other than Hoboken and Jersey City, a family member will need to drive children to camp in the morning and pick them up at the end of the day.

On arrival at camp, we will take each camper's temperature and ask each child's parent or guardian if the child has had any COVID symptoms since the last time in camp. If the child has a temperature of 100.4 degrees or over, or any COVID symptoms are reported, he or she may not come to camp until medically cleared. We will give each camper a squirt of hand sanitizer when they arrive.

Parents will arrive at camp at staggered times between 8:35 and 8:55 am for morning drop off, and between 4:00 and 4:20 pm for afternoon pick up. Cars will line up in assigned rows on the lawn next to the Open Air Theater. We will send you a placard for your dashboard with your row assignment, your arrival times, and your last name for easier identification. Contact us for further details about picking campers up before the end of the camp day.

Parents driving children to and from camp must remain in their car while on camp grounds. If you want to carpool with another family, everyone in the car (driver and passengers) must wear a face covering.

There will be no morning or afternoon extended day.



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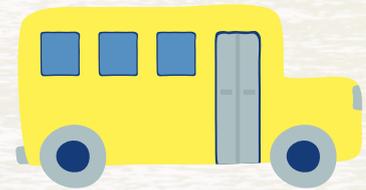
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Buses in Hoboken and Jersey City

We will provide bus service in Hoboken and Jersey City only. Families in these towns must provide a face covering for their child to wear while on the bus. Campers will be socially distanced on buses, and only siblings may sit together. Campers will sit in assigned seats. When parents and children are waiting at the bus stop, they should maintain social distance from other households.

Before being allowed on the bus any day, we will take each camper's temperature and ask each child's parent or guardian if the child has had any COVID symptoms since the last time in camp. If the child has a temperature of 100.4 degrees or over, or any COVID symptoms are reported, he or she may not come to camp until medically cleared. We will give each camper a squirt of hand sanitizer before boarding the bus. While driving, the bus windows will be open to promote fresh air circulation.

Buses will be cleaned and disinfected every day.



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Clothing and Sunscreen

Campers will need to bring all their clothes, towels, pool shoes, goggles, water bottles, etc. home every night so locker rooms can be thoroughly cleaned and disinfected each evening after camp. Any **lost and found** items left at camp will be discarded, even if they are labeled with your name. Our counselors will help children gather their belongings, but children will need to understand this responsibility as well.

Every day your camper will need two towels, one bathing suit and underwear (and shorts for boys) in his/her backpack. Campers should wear one bathing suit to camp. When walking to the pool, your camper may want to wear flip-flops or crocs. We request that you machine-wash your camper's backpack each evening, so a fabric one will be best.

We require that you provide **spray sunscreen** and a **sunscreen stick** for children to put on themselves (for older children) or for counselors to spray on younger children. Spray sunscreen is preferable so counselors will not have to touch campers. Camp will not be providing sunscreen this season.

We strongly recommend that your child wears a **rash guard**, which is even more effective than sunscreen in preventing sunburn. Hats are also recommended.

Rainy Days

In case of rain, Camp will run as scheduled. We have sufficient covered space at camp so each group can have its own covered location, not shared with any other campers, to maintain social distancing between groups.

Handwashing and Hygiene

We have secured multiple handwashing stations throughout camp. Staff will be trained and will supervise campers to insure that proper handwashing procedures are followed during the camp day.

Staff will carry hand sanitizers at all times. Campers will wash or clean their hands before and after all activities, including before lunch and snacks.

Cleaning and Sanitation

We have hired additional cleaning staff who will be performing enhanced cleaning throughout each day, including bathrooms, playground equipment, the lunch pavilion, locker rooms, and activity equipment, to insure we meet all DOH standards.

Bathrooms will be cleaned multiple times each day.

Every building will be disinfected each day.

The lunch pavilion will be thoroughly cleaned and disinfected between each lunch period.

CDC-recommended soaps and sanitizers will be used in all areas.





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Staff

In addition to our normal staff orientation program, all counselors will be trained regarding proper hygiene practices for campers, what social distancing means, COVID-19 symptoms and what to do if observed, and monitoring their own physical well-being.

All staff will be temperature checked and questioned about symptoms every morning before allowed to start work.

Staff will be required to self-monitor for COVID symptoms for 14 days before camp starts and complete weekly COVID screening forms.



No Parent Visits

No parent visits or tours for prospective families are allowed at camp this summer.

As in years past, we will be posting photos and videos from camp on the Camp Riverbend app for parents to enjoy. We will send you instructions on how to download and use the app.



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Here is what we need you to do:

Before Camp starts, provide the most recent doctor's exam form and immunization record you can. We understand that getting this information from your pediatrician may be difficult this year and we will try to accommodate you by accepting different kinds of documentation.

Complete (or update if necessary) your child's online medical history on our parent portal.

Two weeks before your child starts camp, begin monitoring his/her health. All children must be fever- and other Covid-19 symptom-free for at least 14 days before attending camp.

Symptoms to look for at home:

- fever of 100.4 degrees F or higher
- cough and/or shortness of breath
- headache, and/or muscle aches
- nausea, loss of taste or smell and/or vomiting
- diarrhea
- sore throat
- extremely red bloodshot eyes
- red swollen hands and feet
- red cracked lips
- red swollen tongue

On the Saturday before any week your child will attend camp, you must complete the online "Covid Screening Form" on our Parent Portal, stating that the camper has exhibited no signs of illness and, to the best of your knowledge, has not been exposed to anyone with COVID diagnosis within the last 14 days. Your camper will not be allowed to come to camp on any Monday if you have not submitted this form, and we expect you to notify us if any of these conditions change during the week.

If your child is sick, or you think he or she may be sick, with COVID or anything else, PLEASE keep him or her home.

We also ask that you recognize that while we are following governmental and medical expert guidance to minimize risk of infection and run camp safely during the pandemic, we cannot eliminate ALL risk. Therefore, we will require you to sign a COVID-19-specific waiver that will be posted on our Parent Portal.



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We know this is a lot to digest; contact us with any questions you may have!

We are looking forward to a great summer!

Keep your family safe so we can all keep our Camp family safe.



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