

Cowichan Valley Regional District Summer Camps

Cowichan Community Centre

Parent Guidelines during COVID-19

Our primary focus is to ensure the safety of staff and children attending camps. Additional health and safety precautions have been put in place to minimize the risk of COVID-19 at our facility. In order to provide the highest level of care and safety, CVRD will follow guidelines set out by WorkSafeBC, Public Health and BCRPA. We ask that you thoroughly read and strictly adhere to these guidelines to assist us in minimizing risk.

Attendance Prerequisite

In order to minimize physical contact between children and staff and encourage physical distancing, it is imperative that your child is responsible enough to strictly adhere to the guidelines outlined below in order to attend summer camps. We ask that parents discuss these guidelines with their child prior to attending to help them understand what COVID is, why following these guidelines is so important and to help prepare them for camp.

Screening

Parents will be expected to screen the child/immediate family within the household prior to daily arrival at camp. Staff will be required to ask parents the following screening questions prior to your child attending camp:

Is your child or anyone in your family:

1. Showing signs or symptoms of respiratory infection, such as cough, shortness of breath, or sore throat?
2. Been in close contact with anyone else who has had these symptoms in the last 14 days?
3. Experiencing a fever with a temperature of 38C or higher, or taken any fever reducing medications in the last 12 hours?
4. Experiencing any flu like symptoms including diarrhea in the last 24 hours?
5. Travelled outside of Canada in the last 14 days?

Entry will be denied to any person, including the child, if the child or any member of the household suffers from any of the above.

All Staff Members will also be required to follow the daily screening process before reporting to work for the day.

Drop off/Pick Up Procedure

To minimize the exposure to both staff and children, the drop off and pick up procedures will be adapted during COVID-19. Each camp will have a specific, and designated door/entrance that parents will drop their children off at. The specific details for each camp will be sent out in an email prior to the camp start date. (Please note: that some weeks, this will change for some camps, so be sure to read the camp email each week).

Off Site Camp Drop off / Pick Up: Off site camps will also be expected to adhere to the same strict drop off and pick up procedures. The specific details for each camp will be sent out in an email prior to the camp start date. Exceptions to this drop off/ pick up procedure include: where hand washing stations are not easily accessible, hand sanitizer will be provided.

The process will be as follows:

Drop off Procedure

- Parent/Guardian will follow directional signage to the designated entry point; parents will use line up markers if there is more than one family dropping off at a time.
- Staff will meet Parent/Guardian at entryway and maintain 2 metre distance for physical distancing; staff to make attempts to keep the same physical distancing with child if at all possible.
- Staff will then conduct a health screening with the parent (see details below)
- If staff confirm the child is healthy to attend, parents will say their goodbyes at the door and staff will verbally take responsibility of the child whom is now in our care (no Parent/Guardian will enter the camp room)
- Staff will then physically sign the child in
- Child will then proceed to the washroom to wash their hands (staff member to supervise to ensure handwashing procedure completed)
- Staff will then have child enter his/her camp room which only children and staff will have access to
- To minimize touch points, staff will prop doors open where ever possible.

Pick Up Procedures

- Staff will be at designated entryway and will make arrangements for each child to come and meet their Parent/Guardian one at a time.
- Parent/Guardian will remain outside or at designated entryway; parents will ensure they are maintaining 2 metre distance for physical distancing if there is more than one family picking up at a time.
- Staff and Parent/Guardian to maintain 2 metre distance for physical distancing
- Child will proceed to the washroom to wash their hands before leaving for the day, (staff member to supervise ensuring handwashing procedure completed)
- Staff to provide a verbal update on how the day went
- Staff will verbally pass care of child back to parent
- Staff member to sign the child out of our care

Handwashing

Staff will enforce increased hand washing for both themselves and children, utilizing the posted procedures within the facility. Where hand washing is inaccessible, such as at certain offsite camp locations, hand sanitizer will be provided as an alternative form of disinfecting hands.

Handwashing will occur:

- upon arrival and before departure
- before and after any transitions
- before and after eating and drinking
- after using the toilet
- before and after playing outside or using a play structure
- after sneezing or coughing
- whenever their hands are visibly dirty

Physical Distancing in a Camp Setting

Understandably, physical distancing is challenging in a childcare/camp setting. Our focus in the camp settings is to **Minimize Physical Contact**. At the same time, it will be important that staff do what they can to assist children in learning about physical distancing. Staff will use creative ideas, visual cues and split into smaller groups sizes for activities throughout the day.

Sunscreen Application

Application of sunscreen is a dilemma when trying to minimize physical contact with children & between children. While we will still assist a child with sunscreen application when necessary, we will need to take Universal Precautions. To ensure staff assistance is limited, we ask parents to assist in the following manner:

- a. Sunscreen their child prior to drop off
- b. Send **spray sunscreen** in a labelled bottle
- c. Teach your child how to apply sunscreen
- d. Teach your child how to help their sibling apply sunscreen (if applicable)
- e. Very fair skinned children or those who burn easily should wear a sun shirt
- f. Children should wear a hat

If staff are required to assist your child, they will wash their hands between applications and will only assist with spray sunscreen. If a child has brought lotion vs spray, staff will not assist with application but will instruct them to apply it on their own and keep a shirt and hat on at all times in outside environments to avoid any burning.

Additional Safety Measures we ask of you

- You will be required to report any illness or COVID-19 related exposure to staff immediately.
- No outside items/toys from home will be allowed in the facility, unless otherwise noted in your camp information email letter in relation to equipment for sports camps.
- Lunch/Snacks – it is your responsibility to provide your child with enough food and water to get them through the day. No food sharing will be allowed. We ask that you send your child only with their lunch/snacks for the day in a clean lunch bag that includes an ice pack

(if refrigerated items are included), disposable cutlery (or if disposable is not an option, cutlery placed in a Ziploc bag) and a water bottle as fountain use will not be an option. All items should be nut free.

What to Expect During Camp

- Monday will be our “Routine Setting” day with the children. A physical distanced sit down with the group will take place each Monday to review safety rules and expectations while attending camp.
- Children will be designated a “storage chair” to store all their belongings while in care to ensure belongings are stored separately to prevent potential cross contamination. (measures will be taken at off site camps as well)
- Staff will set up rooms in a way that will encourage physical distancing - play areas will be spread out, limited chairs at each table, and smaller group activities
- Increased outdoor play in small groups will be encouraged
- Staggered lunch/snack times with physical distancing space implemented during eating times
- Small play/activity bins will be created to help minimize the chance of multiple hands on toy/activity items; when a child is finished, that item will be placed in a cleaning bin and sanitized prior to being placed back into rotation
- Any toys that are not of a material that can be cleaned and disinfected on site will be removed from use during this time (no dress up clothes, plush toys, etc.)
- Playground structures will be used during camp outdoor play. There is no evidence of COVID-19 transmission on playground environments; however, staff will follow guidelines to help reduce exposure which include – handwashing before and after use and avoiding crowded playground structures (please note: play structures are not sanitized)
- Washroom use throughout the day will still take place as a “buddy” system so a child is not on his/her own. Staff will encourage physical distancing and ensure hand washing of both children takes place when using washroom facilities
- First aid situations typically require close contact. If a first aid situation should arise, staff will be wearing a mask and gloves to ensure your child’s needs are met, while protecting both parties of any bodily secretions
- Daily activities and free play will be part of your child’s day

Displaying Symptoms while in Care

If a staff member or child displays any symptoms of illness while in camp, they will be expected to leave immediately. It is important that you or an emergency contact is available to come right away if contacted. If your child displays symptoms while in care the following steps will be taken:

- Child will be moved to an isolated area with a staff member
- Parent/Guardian will be contacted immediately
- Remaining children will be moved to a clean area (for example, gym or outside) and staff will conduct a thorough cleaning of the spaces where the symptomatic person was prior to re-entry.
- Parent to follow timelines outlined in our Illness Policy prior to returning to camp. If child tests positive for COVID-19, staff will follow direction provided by Island Health Authority.

Illness Policy

Parents are expected to follow the screening section as outlined in this document. Parents will be asked screening questions upon arrival each day. In the event that a parent is found to not be answering the screening questions truthfully or withholding important medical information, child care will no longer be provided to that family.

Symptom	May return when
Temperature of 100 F / 37.8 C or higher (orally) or 99 F / 37.2 C or higher (under the arm) or 100.4 F / 38 C or higher (forehead/ear)	May return to child care after a medical note or negative COVID-19 test confirms the child does not have COVID-19 and the child is symptom-free for 48 hours.
Runny nose, cough, sore throat, difficulty breathing or wheezing	May return to child care after a medical note or negative COVID-19 test confirms the child does not have COVID-19 and the child is symptom-free.
Unexplained fatigue, aches or cold/flu-like symptoms	May return to child care after a medical note or negative COVID-19 test confirms the child does not have COVID-19 and the child is symptom-free.
Sinus congestion	May return to child care after a medical note or negative COVID-19 test confirms the child does not have COVID-19 and the child is symptom-free.
Eye infections, discharge, red/pink eyes	May return to child care after a medical note or negative COVID-19 test confirms the child does not have COVID-19 and the child is symptom-free.
Children who have, or children with others living in the same home who have just returned from international travel	May return after self-isolating for 14 days and being symptom-free.
Children who have, or children with others living in the same home who have been identified as at-risk of potential COVID-19 exposure	May return after self-isolating for 14 days and being symptom-free.

Known or suspected communicable diseases (measles, chicken pox, pink eye, hand foot and mouth, etc.)	May return after being symptom-free for a minimum of 72 hours.
Unexplained rashes or any rash that is not confirmed by doctor to be non-contagious	Seek medical confirmation and provide doctor's note to return.
Unusual, unexplained loss of appetite, fatigue, irritability, diarrhea, vomiting, nausea, headache, ear infection not related to possible COVID-19 symptoms	May return after being symptom-free for a minimum of 48 hours.

Cleaning of Facility

- All areas of the facility that camps make use of will be cleaned and disinfected daily utilizing approved cleaners
- Staff will be assigned to increase frequency of toy cleaning and frequently touched surfaces such as door knobs, light switches, toilet handles, taps, table tops etc.
- Sporting equipment will be disinfected between participant use; ideally each individual will have the same piece of equipment for the entire day or will have brought personal equipment from home. The dirty equipment will be cleaned at the end of everyday.
- Maintenance staff will do heavy duty cleaning and sanitization, following each day of care. Staff will be following the guidelines set out by Island Health in relation to Cleaning and Disinfection for Public Settings for COVID-19.

Agreement to these Guidelines

Please be aware that the health and safety of staff and children is our priority. Children who are unable to follow these guidelines will not be able to attend camp and you may be called and asked to pick them up early.