

Camp Juliette Low



Policies and Procedures for Summer **2023** Information for Parents

Please note that this is a “living document” that may change based on recommendations from the Centers for Disease Control (CDC), the American Academy of Pediatrics (AAP), the American Camp Association (ACA), the Association of Camp Nurses (ACN), the Georgia Department of Public Health, and the CJL COVID-19 task force. Any changes will be communicated to the parents of registered campers by email as well as added to the document stored online.

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Planning for a Safe and Happy Summer at CJL

Camp Juliette Low is proud to have experienced two safe summers of operation during the COVID-19 pandemic, including our 100th anniversary season in 2022.

CJL's COVID-19 task force -- headed by a doctor and including a camp nurse, camp directors, educators, and camper parents – continues to re-evaluate protocols for opening and operating camp safely. This document summarizes what parents need to know to prepare their campers for camp. If you have questions, please contact the off-season office at 770-428-1062 or info@cjl.org. In summer contact the summer camp office at 706-862-2169 or info@cjl.org.

COVID-19 Vaccination Recommendation

Camp Juliette Low expects to return to normal “pre-COVID” operations at camp this summer. With this goal in mind, CJL **strongly recommends** that campers be “up-to-date” on COVID-19 vaccinations before coming to camp. What does “up-to-date” mean? According to the CDC website, your child will be up-to-date if she:

- Receives the primary series of two vaccine doses (at least 3 weeks apart) within the 2 months before camp, **OR**
- Receives/has received the updated (bivalent) booster* at least 2 months after the primary series was completed.

*The bivalent booster that fights the Omicron variant of COVID-19 was recommended for children age 12+ starting in September 2022 and for children age 5+ starting in October 2022. If your child received a booster at that time or later, it was likely the bivalent booster, and the vaccination card will say “bivalent” next to the shot. If your child received an earlier booster that was not bivalent, a new booster is recommended.

You will need to upload all medical forms and other required forms one month before your child's camp session, so plan accordingly. The following table shows the deadlines for forms to be submitted in order to avoid a \$50 late fee. **The Campanion app for your phone is free and makes it very easy to scan and upload documents.**

| If arriving for: | Upload forms by this deadline: | If your child has not yet received the COVID-19 primary series, the first dose is needed by the following date in order to have the second dose 3 weeks later and by the deadline for forms: |
|-----------------------------|--------------------------------|--|
| Session 1 and CIT1, June 4 | May 4 | April 12 |
| Session 2, June 18 | May 18 | April 26 |
| Session 3 and CIT2, June 26 | May 26 | May 4 |
| Session 4, July 10 | June 10 | May 19 |
| Session 5 and 5A, July 18 | June 18 | May 27 |
| Session 5B, July 25 | June 25 | June 3 |

If your child develops a COVID-19 infection, your health care provider may recommend delaying a booster or vaccine dose for 3 months (90 days) after the infection. During that 3-month period of increased immunity, the child is considered “up-to-date.”

For more details on vaccine recommendations, you may wish to visit CDC’s website or the American Academy of Pediatrics website:

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html#children>

<https://publications.aap.org/redbook/pages/Immunization-Schedules?autologincheck=redirected>

Waivers: All campers are required to update their immunization record within the Health History form in CampInTouch. If you choose not to have your child vaccinated against COVID-19 or another childhood disease according to the vaccine schedules recommended by the CDC and APA, please complete and have your child’s health care provider sign the form titled “Request for Immunization Waiver” available within your CampInTouch account, under the Forms & Documents tab.

Rapid Antigen Test Requirement on Opening Day

Please administer a rapid antigen test to your daughter on the morning of her day of arrival at camp. On arrival you will be asked some questions about symptoms and asked to show a close-up photo (on your phone) of a negative test result for your child. The photo should also show a card with the child’s name, the date, and the time of the test. Every camper must have a negative result to stay at camp. If you have a positive result, please stay home and contact the camp office at 706-862-2169.

New this summer: If you wish to exit your car and walk with your daughter to her tent and/or take a tour of camp on Opening Day, also administer a rapid antigen test to yourself on the morning of arrival. Just as you did for your child, take a photo of the negative result with a card showing your name, the date, and the time of the test.

Until May 11 free rapid antigen tests may be ordered from the government at covid.gov/tests. You may want to go ahead and obtain tests to be prepared. Ask your pharmacist for help as needed. Several low-cost brands of rapid antigen tests are available now, such as BinaxNOW and Flowflex. Rapid antigen tests typically provide results at home in about 15 minutes.

If recently infected (in the past 10 days), the camper must provide assurance that she has isolated for 5 days and worn a mask for 10 days since a positive test or symptom onset, that she has been fever-free without medicine for 24 hours, and that other symptoms have improved. In order to document the beginning of the infection, please take a photo with date/time of the initial positive test result. The 10-day masking period may be shortened if the camper has had two negative antigen tests 48 hours apart and can show photos with date/time of the negative tests.

CDC guidelines for isolating and for ending isolation are at the following link:
<https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html>

Health and Safety before Camp

Try to avoid exposure to COVID-19 and other infections in the 14 days before camp by staying close to home with immediate family or those normally in your “pod.” We recognize that some campers will be finishing school or attending other safely run activities. Be careful and thoughtful about attending group gatherings before camp to avoid exposure. You may want to take the precaution of wearing a mask in indoor group settings and when traveling on planes and public transportation, even if others are not.

For 14 days prior to opening day of your camper’s session, please monitor your child’s health for possible COVID-19 symptoms. If any COVID-19 symptoms occur, please rapid test your child right away to determine if your child has COVID-19. If positive/infected, take a photo of the result to document when the infection began. The camper must isolate for 5 days after the positive test or symptom onset, wear a mask through day 10, and be fever-free for 24 hours without medicine before coming to camp. The masking period may be shortened if there are two negative antigen tests 48 hours apart; please take photos of these negative results, showing the date and time, in order to shorten the masking period.

Safety Measures at Camp

Our goal is to restore the daily routines and traditions of CJL to the extent safely possible. CJL offers campers the safety of being mostly outdoors, even when sleeping in an open tent. CJL’s emphasis on outdoor activities will be to our advantage.

CJL will continue:

- daily wellness checks by nursing staff
- frequent handwashing and hand sanitizing
- emphasis on outdoor activities

Masks Optional

Campers will not be expected to wear masks this summer. Masks will be optional at all times, except as required by CDC guidelines within 10 days of illness or close exposure to COVID-19.

This protocol is contingent upon COVID-19 transmission remaining low at camp and in the home counties of most campers and counties surrounding camp.

If a camper chooses to wear a mask, that is fine. However, masks should not be worn when:

- sleeping, eating, or tooth brushing
- doing anything that could get masks wet: showering, swimming, boating, walking in the rain
- riding horseback or climbing in a harness (activities where a mask could become entangled)

Please pack a few snugly fitting disposable masks just in case they become needed.

Provision for Urgent Pick-up

Among the forms in CampInTouch, one is critically important in case your child needs to be picked up from camp. If your camper tests positive for COVID-19 while at camp, or must be picked up for any other urgent reason, you will be contacted immediately, and the camper must be picked up within 6 hours. If you will not be able to pick up your child in this time frame, you will need to designate someone else and give their contact information on the form titled *Parent Pick-Up Permission*. This form also allows you to designate another person who may pick up your child at the end of the session.

Submit Forms Using CampInTouch (or Companion App)

All applicable forms should be uploaded or completed within CampInTouch at least one month prior to your camper's arrival to avoid a \$50 late fee. Health forms are especially important in case healthcare staff need to contact you to discuss medications or special needs.

In order to complete the forms, login to your [CampInTouch account](#). Within the home dashboard, select the "Forms & Documents" icon. Complete and/or upload the following forms. Submitting the completed forms is easy using the Companion app.

Parent/Guardian's Assumption of Risk and Waiver of Liability
Health History, which includes the Immunization Record
Request for Immunization Waiver (if applicable)*
Camper Health-Care Recommendations (must be signed by physician)
Mental, Emotional, and Social Health
Medication Instructions (if applicable, see below)
Copy of Insurance Card – Be sure to scan and upload a copy of both sides.
Parent Pick-up Permission
Airport Transportation (if applicable)
Trading Post Pre-Orders (optional)
Tenting Requests
Camper Photo

*If you choose not to have your child vaccinated against COVID-19 or another childhood disease according to the vaccine schedules recommended by the CDC and APA, please also complete and have your child's health care provider sign the form titled "Request for Immunization Waiver" available within your CampInTouch account under the Forms & Documents tab.

All tuition and trading post payments will be due by May 1. In order to view your tuition balance and make payments, please visit your [CampInTouch account](#). Within your home dashboard, there is an icon that reads "Financial Management." If you have a remaining balance on May 1, then the card on file will be automatically charged.

Trading post deposits will not be accepted at check-in. If you have not put money into your camper's trading post account by May 1, then \$50 will be automatically charged to the credit card on file. Any remaining money left at the end of the session will be refunded to your credit card within three business days of the end of session. In order to view your trading

post deposit balance, please visit your CampInTouch account. Within your home dashboard, there is an icon that reads "View Trading Post Account."

Medications

Any necessary medications should be brought to camp in a zippered plastic bag in the original pharmacy packaging. We cannot accept any medications that are not in their original packaging. Bring exactly the amount of each medication needed. Do not bring over-the-counter medications. Our infirmary is stocked with these medications used to treat common ailments.

In CampInTouch and on the next page of this document, you will find a Medication Instructions form. **In addition to uploading the completed form, please print and insert it in the plastic bag with medications brought to camp.** This will facilitate communication with nursing staff on Opening Day.

Camp Juliette Low – Medication Instructions

- Complete this form and enclose it in a zippered plastic bag with your camper's medications. **Medications must be brought to camp in the original pharmacy packaging.** We cannot accept any medications that are not in their original packaging. Bring exactly the amount of each medication needed.
- Instructions on this form should be consistent with the physician's orders. If there is a discrepancy, camp nursing staff will follow the physician's orders.
- Do not bring over-the-counter medications. Our infirmary is stocked with these medications used to treat common ailments.

Camper name: _____ Session(s): _____

Camper drug allergies: _____

Daily medications:

| Drug | Dose | Frequency |
|------|------|-----------|
| | | |
| | | |
| | | |
| | | |
| | | |

As needed medications:

| Drug | Dose | Frequency |
|------|------|-----------|
| | | |
| | | |
| | | |

Parent Signature: _____ Date: _____

For camp use only:

Camper's Unit: _____ Tent: _____ Table: _____

Date medications received: _____ Nurse initials: _____

Date returned: _____ Nurse initials: _____

Opening Day Procedures

Check-in will be a drive-through process. There will be staggered arrival times to avoid back-ups. These will be 30-minute intervals from 9:00 a.m. – 12:00 **Eastern Daylight Time** (*CJL will continue to run on Eastern Daylight Time again this summer.*) You will be notified of your assigned time by email.

Pack carefully: Campers should be able to hand carry anything that is not packed in a trunk or plastic bin.

NEW: This year parents may stay in their cars while dropping off their camper, or they have the option of parking after check-in and walking with their camper and a counselor to the unit. There will also be tours of main camp for parents, conducted twice during the morning to accommodate different arrival times. If you want to take a tour, be sure to arrive early during your scheduled time frame. Wear walking shoes or tennis shoes (flip flops, high heels or sandals will be uncomfortable on rocky or muddy paths).

Note to CIT parents: CITs will be invited to arrive in the late afternoon of the day before Opening Day, but we cannot accommodate younger siblings early.

Drive-Through Process (details may change):

1. Enter the gate and drive to Stop #1 on the entrance road. A staff member will get the camper's name and confirm that necessary forms have been received. You will be asked to show a photo of a negative rapid antigen test result from that morning (with a card showing the child's name, date, and time of test.) If you plan to exit the car and walk to the unit, or take a camp tour, you will also need to show a photo of a negative test result.
2. At Stop #2, staff will take the camper's temperature and ask screening questions about COVID-19 symptoms. If all is well, the camper will get out of the car for a head lice check. In addition, the horseback staff will ask the camper about her riding ability, using a series of questions to determine a suitable class level. If the camper has lice or discussion is needed, the parent will be directed to drive into a separate area so traffic flow is not interrupted.
3. With the camper back in the car, the parent will be directed to drive to Stop #3 at the Pavilion, where staff will unload luggage except for items that the camper will hand carry to the tent. (Anyone who needs a restroom may use those behind the Staff House.)
4. At Stop #4, the parent will drop off any medications, bagged with the Medication Instructions form, and have a chance to speak with the healthcare supervisor. At this stop parents will also have the option to leave letters and a package (limit one per camper) for later delivery.
5. The parent will then be directed to drive to the drop-off spot for the camper's unit. At the designated spot for her unit, the camper will leave the vehicle with items to be hand carried to the tent. The camper will be greeted by a counselor or CIT. Campers may wave good-bye at this point, or the parent may park and walk with the camper to the unit. Staff will show parents where to park. Parents are asked to keep visits in the unit to 30 minutes maximum.
6. If you wish to take a tour of main camp, meet in Bidwell Lodge at 10:00 a.m. or 11:15 a.m. Bidwell Lodge has a restroom if you need one.

7. Parents will leave via the exit road that goes past the barn. Trunks and bins will be delivered to the tents. Counselors or CITs will assist as needed with bed making for the younger campers. Beds will be made with pillows towards the outside of the tent; campers will sleep “toe-to-toe.”

The Infirmary at Camp: Response to Covid-19

CJL will continue to have additional nursing staff at camp this summer. All of the usual health routines will continue, including a daily wellness check at the infirmary.

Anyone who has symptoms suggestive of COVID-19 will receive a rapid antigen test. If it is positive, the parent will be called and the camper must be picked up within 6 hours. If the rapid test is negative, a PCR test will be done to follow up: Since PCR results may take 48 hours to receive, the camper will need to be isolated while waiting for the result. Parents will be called and informed. Campers will be supervised during this waiting period. If the PCR test is negative and symptoms resolve, the camper may return to the unit.

Rooms inside the infirmary will typically be used for campers needing treatment unrelated to COVID-19. Several tents near the infirmary are designated for isolating COVID-19 suspect patients waiting for PCR test results, and COVID-19 positive patients waiting for transport home. Of course, we hope we don't have to use these isolation tents, but we are ready just in case. Any camper in isolation will receive caring attention, supervision, snacks, meals, and activities such as puzzles, books, or crafts.

If a camper is found to be positive for COVID-19, her tent will be thoroughly cleaned after her belongings are packed up. Parents of campers who were close contacts will be notified. Careful monitoring for symptoms will continue, and anyone with symptoms will be rapid-tested right away. If closely exposed, campers may be asked to wear a mask when indoors and near others who were not exposed. If masking or testing is recommended after camp, parents will be advised.

Closing Day Procedures

Parents should arrive between 9:00 and 11:30 a.m. Eastern Daylight Time. Pick-up will be a drive-through process, and parents will stay in the car unless they need to use the restroom.

Drive-Through Process (details may change):

1. Enter the gate. At Stop #1 a staff member will greet the parent and identify the camper being picked up and her unit. The greeter will radio the unit to have the camper come to the designated spot to wait with a counselor or CIT until her car comes by.
2. The parent will drive the same loop as on Opening Day. At the next stop, the parent will get the camper's trunk from the Pavilion. Staff will load the trunk. Lost and Found items will be on a table at this stop.

If parents need a restroom, they may use the restrooms across from the Pavilion.

3. At the next stop, the health supervisor will return any medications and may discuss any health concerns. Other staff will give the parent camp photos and any mail that came in that day. Parents will receive any communication needed in a closing day letter.
4. Parents will be directed to the designated pick-up point for their child's unit. Each unit will have a supervised waiting area. Parents will wait in cars to get their campers.
5. Leave by way of the barn exit road.

Parents will receive a post-camp digital questionnaire about their camper's experience. Trading Post receipts will be available online showing the amount to be refunded or charged.

Frequently Asked Questions (FAQs)

What can I do as a parent to prepare my child for camp this summer?

First-time campers may want to explore the CJL website to see pictures of the tents and activities, watch videos, and even learn some camp songs. Discuss and practice healthy habits and daily hygiene: handwashing properly, showering, washing hair, changing clothes, making a bed. The usual packing tips still apply: For example, pre-address and stamp envelopes and pack them in a zipper baggie to help keep out moisture.

How will you ensure that staff members do not transmit COVID-19?

Staff are required to be up-to-date on vaccinations. will prescreen for COVID-19 symptoms for 14 days before camp, and will have a negative rapid antigen test on arrival day at camp. If staff leave camp for more than 3 days, a negative rapid test is needed to return.

My child has asthma/diabetes/an underlying condition which is under control. Can she still come to camp?

CJL cannot guarantee that COVID-19 will not enter the camp population. Because your child is at greater risk of complications, you must have a discussion with your child's doctor about the risks vs. benefits of coming to camp. The doctor must sign the Health Care Recommendations Form. When it is received on CampInTouch, you will be referred to the camp director or nurse so they can review COVID-19 protocols with you and confirm that you are comfortable with sending your child.

My child needs to attend a school/sports/family event that is scheduled to occur during camp. Can she leave camp for the event and then return?

No. There are no exceptions to this policy. We understand that some difficult choices may have to be made, but we are trying to maintain a "CJL bubble."

We have a family trip planned during the 14 days before camp that will require airline travel. Can my child still attend camp?

Yes, but there may be a greater chance of exposure on airplanes and in airports where people from various places converge. Be diligent about masking during travel. Continue to do the 14-day pre-screening on CampInTouch.

What if my child tests positive or is exposed to an infected person shortly before camp?

If your child tests positive, be sure to document the initial positive test with a photo. Contact the office to discuss the specifics of your situation and the timing of isolation, testing, and masking requirements relative to the start of camp.

If my child must go home from camp due to COVID-19, will I receive a refund?

Yes. If your child tests positive for COVID-19, you will receive a refund for the days missed.

Under what circumstances might camp have to tighten protocols or close during the summer?

CJL's staying open with these policies depends on factors such as community spread of COVID-19, the nature of any new COVID-19 variants, compliance of staff and campers with protocols, and the incidence of cases at camp. The camp directors and Board of Trustees will monitor these factors in making decisions about whether CJL must tighten protocols or close. If camp must close, parents will be notified immediately.

What if my child tests positive for COVID-19 after camp?

If your child tests positive within 10 days after camp, please contact the camp office to describe the circumstances. If the exposure may have occurred at camp, parents of campers in the child's unit will be notified.

What traditions are expected to return this summer?

CJL staff will do their best to make sure that campers have fun and enjoy CJL traditions safely. We look forward to returning to our former class schedule, spinning the kaper wheel in the Dining Hall again, singing while washing dishes, experiencing Colors together, singing around the campfire and in the Goodnight Circle, and more!