

# Pandemic Guidelines for Overnight Activities

## All Recreation Camp Properties - 2022

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### FOR CHURCH ACTIVITY LEADERS

For more information about this topic, call the Risk Management Division:  
1-801-240-4049 or 1-800-453-3860, ext. 2-4049 (toll free in the United States and Canada).

### FOLLOW COMMUNITY AND AREA GUIDELINES

Camp is an opportunity for youth, young adults, and families to practice patterns of gospel living away from worldly influences and the challenges they may face in their daily lives.

These guidelines have been developed to help leaders reduce risks associated with overnight activities during the pandemic and increased risk of the transmission of COVID-19. They are applicable for all overnight activities held during a pandemic. In the guidance given by our Church leaders, a return to Church activity "... can be done only when local government regulations allow *and* after the Area Presidencies provide additional guidance to local Church leaders." This resource is provided as a supplemental guideline and reference to be used in addition to those provided by government entities. Further Church guidance for response to the pandemic can be found by accessing the [Pandemic Support and Resources](#) fact sheets.

### General Guidelines

- As COVID-19 trends slowly decrease, comply with local public health mandates and government regulations including those of the jurisdiction where the activity will be held.
- Overnight activities should comply with any local restrictions on group size.
- Medical or public health professionals with knowledge about communicable diseases should counsel with local leaders on implementation of appropriate guidelines.
- Leaders, volunteers, youth, and their families should not be pressured to attend in-person activities if they are uncomfortable participating, particularly if an individual is in a vulnerable population.
- A backup plan for virtual activities should be prepared if conditions do not permit in-person activities.
- Event organizers should create an advance plan for transportation to ensure that those who become ill can get prompt medical attention.

### MINIMIZE DISEASE TRANSMISSION

#### OVERALL MEASURES

Although there are many factors that contribute to the spread of disease that can be targeted more specifically, some general measures can be taken that will help minimize the risks of disease transmission.

- Reduce the potential for the introduction of the disease by ensuring participants are disease free. This can be done through the following actions:
  - Vaccination when appropriate

- A voluntary two-week quarantine prior to arrival at the overnight activity.
- A negative test within three days of arrival to the overnight activity.
- Daily self-evaluations to ensure the absence of any symptoms and catch the symptoms early on in the progression of the disease.
  - While less effective, providing body temperature evaluations may provide early notification of the disease.
- Decrease the numbers of participants in gatherings. Such measures may include:
  - Isolate individuals into smaller groups to minimize the risk of disease transmission and limit exposures between individuals. Smaller groups can include those that are transported together, tent together, are in the same ward, same youth group, and so on.
  - Minimize contact between groups. As an example, groups should use physical distancing while eating rather than provide cafeteria style meals where everyone eats together.
- Members of groups should refrain from mixing with individuals of other groups.
  - Staggering meeting or events
    - Examples of staggering events and meetings may include organizing multiple meetings staggered throughout a day or on alternating days in order to minimize group sizes. As an example, an activity such as a star gazing party should be done staggering times with smaller groups.
  - Some activities or portions of the activity may be done virtually.

Minimizing droplet spread within groups is a proven method to prevent disease transmission. The following section provides additional guidelines to prevent droplet exposures.

## MINIMIZE DROPLET TRANSMISSION

The current COVID-19 disease is believed to transfer to individuals primarily through droplet inhalation. Droplet generation occurs through sneezing, coughing, singing, and talking. Research has shown that most droplets of concern settle within approximately 6 feet (2 meters). The risk of disease spread through droplet transmission can be minimized using the following measures:

- Physical distancing
  - Physical distancing can reduce disease exposures. Establish settings that provide a physical distance of 6 feet (2 meters) between participants. These efforts are more effective when combined with other measures.
  - When sleeping in tents, cabins, or other enclosed spaces, consider asking participants to sleep “staggered” (i.e., head to toe) to reduce transmission through droplets exhaled while sleeping.
- Face Masks
  - The use of face masks during activities where participants are in close proximity with one another. Face masks have been shown to be an effective control to prevent transfer of disease.
- Sing outdoors
  - Singing has been shown to generate significant amounts of droplets. If a decision is made to sing in groups, it should be done outside and may include masks.
- Maximize outdoor air
  - Holding activities outdoors decreases the risk of disease transfer due to air mixing and dilution.
  - Hold outdoor activities to minimize time spent in small indoor spaces such as cabins and tents.
  - If activities are held indoors increase outside air by opening windows and doors.
- Increase the time between activities in occupied indoor spaces
  - Due to the increase of droplet settlement as time goes on, increasing the time between occupation of a common space decreases the risk of disease transmission.

## MINIMIZE TRANSMISSION THROUGH COMMON SURFACES

Although believed to be less of a concern than droplet spread, transmission of COVID-19 disease is also believed to occur through touch or contact with non-porous surfaces. The risk of disease transmission through surface contact can be reduced by disinfecting common touch points. Consider the following measures to minimize the disease transmission through common surfaces:

- Eliminate the need to touch common surfaces. For example, by propping open doors the need for touching the door handle is eliminated.
- Follow [safe food preparation and serving guidelines](#). Do not utilize 'self-serve' methods for serving buffet-style meals.
- Disinfect indoor common surfaces between activities. Common surfaces may include door handles, public/shared restroom faucets, drinking fountain controls, cafeteria surfaces and shared chair arm rests.
- The virus will eventually become non-viable on surfaces after the passage of time. Research has shown that the virus that causes COVID-19 is very unlikely to survive on a non-porous surface for over a few days.

## OBTAIN SUPPLIES

Certain supplies should be available in order to minimize the risk of disease transmission. Ideally the following supplies should be available to all participants:

### Face Masks

Participants should have access to face masks. A supply may be needed to assist those that do not have or need to replace a face mask.

### Hand washing supplies and hand sanitizer

Have supplies to wash hands with soap and water for at least 20 seconds. Use the cleanest water possible. Hand sanitizer is recommended when hand washing is not available or impractical to minimize the risks of disease transmission through touch or contact. Hand sanitizer should be at least 60% alcohol. Participants should wash or sanitize hands before and after preparing food, before eating, after using the toilet or latrine, after touching garbage, and so on.

### Disinfectants

Disinfecting agents are different from regular cleaning products in that they have been approved for the special purpose of inactivating biological contaminants. Disinfectants used in meetinghouses are appropriate. Disinfectants should be on EPA List N of products expected to inactivate the virus that causes COVID-19.

### Personal Protective Equipment (PPE)

Appropriate PPE specified for use of the disinfecting products should be provided for those engaged in cleaning and disinfecting. The recommended PPE can be found on the Safety Data Sheet for the products. The recommended PPE may include protective eyewear and gloves.

## ESTABLISH STRONG MESSAGING

Participation in overnight activities should be accompanied by a communication plan from leaders on minimizing disease transmission risks. Communications should provide participants an overview of the disease prevention strategy including the use of masks, social distancing, the importance of hand washing and other precautions. Communication should emphasize that participants—and especially vulnerable groups—are not expected to attend if they feel unsafe.

Communications should include strong messaging to participants if sick to not attend, alert leaders if they show any signs of illness, or have been in recent contact with persons who are presumed or confirmed COVID-19 positive. General guidelines suggest that safe participation can occur for an individual that has been or is presumed positive for the disease when the individual has not had a fever for over 3 days, has recovered from all respiratory symptoms, and it has been more than 5 days since symptoms first appeared. After 5 days, participants must wear a well-fitted mask for an additional 5 days.

# PROTOCOLS IN THE EVENT OF A POSITIVE OR PRESUMED ACTIVE CASE OF COVID-19

## POSITIVE CASE PROTOCOLS

The following protocols can be used when participants or leaders are made aware of an individual's presumed or confirmed status as positive for COVID-19:

### DISINFECTING THE AFFECTED PORTION OF A FACILITY

- Establish the timing of symptoms in conjunction with the progress of the disease. Generally, an individual will spread the virus as early as 2-3 days before and while symptoms are present.
- Define the location or the areas where the individual was present. Disease transfer is believed to occur only in the immediate area where a person was located while contagious.
- Disinfect the affected areas.

### POSITIVE CASE PROCEDURES FOR INDIVIDUALS

If a participant is positive or presumed positive for the disease, the following actions should be taken:

#### Notifications

1. Identify primary contacts.
  - a. Counsel with the positive individual to identify others who may have been exposed. A primary contact is an unvaccinated person that spends a cumulative 15 minutes of time within 6 feet (2 meters) of the individual during or within 2 days of the disease onset/positive test. Exposure times should be cumulated over the course of the day and calculated for both times when the individuals were or were not wearing face masks. A person is considered fully vaccinated 2 weeks after receiving the last required vaccination, including a booster shot.
2. Notify primary contacts of the exposure.
  - a. Unvaccinated individuals that meet the criteria as a primary contact should be quarantined for 5 days from the last exposure. After quarantine, watch for symptoms until 10 days after exposure and wear a well-fitted mask during this time. Those that have been vaccinated are not restricted but should self-monitor for any symptoms.
3. Notify family members of those that have tested or are presumed positive.

#### Treatment and Isolations

1. Quarantine infected individuals.
  - a. Those individuals that have tested or are presumed positive for the disease should be separated from the others in order to maintain an effective quarantine. The following strategies should be considered for those in disease quarantine:
    - i. Transport home from the overnight activity or to appropriate medical care. Event organizers should create an advance plan for transportation to ensure that those who fall ill can get prompt medical attention.
      - a. Ensure that those that are caring for or interacting with the sick individuals are properly protected, ideally using a properly fitting N95 or more effective respirator, protective eyewear, and gloves.
2. Quarantine of primary contacts
  - a. Individuals that have been identified as primary contacts should be isolated from those that test or are presumed positive as well as those that are not primary contacts.
  - b. Primary contacts should be transported home from the overnight activity or to appropriate medical care.
  - c. Effective longer-term isolation will include amenities such as separate bathrooms, sleeping areas

and cooking/eating areas.

### **CHANGE TO MEET NEW MANDATES AND COUNSEL**

Continue to monitor and adjust plans according to local public health mandates, government regulations, rates of disease transmission in the local area and according to counsel from Church leaders.

### **ADDITIONAL RESOURCES**

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/summer-camps.html>

<https://www.cdc.gov/coronavirus/2019-ncov/communication/toolkits/summercamp.html>

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/camp-planning-tool.pdf>

<https://www.youtube.com/watch?v=fqpQhuWYOtc>

<https://www.acacamps.org/resource-library/coronavirus/camp-business/field-guide-camps>

<https://www.churchofjesuschrist.org/callings/church-safety-and-health/food-safety?lang=eng>