



FAQ's for Camper Families: Summer Camp

Camp One Step is so happy to be able to serve the ever-evolving needs of our community! We are happy to announce that Summer Camp will be brought to our community this year in two ways, Virtual and In-person. We are also excited to announce our Summer Series which consists of free monthly events and activities being planned May - September, for families to enjoy together. Please visit our website for more information on the 2021 Summer Series.

Return to In-Person Summer Camp

What is guiding your decision to return to in-person programming?

Our reopening plans and protocols carefully consider guidance from the Center for Disease Control (CDC), the Wisconsin Department of Health, local health departments, American Camp Association (ACA) and the Association for Camp Nurses (ACN). The Field Guide for Reopening Camps published by ACA has provided the foundation for all of our safety guidelines.

A task force consisting of COS staff members & volunteer leaders was formed in early December and have been meeting to review these published guidelines since then. The basis for these discussions was the hope that vaccinations would significantly reduce the number of COVID-19 infections, allowing us to return to in-person programming. Critical decisions have been made by the Task Force in regards to safety and these decisions have been approved by our Medical Advisory Committee with support from the Board of Directors.

What are the dates of Summer Camp this year?

Summer Camp virtual will kick off on Sunday evening, July 11th with an open house for camper families, and will continue daily for our campers from Monday, July 12th through Friday, July 16th. Summer Camp virtual will consist of all the traditional programs – Standard, Stepping Up, ACE, Campcraft, Excursion, Water Sports, Excel and Seabees. The program leaders for each group are currently in the process of creating fun and exciting programming just for you.

The in-person component will be divided into age groups and will occur on the following dates:

- Session 1 is Sunday, July 18th - Tuesday, July 20th, hosting our 7-10 year olds and 17-20 year olds.
- Session Two is Thursday, July 22nd - Saturday, July 24th, hosting our 11-16 year olds.

Campers will have the option to participate in the virtual program, in-person program, or one session of each. This will allow campers to personalize their own camp experience. Members of the Task Force are currently designing the programming for the in-person Summer Camp experience. More details will be available as plans are finalized.

Why was the camper age this year extended to include 20 year old campers?

Last year, a number of our older campers and their families shared their disappointment about missing out on their last year at in-person Summer Camp and were wondering if they would be able to attend this year. In order to accommodate this request and give these campers the opportunity to reconnect with their friends one more time, the camper age was extended for Summer Camp 2021 only.

Why are the Summer Camp sessions shorter this year?

It was very important to all of us at Camp One Step to find some way to bring campers back together again on campus. In order to do that safely, we had to ensure that we would have enough volunteer staff (counselors, medical staff). Based on the information we received from the volunteer surveys, shorter sessions were the best way to do this. In addition, we also needed to build in time between each session for staff training and deep-cleaning on campus.

How many children will be attending each in-person session?

In order to support physical distancing in programs and housing areas, and to ensure appropriate staffing levels, we will need to reduce the number of campers that can attend each session. Our goal is to keep each session around 50% capacity of previous years. While we have a maximum number of campers per session in mind, that final number will be dependent on the number of volunteers (counselors and medical staff) who apply. Ensuring the right mix of campers with the right mix of counselors and medical staff is essential to our success. Space will be limited so get your completed applications in early. All campers must have a physical exam form completed this year.

What happens if COVID-19 is not well-controlled prior to camp?

Throughout everything we do, safety remains our highest priority. As we move forward with our planning, the Medical Advisory Committee will continue to monitor COVID-19 infection and vaccination rates. We remain hopeful that infection rates will continue to decrease as more people become vaccinated. If at any point we deem that infection rates are too high to ensure a healthy and safe camp experience, we will need to transition back to a virtual only Summer Camp.

What will in-person programming look like this year?

As always, Camp One Step will be focused on what our campers CAN do by playing games that promote inclusion, arts and crafts, swimming in the lake, playing in the sand, and beach activities. Our outdoor activities will be increased to maximize safety measures and reduce any potential chance of transmission. Other activities and games will be similar to what we typically offer but modified to allow physical distancing. Some large group activities, like the dance, will not be held in 2021. Planning of activities is on-going – watch for further updates when more details are available.

Activities will be held outside as much as possible, weather permitting. We will be setting up tents throughout campus to provide shade and will incorporate cooling activities, such as waterfront time, into the daily activities. Fluid stations will be set up throughout campus to support hydration.

All equipment will be cleaned, disinfected, and air-dried after use or single use items will be available.

What strategies are being implemented to prevent/reduce the risk of COVID-19 at camp?

A number of strategies will be implemented for any in-person programming during 2021 and are based on published recommendations. Some of these strategies include health screening, COVID-19 testing, establishing cohorts at camp, wearing masks, and physical distancing. More details are available in the Roadmap to Summer Camp 2021 guidelines.

In addition, we will be making all of our memories on campus and will not be leaving campus for activities or trips. Visitors to campus will not be allowed. Meal times will be modified to avoid large gatherings of individuals in the dining hall. We will be eating at staggered meal times with some meals planned in the dining hall and others planned in outdoor spaces.

How many people will be living in the same housing space as my camper?

Housing space this year will be assigned by cohorts which means that each housing space will sleep between 5-8 campers and approximately 3 staff members. In smaller buildings, only one cohort will be assigned to that space. In larger buildings, cohorts may share the housing space but will enter and exit the building through different doors and will not share common spaces. An example of this would include having Cohort A on the lower level of a building and Cohort B on the upper level. Each cohort will have their own assigned bathroom and showering facilities – these spaces will not be shared between cohorts.

Each housing unit or room will have a portable air purifier with HEPA filtration to ensure the cleanest air possible. Portable fans will be set up in common spaces throughout campus.

What does health screening consist of?

All campers, volunteers and COS staff will need to complete a health screening form daily for 10 days leading up to camp, on arrival to camp, and then daily while at camp. All health screenings will include a temperature check and monitoring for symptoms consistent with COVID-19 or other viral infections. Prior to camp, you will also be asked if you have been exposed to someone with COVID-19, or whether you have travelled in the United States or internationally in the past 14 days. Medical staff or designees will be performing the screening at camp. All camper families will be sent a thermometer to aid in temperature checks.

Will the COVID-19 vaccine be required to attend in-person camp?

The COVID-19 vaccine will be required for **all volunteers and COS staff** participating at in-person camp programs. Campers who are 16 years or older are eligible to receive the Pfizer vaccine. While this is **NOT** a requirement to attend camp, we would ask that camper families consider this as a possibility. We would also encourage other members of the camper families to consider vaccination. Increasing the number of vaccinated individuals will help to decrease the number of COVID-19 infections. As infection rates decrease, we will begin to see a return to normalcy.

Will COVID-19 testing be required to attend in-person programs?

Our primary goal is to prevent or minimize the risk of COVID-19 at camp and the best way to do this is to ensure that all individuals attending in-person camp are healthy upon arrival. COVID-19 has an incubation period of 14 days and is a highly contagious virus. What this means is that once an individual is exposed to the virus, it can take up to 14 days for the exposed individual to become infectious – the individual would be potentially contagious during this period of time. In individuals who develop symptoms of COVID-19, they are known to often have been spreading the infection up to two days prior to the start of symptoms. Also, a high percentage of individuals who are infected with the virus never develop symptoms or symptoms may be mild in nature. Performing testing prior to arrival to camp and on the day of arrival will help identify those individuals who are infected but may be in the early days of their infection, or identify those who may be asymptomatic.

All campers, volunteers, and COS staff attending in-person programs will be required to have a COVID-19 test obtained within 3-5 days prior to the start of camp. Those test results will need to be submitted and reviewed by our Medical Director before arrival to the in-person campus. If the COVID-19 test is positive, the camper, volunteer, or COS staff member will **NOT** be allowed to attend the in-person program. We are still finalizing the details for this testing but are working to find a test that can be done in the convenience of your home. We are hoping that this in-home test will be a saliva-based test for our campers.

There will also be another test on the day of arrival to camp. Our medical staff will perform a rapid **antigen test (nasal swab)** obtained on arrival to camp. Results will be available in 20-30 minutes. The COVID-19 test must be negative to remain at camp.

The cost of testing will be covered either through grants or by Camp One Step. You will not accrue any costs for testing.

What will cohorting and physical distancing look like at camp?

Cohorting during camp is a strategy that is strongly recommended by the CDC and ACA for returning to in-person camp safely. What this means for Camp One Step is that campers, counselors, and medical staff will live, play, eat, and sleep together within their small group. Each cohort will be made up of 5-8 campers, and 2-3 staff members. Some people may refer to this small group as a household or pod, similar to terms used at home or at school. These small groups can interact with other predetermined small groups in various activities outdoors as long as masking and physical distancing is maintained. For instance, **the 7-10 year old campers** may attend an outdoor Arts and Crafts activity together, but their seating arrangements would keep each household together and 6-feet apart from each other. Another example would be two cohorts playing an outdoor game together where one household challenges the other household - let the competition begin!

Physical distancing means keeping a safe distance (6-feet) between other campers and staff. Program activities will be planned that support this strategy. We will also be implementing strategies for physical distancing within housing areas. An example of this is bed spacing. We will be ensuring a safe distance between the beds in the cabin and placing the beds so that

campers are not face to face. A concept of sleeping head-to-toe OR toe to toe will be implemented. We will also be supporting less campers per cabin to support this concept and to ensure that each camper has an identified space for their belongings.

What about handwashing and hand sanitation?

Handwashing and hand sanitation has always been an important infection control measure for Camp One Step. Additional handwashing/hand sanitation stations will be set up at various locations around campus. Campers, staff and volunteers will be educated on the importance of good handwashing and pre-established times for handwashing will be enforced.

Will masks be required at camp?

The spread of COVID-19 occurs when an individual is exposed to droplets or particles spread primarily through contact with infected mucus and secretions from the nose and sinuses, throat, and airway OR through exposure to these droplets or particles floating in the air. Keeping the air around us free of COVID-19 is another infection-control measure. Spending more time outdoors is also a great strategy as it promotes less confinement, natural physical distancing, and ensures constant circulation of airflow.

Masks will be required for all volunteers and COS staff at all times except when eating, drinking, sleeping or swimming. Campers will be asked to wear masks indoors, except when eating, drinking or sleeping. Campers will wear masks outdoors when physical distancing is unable to be maintained or if interacting with other cohorts. Disposable masks will be provided free of charge for all campers, volunteers and COS staff. New masks will be provided each day and will be changed out throughout the day as needed. If your camper is unable to wear a disposable mask, please reach out to a member of the COS Programs or Medical team to make other arrangements.

Will we be asked to “quarantine” prior to camp?

One of the primary ways to prevent COVID-19 infection is to reduce your risk of exposure. You will not be asked to quarantine. Instead, we would ask that you refrain from activities that fall into the high risk category for 10 days prior to camp. A list of these activities are available in the Roadmap to Summer Camp 2021 Safety Guidelines on the website.

What will the dining options look like at camp? Will dietary restrictions or special diets be accommodated?

Traditionally, meal times at camp are an opportunity to bring together everyone in one place, multiple times a day, but this has also been identified as a problematic and ideal location for the spread of infection. Details surrounding mealtimes are still under discussion but include a continental breakfast that would be served at the housing area, with lunch and dinner options being served in the dining hall and at outside venues. We will still be able to accommodate special diets and diet restrictions. Some additional guidelines include:

- Mealtimes will be staggered to reduce numbers and physical distancing will be maintained in the serving line and at tables.
- Campers, staff and volunteers will be required to wash their hands before and after meals. Hand sanitizer will also be available in the dining areas.
- There will be no self-serve areas like salad bars or drink stations.

- Staff members will be serving all food. Staff serving food will wear a face covering and gloves.
- Face coverings will be worn when in the dining hall, except when eating or drinking.
- Diners will be assigned seats for dining and will always eat with members of their cohorts.
- Surfaces will be cleaned and sanitized between each meal service.
- Food from home will not be allowed this year.

Will a camper be able to attend camp if they are unable to cover their cough or sneezes?

An important way to prevent the spread of COVID-19 is ensuring that individuals routinely cover their cough and sneezes and practice good hand washing using the 20 second rule. If your camper is currently unable to cover their cough/sneezes and you feel they have the ability to learn this technique, we would encourage you to begin working with them now on this important infection-control strategy. We would also stress the importance of working with them on good handwashing techniques as this is also a very important infection prevention technique. If you feel that your camper is unable to learn these techniques or will not be able to comply with these guidelines, we would recommend virtual camp only this year. If you would like to address this matter further, feel free to reach out to Susie Burke, COS Medical Director (sburke@camponestep.org).

[Stop Germs! Wash Your Hands. \(cdc.gov\)](https://www.cdc.gov)

[Frequent Questions About Hand Hygiene | Handwashing | CDC](#)

Are we accepting campers who fall into higher risk groups for complications of COVID-19?

Who is considered “at high risk”?

Some of our campers fall into “higher risk” groups for complications of COVID-19. What this means is that if they become ill from COVID-19, they have the potential to become much sicker than someone without a high risk condition. Some of these individuals might include campers who are currently receiving treatment for childhood cancer and individuals who are on drugs that suppress the immune system after a solid organ or stem cell transplant. In addition, campers with chronic lung conditions such as asthma, those who are diabetic, and anyone with underlying heart conditions may be considered high risk. If your camper falls into a high risk group, we would encourage you to have an open discussion about the risks and benefits of attending in-person Summer Camp with your camper’s primary health care team. We have created a letter for the health care team addressing the strategies that we are utilizing to keep our camp community safe. You may download a copy of the letter from the Roadmap to Summer Camp 2021 Guidelines. If you are unsure if your camper falls into a high risk group, feel free to reach out to Susie Burke, COS Medical Director or talk with your health care team directly.

Our Medical Director will work closely with parents of high-risk campers to ensure that they have had the opportunity to talk with their health care team members.

If an outbreak occurs on campus, how would this be handled?

In the event someone becomes ill at camp, the individual will be immediately isolated in the medical office until further evaluation is completed. Individuals with symptoms of COVID-19 will remain in isolation and monitored closely for progression of symptoms. Parents will be notified that their camper is ill and will be requested to pick up their camper within 4-6 hours. All parents should have a

transportation plan in place in the event that your child needs to be picked up from camp. If the ill individual drove themselves to camp, we will assess their ability to drive home safely prior to releasing them.

Other campers and staff who were exposed to the ill individual will be required to stay in or around their cabin for all activities and meals. They will need to avoid activities with other cohorts. In order to prevent further spread, these individuals will be sent home, preferably leaving within 12 hours of the exposure but no later than 24 hours post exposure. Parents will be provided information on quarantine at home, follow-up testing, and symptoms to watch for.

How will you ensure that the campus is kept clean?

A robust cleaning plan is being established. We will be working with a professional cleaning company to provide deep cleaning and disinfecting prior to the start of camp and between camp sessions. In addition, the cleaning company will be on campus daily to assist with cleaning. Additional cleaning throughout the day will be performed by the camp team. All cleaning and disinfecting products will meet recommended industrial standards.

General cleaning guidelines include:

- **Communal (shared) Spaces:** Cleaning and disinfecting of communal spaces will occur daily and between each use.
- **Frequently touched surfaces:** Cleaning and disinfecting of frequently touched surfaces will occur at least twice daily.
- **Restrooms:** Showers and high touch surfaces in cabin restrooms (sinks, faucets, knobs) will be cleaned and disinfected at least twice daily. Public restrooms will be cleaned and disinfected at least twice daily – the use of public restrooms will be discouraged except in an emergency, and restroom breaks in the cabins will be incorporated throughout the day.
- **Shared Objects:** Shared objects (i.e., sports equipment) will be cleaned and disinfected between each use. In situations where cleaning may be difficult (i.e., arts and craft supplies), each camper will receive a set of materials to use during their camp session.
- **Miscellaneous Cleaning:** Keyboards, laptops, and electronic equipment will be cleaned multiple times per day and should not be shared.

What strategies have the Conference Point Team put into place?

We have been in close communication with the CPC team since the beginning of the pandemic and they are working with us to implement the many changes that are required to make the campus safe for return. Many of these changes were implemented early on in the pandemic. Their dining hall has been spaced out to ensure appropriate distance between tables, and the number of tables in the dining hall have been significantly reduced. Cleaning and disinfecting of tables is being performed between groups. Their kitchen staff implemented the use of masks in addition to gloves; self-serve buffet dining is not currently available. The CPC team will practice physical distancing and masking when in contact with COS campers, staff and volunteers.

Summer Camp Virtual

What will Virtual Summer Camp look like?

Our Programs Team will be working with our Summer Camp Admin Team and Program Leaders to develop activity schedules for each program. Our goal will be to offer at least 2 hours each day of exciting online activities for our campers that reflect what they might typically experience during an in-person program. For some programs, activity time may be longer but will typically be split into 2 hour blocks of time. We will also plan new, creative virtual activities that could not be offered through an in-person program. In addition, we will plan fun indoor and outdoor activities that campers and their families can do together each day. To support these online and offline activities, Camp One Step will provide each camper and volunteer with “care packages” sent to their homes, filled with all supplies needed to take part in programs (i.e. arts and crafts, games, t-shirts, snacks, sports equipment, and project supplies).

What if my camper needs a computer in order to participate in virtual camp?

Last summer we received two grants that allowed us to purchase iPads, which are loaned out as needed to campers. Please let us know as soon as possible so we can reserve an iPad for your camper. We will need to ship the iPads to campers so knowing of the need at least 7 days in advance is helpful.

What if my camper needs extra support during virtual programming?

We recognize that some campers may need additional help to participate in some of the planned activities. This is something that our counselors are trained for and continually monitor activities to ensure that campers are able to keep pace. Time outs to have everyone display their work has been helpful in identifying campers who need assistance. Encouraging your camper to keep their camera on during virtual programming is helpful to us. If extra assistance is needed, the counselor is available to assist the camper either by slowing the pace of the activity, repeating the instructions, and sometimes providing 1:1 assistance in a break-out room. If family members are available behind the scenes to work together with the counselors, that can be beneficial.

How do you plan to keep my camper interested and excited to attend virtual programs?

The Summer Camp leadership team have been working together for the past several months to plan new and exciting programs for the campers while also making sure to offer some of the camper favorites. The camper “care package” will continue to arrive at your doorstep prior to the program with all of the supplies your camper needs to participate in camp, and then some more.

Can anyone participate in Summer Camp virtual? Are there any limits to the number of campers who can attend?

Summer Camp virtual is open to any camper ages 7-19 years old and is open to both new and returning campers. We do not have any space limits in the virtual setting.