Quiet Valley Living Historical Farm
COVID-19 Pandemic Action Plan for Summer Camps

**CDC Guidelines**

**Prevention**
In order to host a successful summer camp season, Quiet Valley encourages all guests and staff to take preventative steps related to COVID-19 in alignment with the U.S. Centers for Disease Control and Pennsylvania Department of Health guidelines:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash, immediately follow with handwashing or hand sanitizer with at least 60% alcohol content.
- Clean and disinfect frequently touched objects and surfaces using a household cleaning spray or disposable, alcohol-based cleaning wipe.
- Follow CDC’s recommendations for covering the nose and mouth when around others.
  - CDC recommends everyone to wear a cloth face cover when indoors with others.
  - Cloth face coverings protect others from potential infection.
  - Continue to maintain 6 feet of social distancing from others
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
  - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

**Symptoms**
People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. These symptoms may appear 2-14 days after exposure to the virus:

- Fever
- Dry cough
- Shortness of breath or difficulty breathing
- Chills and repeated shaking with chills
- Muscle pain
- Headache
- Sore Throat
- Loss of taste or smell

Individuals who are sick with COVID-19 or think they may have COVID-19 are to follow the following steps for self-care and protection of others:

- Stay home except to get medical care.
- Separate from other people as much as possible while home.
- Monitor symptoms and seek emergency medical attention if one has trouble breathing, persistent chest pain or pressure, confusion, or bluish lips/face.
Quiet Valley Camp COVID-19 Prevention Measures

Staff Training

- All staff members are trained on practices for prevention and the chain of command (see below) for notifying the management of potential on-site cases of illness.

Facilities Preparation

- All facilities are being disinfected daily including classroom spaces, restrooms, and on-farm learning sites.
  - Camp staff will disinfect all common areas and bathrooms at the end of each camp day.
  - Periodic disinfection will occur after group activities in shared spaces such as pavilions and classrooms.

During Camp

- All participants are asked in advance not to attend programs if they are experiencing signs of illness.
- Camp sizes will be limited to not exceed 12 campers in order to keep our maximum group size to less than 25 when gathering near visitors and other staff members on the farm.
- Camp groups will have designated bathrooms, classrooms, and outdoor spaces in restricted areas from everyday visitors.
- Face masks or bandanas will be used throughout camp during indoor activities and any outdoor activities that may bring campers into close contact with other staff groups or members of the public. Campers are required to have a face covering.
- Camps will follow the Pennsylvania Department of Health guidelines for social distancing in youth programming. While campers will not always be six feet apart, we will do the following:
  - Limit our number of campers enrolled in each camp and keeping those campers with the same leader throughout the day
  - Hosting one camp at a time to limit the potential mixing and contact campers
  - Encouraging curbside drop off for campers. Camp staff will practice traditional social distancing with parents and guardians as they are dropping off their campers.
- Lunches and snack time will be held outside, either picnic style or in our pavilion. Sanitation will follow each use of seating spaces.
- During inclement weather, all groups will either use their designated indoor classroom space or have access to an outdoor tent or pavilion.
- Drop-off and pick-up procedures have been modified to allow family members to remain outside of the classroom spaces during drop off and pick up times.
- Temperature checks and symptom screenings will occur each morning for both campers and staff.
- Procedures for popular camp activities, such as games and crafts, that involve sharing equipment have been modified to be in accordance with CDC guidelines.
- Sharing snacks and food items are not permitted at camp.
  - This year, daily snacks will not be provided for campers. Each camper is asked to bring their own snack.
  - If a camp has a cooking activity planned, campers and staff will follow sanitation practices, including handwashing and use of disposable gloves. Each camper will also only work with the food they will be consuming.
● If any participant shows signs of illness they will be removed from programs and isolated from other staff and campers. Quiet Valley’s Director of Education will notify family members immediately.
● In the event of an emergency, we will work with local health officials to determine the best course of action.
● All Quiet Valley Staff will undergo morning health screenings to monitor symptoms. Any staff experiencing signs of illness are not allowed to work and will be asked to self-quarantine.