

Camp Met BC Day Camps 2020

Procedures during COVID-19 Pandemic



Summer 2020

TO OUR FAMILIES

First and foremost, the Camp Met BC staff would like to thank you for supporting our program and trusting us with your children during this difficult time. COVID-19 has affected all of us tremendously but our Spiritual Fathers, administrative team and camp leaders believe that a summer cannot go by without us offering a version of Camp Met BC to our campers. It is a program we cherish and brings so much joy to all of us.

Camp Met BC has kept informed of the Provincial Health Officer's Orders, notices and guidance. Phase 3 in British Columbia has given us the confidence that we can offer an amazing program to our youth, even though we cannot have an overnight camp. We have consulted with the following guidelines and protocols in order to keep our staff and families safe and healthy.

- COVID-19 Public Health Guidance for Child Care Settings
- Work Safe BC Protocols for returning to operation: Child care and day camps
- Guidance and Consideration for Children's Day Camps during COVID-19 Pandemic
- COVID-19 Safety Plan
- BCCDC Cleaning and Disinfectants for Public Settings

This document lays out our research and our plan as to how we will run our day camps to follow all protocols required. The health and safety of our campers and staff is our priority and we will do everything necessary to abide by all guidelines and protocols due to COVID-19.



GENERAL INFORMATION

SCHEDULE FOR THE WEEK:

Our day camp schedule will be as follows:

DAYS: Monday, August 31st to Thursday, September 3rd

TIMES: 9am to 4pm

Optional late pick up at 6pm: We will be offering an optional late pick up for working families at 6pm. Between 4pm & 6pm the Junior age group will have a movie afternoon in the small hall of the community while practicing social distancing measures. The Intermediate & Senior ages will have Unplugged session in Quilchena Park with the Leaders.

FIELD TRIP TO BIG SPLASH WATERPARK

DAY: Friday, September 4th

TIME: Drop off at 11am - Pick up at 6pm

This field trip can be attended by the camper and their families. Each family is responsible to drop off their children at the entrance of the waterpark by 11am. The parents are welcome to join us or they can drop off their children with our staff.

COST:

The cost **per day** for our day camps is **\$25 per child**.

The following registration options will be offered:

Monday to Thursday - \$100

Monday & Tuesday ONLY - \$50

Wednesday & Thursday ONLY - \$50

Friday Field Trip - \$25 (price is the group rate for entrance only. Any additional rides, lockers, a food or beverages are the responsibility of the camper/family).

You can choose to attend all 4 days or for 2 days (Monday//Tuesday OR Wednesday//Thursday).

The Friday Field Trip can be added to any registration.

Please note that preference will be given to registrants who can commit to the full week in order for us to limit the contact between children

MEALS:

Camp Met BC will NOT be providing meals this year so that we can more easily abide by the COVID-19 guidelines. Please ensure your children have eaten breakfast before arriving at camp and they are provided a bagged lunch daily. A reusable water bottle needs to be provided as well. There will not be the opportunity to go out for lunch or to order in so please bring a bagged lunch every day.

As always, Camp Met BC is a nut free environment. Please do not pack food that contains any types of nuts or nut butter.



DAY CAMP OPERATIONS

August 31 - September 3, 2020

GREETING FAMILIES & CAMPERS

To drop off your camper, proceed up the ramp to the upstairs doors of the Hellenic Community of Vancouver (by the main office). A greeter at the door will allow families in to drop off their children, one family at a time. *It is preferred if only 1 parent drops off the campers in order to limit the amount of people at the Centre during drop off and pick up.* If waiting in queue, please separate yourselves from the family in front of you by at least 2 metres (floor markings will be in place)

A time range will be provided for drop off so that not everyone is arriving at the same time:

Surnames A-M: Drop Off at 8:45am.

Surnames N-Z: Drop Off at 9:15am.

Once your child has checked in, parents will continue down the ramp to the parking lot.

Pick up times will vary. You are welcome to pick up your children between 4pm & 6pm every day. Further instructions on how we will be handling pick up will be provided in the final letter to parents which will be sent out a few weeks before camp begins.

PICK UP AND DROP OFF ADDITIONAL INFORMATION:

- Pick-up and drop-off of children will occur **outside** the community centre. Under no circumstances may a parent or caregiver enter the community centre.
- A physical distance of 6 feet must be maintained from staff and other children present.
- Parents and caregivers that are symptomatic must stay home.
- Pick up and drop off times will be staggered to avoid congestion.
- All persons at check in will be asked to sanitize their hands.
- Daily check at drop-off will be conducted by asking parents and caregivers to confirm that their child does not have symptoms of common cold, influenza, COVID-19, or other respiratory disease.

- Parents and caregivers should use their own pen and avoid touching the sign in/out sheet directly.
- Parents and caregivers should practice hand hygiene before and after touching the sign in/out sheet.
- Although difficult, we ask that hugs and handshakes with other families be avoided during drop off and pick up.
- Responses will be recorded on the sign in sheet and child will say goodbye to their parents at check in. Note that **NO VISITORS** (including parents) will be allowed inside the HCV during the week of camp.

BEGINNING OUR DAY

The camper will be taken to the balcony where their belongings (preferably 1 backpack with their lunch inside) will be placed, 2 metres apart from the next bag.

The camper will be escorted by the Greeter to the church (via back door of Centre) where they will disinfect their hands upon entry and be taken to their Leader. Each group of children (8 maximum) will sit in a designated row, separated by an empty row from the next group.



DAILY ACTIVITIES

The children will be assigned to a “cabin” group and will remain with the same group of children for the week. We will do our best to assign the same leader to the same group of children for the entire week.

The majority of our activities will take place outdoors at the neighbouring Quilchena Park. Our day will be as following:

9:30 am - church service

10:30 am - snack (individually packaged such as Rice Krispie treat) and juice box

10:30 am - Outdoor group activity such as sports day tournament, amazing race, scavenger hunt

12:00 - Lunch (provided by the families)

1:00 pm - Orthodox Life discussion / crafts, painting, social time with friends

2:30 pm - Group age specific activity, for example: (Juniors: flashlight tag / water balloon fight / baking) (Intermediates/Seniors: Dodgeball / Escape Room etc)

4pm - Optional pick up at this time

4pm to 6pm

- Movie afternoon for juniors or time on the playground (with individually wrapped snack and juice box)

- Unplugged in the park for intermediates/seniors (with individually wrapped snack and pop)

6pm - Final pick up, sanitization of Centre

Church services will take place every morning and as always, our faith is a focal point for Camp Met BC. During Liturgy, Holy Communion and Antidoro will be given. If you have any questions, please contact our Acting Spiritual Camp Director, Father Tim Prattas at campmetbc@gmail.com

For crafts, baking, painting etc: Children/youth will be assigned individual bags of supplies, for use throughout the day. At the end of the day, the items will be sent home with the child or discarded.

Sports equipment will be stored in bins and cleaned after use.

Clear instructions on hand washing before and after each activity will be provided and children directed to avoid physical touching and to practice physical distancing.

High touch surfaces will be regularly cleaned.



HAND HYGIENE & RESPIRATORY ETIQUETTE

Hand hygiene stations will be at all entrances and children and staff will be required to use alcohol based hand sanitizer immediately upon entering the facility.

Staff will be required to wash their hands regularly throughout the day, including:

- When they arrive at camp and before they go home
- Upon returning to the indoor facility from the park and playground
- Before and after handling lunch or snacks
- Before and after giving or applying medication or ointment to a child or self
- After assisting a child to use the toilet
- After using the toilet
- After contact with body fluids (e.g., runny noses, spit, vomit, blood)
- After cleaning tasks
- After handling garbage
- Whenever hands are visibly dirty

Staff will support children to wash their hands regularly throughout the day, including:

- When they arrive at camp and before they go home
- Before and after eating and drinking
- After using the toilet
- After playing outside
- After sneezing or coughing
- Whenever hands are visibly dirty

Staff will provide education and direction to staff and children to:

- Cough or sneeze into their elbow sleeve or a tissue.
- Throw away used tissues and immediately perform hand hygiene.
- Not touch their eyes, nose or mouth with unwashed hands.

Centre will be well-stocked with hand washing supplies at all times including plain soap, paper towels, waste bins, and where appropriate, hand sanitizer with a minimum of 60% alcohol.

Children regularly forget about proper hand washing. Staff and children will practice often and staff will model washing hands properly in a fun and relaxed way.

Staff will assist young children with hand hygiene as needed.

PHYSICAL DISTANCING

The Provincial Health Officer's Order for Mass Gatherings continues to prohibit gatherings and events of people in excess of 50 people, however this Order **does not apply to child care settings or day camps**. As such, there can be more than 50 children and staff at any given setting if they are not all in one area and if they are actively engaged in physical distancing to the greatest extent possible.

The staff at Camp Met BC have set a limit of 64 children at this year's camp taking into consideration physical distancing guidelines, the size of the Hellenic Community of Vancouver and Quilchena Park.

Our groupings will consist of:

- ~ 3 groups of juniors (3 groups of 8 children each = 24 children)
- ~ 5 groups of intermediates & seniors (5 groups of 8 youth = 40 youth)
- ~ Each group will have 1 leader.
- ~ There will be 5 members of the administrative staff present, in charge of greeting, escorting campers, disinfecting the premises etc
- ~ There will be 1-2 Spiritual Fathers present for church services, Orthodox Life discussions & confession sessions.

Staff will try to maintain a distance of at least 2 metres from each other. Where this is not possible, they will plan and communicate the work task in advance to ensure that time spent in close proximity is minimized.

Staff should minimize the frequency of direct physical contact with children and encourage children to minimize physical contact with each other.

Common areas will be arranged in a way that allows at least two metres of physical distance between each worker. For small areas or rooms, such as the bathrooms, only 1 person at a time will be allowed in. If the child is young, the leader will enter the bathroom with the camper. Activities such as Orthodox life discussions, crafts or baking will encourage physical distancing between children.

It is not always possible for staff to maintain physical distance from children, and between children, when in care. We will adhere to the principle of physical distancing where possible, by:

- Minimizing the frequency of direct physical contact with children.
- Forming a number of separate play areas in order to space children apart. Creating smaller groups of children and keeping these groups separate from each other.
- Minimizing the number of different workers that interact with the same child or group of children.
- Organizing snack/meal areas to space children apart.
- Including the use of outdoor space for various activities, including snack/meal time, while adhering to physical distancing and hygiene principles.

It is reasonable to establish different expectations based on age and/or developmental readiness. For example:

- Younger children should be supported to have minimized direct contact with one another, while older children should be supported to maintain physical distance whenever possible.
- Children from the same household (e.g., siblings) do not need to maintain physical distance from each other.

The following physical distancing strategies should be implemented where possible in the child care setting:

- Avoid close greetings (e.g., hugs, handshakes). Regularly remind children to keep “Hands to yourself”.
- Strive to minimize the number of different staff that interact with the same children throughout the day.
- Organize children into smaller groups and/or spread children out to minimize direct physical contact.
- Use different room configurations (e.g., separating tables).
- Set up small group environments to reduce the number of children in a group, for example, setup 2 or 3 areas for doing crafts.
- Incorporate more individual activities or activities that encourage more space between children and staff.
- Help younger children learn about physical distancing and less physical contact by creating games that include basic principles such as “two arm lengths apart”.
- Have a separate, supervised area available for children who have symptoms of illness. Rest until they can be picked up and ensure these areas are cleaned and disinfected after the child has left.
- Stagger snack or meal time to allow spacing between children during meals.

CLEANING AND DISINFECTING

Regular cleaning and disinfection are essential to preventing the transmission of COVID-19 from contaminated objects and surfaces. Child Care & Day Camp settings should be cleaned and disinfected in accordance with the BCCDC's Cleaning and Disinfectants for Public Settings document.

We will remove unnecessary items from the centre to reduce surfaces that could become contaminated.

We will identify all common areas (e.g., washrooms) and frequently-touched surfaces (e.g., door knobs, light switches, faucet handles, tables, chairs) which will be disinfected multiple times per day.

General cleaning and disinfecting of the Centre will occur every evening once camp has concluded. Garbage containers will be emptied daily at a minimum.

If a staff member or child leaves the workplace due to symptoms of COVID-19, areas those individuals were in, including surfaces they may have touched, will be cleaned immediately upon their departure.

The Centre will maintain an adequate supply of cleaning and disinfection products and materials. Supplies will be common, commercially-available detergents and disinfecting products as per the BCCDC Cleaning and Disinfectants for Public Settings guidance.

Staff will clean and disinfect any surface that is visibly dirty.

Staff will wear disposable gloves when cleaning blood or body fluids (e.g., runny nose, vomit, stool, urine) and will wash hands before wearing and after removing gloves.

There is no evidence that the COVID-19 virus is transmitted via textbooks, paper or other paper-based products. As such, there is no need to limit the distribution of books or paper based educational resources to children because of COVID-19.

USE OF PERSONAL PROTECTIVE EQUIPMENT (PPE)

[COVID-19 Public Health Guidance for Child Care Settings](#) states that personal protective equipment, such as masks and gloves, are not needed beyond those used by staff as part of regular precautions for the hazards normally encountered in their regular course of work (ie for cleaning body fluids such as a runny nose or for cleaning and disinfecting).

MEALS AND SNACKS

Please ensure that the children have had breakfast at home as it will not be provided at camp.

Children and staff will not be allowed to share food.

Parents and caregivers are solely responsible to provide a packed lunch for their children. Please note, that leaving the premises to go to Subway or Starbucks will NOT be allowed.

Lunches will remain in the campers backpack until the camper retrieves it themselves at lunch time. Please do not supply food that requires refrigeration.

Packed food must be NUT FREE.

Please supply a reusable water bottle

OTHER METHODS TO CONTROL RISK

Limit sharing of supplies and equipment between staff. Each staff member will have their own binder, pens and supplies in order to avoid contact. Staff members will carry gloves and masks with them for use if necessary.

Provide adequate amounts of high touch materials, such as art supplies, in order to minimize sharing between children. Camp Met BC plans to have individual bags of supplies for the campers in order to avoid sharing.

Store children's belongings separately.

Do not allow sharing of personal items such as clothing, hair accessories etc. Label personal items with the child's name to prevent accidental sharing.

ENVIRONMENTAL MEASURES THAT WILL BE TAKEN

Outdoor Spaces and Ventilation

- Have children outside wherever possible, including play time, snack time, and for learning activities. Weather dependant, we will be utilizing Quilchena park for the majority of the day. In case of rain or extreme heat, we will use the large hall of the HCV which will allow for physical distancing.
- Activities will be organized in a thoughtful way, taking into consideration personal measures.
- Reassure children and parents that playgrounds are a safe environment, and encourage appropriate hand hygiene practices before, during, after outdoor play.
- Ensure adequate ventilation and open windows if possible. All doors of the church and centre will remain open in order to have adequate ventilation.

ADMINISTRATIVE MEASURES

- There is no role for screening children or staff for specific symptoms, checking temperatures, or COVID-19 testing. Such activities are reserved for health care professionals.
- Signage to remind people not to enter the facility will be posted at facility entrances.



POLICY TO SEND STAFF AND CHILDREN HOME IF THEY START EXHIBITING SYMPTOMS OF COVID 19

Child with Symptoms of COVID-19	Staff with Symptoms of COVID-19
IF CHILD DEVELOPS SYMPTOMS AT HOME:	IF STAFF DEVELOPS SYMPTOMS AT HOME:
<p>Parents or caregivers must keep their child at home until they have been assessed by a health care provider to exclude COVID-19 or other infectious diseases, AND their symptoms have resolved.</p>	<p>Staff must be excluded from work, stay home and self-isolate until they have been assessed by a health care provider to exclude COVID-19 or other infectious diseases, AND their symptoms have resolved.</p>
IF CHILD DEVELOPS SYMPTOMS WHILE AT CHILD CARE:	IF STAFF DEVELOPS SYMPTOMS WHILE AT WORK:
<p>Staff must take the following steps:</p> <ol style="list-style-type: none"> 1. Identify a staff member to supervise the child. 2. Identified staff member should immediately separate the symptomatic child from others in a supervised area until they can go home. 3. Contact the child’s parent or caregiver to pick them up right away. 4. Where possible, maintain a distance of 2 metres from the ill child. If this is not possible, the staff member may use a mask if available and tolerated, or use a tissue to cover their nose and mouth. 5. Provide the child with tissues, and support as necessary so they can practice respiratory hygiene. 6. Open outside doors and windows to increase air circulation in the area. 7. Avoid touching the child’s body fluids. If you do, wash your hands. 8. Once the child is picked up, wash your hands. 9. Clean and disinfect the space where the child was separated and any areas used by the child (e.g., bathroom, common areas). 10. If concerned, contact the local public health unit to seek further advice. <p>Parents or caregivers must pick up their child promptly once notified that their child is ill.</p>	<p>Staff should go home right away where possible.</p> <p>If unable to leave immediately, the symptomatic staff person should:</p> <ol style="list-style-type: none"> 1. Separate themselves into an area away from others. 2. Maintain a distance of 2 metres from others. 3. Use a tissue or mask to cover their nose and mouth while they wait for a replacement or to be picked up. 4. Remaining staff must clean and disinfect the space where staff was separated and any areas used by them (e.g., office, bathroom, common areas). 5. If concerned, contact the local public health unit to seek further advice.
<p><i>If a child or staff member is assessed by their family physician or nurse practitioner and it is determined that they do NOT have COVID-19, they may return to child care once symptoms resolve.</i></p>	