

Canoe Island French Camp COVID-19 Handbook 2021

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INTRODUCTION

Information and best-practices related to COVID-19 are constantly changing and evolving. This handbook draws from a variety of sources, including the CDC and the American Camp Association. This handbook will inform CIFC families and staff about the measures we are taking to mitigate the risk of COVID-19 this year.

This draft of the handbook has been compiled in March of 2021; the policies in this handbook are aligned with the operating guidelines set forth by Governor Inslee's office and are based on the assumption that camp will operate while San Juan County is in Phase 3. As information evolves or if the county enters Phase 4, this handbook will change to reflect current information.

While we have worked tirelessly to alter CIFC's facility and program to mitigate the risk of COVID-19 in camp, we want to reiterate that there is no guarantee of a 100% covid-free environment on Canoe Island this summer. We have plans in place to care for campers and staff if they do contract COVID-19, and that we believe that we can isolate and stop the virus from spreading if it does enter camp

Camp will feel different this year. But we believe that after a difficult year for both campers and staff, our community needs the immersive and educational experience of CIFC more than ever.

This handbook will outline changes to policies and procedures to help CIFC operate as safe as possible.

We ask that all parents/guardians review this handbook with their campers.

All staff members must review this handbook during pre-camp.

Guiding Principles

CIFC's will use a variety of risk-mitigation strategies in our approach to COVID-19. They are:

- Outdoors
- Masking
- Cohorting
- Distancing
- Quarantining
- Testing
- Protecting the Bubble
- Sanitizing

A Note to Families

While we are confident in our ability to run camp during a pandemic, we are running camp with many changes to camp protocols and the overall program. Because of those changes, camp may not be appropriate for some individual campers and staff during a pandemic. Each individual and family must decide if camp, modified as detailed in the pages to follow, is the right fit.

COVID-19 Response Team

If you have any questions regarding anything in this handbook or the way CIFIC will address COVID-19 at camp, please contact:

Benjamin Straub, Executive Director, executivedirector@canoeisland.org

Margaret Schafer, Camp Director, campdirector@canoeisland.org

You can also call us at any time at 360.468.2329.

COVID-19 INFORMATION

The following section is a summary of COVID-19 and information on which CIFIC is basing decisions for operation in summer of 2021.

What Is COVID-19?

COVID-19, short for Coronavirus Disease 2019, is the infection caused by the SARS-CoV-2 virus. SARS-CoV-2 is a type of coronavirus, which is a large family of viruses that are common in humans and many different species of animals.

How Does COVID-19 Spread?

Coronaviruses are mainly spread from person to person via droplets or aerosols transmitted by infected persons. When an infected person coughs, sneezes, talks, or exhales, microscopic droplets contaminated with SARS-CoV-2 are expelled from that person's mouth and nose and often fall down to the nearest surface after a short time. Some droplets turn into even smaller particles called aerosol particles. If the contaminated droplets or aerosol particles are then inhaled by another susceptible person, they are now contaminated and can develop COVID-19 and can pass it on to others.

98% of droplets remain in the air for less than 5 seconds, with the remaining 2 percent descending in less than 14 minutes. Aerosol particles remain in the air for up to three hours. There is a possibility that droplets from infected individuals can contaminate surfaces and objects which can also spread the virus. While it is possible that a person can come into contact with the virus via a surface that is contaminated and then have it enter their body after touching their own mouth, nose, or eyes, the risk appears to be lower than that of infection from droplets and aerosol particles.

Prevention

Swiss Cheese Model of Safety Measures

There is no perfect single way to stop the spread of COVID-19; each prevention measure has its own strengths and weaknesses. Layering multiple prevention measures on top of each other (e.g., wearing a mask AND physical distancing AND limiting time indoors AND practicing strong hand hygiene AND minimizing risk of exposure before going to camp AND getting tested before going to camp) creates fewer pathways for the virus to enter and spread throughout the community. Additionally, limiting the number of people from the camp community who interact with the general public during the summer (“bubbling”) adds another layer to the slices of Swiss cheese. In other words, the more precautions and steps taken prior to and during camp to mitigate the potential exposure to COVID-19, the lower the risk of a major spread of the virus at camp. The more we can layer strategies on top of each other for the duration of our time on Canoe Island, the fewer pathways the exist for the virus to enter the community or spread through the community.

Masks

The best and most effective way to decrease the risk of COVID-19 is by wearing a mask. An effective mask should completely cover your nose and mouth, and fit snugly against the sides of your face without any gaps. Wearing a mask protects you from droplets or aerosols that may be in the air that have the potential to infect you. They also help you to minimize spreading the virus to others. The best fabric masks have two or more layers of breathable fabric. Many single-use masks (like N95s or KF94s) are rated to show their efficacy at filtering particles.

Cleaners/Disinfectants

COVID-19 is very contagious and can be deadly, but outside of the human body the virus is unable to survive for a significant amount of time. Coronaviruses are enveloped with a protective fat layer, but that fat layer is easily broken down when it comes into contact with disinfectants. Washing hands with soap and water for 20 seconds can break down the virus if it is on your hands. Most basic disinfectant cleaners or sprays will kill the virus if it is on a surface. The most important items to disinfect are high touch surfaces, such as door knobs/plates, toilets, sinks, and light switches, etc.

Distancing/Cohorts

The more individuals interact closely with each other, the higher the risk of transmission of COVID-19 is, if one of those individuals is infected. Along with masking, maintaining distance between individuals, especially when indoors or in enclosed spaces, is a strong strategy for limiting the potential spread of COVID-19. On Canoe Island, organizing campers by tipi cohorts and limiting the interaction between different cohorts will help minimize transmission.

Ventilation and Being Outdoors

In a normal year and especially in 2021, most of our time on Canoe Island is spent outdoors or in well-ventilated, close-to-open-air spaces. The virus has more ability to spread in enclosed spaces because people are far more likely to inhale a greater quantity of the concentrated/undispersed virus from an infected person, so outdoors, virus transmission is likely to be quite low. Being outdoors while also remaining physically distanced is a strong strategy for limiting the potential spread of COVID-19 at camp.

Symptoms and Manifestations of COVID-19

Individuals infected with COVID-19 experience different symptoms, and some can show no symptoms (but still transmit the disease to others). Symptoms can take up to 14 days to manifest.

Important Definitions

Symptomatic - Individuals that exhibit symptoms of the virus (see list below).

Asymptomatic - Individuals that do not exhibit any signs or symptoms of the virus, but their body is still infected with the virus and is fighting it. Asymptomatic carriers are contagious and can unknowingly spread the virus to others.

Presymptomatic - Infected individuals who haven't yet had symptom onset (can take up to 14 days for this to occur), but are still contagious and spread the virus to others.

Paucisymptomatic - Individuals that have such mild symptoms that they are unaware they have the disease (e.g., someone who has a cough or very low fever for a couple of days, passing it off as an allergy for example, only to discover later on those symptoms were indicators of the COVID-19 virus present in their body). Paucisymptomatic people are contagious.

COVID-19 Symptoms

Primary symptoms of COVID-19 may include one or more of these symptoms:

- Fever of 100.4 degrees or higher
- Body aches
- Congestion
- Cough
- Diarrhea
- Fatigue
- Headache
- Loss of taste or smell
- Nausea or vomiting
- Shortness of breath or difficulty breathing
- Sore throat

Risks for Complications

If an individual is at higher risk for COVID-19 complications, it is highly recommended that they consult their medical provider to assess the risk of attending camp this summer. High-risk conditions include (but are not limited to):

- Asthma
- Chronic kidney disease
- Chronic lung disease
- Diabetes
- Liver disease
- Immune-compromised
- Serious/chronic heart conditions
- Severe obesity (BMI of 40 or higher)
- 65 years of age or older

Duration of Symptoms

In general, the incubation period of the virus is between 4-14 days. That means once the virus enters the body, it can sometimes take between 4-14 days for symptoms to arise or for the person to be contagious. However, just because an incubation period has been reached doesn't mean an individual will definitely exhibit symptoms.

The Risk of COVID-19 in Children and Young People

Data demonstrates that the impact of COVID-19 on otherwise healthy children and young people is low. Individuals who have existing comorbidities (one or more additional health conditions) have a higher risk of more severe COVID-19 reactions. It is imperative that any person with higher risk factors consults their medical professional to make a determination about whether attending camp is worth the risk. All campers and staff members should consider their own health prior to deciding whether or not to attend or work for camp.

BEFORE CAMP

In order to mitigate the risk of COVID-19 being brought into camp, we will ask all campers and staff to take additional safety measures in two weeks prior to their arrival. We may change these procedures at any time as we continue to review the latest data and guidance from public health officials.

We ask our staff and campers to observe a two-tiered period of modified behavior prior to traveling to camp. The first tier, the "risk limiting period," will begin two weeks before the first day of camp. The second tier, quarantine, will begin three days before camp starts.

	Risk Limiting	PCR Test	Quarantine	Arrival at Camp
Session 1	June 6 - 17	June 17th	June 17-20	June 20th
Session 2	June 20 - July 1	July 1st	July 1 - 4	July 4th
Session 3	July 11 - 22	July 22nd	July 22 - 25	July 25th
Session 4	August 1 - 15	August 12th	August 12 - 15	August 15th

If a camper or staff exhibits COVID-19 symptoms in 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 CIFC community.

Risk Limiting Period

Because the pre-camp PCR test would likely not reveal an infection that occurred a few days prior to the test, we ask campers and staff to begin modifying their behavior two weeks before arriving at camp to help prevent the virus from entering the camp community.

This first tier of modified behavior should be viewed not as a strict isolation but as a period of cautious behavior. Campers should have contact with persons outside their household only when they are masked, outdoors, and at least six feet apart.

Additionally, we ask that campers and their families refrain from the following activities:

- Eat indoors at a restaurant
- Attend a large event such as a concert or wedding
- Travel by plane (except traveling to camp)
- Play contact sports
- Stay overnight with members of another household
- Swimming in a public pool

Campers and their family members can continue participating in the following activities:

- Attending a school that is following state guidance
- Meeting with small groups outdoors and masked
- Grocery shopping, masked
- Working in-person at low-risk jobs (ideally masked) or working in-person if the worker is vaccinated

This is not a comprehensive list of every forbidden or permitted activity. We ask that families use their best judgement and exercise caution in the weeks leading up to camp.

Please take these precautions very seriously, and remember that reckless behavior jeopardizes the experience of camp and everyone in the camp community. A positive case of COVID on Canoe Island would be a labor-intensive and unpleasant experience for everyone involved; we ask families to be cognizant of the protection conferred on the community by each individual's cautious, considerate behavior before camp. Please limit your family's behavior to low-risk activities. [This document](#) gives additional information about low-risk activities.

Pre-Camp PCR Test

WA#2 Guidance from Washington State **requires** that every camper take a COVID-19 PCR test prior to camp. We will require documentation of the test results.

Campers who are unable to provide either proof of vaccination (completed at least two weeks before arrival date) or a valid negative test result no later than check-in (at Skyline Marina for most campers, upon boarding the Ferry Queen for local campers, or upon boarding the shuttle for campers arriving at SeaTac) will not be permitted to travel to camp.

Three-Day Quarantine

WA#2 The second tier of modified behavior is the quarantine that begins three days before the start of camp. During this three-day run up to camp, we ask that campers have no contact with anyone outside their household. Camper should not attend school or see any individuals from outside the household. Household members should also quarantine unless they are fully vaccinated or can quarantine the child separately in the house. For more information about quarantining, please see [Washington's Department of Health website](#).

Fully-vaccinated campers and staff members may skip the quarantine period as well as the PCR test. We do, however, ask vaccinated campers and staff to modify their behavior during the 14 days prior to camp by observing risk-limiting behavior as defined above.

To be considered “fully vaccinated,” an individual should have received the second dose in a 2-dose series (Pfizer-BioNTech or Moderna) at least two weeks prior, or the single-dose vaccine (Johnson and Johnson (J&J)/Janssen) at least two weeks prior.

Symptom Monitoring

During the 3-day quarantine, parents/guardians should log their child’s temperature on a form that CIFC will make available to families. Parents will also attest to the following statements:

- My child had no contact with anyone outside our household today.
- My child is not experiencing symptoms (cough, shortness of breath, fever, etc)

TRAVEL TO CAMP

Instead of picking up campers from the ferry-serviced islands in 2021, CIFC will be transporting campers from Anacortes directly to Canoe Island using the Ferry Queen and a chartered boat. The goal of this altered transportation is to maintain an orderly departure wherein families do not mix or group together, and additionally to avoid mixing our campers with the general public on the WSDOT ferries.

For planning purposes, we'd like families to know that we'll be contracting with the company Island Express Charters for transportation. Families should plan to meet us at Island Express Charters' dock on departure day, which is located at 2013 Skyline Way Anacortes, WA 98221, also known as Skyline Marina. Although departure time is subject to change, we anticipate that the boat will depart the marina at 1 pm. Families should plan to meet us at the marina no later than 12.15 pm on departure day.

We encourage families to travel separate from other families, with only members of your household in your car. If families mix, everyone in the car, including the driver, must wear a face mask. For multi-household cars, please also reduce risk by spreading out as much as possible in the vehicle and opening windows during the trip.

Check-In

Ben or Margaret or another CIFIC staff member will check in each camper at the marina before campers board the boats. Families should remain in or near their cars, masked, and not mingling with other families, while they wait for a CIFIC staff member to check them in. "Check-in" will entail a CIFIC staff member asking the following COVID-19 screening questions:

- Have you had any of the following symptoms within the past day?
 - o Fever (100.4F) or chills
 - o Cough
 - o Shortness of breath or difficulty breathing
 - o Fatigue
 - o Headache
 - o Recent loss of taste or smell
 - o Sore throat
 - o Congestion or runny nose
 - o Nausea or vomiting
 - o Diarrhea
- Have you been in close contact with anyone with confirmed COVID-19 within the past 14 days?
- Have you had a positive COVID-19 test for active virus in the past 10 days, or are you awaiting results of a COVID-19 test due to possible exposure or symptoms and not through routine asymptomatic COVID-19 screening or surveillance testing?
- Within the past 14 days, has a public health or medical professional told you to self-monitor, self-isolate, or self-quarantine because of concerns about COVID-10 infection?
- [If all previous questions are answered sufficiently] Are you ready to have an amazing summer at camp?!

The campers will present their attestation of isolation and either their negative PCR test or vaccination record. These documents can be either paper documents or emailed in

advance as digital documents; the camp will store all records in accordance with normal medical records policy.

Once CIFIC staff check off the camper from the list and collect documents, the camper will have permission to board the boat. Campers should say “au revoir” to their family in the car. A CIFIC staff member will help campers transport their bags to the boat. All campers, CIFIC staff, and chartered boat staff will remain masked for the duration of the trip from Anacortes to Canoe Island.

We will permit campers who wish to do so to arrive via the Victoria Clipper or Kenmore Air. Campers traveling on this route should remain masked at all times. Parents who will be sending their children via Clipper or small plane should contact Margaret to arrange for pick-up.

Escorted Transportation Service

WA#18 CIFIC will offer our traditional “escorted transportation service” for campers who need to fly into or out of from SeaTac. Because we do not want our campers and staff mixing with the general public on the normal shuttle service we use, CIFIC will rent a private van for escorted transportation. Our facility assistant, Dusty Caldwell, along with a CIFIC program member (a counselor or program manager) will be responsible for camp transportation this summer. The counselor will greet campers as normal in the airport. Dusty will drive the van. We will observe all recommendations and mandates in [K-12 Bus Transportation Guidance \(page 12\)](#). CIFIC staff will ensure that:

- Children sanitize their hands frequently on the trip
- Campers are spread out as much as possible in the van
- Everyone wears a mask at all time
- Windows remain open while driving for maximum ventilation

While on the ferry, students will either remain in the vehicle or remain with one of the two CIFIC staff members on the outdoor deck. The staff member will ensure that the CIFIC campers do not come into contact with any members of the public while on the ferry. Campers and staff will sanitize hands once stationed on the deck of the ferry, and again when returning to the van. Campers and staff will wear masks at all times.

Out of State Campers

WA#4 For campers traveling from outside of Washington State, we ask you to adhere to [CDC recommended guidelines](#). Note that the CDC guidelines closely match CIFIC’s guidelines: a PCR test 3 days before travel, masking in public as you travel, and distancing from others. The CDC also recommends that campers self-quarantine 7 days after arriving home; in accordance with this recommendation, CIFIC suggests that out-of-state campers quarantine for a week when arriving home after the end of camp.

Departing Camp

Campers will travel on the Ferry Queen or else on the chartered boat from Island Express on departure day. Departure day will be very similar to a normal departure on the final day of camp. Campers will travel on the boats while masked. We ask parents to plan to meet their children at the Skyline Marina. The boats will depart Canoe Island around noon, putting campers at the marina around 1 pm. Parents should remain masked and near their cars as campers disembark the boats.

DURING CAMP

In order to create as safe an environment as possible and mitigate the risk of COVID-19 in camp, we will be making adjustments to camp procedures and policies 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. 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 tipi “pods”, when masks will be required, etc. We will also hold Zoom chats before the summer to go over all of these rules and procedures, as well as answer any questions from our campers at that time.

Outside, Masked & Distanced – 2 of 3 At All Times

The most important and basic philosophy that CIFC will employ this summer to mitigate the potential spread of COVID-19 is to be two of three: outside, masked, and distanced. For any interactions where more than one tipi group is present, campers and staff should aim to observe at least two of the three following rules: wear a mask, be outdoors, be socially distanced (at least 6 feet apart). There will be moments when doing all three is not possible. In that event, it is critically important that the other two options are observed. Not all three options are equally effective. We will try to be outdoors as much as possible, as we believe this is the best strategy for reducing risk.

Tipis as Pods/Cohorts

While we have outlined pre-camp quarantine instructions and campers/staff will not be permitted to enter camp when exhibiting COVID-19 symptoms or a confirmed positive COVID-19 test, no self-imposed quarantine or test is 100% accurate. We will further reduce risk by maintaining tipi groups as cohorts where campers engage in behavior that makes them vulnerable to exposure (removing masks, sleeping, eating) in order to minimize risk and be able identify exposed individuals in the case of the virus in camp.

Cohorts will be composed of two tipis (and in some rare cases, three tipis), never exceeding 16 campers. **WA#9, WA#12**

Under no circumstances shall campers go into another tipi. Additionally, personal items, personal equipment, or clothing must not be shared with campers from another tipi.

While inside the tipi, campers and staff do not need to wear face masks. As in every year, everyone must sleep head to foot. **WA#7**

Mask Wearing Policy

WA#10 In order to contain possible exposure and spread of COVID-19 and also to comply with regulations set forth by Washington State for operating camp, everyone in camp must wear facial coverings at all times except for when eating, drinking, brushing teeth, and sleeping. Exceptions to this policy include non-contact sporting activities, outdoor recreation and water recreation.

Guidance on appropriate masks at camp include:

- Masks must fit well, covering both the nose and mouth without gapping or sagging
- Masks must have multiple layers of fabric
- Bandanas or gaiter style masks are not permitted
- Campers should bring multiple masks to camp; we recommend at least 5 reusable masks
- Campers' personal reusable masks should be clearly labeled with their names before arriving at camp – please use clothing labels, fabric tape, or fabric markers
- Campers and staff must always have their mask with them

Camp will have masks on hand to provide to campers and staff as needed.

Masks will not be required when:

- Campers and/or staff are inside their own tipis.
- Campers and/or staff are seated at their table and eating.
- Campers and/or staff are taking showers.
- Campers and/or staff are swimming in the pool.
- Campers and/or staff are kayaking or canoeing in individual boats or sharing a canoe/kayak with someone from their tipi pod.

With permission from staff members, campers in a cohort may be allowed to be unmasked amongst themselves while outdoors. The directors, working with the medical professional, will monitor the health of the campers and determine the appropriate timing for this permission.

ADAPTING PROGRAM AND ACTIVITIES

To comply with Washington State Guidance and to create as safe an environment as possible, CIFIC will need to adapt and alter our program this summer. CIFIC has operated for fifty years and has a well-considered, beloved, and reliable program. We know that our staff and campers will be gracious and patient as we implement new

ways of doing things this summer. We will use the Washington State guidelines to help guide us in decisions, but we intend to be flexible and creative this summer as we navigate these circumstances to create as rich and rewarding a program as possible.

Morning and Afternoon Activities

The implementation of cohorts means CIFC will need to reformat the way we organize morning and afternoon activities. For morning activities, campers will cycle through pre-set morning activities with their tipi cohort group: culture, cuisine, nature, archery, big canoe, and bike excursion.

Campers on the bike excursion will leave after breakfast and return before dinner. The excursion will be on Lopez Island. Excursions will be based on cohort, not tipis (i.e. two tipis together). Campers who wish to do so can opt out of the bike ride; if they choose not to go on the bike ride, they will need to participate in either nature or archery twice for a morning activity and remain distanced from the kids in the other cohort. For the afternoon activity, they will need to choose an outdoor, sedentary activity such as art, archery, etc.

For afternoon activities, each cohort will receive a list of all the possible activities we will offer throughout the session on the first day of camp. As a cohort, they will rank their preference of activities for the entire session. Isabel, our Program Coordinator, will use this information to schedule activities throughout the session.

French Class

French classes will take place in five locations this summer: the Maxim's, the Atelier, the Theatre, the Ritz, and the Tuileries Deck/Gazebo (depending on the weather).

Alternative locations that will be offered to the classes include the Colombier, the fire ring, Voyageur tipi, and the Chateau deck.

Of the five proposed locations, the Maxim's and the Ritz are enclosed spaces. Campers will be spaced throughout the room and we will be running air purifiers. Windows and doors will be open when possible. Campers and counselors will wear masks at all times during French class.

Flag

Instead of arranging themselves in a semi-circle around the flagpole, tipi groups will stand as small pods that are at least 6 feet from each other. Singing is known to be an effective way to spread the virus. Because we will be outdoors, masked, and distant, we believe we can safely continue to sing the anthems at morning and at night.

Inspiration Point

Like flag, we will not arrange campers in our traditional circle on Inspiration Point for our weekly gathering. Instead, campers will sit by cohort and cohorts will be distanced.

Pool and Boating

Campers will not wear a mask while swimming in the pool or boating on the Salish Sea (kayaking, canoeing, or paddle boarding). All use of the pool or boating will be done in cohorts.

Bathroom Use

We will designate times for campers to use the bathrooms for showers; only one cohort at a time may be in the bathroom for showering and morning or nighttime preparations.

Campers and staff members can use the bathroom as needed throughout the day for toilet use and handwashing. Individuals must always be masked during these occasions, and, as in every year, must wash and sanitize their hands after using the bathroom.

MEALS

WA#13 Campers and staff will be spread across two locations for meals this summer: on our pool deck and inside the Maxim's, our dining hall. A maximum of three tables will be used in the Maxim's at any time, meaning a maximum of three tipis or groups can eat indoors at any meal. The Maxim's will have the doors open at all times (both the front doors as well as the library doors), the windows open, and box fans stationed at the windows to increase cross ventilation.

There will be a 30' by 30' canopy erected on the pool deck to allow for eating outdoors in any weather. A board outside the Maxim's will announce the rotation of cohorts between dining locations. All tables and door handles will be cleaned and sanitized between meals.

For meals, everyone must eat within their cohort. Campers eating indoors will eat with their tipi (five campers plus counselor); campers eating outdoors may eat with their cohort (two tipis together, or 10 campers and two counselors). Along with the ten tipis, the two additional cohorts for meals will be "La direction" (8 individuals – 2 directors, 3 program management team, 1 medical professional, 1 facility assistant, 1 caregiver/instructor, plus baby) and "Les assistants," our seven volunteer assistants.

On the pool deck and in the Maxim's, tables will be at least 6 feet apart. Some meals will be served family style (as in a normal year) and other meals will be served buffet style, with kitchen staff serving campers.

Special dietary needs options will be set up on the side table in the Maxim’s, as in a normal year, or on the buffet table outdoors. Kitchen staff (wearing masks) will serve special dietary options to campers. Masks will always be worn when leaving the designated table.

Prior to meals, campers line up by tipi for handwashing. Program assistants will be present to ensure that cohorts observe a minimum of six feet of distance between tipis while they wait to wash hands.

For clearing tables, staff members will serve as the “serveur,” or the individual who moves plates/cups/food waste from the dining table to the bins. The servers will wear a mask when moving between tables and the bins.

We will additionally have occasions where meals are eaten away from the dining hall and pool deck, including “dîner au Château” and picnics. These meals will occur within tipi groups or cohorts.

SYMPTOMS AND/OR POSITIVE COVID-19 TEST

Pre-camp and arrival day positive tests

If a camper receives a positive test during the PCR test three days before camp, the camper must stay home. CIFC will refund all fees and tuition in full.

If CIFC staff has reason to believe a camper has COVID-19 on arrival day, the camper must stay home. CIFC will refund all fees and tuition in full.

Testing at Camp

WA#2 Camp will be using Abbott’s BinaxNow’s COVID-19 Self-Test on island. This is the most studied and widely-used antigen test in the US. The test is administered via a minimally invasive nasal swab (not the deep nasopharyngeal swab). Our medical professional each session will administer the tests, and we will have results for each camper and staff member in about 30 minutes.

We will administer an antigen test on the first day of camp. We will administer a second antigen test three days into camp.

Here is the test schedule for on-island testing during camp:

	First-Day Test	Second Test
Session 1	June 20th	June 23rd
Session 2	July 4th	July 7th

Session 3	July 25th	July 28th
Session 4	August 15th	August 18th

Positive Test or Symptoms at Camp

Should a camper or staff member test positive or begin to exhibit COVID-19 symptoms, they will be immediately isolated and quarantined. They will reside in “Elba,” the tent that will be located just north of the Ritz, near the infirmary. We will immediately administer a rapid test (antigen test).

If the antigen test is positive, we will immediately contact the camper’s parent/guardian or staff member’s emergency contact (if the staff member so desires). The camper will have the option to use screens/phone to speak with his/her family.

The camper or staff member will receive a PCR test, either at Peace Health in Friday Harbor or via our mail-in testing. While we await the results of the PCR test, the camper will remain isolated and quarantined.

If the camper tests positive with the follow-up PCR test, we will contact the parents/guardian to ask them to come collect their child within 36 hours. We will welcome the child back into the CIFC community once after they’ve visited a doctor and have been cleared to do so. If possible, we will admit the camper to a session later in the summer. If a staff member tests positive with a PCR test, the staff member will quarantine in Elba or the DOMTOM tipi while he/she recovers.

If the camper’s follow-up PCR test is negative, the camper will be admitted to the community and continue to be monitored by our medical professional.

Contract Tracing After Confirmed Positive Test

If a camper receives a positive result on a follow-up PCR test to confirm a positive antigen test, the campers and staff members in the positive patient’s cohort will be COVID-19 tested via antigen test or PCR test, possibly repeatedly. If these exposed individuals receive a positive antigen test, they will receive a PCR test and be quarantined from other members of the camp community while awaiting results.

Parents/guardians/emergency contacts of the other campers and staff in the COVID-19 positive tipi will be informed immediately that someone in their cohort has tested positive. Due to HIPAA laws, the exact identity of the COVID-19 positive patient will not be shared.

We will immediately begin contact tracing of anyone the COVID-19 patient came in contact with during the previous 48 hours. Those campers or staff members we identify

via contact tracing will be monitored by the medical professional, Ben, Margaret, and Ali (EMT), as needed. COVID-19 antigen tests will be administered as needed.

If our medical professional determines that further care is needed for anyone exhibiting COVID-19 symptoms, such as difficulty breathing, we will transport the affected camper or staff member to Peace Health in Friday Harbor for further treatment.

If multiple campers or staff members are confirmed positive for COVID-19, they will be isolated together in Elba or separate space such as the DOMTOM tipi or the Voyageur tipi.

Communication During a Positive COVID Case

The Directors (Ben and Margaret) and the session's medical professional will be responsible for quick and thorough dissemination of information regarding a positive COVID case on Canoe Island. Here are the individuals with which we would communicate, in the following order:

- The San Juan County health officials
- The campers and counselors of the affected tipi and cohort
- The family of the individual
- The families of those in the cohort
- The campers on the island
- The families of that session's campers
- The board of directors
- The media, if a public statement is necessary

OFF ISLAND TRIPS

WA#22 In 2021, CIFIC campers will not participate in any off-island excursions that put them in contact with anyone outside the camp bubble. This means that CIFIC campers will not attend the local farmers' markets, the drive-in movie in Friday Harbor, the Whale Museum, and we will not participate in any service projects.

We will hold Shaw Day as normal. Campers will have the option to participate in bike excursions on Lopez, camping on Shaw and other islands, and other trips that do not involve contact with the public.

For any off-island trips, CIFIC campers and staff will pack food prepared by CIFIC kitchen staff on Canoe Island. The trip leader will pack sanitizer and extra masks for any off-island trips. Campers will continue to follow our COVID protocols while on off-island trips.

Upon return, all gear will be cleaned, sanitized, and aired-out as appropriate upon returning to Canoe Island.

CLEANING AND SANITIZATION PROCEDURES

While cleaning and sanitizing the facility, staff members should wear adequate PPE including mask, gloves, and safety glasses. And in addition to wearing PPE, staff must wash hands thoroughly for at least 20 seconds using soap and water both before and after cleaning.

For visibly dirty surfaces, an area must be cleaned first before being disinfected. “Cleaning” entails washing with a detergent and water to remove soil, organic matter, and some microorganisms from a surface. CIFC uses “Simple Green Crystal” or Dawn dishwashing liquid for this purpose.

Products

For sanitizing general non porous surfaces and high touch surfaces, we use three main products:

- Approx. 5% Bleach (Clorox EPA# 5813-120) or equal, mixed in solution at a proportion of 1 tbsp / 1 gal. allowed to dry for 10 min.
- Hypochlorous Acid Solution (Envirocleanse A, EPA# 85134-1), full strength 500ppm. sprayed on a surface and allowed to dry for 10 min. (Fogger for larger areas) Safe on ready to eat food.
- Quaternary Solution, (Final Step Sanitizer, EPA# 10324-96-70627) solution mixed using pour through dispenser, used to clean kitchen surfaces and at coffee stations for wiping tables.
- Enviro Care - Washroom Cleaner, safe, non-toxic cleaner used for general cleaning on bathroom sinks, toilets, urinals, etc.

For sanitizing porous surfaces, we use:

- Quaternary ammonium; Ethanol (Ethyl alcohol), (Lysol Disinfectant Spray EPA# 777-99)

For hand sanitizer, we use:

- Purell Hand Sanitizer or equal with >70% isopropyl alcohol

General Facility

WA#14 and #16 All high-touch areas (tables, benches, sink faucets, door handles, hand railings, light switches, countertops, faucets, toilets, and sinks etc.) will be sprayed and wiped two to three times per day. The Facility Assistant and the maintenance volunteer will oversee these duties and they will keep cleaning logs.

Each tipi will clean and sanitize their shared space every morning during the normal process of “rangez vos tipis,” immediately following breakfast.

As much as possible (given wind/weather conditions), all facilities will be left open-air (windows open, doors open).

Any other equipment should be sanitized fully after each use and stored properly between uses.

Program Activity Areas and Equipment

Counselors (or the program staff member instructing an activity) will carry out the cleaning and disinfecting of an activity area immediately after use. Staff should pay particular attention to any high-touch areas (tables, benches, sinks, door handles). Staff should spray any supplies or equipment with disinfectant at the end of the activity. After finishing cleaning, the program area should be left open-air as much as possible (windows and doors open) and, when appropriate, turning on a fan to increase ventilation.

French class – disinfect seating and shared teaching materials.

Cuisine – clean and sanitize dishes. Sanitize cabinet handles, appliance handles, countertops, and all utensils. Food must be covered and can only be consumed by the class participants who made the food.

Archery – all bows (including string) sprayed with disinfectant. Arrows sprayed with disinfectant.

Sports – all equipment cleaned and disinfected prior to organizing in sports shed.

Garden/Chickens – clean and sanitize any equipment. Produce should be thoroughly washed before consuming.

Pool – pool toys sprayed with disinfectant. Seating and tables used during the activity disinfected. Shower doors, bathroom doors, bathroom faucets disinfected.

Art – disinfect any shared supplies (paint jars, brushes, pencils, etc.). Disinfect seating and tables. If worn, launder aprons.

Theatre – avoid use of costumes. Seating and props should be cleaned and disinfected.

Culture – seating and tables should be cleaned and disinfected. If projector or computer are used, disinfect keyboard and remote by wiping with towel dampened with alcohol.

Fencing – masks and clothing should be sprayed with disinfectant and left to air dry.

Fencing equipment should be used only by one group per day. Other equipment should be disinfected and wiped dry.

Nature/Marine Biology – clean and disinfect any teaching aids.

Guitar/Ukulele – wipe instruments with disinfectant and then wipe dry. Clean and disinfect any seating or tables.

Journal – clean and disinfect any seating, table, or shared equipment (e.g. pens).

Kayaking/Canoeing – clean and disinfect paddles and contacted areas of boats. PFDs should be sprayed with disinfectant and left in open air to dry.

Photography – Disinfect cameras and equipment by wiping with a towel dampened with 70% alcohol. Do not spray with disinfectant.

Sailing – boats, PFDs, and other equipment should be cleaned and sprayed with disinfectant.

Snorkeling – wetsuits, masks, snorkels, and fins should be rinsed in a bleach solution and hung to dry on the railing (1 cup bleach added to 1 rinse tank of water)

Any other activity – always clean and disinfect equipment at the end of the activity. If sensitive or electronic equipment is used, disinfect by wiping with a towel dampened with 70% alcohol.

Kitchen

All high-touch areas (food prep areas, sink faucets, door handles, etc.) will be sanitized two to three times per day. The three professional chefs as well as the three volunteer assistants will wear gloves and masks while working.

Infirmary

The medical professional will make use of a pop-up canopy on the deck of the Ritz to handle routine medical needs such as handling of light injuries such as scrapes. When she deems it necessary to use the infirmary to see a camper or staff member (due to privacy concerns or otherwise), she will leave the windows open. The infirmary will run an air purifier at all times.

The medical professional will frequently wipe down commonly touched areas in the infirmary with antibacterial products. These areas include the door handle, the chairs, and the bathroom faucets. She will also spray disinfectant on the handrail leading up to the Ritz deck.

Sick patients areas will be fully sanitizer after the patient leaves and we will change the bedding. At least two hours will pass before a new patient uses the area.

STAFF TIME OFF

Unvaccinated counselors and staff members are not permitted to leave camp on days off.

Fully vaccinated (meaning 14 days after the last dose for all currently approved vaccines) staff members may leave the camp on time off with the following conditions:

- Staff must stay in La Conciergerie. No guests (family, friends, partners) will be permitted to stay at the Conciergerie this summer while staff are present.
- Staff must not patronize indoor restaurants or bars.
- Staff must observe all local masking and other COVID-19 regulations while traveling in the islands.

VISITORS

WA#20 State regulations require that CIFIC not permit any visitors to come to Canoe Island while camp is in session this summer. In the case of medical emergency, a parent or guardian would meet CIFIC staff at camp's house on Orcas.

AFTER CAMP

If your child exhibits COVID-19 symptoms or tests positive within 14 days of returning home, please contact camp immediately so we can take appropriate measures to contact trace and inform other camp families as necessary.

MERCI

Thank you for taking the threat of COVID-19 seriously.

Thank you for following the pre-camp procedures carefully.

Thank you for sharing the new policies and procedures with your campers and making sure they understand them.

Thank you for reading these important guidelines.

Thank you for your continued support of Canoe Island French Camp.

Washington State Guidance: Overnight Group Summer Camps

COVID-19 REQUIREMENTS AND RECOMMENDATIONS (from [WA State Outdoor Recreation Guidance](#), updated 3/23/2021)

Applicable for Washington State counties in Phase 3:

1. All camps are required to have COVID Safety Plans, detailing measures specific to the facilities that they operate in, including which onsite staff have medical training, measures that will be taken in the event of a positive case, circumstances that will require medical assistance, and what to do in the event of an outbreak. COVID Safety Plans need to be publicly available for review by campers and their families and local health jurisdictions.
2. All campers and staff must do one of the following before arriving at camp: 1) be fully vaccinated, OR 2) receive a negative COVID test no more than three days prior to arrival and remain in quarantine between the test and start of camp. Public health recommends conducting a rapid antigen test of all campers and staff upon arrival if resources permit. Check with local public health to determine if such resources exist. Details on quarantining can be [found at the Department of Health's website](#). Anyone unable to meet one of these two conditions is not allowed to participate in camp. For the purposes of this guidance, people are considered fully vaccinated for COVID-19 ≥ 2 weeks after they have received the second dose in a 2-dose series (Pfizer-BioNTech or Moderna), or ≥ 2 weeks after they have received a single-dose vaccine (Johnson and Johnson (J&J)/Janssen). Verification of vaccination or test results is required.
3. Camps are responsible for locating free COVID testing opportunities for campers who may not otherwise have access.
4. Out-of-state campers should follow [CDC travel guidance](#).
5. For overnight camps with multiple sessions of campers per season there must be no overlap of arrivals and departures where mixing of groups/cohorts would occur. Check-in procedures should be structured to minimize interactions between campers, families and others before establishing sleeping cohorts. These should be communicated in advance.
6. Camps must not exceed 400 per session individuals including campers, volunteers, and staff. A camp can split up into multiple sub camps of 400 per session or less as long as the sub camps remain completely separate, never mixing camps for eating, sleeping, or any other activities.
7. Camp capacity should be determined by sleeping arrangements, as this is the only extended indoor activity. All campers must have at least 6 feet physical distance from

other camper's heads in sleep facilities, such as beds, bunks, cots or tent sleeping areas. Bedding should be arranged head-to-toe. The addition of partitions between beds is not an acceptable substitute for 6 feet of physical distance between head and toe.

8. Each sleeping group occupying a cabin, room, or tent shall be considered a cohort of no more than 16 campers.

9. Sleeping cohorts of no more than 16 (if space permits) can be combined to create consistent daytime activity cohorts of no greater than 16 campers. Cohorts should remain consistent for both daytime activities and sleeping in bunks/cabins/campsites together.

10. Facial coverings are required to be worn at all times by all staff and campers, and anyone else present at the camp, except for when eating, drinking, brushing teeth, or sleeping. Exceptions allowed for specific outdoor activities in guidelines such as [sporting activities](#), [outdoor recreation](#) and [water recreation](#).

11. Camps must follow guidelines such as sporting activities, [performing arts](#), outdoor recreation and water recreation when campers engage in these activities. No large activities that include multiple 16 camper cohorts or entire camps are allowed indoors. Sedentary outdoor activities e.g., campfires, talent shows, etc. must provide a minimum of 6 feet of social distance between "sleeping groups."

12. All programmed activities are required to occur in outdoor or open-air settings and campers should remain with consistent cohorts. Requirements [for open air settings can be found here](#).

13. It is strongly recommended that all eating occur outdoors. A minimum 6-foot distance is required between cohorts. No sharing of items. Camps must utilize staggered scheduled times for meals and avoid buffet lines and prepare boxed style food and snacks if possible. If indoor eating is necessary due to poor weather indoor eating facilities are limited to 50% capacity with minimum 6 feet distancing required between cohorts and maximized ventilation with all windows and doors open is required.

14. Frequent cleaning recommended for high-use, high touch areas such as bathroom and sleeping facilities.

15. Hand sanitizer and handwashing stations must be available to all campers.

16. For ventilation, camps should follow [DOH ventilation guidance](#) for common spaces, small group/residential spaces, bathrooms, etc.

17. For transportation to and from camp: Encourage only those in the same household to travel together, and if not in the same household, travel in separate vehicles if possible. For travel groups, (groups that include more than one household in the same vehicle whether in a carpool or on a bus) all members of the travel group, including the driver, must wear a face covering and spread out as much as possible within the vehicle. Encourage family members to sit together. Maximize ventilation in the vehicle by opening windows.

18. For bus or shuttle to or from camp or transportation within camp sessions for activities camps must use [K-12 Bus Transportation guidance on page 12 of this document](#).

19. Daily symptom screenings are required for campers and staff. Refer [to K-12 Schools guidance](#) for details.

20. No visitors to camp allowed. Parents or guardians are allowed to enter camp only in the case of medical emergencies or when needed to bring home a camper early.

21. For overnight camps, counselors and staff are not permitted to leave camp on days or nights off while camp is in session. If staff leave in between sessions, they must either be vaccinated or test on their return. Unvaccinated counselors and staff are not permitted to leave camp on days or nights off. Vaccinated staff may leave the camp on time off as long as camps make them aware of the best practices they can independently follow to mitigate spread during time they spend off camp property.

22. Extended off-site trips, e.g., backpacking, canoeing, should ensure the same safety protocols are followed as when at camp facility. Vendors who are assist with these trips must agree to follow all existing protocols.