

(Updated April 12, 2021)



## 2021 Preliminary Covid-19 Health Guidelines

Our excitement is growing as we get closer to the beginning of camp. We remain confident that we can lead a healthy and fun Rockmont summer, and today we are presenting our latest update to our 2021 COVID guidelines. Thank you for your attention to these details. You are playing an important role in our camp health plans this summer!

### Prior to Camp

Although Rockmont is taking the recommended precautions, we cannot guarantee that Camp Rockmont is virus free or that you will not be exposed to COVID-19. An inherent risk of exposure to COVID-19 exists in any place where people are present.

Because of the risk of exposure to COVID-19, we recommend that every camper and staff member should be screened by their primary physician and given clearance to participate in camp. We ask that parents or guardians determine if their camper has any underlying conditions that would prohibit him from participating in all activities in a residential camp setting.

1. All campers and staff who have not been vaccinated will be **required** to present a negative molecular PCR (not a rapid antigen) test upon arrival at camp.

- A PCR Test will be sent to the Sponsoring Organization from Precision Health. The organization will be in charge of making sure the test is administered to each camper on Monday prior to camp and mailed back to Precision Health on Monday afternoon.
- Each camper will need to quarantine for **72 hours before the test and then remain in quarantine until arriving at camp.**
- **By quarantine**, we do not mean total isolation. We mean low-risk behaviors - avoiding gatherings with friends and in public settings such as restaurants and sporting events. Masking, distancing, outdoor ventilation, and hand-washing continue to be behaviors that keep everyone healthy and safe.

*We recognize that 8 days is a big commitment of time, but your adherence to these guidelines is crucial to helping us keep every camper healthy this summer. We think our campers need a Rockmont summer now more than ever, and we want every camper to enjoy the entirety of their session without interruption. Your adherence to these guidelines before camp allows all campers to celebrate and enjoy the full Rockmont experience when they get here.*

3. All campers and staff will be **required** to complete an Eight-Day Health Monitoring Form which will include daily temperature recording, information on COVID exposure and information pertaining to symptoms in the last two weeks. This Health Monitoring Form can be found under Forms on the Camp Diversity website.

We cannot allow campers to move-in until we have a negative PCR test and the 8-day Health Monitoring Form. All campers should have both forms before leaving for camp. Anyone without either form should be kindly asked to remain at home.

4. **All sponsors who will be staying at Rockmont for the duration of Adventure Week will need to be fully vaccinated for COVID-19 in order to live in any Rockmont group housing.** If any sponsor is planning not to be vaccinated for any reason, please contact [stan@rockmont.com](mailto:stan@rockmont.com) (828-581-4152) as soon as possible, so that we can determine if other accommodations are available.

5. All campers and sponsors should continue low risk behavior while on the road. Please wear masks when you enter any restroom or public area and avoid dining in restaurants. Proper hand-washing, distancing, and masking are essential to staying safe while traveling.

## Opening Day

All forms will be collected at arrival, and all campers and sponsors will have a temperature check.

- If any camper registers a temperature of 99.6 or greater, he will need to quarantine until his fever returns to normal for 24 hours without any fever-reducing medication. If at all possible, we ask that he return home to quarantine.
- If the group is more than two hours away from home, we will work with sponsors. We can house the camper in our health center until his temperature returns to normal.

## During Camp

1. Cabin groups will function as a cohort, in which campers can engage one another fully without masks or distancing. In addition, cabin groups will be part of a larger tribe of about 50 boys, in which most activities will occur. Outside of cabin groupings, we will employ three major preventative practices: **masking**, **distancing**, and **outdoor ventilation**. Camps across the country have discovered that employing at least 2 of these 3 practices at all times outside the cabin is the most effective way to prevent the spread of COVID. When outdoors and properly distanced, no masks will be required - and we spend a lot of time outdoors.

Meals will be eaten in shifts in order to allow everyone to relax and enjoy their food.

2. The Health Center and our Health Center Team will be available 24/7 to care for our campers and staff. The Health Center will be divided with rooms for non-viral treatment, COVID rule-out, and COVID positive isolation. Our Health Center Team will be available by phone prior to and during camp to address any questions or concerns you might have.

3. We will conduct daily health screening for campers and staff. This will involve temperature screenings and questions about symptoms including cough, shortness of breath, chills, sore throat, loss of taste or smell, diarrhea, headache, etc.

Enhanced cleaning procedures will be implemented across the camp facilities.

## **In the event of a positive diagnosis of COVID-19:**

If any camper requires a COVID test because of the presentation of symptoms, we will contact his parents and the sponsor. If the diagnosis is positive, we will isolate the camper, and work with the sponsor to arrange for him to be transported home within approximately 12 hours. After a positive diagnosis, the camper's cabin group will be **monitored closely** for the duration of their stay and undergo testing as recommended by the Health Department.

## **Other Considerations**

Camp Rockmont is an ACA accredited camp and we have years of experience in mitigating the spread of communicable diseases. (See [Preventing and Treating Illness at Camp](#)). In addition, we have learned through our Family Retreats and through collaboration with neighboring camps that additional health and safety practices do not detract from a full and fun Rockmont session.

These plans have been developed in consultation with the American Camp Association Field Guide for the Implementation of CDC Guidance and with reference to current state and Health Department requirements.

We look forward to welcoming your son and to seeing and hearing this place come alive again. We are energized and confident as we approach the summer of 2021. Please contact us with any questions you may have.

Sincerely,

**The Rockmont Team**