

## COVID-19 Industry Guidance for Day Camps

*Under the State of California “Blueprint for a Safer Economy” counties are placed a color coded tier based on several factors. As Sacramento County moves through different color tiers, the restrictions on industries are adjusted. The following is a summary of the restrictions under each color tier. Please check to see which color tier Sacramento County is listed under before adjusting operations. Sacramento County’s status can be found at <https://www.saccounty.net/COVID-19/Pages/default.aspx>*

	Widespread Purple Tier 1	Substantial Red Tier 2	Moderate Orange Tier 3	Minimal Yellow Tier 4
<b>Outdoor Playgrounds &amp; Outdoor Recreational Facilities</b>	Outdoor only with restrictions. Overnight sleepaway camps closed.	Outdoor only with restrictions. <b>Effective June 1, 2021:</b> Overnight sleepaway camps open with restrictions.	Outdoor only with restrictions. <b>Effective June 1, 2021:</b> Overnight sleepaway camps open with restrictions.	Outdoor only with restrictions. <b>Effective June 1, 2021:</b> Overnight sleepaway camps open with restrictions.
<b>Overnight sleepaway camps cannot begin any sooner than June 1, 2021.</b>				

### Background

COVID-19, also *known* as the novel coronavirus, is a respiratory illness that is spread through the air via respiratory droplets from an infected person or by touching contaminated surfaces.

Day camps in Sacramento County are allowed to open their facilities with restrictions. [COVID-19 Industry Guidance for Day Camps](#) (State Guidelines) have been published by the State of California and must be followed to help prevent the spread of COVID-19.

**Cohort Requirements** - Day Camps must be conducted in a cohort while the county is in the purple tier. In all other tiers, stable groups without a capacity size are encouraged, A **cohort** is a stable group of **no more than 14 children or youth** and no more than two supervising adults (or a configuration of no more than 16 individuals total in the cohort) in a supervised environment in which supervising adults and children stay together for all activities (e.g., meals, recreation, etc.), and avoid contact with people outside their group setting. See [CDPH Guidance Related to Cohorts](#).

Requirements may change. Please check the [State of California COVID-19](#) webpage for the most current information.

## **COVID-19 General Checklist for Day Camps**

The following checklist is intended to assist day camps with implementing a plan to prevent the spread of COVID-19.

### **Develop, Implement and Maintain a Written Plan**

- Identify the person in charge of creating and implementing the plan.
- Regularly review updated guidance from state agencies, including the [California Department of Public Health](#). All measures of the [State Guidelines](#) must be in place.
- Follow all applicable measures of the Sacramento County [Public Health Order](#).
- Be aware of [Cal/OSHA](#) requirements to conduct site-specific hazard assessments and develop a plan to protect employees.
- Establish the capacity and registration of campers that accommodates physical distancing requirements of at least 6 feet. Cohorts are required in the purple tier. Stable groups without a capacity size are encouraged in all other tiers. Members of the cohort or stable group should not mix with other groups.
- Describe how training and communication with employees will be conducted.
- Describe how the facility will self-check for compliance with safety measures and the process for correcting any safety measures that are not being implemented properly.
- Develop a plan for employees to report positive COVID-19 results.
- Develop a plan for the possibility of repeated closures due to COVID-19 illnesses.
- Provide contactless payment or prepayment options whenever possible.
- For most up to date face covering requirements and exclusions visit [covid19.ca.gov/masks-and-ppe](https://covid19.ca.gov/masks-and-ppe).

### **Promote Healthy Hygiene Practices**

- Train all camp staff and families in the following safety actions:
  - [Prevention, transmission, and care of COVID-19 illness](#)
  - [Cleaning and disinfecting](#)
  - [Hand Hygiene](#)
  - [Respiratory etiquette](#)
  - [Proper use, removal and washing of cloth face coverings](#)
  - [Physical distancing](#)
  - [Avoiding contact with one's eyes, nose, and mouth](#)
  - [COVID-19 symptom self-screening](#)
  - COVID-19 specific [exclusion criteria](#)
- Designate a staff person (e.g., camp nurse or healthcare provider) to be responsible for responding to COVID-19 concerns. All camp staff and families should know who this person is and how to contact them.
- Ensure adequate supplies are available (soap, tissues, no-touch trash cans, hand sanitizers, etc.)
- Use only ethyl alcohol based hand sanitizers in areas where children may be unsupervised. Isopropyl hand sanitizers are not recommended for settings with children.  
PLEASE NOTE: Do not use hand sanitizers that may contain methanol.
- Provide portable hand washing and hand sanitizing stations throughout the site if practicable

- Require hand washing upon arrival, before eating, and at regular staggered intervals throughout the day.
- Teach and reinforce use of face coverings. Face coverings must be used in accordance with the [CDPH Guidance for the Use of Face Coverings](#).
- All camp staff must use face coverings unless Cal/OSHA standards require respiratory protection. In limited situations (i.e. communicating or assisting young children or those with special needs) a face shield can be used instead of a face covering as long as the wearer maintains physical distance from others, to the extent practicable. Staff must return to wearing a face covering when the face shield is not necessary.
- Children aged 2 years and older should wear face coverings when indoors or outdoors when a six-foot physical distance from others cannot be maintained.
- Face coverings should not be placed on children younger than 2 years old. A face covering should not be used by anyone who has trouble breathing, anyone who is unconscious or incapacitated, or anyone who is otherwise unable to remove the face covering without assistance.
- A face covering should be removed for meals, snacks, naptime, or outdoor recreation, or when it needs to be replaced. When a cloth face covering is temporarily removed, it should be placed in a clean paper bag (marked with the student's name and date) until it needs to be put on again.
- Camp staff and campers should be frequently reminded not to touch the face covering and to wash their hands frequently. Information should be provided to all camp staff and campers on proper use, removal and washing of face coverings.
- Post relevant information from federal, state, and local health agencies about behaviors that mitigate spread of disease.

### **Intensify Cleaning, Disinfection, and Ventilation**

- Suspend or modify use of site resources necessitating sharing.
- Establish a schedule to [clean and disinfect](#) frequently touched surfaces at camp and transportation vehicles frequently throughout the day (door handles, light switches, sink handles, bathroom surfaces, tables, etc.)
- Prop open doors to the facility and restrooms where appropriate.
- Limit use of shared playground equipment and other objects and equipment such as toys, games, and art supplies. When allowed to share, clean and disinfect between uses.
- Clean and disinfect all equipment, including sports equipment, before and after each use.
- Select cleaning products approved for use against COVID-19 from the [EPA List N Disinfectants](#)
- To [reduce the risk of asthma](#) and other health effects, select disinfectant products on [EPA list N](#) with asthma-safer ingredients (hydrogen peroxide, citric acid or lactic acid) as recommended by the US EPA Design for Environment program.
- Follow disinfectant label directions to ensure safe and correct usage and keep products away from campers.
- For indoor spaces, ensure proper ventilation. Introduce fresh outdoor air as much as possible. When cleaning, air out the space before campers arrive; plan thorough cleaning when campers are not present. If using air conditioning, use the setting that brings in fresh air. Replace and check air filters and filtration systems to ensure optimal air quality.
- Ensure that water systems and features (decorative fountains, etc.) are [safe to use after prolonged facility shutdown](#) to minimize risk of [Legionnaires' disease](#) and other diseases associated with water.
- Follow Sacramento County [Guidelines for Recreational Health Facilities](#) and CDC's considerations for [Pools, Hot Tubs, and Water Playgrounds during COVID-19](#).

## **Implementing Distancing**

Physical distancing and group-size requirements apply to all camp activities, including transportation, eating, and recreational activities.

### **General**

- Maintain and enforce 6 feet social distance between all persons and a maximum group size of 14 or fewer campers per cohort while in the purple tier. Stable groups without a capacity size are encouraged in all other tiers.
- Limit number of participants in the restrooms and locker rooms.
- Participants will handle and care for their own equipment. Staff or volunteers will not be allowed to handle it.
- All participant and staff personal items such as bags, cell phones, personal reusable water bottles and backpacks will only be allowed in the facility or on the field if proper space is maintained between all items.
- No seating will be available and gathering areas will be closed. All unnecessary equipment such as chairs, tables, etc. will not be available to participants or removed from the facility.
- Participants will be required to dispose of their own trash into touch-less garbage cans (remove lids if present).
- Monitor activities to regulate the number of youth participants at the facility at one time to ensure social distancing.
- Restrict nonessential visitors, volunteers, and activities involving other groups at the same time.

### **Arrival and Departure**

- Limit the number of persons in the camp to the number appropriate for maintaining physical distancing.
- If transport vehicles (e.g., buses) are used by the camp, drivers should practice all safety actions and protocols as indicated for other staff (e.g., hand hygiene, face coverings, and physical distancing).
- Ensure transport vehicles are equipped with extra unused face coverings for students who may have inadvertently failed to bring one
- Minimize contact between camp staff, campers and families at the beginning and end of the day.
- Stagger arrival times, drop off-times, pick-up times and locations as consistently as practicable as to minimize scheduling challenges for families.
- Designate routes for entry and exit, using as many entrances as feasible. Put in place other protocols to limit direct contact with others as much as practicable.
- Open windows and maximize space between campers and the driver on transport vehicles where possible.
- Use privacy boards or clear screens to maintain separation, if needed.

### **Recreational Space**

- Require participants to wash their hands throughout the day.
- Designated and separated practice areas and equipment for each cohort sports youth group will be pre-positioned to maintain safe social distancing while in the purple tier. This practice is encouraged in all other tiers.
- All equipment will be placed so that it can be retrieved without touching anything but the equipment.

- Instruct participants to wash their hands/use hand sanitizer prior to and immediately following activities where equipment and/or balls are handled by multiple individuals.
- Remind participants that they should avoid touching their faces when engaging in activities where equipment and/or balls are handled by multiple individuals.
- Campers should remain in the same space and in groups as small and consistent as practicable. Keep the same campers and staff with each group and include campers from the same family in the same group, to the greatest extent practicable.
- Maximize space (minimum 6-foot separation) between seating, desks, and bedding. Consider ways to establish separation of campers through other means, for example, six feet between seats, partitions between seats, markings on floors to promote distancing, arranging seating in a way that minimizes face-to-face contact.
- Consider redesigning activities for smaller groups and rearranging furniture and play spaces to maintain separation.
- Staff should develop instructions for maximizing spacing and ways to minimize movement in both indoor and outdoor spaces that are easy for children to understand and are developmentally appropriate.
- Restrict communal activities where practicable. If this is not practicable, stagger use, properly space occupants, keep groups as small and consistent and disinfect in between uses.
- Limit gatherings, events and extracurricular activities to those that can maintain physical distancing and support proper hand hygiene.
- Use alternative spaces as needed, including regular use of outdoor space, weather permitting. For example, consider ways to maximize outside space, and the use of cafeterias and other spaces for use to permit physical distancing.
- Minimize congregate movement as much as practicable.
- If planning to use playgrounds or play structures at public parks, please review the [CDPH Guidance for Outdoor Playgrounds and other Outdoor Recreational Facilities](#)  
*Please note: Child care programs, schools, out-of-school time programs and other programs for children and youth where children must remain in cohorts may not use playgrounds during times when they are open to the public. However, if the playground operator permits, the childcare, school or other program may reserve a time for the exclusive use of the playground by the program. While on the playground, cohorts should maintain separation and avoid mixing.*

## **Meals**

- Have campers bring their own meals as feasible, and practice physical distancing when eating or within their smaller group, instead of in a communal dining hall or cafeteria. Ensure the [safety of children with food allergies](#).
- Use disposable food service items (e.g., utensils and plates). If disposable items are not feasible, ensure that all non-disposable food service items are handled with gloves and washed with dish soap and hot water or in a dishwasher. Individuals should wash their hands after removing their gloves or after directly handling used food service items.
- If food is offered at any event, have pre-packaged boxes or bags for each attendee instead of a buffet or family-style meal. Avoid sharing of foods and utensils and ensure the safety of children with food allergies.
- Self-serve water dispensers will be temporarily closed.
- Plan for physical distancing during employee lunch and breaks by staggering times, providing additional break space, or other ways for staff to physical distance. Hold meetings virtually, particularly where physical distancing is a challenge, if possible.



## Limit Sharing

- Keep each camper's belongings separated and in individually labeled storage containers, cubbies, or areas. Ensure belongings are taken home each day to be cleaned and disinfected.
- Ensure adequate supplies to minimize sharing of high-touch materials (art supplies, equipment, etc.) to the extent practicable or limit use of supplies and equipment to one group of children at a time and clean and disinfect between uses.
- Avoid sharing electronic devices, clothing, toys, books, and other games or learning aids as much as practicable. Where sharing occurs, clean and disinfect between uses.

## Check for Signs and Symptoms

- Train staff, and educate campers and their families about when they should stay home and when they can return to camp. Actively encourage staff and campers who are sick or who have recently had [close contact](#) with a person with COVID-19 to stay home.
- Implement screening procedures for all staff and campers before they enter the facility.
  - Conduct visual wellness checks of all campers upon arrival and take campers' temperatures at the beginning of each day with a no-touch thermometer. If a thermometer requiring a touch-method (under the tongue or arm, forehead, etc.) is the only type available, it should only be used when a fever is strongly suspected. Only the person being screened or someone from their household should use a thermometer requiring a touch method. Thermometers must be properly cleaned and disinfected after each use, and protective sleeves should be used.
  - Ask all individuals about [COVID-19 symptoms](#) within the last 24 hours and whether anyone in their home has had COVID-19 symptoms or a positive test.
  - Make available and encourage use of handwashing stations or hand sanitizer.
  - Document/track incidents of possible exposure and notify local health officials, staff and families immediately of any positive case of COVID-19 while maintaining confidentiality.
  - Exclude any child, parent, caregiver or staff showing symptoms of COVID-19. Staff should discuss with parent/caregiver and refer to the child's health history form and/or emergency card to identify if the child has a history of allergies, which would not be a reason to exclude.
- Monitor staff and campers throughout the day for signs of illness; send home campers and staff with a fever of 100.4 degrees or higher, cough or other [COVID-19 symptoms](#). Send persons to the appropriate medical facility rather than their home when necessary.

## Plan for When Staff Member, Child, or Visitor Becomes Sick

- Work with camp staff, nurses and other healthcare providers to identify an isolation room or area with cots, bedding, restrooms, and supervision to separate anyone who exhibits symptoms of COVID-19.
- Provide adequate personal protective equipment PPE for staff who supervise and care for ill campers, staff or volunteers.
- Any campers or staff exhibiting symptoms should immediately be required to wear a face covering and be required to wait in an isolation area until they can be transported home or to a healthcare facility, as soon as practicable.
- Establish procedures for safely transporting anyone sick to home or a healthcare facility, as appropriate, when an individual is exhibiting COVID-19 \*symptoms:

- Fever
- Cough
- Shortness of breath or difficulty breathing
- Repeated shaking with chills
- Fatigue
- Muscle pain
- Headache
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
- New loss of taste or smell

*\*Please refer to the [CDC Symptoms of Coronavirus](#) for the most current list of symptoms.*

- For serious injury or illness, call 9-1-1 without delay. Seek medical attention if COVID-19 symptoms become severe, including persistent pain or pressure in the chest, confusion, or bluish lips or face. Updates and further details are available on [CDC's webpage](#).
- Notify local health officials, staff, and all families immediately of any positive case of COVID-19 while maintaining confidentiality as required by state and federal laws.
- Close off areas used by any sick person and do not use before cleaning and disinfecting. To reduce risk of exposure, wait 24 hours before you [clean and disinfect](#). If it is not possible to wait 24 hours, wait as long as practicable. Ensure a [safe and correct application](#) of disinfectants using personal protective equipment and ventilation recommended for cleaning. Keep cleaning and disinfectant products away from children.
- Advise sick staff members and campers not to return until they have met CDC criteria to discontinue [home isolation](#):

- 10 days since symptoms first appeared **and**
- 24 hours with no fever without the use of fever-reducing medications **and**
- COVID-19 symptoms have improved (for example, cough, shortness of breath)

A worker who was diagnosed with COVID-19, but never develops symptoms must isolate at home. They may return to work after 10 days since the date of the first positive COVID-19 test. A worker who had close contact with a person with COVID-19 must quarantine at home. If they do not develop symptoms and are not tested, they may return to work after 10 days from the last exposure and continue to self-monitor for symptoms through day 14. They should continue to use face coverings at all times during work and when outside the home through day 14 after the last close contact. If they develop symptoms, these workers must self-isolate and contact their healthcare provider. Immunocompromised individuals should quarantine for 14 days as per existing recommendations.

- Vaccinated persons with an exposure to someone with suspected or confirmed COVID-19 are NOT required to quarantine if they meet ALL of the following criteria:
  1. Are fully vaccinated (i.e.,  $\geq 2$  weeks have passed following receipt of the second dose in a 2-dose series, or  $\geq 2$  weeks have passed following receipt of one dose of a single-dose vaccine.
  2. Are within 3 months following receipt of the last dose in the series.
  3. Have remained asymptomatic since the current COVID-19 exposure.

Persons who do not meet all 3 of the above criteria should continue to follow current quarantine guidance after exposure to someone with suspected or confirmed COVID-19.

See [Vaccinate Sacramento](#) for eligible appointments.

- For areas with a large geographic distribution, consider restricting attendance to campers who live in the local geographic area and ask campers to avoid movement between camps when they are from a high transmission area.
- Implement the necessary processes and protocols when a workplace has an outbreak, in accordance with [CDPH guidelines](#).

- Investigate the COVID-19 illness and determine if any work-related factors could have contributed to risk of infection. Update protocols as needed to prevent further cases.
- Update protocols as needed to prevent further cases. See the CDPH guidelines, [Responding to COVID-19 in the Workplace](#), which are incorporated into this guidance and contain detailed recommendations for establishing a plan to identify cases, communicate with employees and other exposed persons, and conducting and assisting with contact tracing.

### **Maintain Healthy Operations**

- Monitor staff absenteeism and have a roster of trained back-up staff where available.
- Monitor the types of illnesses and symptoms among your camp staff and campers to help isolate them promptly.
- Designate a staff liaison or liaisons to be responsible for responding to COVID-19 concerns. Employees should know about who they are and how to contact them. The liaison should be trained to coordinate the documentation and tracking of possible exposure, in order to notify local health officials, staff and families in a prompt and responsible manner.
- Maintain communication systems that allow staff and families to self-report symptoms and receive prompt notifications of exposures and closures, while maintaining confidentiality.

### **Considerations for Partial or Total Closures**

- Check State and local orders and health department notices daily about transmission in the area or closures and adjust operations accordingly.
- When a camper or staff member tests positive for COVID-19 and has exposed others at the camp, implement the following steps:
  - In consultation with the local public health department, the appropriate camp official may consider if closure is warranted and length of time based on the risk level within the specific community as determined by the local public health officer.
  - Given standard guidance for isolation at home for at least 10 days after close contact, the facility or office where the patient was based will typically need to close temporarily as campers or staff isolate.
  - Additional close contacts at camp should also isolate at home.
  - Additional areas of the camp facility visited by the COVID-19 positive individual may also need to be closed temporarily for cleaning and disinfection.
  - Implement communication plans for camp closure to include outreach to campers, parents, staff and the community.
  - Maintain regular communications with the local public health department.

Any additional measures not included here should be listed on separate pages, which the facility should attach to this document.

### **Additional Information**

Thank you for your efforts in keeping Sacramento County residents and visitors safe!

- For additional COVID-19 information, refer to [Sacramento County Public Health](#).
- For workplace safety and health regulations, refer to [Cal/OSHA Industry Guidance](#).
- For information about playgrounds, please review the [CDPH Guidance for Outdoor Playgrounds and other Outdoor Recreational Facilities](#)



## **Resources:**

[Statewide Industry Guidance](#)

[CDPH Guidance Related to Cohorts](#)

[Sacramento County COVID-19 updates](#)

[CDPH Guidance for Outdoor/Indoor Youth and Recreational Adult Sports](#)

Document was prepared by Sacramento County's [Environmental Management Department](#)

### **Summary of Revisions**

**6/26/2020:** Initial version

**8/5/20:** Updated to align with State of California guidelines released 7/17/20

**9/9/2020:** Updated cohort definition to align with CA CDPH guidance released 9/4/20

**10/1/20:** Added reference to CDPH Guidance for Outdoor Playgrounds and other Recreational Health Facilities

**10/15/20:** Added CDPH Guidance Related to Cohorts to “Resources” section

**10/21/20:** Under “Recreational Space”, added instructions for handling equipment such as balls.

**12/2/20:** Updated the link for the CDPH Guidance on the Use of Face Coverings.

**12/10/20:** Updated wording on page one to current Public Health Order and Regional Stay at Home Order.

**12/22/20:** Added additional language clarifying conditioning only, competition is not allowed as this time.

**1/4/21:** Added 10 day language to page 7 for self-quarantine information.

**1/14/21:** Removed Regional Stay at Home information on page 1. Updated link to current Public Health Order on page 2.

**3/08/21:** Added information for vaccinated persons on page 7 and updated Public Health Order link on page 2.

**3/19/21:** Updated per CDPH restrictions.

**3/30/21:** Added link to page 1 for CDPH Guidance Related to Cohorts, updated Public Health Order link on page 2, added link to Vaccinate Sacramento on page 7.

**4/6/21:** added that cohorts limited in size are required in the purple tier and stable groups without a capacity size are encouraged in all other tiers.

PHO: 03/16/2021