

Camp Alleghany for Girls Covid Action Plan

Prevention | Preparedness | Protocols

DISCLAIMER

No level of preparation allows us to guarantee that COVID-19 will not appear at camp. But we're confident we can run camp in a safe and meaningful way. We will respond appropriately to prevent the spread of any disease, including the isolation of any camper or staffer who doesn't feel well and/or shows symptoms of COVID-19.

PARENT'S ROLE

Parents play a key role in preventing COVID-19 from entering camp. The pre-camp protocols in this document are critical to our success this summer. We expect parents to take these very seriously and to sign off on having read this document.

OUR PARTNERS

- The American Camp Association (ACA)
- The Centers for Disease Control (CDC)
- West Virginia and Greenbrier County Departments of Health



Information surrounding COVID-19 often changes and evolves. This document presents COVID-19 best practices published by the CDC and the American Camp Association (ACA) and is updated regularly to reflect any pertinent or urgent changes.

Our COVID Action Plan is also guided by our own experience running a series of joyous, successful, and COVID-free Family Retreats during the Summer of 2020 at Camp Alleghany.

Camp will look and feel a little different in 2021. But the nourishing reset of being in the beautiful West Virginia mountains, among friends old and new, while participating in engaging camp activities that are mostly outdoors, is needed more than ever during this challenging year. And we can do it!





Elizabeth Shreckhise, Camp Alleghany

Keys to a Healthy Summer at Alleghany

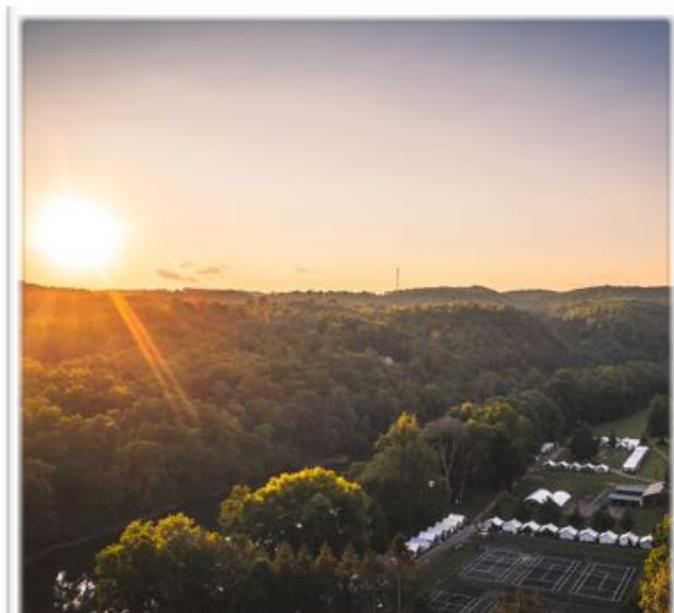
- **PREVENTION:** *Mandatory prevention measures to prevent COVID from entering camp.*
- **DATA:** *Data supports that kids are at a lower risk for COVID. Implementing guidance from the CDC is the best way to prevent the spread of COVID-19.*
- **OUTDOORS:** *At Camp Alleghany we are outside a majority of the time, including our sleeping quarters.*
- **ISOLATION:** *Camp Alleghany is in a “bubble” across the river, with minimal personnel going in or out.*
- **STATUS:** *The ACA has secured camp staffs as categorized as critical workers, therefore able to receive vaccines in Phase 2, beginning in March in West Virginia. This is not a guarantee of vaccinations, but it’s a step in the right direction.*
- **VACCINATIONS:** *Most adult support staff in camp (due to age or profession) will be vaccinated.*

This Action Plan outlines the protocols that allow us to run a safe and responsible summer camp program during summer 2021 according to the ACA, the CDC, and the [West Virginia Department of Health](#).

We’ve included resources to make this process simple and easy to understand for parents, campers, and staff. And as you can imagine, just like every approach to dealing with the pandemic, all kind of technical details and protocols and imagining how to respond to a “worst case scenario” can start to look pretty daunting pretty quickly.

That’s why this plan is thorough and detailed. It’s been compiled through months of strategic sessions, utilizing the best recommendations of the CDC and ACA, and in consultation with our Medical Staff liaisons, Dr. Lauren Miller and Dr. Anne Cather.

That said, Camp Alleghany will keep our promise to deliver a safe and *also* a classic Camp Alleghany experience for everyone.’Ghany will be ‘Ghany — fresh mountain air, warm and joyful sunshine, friendships, songs, traditions, games, skits and color competitions, friendship bracelets and wacky dress ups, entertainments, campfires, personal goals, mentorship, and the heart of ‘Ghany love!



Camp Alleghany’s “bubble” on the other side of the Greenbrier River. Photo: Creative Dog Media.

I. COVID-19 Basics

Before discussing what changes will occur at camp to foster the health and safety of our camp community, it's important that the basics of COVID-19 are understood.

The most critical understanding parents must have is that even if every precaution is taken and done correctly, COVID-19 could still come into camp.

The ACA has advised camps to evaluate whether they have the infrastructure to handle a potential outbreak and whether they're willing to take that risk. Taking into consideration the extremely low risk of infections, hospitalizations, and deaths in children, combined with our action plan, Alleghany has come to the conclusion that if COVID-19 were to enter camp, we have the policies and procedures in place to stop the spread while also caring for the people who are affected.

COVID-19 vs. Sars-CoV-2 — What's the Difference?

SARS-CoV-2 is a type of **coronavirus**, which is a large family of viruses that are common in people and many different species of animals, including camels, cattle, cats, and bats.

COVID-19, short for Coronavirus Disease 2019, is the disease *caused by* the SARS-CoV-2 virus.

How Does the Virus Spread?

The coronavirus mainly spreads from person to person via **droplets or aerosols** transmitted by infected persons. When an infected person coughs, sneezes, talks, or exhales, microscopic droplets contaminated with SARS-CoV-2 are expelled from their mouth and nose. These droplets are often too heavy and quickly fall down to the floor or a surface nearby. However, some droplets turn into even smaller particles called aerosol particles. If contaminated droplets or aerosol particles are inhaled by someone else, they're now contaminated and can develop COVID-19 (and spread it too).

Droplets can remain in the air for a few minutes in a confined space. Aerosol particles can remain in the air for **several hours**.

There's a possibility that droplets from infected individuals can contaminate surfaces and objects creating **fomites** (contaminated surfaces) which can also spread the SARS-CoV-2 virus. While it's **possible** that a person can come into contact with the virus via a surface that's contaminated and then have it enter their body after touching their own mouth, nose, or eyes, *the risk is significantly low* — and especially lower than the risk of infection from droplets and aerosol particles. This is why proper hand-washing and good hygiene significantly decrease the already low risk of infection via fomite transfer.

Different Ways to Show (or not show) Symptoms

One of the most frustrating things about COVID-19 is that infected individuals experience different symptoms and it can be transferred by people who don't even realize they are sick. The [different types of symptoms](#) are broken down here:

SYMPTOMATIC: When someone with COVID-19 is symptomatic, they exhibit symptoms of the virus. This can include fevers, body or muscle aches, cough, diarrhea, fatigue, and more.

ASYMPTOMATIC: Asymptomatic carriers of COVID-19 exhibit no signs or symptoms but their body is still infected with the virus and is fighting it. Asymptomatic carriers are contagious and can unknowingly spread the virus to others.

PRE SYMPTOMATIC: Presymptomatic carriers may not yet display symptoms of the virus because symptoms can take up to 14 days to show. Presymptomatic people are contagious and can spread COVID-19 to others.

PAUCISYMPTOMATIC: Paucisymptomatic people have such mild symptoms and are unaware they may have the virus. For example, someone who has a cough or very low fever for a couple of days, believing it's just a cough or low fever, only to discover later that those symptoms were indicators of a positive COVID-19 virus present in their body. Paucisymptomatic people are contagious.

The Risk of COVID-19 in Children (Statistics)

The American Academy of Pediatrics and Children's Hospital Association puts out a comprehensive report each month of COVID-19 data on children:

MILD SYMPTOMS: Their data shows that when children get COVID-19 their symptoms are generally mild. Data as of the start of June 2020 showed that the impact of COVID-19 on otherwise healthy kids and younger staff was low.

RARE HOSPITALIZATIONS: Only 0.012% of child COVID-19 cases result in hospitalizations (about 12 in every 100,000 people age 5-17).

HIGH RISK CHILDREN: Children who have existing comorbidities (one or more additional conditions occurring at the same time) have higher risk of more severe COVID-19 reactions. It's imperative that parents of children at higher risk consult their medical professional to determine whether it's appropriate for them to attend Alleghany.

RARE DEATHS: Data shows that 0.02% COVID-19 deaths in the US have been children 5-14.

COVID-19 Current Status

We will follow — and parents can too, the latest West Virginia COVID-19 Stats on infection trends and vaccine roll out in West Virginia [at this site](#).

The Role of Cleaners and Disinfectants

While COVID-19 is very contagious and can be deadly, resulting in tens of millions of positive cases and millions of deaths worldwide, the virus itself is actually **very easily killed** via the most basic of sanitation/cleaning and hygiene practices.

Outside of the human body, the virus is unable to survive for a significant amount of time. Coronaviruses are enveloped viruses with a protective fat layer, but that fat layer is easily broken down when it comes into contact with disinfectants. Therefore, something as simple as **washing hands** with soap and water for 20 seconds after you have been in a public place can break down the virus if it is on your hands. Most basic disinfectant cleaners or sprays will kill the virus if it is on a surface.

The most important items to disinfect are **high touch surfaces**, such as door knobs, toilets, sinks, light switches, touch screens, etc.

COVID-19 and the Outdoors

Every summer, the largest amount of time at Camp Alleghany is spent outdoors, so it's important to understand and appreciate the lowered risk of COVID-19 **outdoors**.

The American Society for Microbiology cites strong evidence that the COVID-19 virus becomes weaker as the **temperature and humidity increases**. The virus has more ability to spread in enclosed spaces, so the great outdoors, with sun, wind, and other weather factoring in, means that the virus transmission is typically quite low.

Alleghany's "Swiss Cheese" Approach to Prevention

There's no single action that can guarantee a person will not get sick with COVID-19. Simply washing hands frequently doesn't mean you won't breathe in the virus from someone who *is* exposed. Wearing a mask won't protect you fully if you're in the same room for an extended period of time as someone *with* the virus, even if they're wearing a mask too.

So, with different ways for the virus to spread, what's the best way to respond as effectively as possible?

At Alleghany we've embraced the "Swiss cheese Approach to Prevention." Think about every preventative measure as a slice of Swiss cheese. In every slice of Swiss cheese, there are walls *and* there are holes.

Since there's no perfect *singular* way to stop the spread of COVID-19, *each* prevention measure has its own strengths and weaknesses (or, its own set of Swiss cheese walls and Swiss cheese holes).

By layering multiple prevention measures on top of each other such as...

hand sanitizing *and* wearing a mask when indoors *and* employing Pods *and* maximizing time outdoors *and* quarantining before coming to camp *and* getting tested before coming to camp *and* staying in pods if we have to be indoors...

...creates fewer loopholes, or a thicker block of Swiss cheese with more walls and fewer holes for the virus to enter and spread throughout camp.

Said another way, the more precautions and steps taken prior to and during camp to mitigate potential exposure to COVID-19, the less risk there will be of a major spread of the virus at camp.

With more precautions in our arsenal, camp will be relying on more than just luck to keep COVID-19 out — our approach is based on precautionary scientific measures layered on top of each other to allow fewer openings for the virus to slip through.

Camp Alleghany's Planned Layers of Protection:

- **Pre-camp quarantining**
- **Testing: Pre-camp testing and on Opening Day**
- **Hand washing/sanitizing**
- **Cleaning and disinfecting surfaces**
- **Limiting time indoors**
- **Masks – in the kitchen, if someone feels ill, and for those who live off site**
- **Social distancing – functioning in pods (for the entirety of Mini Camp, and for week one of each Term Camp)**
- **Vaccinations – for those eligible**



COVID-19 Action Plan

Details

Prevention | Detection | Response

PREVENTION

Prevention includes our requirements for pre-camp tracking, screening upon arrival, rigorous sanitization, meals management, and camp programming changes.

Here, parents are our key partners in fostering a successful, safe, and healthy summer by **following all pre-camp protocols to the letter.**

DETECTION

Detection includes on-site health monitoring protocols including temperature-taking, symptoms recognition, self-reporting reminders, follow-ups and tracking.

RESPONSE

Outlines our plan of action if symptoms present, including as applicable: immediate isolation – a designated quarantine cabin – testing (with varying plans for negative/positive results), communication with parents, testing of tentmates, containment protocols, etc.



Our promise of vigilance across all fronts this summer cannot be overstated. We will be operating camp in a strategic and mindful way that combines our dedication to an extraordinary summer camp experience with our commitment to meeting the challenges of life during a pandemic.

At the recommendation of the ACA and the CDC, we have developed a three-part protocol related to COVID-19: Prevention, Detection, and Response.

The following section goes into detail on each of these key parts of our COVID plan. Please familiarize yourself with them to understand the care we are bringing to your child’s experience at camp this summer.





CAMPER PAPERWORK:

Due May 1st, 2021

- **MEDICAL HISTORY, IMMUNIZATIONS, CAMPER QUESTIONNAIRE:** All camp attendees are required to submit a medical history form including Immunization History, ongoing health conditions (e.g. allergies, asthma, etc.), and notable historical medical conditions. (Form in Appendix).
CRITICAL: Due date May 1st
- **INSURANCE ON FILE:** Your insurance info **must** be on file for us to run tests for free.
CRITICAL: Due date May 1st
- **COVID-19 PERMISSION TO TREAT, EXPOSURE PLEDGE, & COVID MEDICAL HISTORY FORM:** Parents are required to sign a COVID-19 Permission to Diagnose and Treat form, giving Camp Alleghany the right to take their daughter to be tested if she shows specific symptoms associated with COVID-19. Details of this are outlined in the **Response** section – page 18. (Form in Appendix). This form also includes specific Medical History questions pertaining to COVID-19 symptoms.
CRITICAL: Due date May 1st

Prevention Protocol

PREVENTION PRE-CAMP:

In order to ensure no one is arriving at camp with COVID-19, we are introducing the following pre-camp safety protocols.

We will be conducting some basic epidemic tracking prior to campers’ arrival in the form of a digital survey; this will help us better identify and avoid possible exposure in the weeks before camp. We ask parents to please take this very seriously; **pre-camp precautions are our best bet in avoiding an outbreak at camp.**

HIGHER RISK FOR COMPLICATIONS:

If a camper or staff member is at higher risk for COVID-19 complications, we highly recommend they consult their medical provider to assess if it is appropriate for them to attend or work at Camp Alleghany.

High-risk conditions include, but are not limited to:

- Asthma
- Chronic kidney disease undergoing dialysis
- Chronic lung disease
- Diabetes
- Liver disease
- Immuno-compromised

Or are immuno-compromised as a result of conditions like:

- Bone marrow or organ transplantation
- Cancer treatment
- Immune deficiencies
- Poorly controlled HIV or AIDS
- Prolonged use of corticosteroids and other immune weakening medications
- Smoking
- Serious heart conditions
- Severe obesity (body mass index of 40 or higher)

Pre-Camp 10-Day Quarantine

In order to try to prevent anyone arriving at camp carrying the virus, we require the CDC recommended 10-day quarantine prior to Opening Day for everyone — campers, counselors, support staff, medical staff, etc.

Campers, staff, and their families should take extra measures and precautions so as not to expose themselves to other people during this time. We strongly encourage that campers, staff, and their families stay home or within a very safe “bubble” during this 10-day period.

This does NOT include: Going to work or school, or essential errands/grocery shopping, where proper precautions and safety measures are in place.

This 10-day quarantine refers to events and gatherings such as: Graduation parties, family reunions, vacations, dining out, and other gatherings where proper precautions are not being taken, and where camper families do not know their level of exposure.

If it's absolutely necessary for the camper to leave the house or the safe bubble during the 10 days prior to camp, they'll be expected to take proper precautions including: wearing a mask, maintaining social distancing, avoiding touching their faces, and washing their hands thoroughly upon return.

Camp staff is also required to complete the 10-day pre-camp quarantine before Opening Day.

We ask families to please contact us if they have any plans that would prevent a thorough 10-day quarantine.

If we become aware that a camper or staff member is not honoring the 10-day quarantine period, we reserve the right to contact the family to discuss whether or not it will be appropriate for the camper or staff member to attend Alleghany this summer.

Pre-Camp Epidemic Tracking Survey

A few days before their scheduled camp session begins, families will receive a digital survey about the camper's possible exposure during the 10-day quarantine.

The survey will include a history of travel, exposure, and symptoms in the weeks leading up to camp.

It is critical that you please be completely open and truthful in the survey; an unfavorable answer will not necessarily prevent the camper from attending, but we need to know the facts so we can make decisions on a case-by-case basis.

Please watch for this online survey in your inbox and promptly respond to it.

Pre-Camp Temperature Tracking Form

Using a Temperature Recording Log that we will provide for families' convenience, each camper is expected to have a written log of temperatures taken every day during the 10-day quarantine period, up to the morning of Opening Day. This log will be handed over upon arrival at Alleghany.

We will remind families to complete the log in the weeks and days leading up to camp via mass texting/e-mailing.

If the camper shows a temperature of 100.4°F or above at any point within the 10-day quarantine period parents must notify us immediately. She will be required to obtain an additional COVID-19 PCR swab test, and provide the results to us as soon as they're back.

Pre-Camp Testing

All campers will be required to obtain a COVID-19 PCR swab test during the 10-day quarantine period, no earlier than 7 days prior to their Opening Day:

- **Mother-Daughter Weekend:** Quarantine begins June 8, with tests no earlier than June 11
- **Mini Camp:** Quarantine begins June 10, with tests no earlier than June 13
- **First Term:** Quarantine begins June 17, with tests no earlier than June 20
- **Second Term:** Quarantine begins July 8, with tests no earlier than July 11
- **Full Term:** Quarantine begins June 17, with tests no earlier than June 20
- **Leaders-In-Training Program:** Quarantine begins June 17, with tests no earlier than June 20
- **Family Camp:** Quarantine 10 days before *your* arrival date; tests no earlier than 7 days prior to *your* arrival date

Only campers with negative test results will be permitted to attend camp.

If results are negative, the camper must continue her quarantine period up through Opening Day, to prevent exposure after the test.

Families must upload a copy of the test results to their CampMinder account prior to or on Opening Day for our medical files.

Non-Essential Travel

All campers and staff should avoid any non-essential travel for the entire 10-day quarantine period.

If travel outside of the home is absolutely necessary, a face mask should be worn at all times, social distancing should be maintained, and thorough hand washing should be practiced.

Travel to Camp

We're not providing any transportation to Alleghany on Opening Days this summer. Each family must arrange for and provide transportation to and from Camp.

In addition, once their quarantine period begins, we strongly encourage families not to use any means of public transportation to get to Camp, (e.g. no train, bus, or air travel).

For campers considering air travel, *if possible*, we ask families to consider flying to a location closer to camp 10 days prior to Opening Day and quarantining in a location within driving distance to camp.

For campers who must travel by public transportation, we'll utilize heightened symptom checking, and will perform an additional COVID test during the first week of camp.

Opening Day / Drop-Off

Opening Day will look different this year. As saddened as we are to eliminate certain traditions, in order to ensure the safest possible camp experience, we have to limit everyone's exposure and contact around Alleghany during Opening Day. Pursuant to that goal, below is our Opening Day Protocol.

Camper drop-offs will be staggered between 11:00 a.m. and 3:00 p.m. with families signing up for their arrival time, limiting each hour to 50 cars maximum.

Families are asked to please arrive within their scheduled time to avoid congestion. We'll use [Sign Up Genius](#) for you to claim these slots and will communicate your specific time slots in an email one week prior to Opening Day.

Drop-offs will be brief (approximately 30 minutes) and parents and families are limited to the parking lot and required to wear masks.

No one but registered campers will be allowed across the river into camp.

We ask that if possible, only one adult arrives with the camper(s), to avoid further exposure from families.

Trunks and duffels will be unloaded from the car by our Alleghany staff, and delivered to each individual tent.

Counselors will assist the campers in unpacking, making their beds, and settling in.

To ease the transition, we'll increase communication to parents in the first week with video messages from the counselors since parents won't be meeting them in person this summer.

Opening Day Drive-In Stations and Procedures

On Opening Day staff are in KN95 masks. Parents and campers will drive in and remain masked and in your vehicle. You'll drive through the following stations:

Station 1: Elizabeth

Parents check in with Elizabeth.

Parents may chat with Elizabeth, ask any questions if needed, or settle any loose ends.

Station 2: Medical Check-In #1

First in a 2-part medical check in. Camper's temperatures are taken and questions asked of the parent/recorded on a check-in form. All persons in the vehicle have their temperature taken/recorded.

Questions are asked/recorded regarding the 10-day quarantine period and any COVID-related symptoms, exposure, etc.

A COVID-19 rapid test (Abbott BinaxNOW) will be administered at this time, charged at \$5/camper.

Once campers are deemed good to go to enter camp, drive to Luggage Drop-Off.

Station 3: Luggage drop-off

Staff members unload vehicles and load campers' trunks and duffels onto a truck to be delivered to the camper's tent on Tent Row.

Station 4: Medical Check-In #2

This station acts as our normal Infirmary Check-In.

Parents drop off medication with our medical staff, and discuss any concerns related to health and wellness.

This station may be skipped if there are no medicines/medical concerns.

Station 5: BYE!

Campers are placed by age group into a "pod" with counselors.

They say goodbye to parents and travel on The Barge across the river with their pod and counselors!

Once In Camp

Campers receive another **COVID test**, the results of which should be back to us within a few days. This will be a minimally invasive nasal swab PCR test, and will be free of charge.

Campers then visit our Nit Fairies Station for a lice-check (treatment if necessary).

Campers who need to then visit our Dietary Restrictions table (paperwork will have already been submitted).

Now campers head to Tent Row with their Pod and begin unpacking and setting up their beds and trunk areas for their wonderful stay at Camp Alleghany for Girls!

Campers will be accompanied by a counselor at all of these in-camp check-in stations.

All campers and staff will be masked during the Opening Day check-in process until they arrive at their tents and are ready to settle in.

Prevention: Closing Day

Parents will sign up again in advance via Sign Up Genius for a designated time slot staggered between 9am and 12pm on Closing Day to pick up your camper(s). Each hour is limited to 75 cars. We will communicate your specific time slots in an email one week prior to Closing Day.

Families are expected to arrive within their scheduled time to help avoid congestion.

Staff will assist in organizing campers into their pickup groups, so the campers will all be ready to cross the river at their designated pickup time.

Again, parents will not be permitted into camp, and will pick up campers in the Parking Lot. Luggage will be waiting in the parking lot, organized by Unit.

Once campers have departed, a full sanitization of all areas of camp will commence, to prepare for the next arrival day.

Prevention: During Camp Programming Changes

MINI CAMP

Mini Camp will be divided into Four Pods based on age/grade. Each Pod will live in a Junior Camp Unit together. The campers will stay mostly within their Pods throughout the entire week of camp.

Mini Campers will not choose their Activities; rather they'll be assigned a schedule and travel with their Tent or part of their Pod to those Activities. Mini Campers will get to sample all of Alleghany's Activities throughout the week!

Mini Campers will spread out in the Dining Hall, sitting with their Pods – two Pods downstairs and two Pods upstairs. See page 16 for further information on meals.

Assembly will take place outside, spread out by Pods. If it's raining, we'll have a large wedding-style tent set up for outdoor Assembly.

All Mini Campers will not be inside at one time, for example in the Play Hall. All-camp gatherings will take place *outside*.

Campers need to bring 3-4 masks to camp for use in the Dining Hall (when at the salad bar only) and in case they ever all have to be inside the Play Hall together in an emergency situation. Please pack a lanyard to attach the mask to for meal times!

Bathroom stalls, sinks, and shower stalls will be assigned to each Pod; campers should not use a stall/sink not assigned to *their* Pod.

Bathrooms will be cleaned multiple times daily, see page 15 for further information on cleaning/sanitizing.

TERM CAMP

Term Camp will function in Pods (their Unit) for the first few days at camp, similar to Mini Camp, until all test results come back.

Bathroom stalls, sinks, and shower stalls will be assigned to each Pod; campers should not use a stall/sink not assigned to *their* Pod until test results come back.

If all test results come back negative, we'll relax the Pod grouping in certain settings.

Campers will sample all Activities in their Pods for the first few days, then sign up for the four Activities they wish to take for the remainder of the session.

Assembly will take place outside.

All campers will NOT be inside at one time, for example in the Play Hall. All-camp gatherings will take place *outside*.

Campers need to bring 3-4 masks to camp for use in the Dining Hall (when at the salad bar only, week 1 only) and in case they ever all have to be inside the Play Hall together in an emergency situation. Please pack a lanyard to attach the mask to for meal times!

Bathrooms will be cleaned multiple times daily, see page 15 for further information on cleaning/sanitizing.

During week one, we'll have two meal shifts meals so that only half of camp is in the Dining Hall at once. Each term we'll increase outdoor picnics during the first week. (See page 16 for more information on meals.)

GENERAL:

Daily Health & Wellness Screening

All campers and staff will be screened each morning before breakfast with a temperature check and questions about symptoms.

Hand Washing and Sanitizing

All campers and counselors are required to wash hands prior to meals. In addition to these three times a day, we've scheduled added hand washing times as such: 12pm and 5pm Free Times (one of which can be during their shower), after Evening Activity, and before going to bed.

Last summer for our Family Retreats we set up Hand Sanitizing Stations around camp in convenient locations including: the entrance to The Goat Path, the bottom of the stairs in Senior Camp leading to the Dining Hall, outside The Camp Store, on the Dining Hall porch, and a hand sanitizer pump in each tent and on each table in the Dining Hall. This summer we'll add even more. Campers will be encouraged to sanitize when passing a station between activities.

NOTE: We'll have lotion available as well so we don't end up with dry, cracked hands

Cleaning Protocol

The seven main **Hot Spot Areas** where we'll practice extra cleaning are:

- The Bathrooms, including the troughs and the showers
- The Dining Hall
- The Infirmary
- The Quarantine Cabin (The QC)
- The Office/Store building
- The Counselors Lodge
- Play Hall/Green Room

The bathrooms will be cleaned three times per day, and our cleaning guidelines are updated to ensure hot-spots like doorknobs, faucets, toilet handles, and showers are disinfected thoroughly.

The Dining Hall will be cleaned three times per day, and our cleaning guidelines are updated to ensure hot-spots like doorknobs, faucet handles, and other high traffic touch areas are disinfected thoroughly.

The Infirmary, the QC, the Office/Store, and the Counselors Lodge will have a thorough cleaning/disinfecting once a day, which will increase if there has been a possible exposure or pending COVID test results.

We will use backpack sprayers to spray the air in all of these locations, as well as the interiors of Arts & Crafts and the Play Hall.

NOTE on the Play Hall: We'll keep doors propped open (or off their hinges) all summer, and spray the air inside the building once or twice a day, or after larger group gatherings inside. This summer we don't plan to be in the Play Hall as an entire camp during Mini Camp or the first week of each Term unless there's an emergency situation.

The Arts & Crafts Staff will spray the air inside the building after each class.

Meals

Meals will be prepared and served by trained food service staff from **Wolfoods**.

Mini Campers will eat meals all at the same time but spread out in the Dining Hall. For Term Camp, the tentative plan is to have two shifts of meals for all three meals during week one of each Term. Our preference is to be restrictive during the first week (until all test results come back, and to cover that 7-day period) and then relax on the Pod concept for the next two weeks, though **NOT** relaxing the other measures such as cleaning, limiting indoor space, keeping camp a safe bubble from outsiders, etc). We will update everyone on this plan as it further develops.

ALL campers will get their meals and Free Time as in a typical summer, it may just not be on the schedule they're accustomed to. This schedule is only for pandemic adjustments, not permanent (and hopefully just for week one of each Term).

MINI CAMP: During Mini Camp, Term Counselors will eat first, then will Hop for the one Mini Camper dining shift. Mini Campers will spread out between both floors of the Dining Hall, and sit every other table with their Pod

Mini Camp will do all their health checks before breakfast, and then tent cleanup and outdoor Assembly *after* breakfast.

TERM CAMP: During Term Camp, three Units plus one group of Hoppers will eat while the other half of camp has Free Time (or health check/Assembly in the morning), and then the other three Units plus one group of Hoppers will eat during the second shift.

When campers arrive at the Dining Hall, they'll wait outside on the porch with their Unit (Pod) while blessing is sung.

Announcements will hang on a white board inside or outside the Dining Hall – there will be no group announcements in the Dining Hall this summer.

This summer, our typical table cheers and songs at meals will be peppered throughout the day instead, happening in outdoor spaces and gatherings such as our outdoor Assembly and at other times and places, too!

Campers sit with *their* tent at every meal, with another tent within their Pod. When they switch tables, they'll sit with a different tent but still a tent within their pod.



Kitchen/Dining Hall practices for Hoppers / Kitchen Staff*

INSIDE THE KITCHEN: Anyone preparing food must wear a mask/face shield and gloves while cooking and preparing food. All staff and Hoppers inside The Kitchen must wear a mask when prepared food to be served is out. If a staff member or Hopper needs a breather, he or she may step outside and take a breath, and return when he or she feels better.

If the meal is over and there's no prepared food out (that will be eaten by anyone), masks/face shields may be taken off.

KITCHEN/SERVING SAFETY: *We will work with Wolfoods on specific food preparation and kitchen safety. As staff will be tested weekly, we will likely have our kitchen staff wear masks and/or face shields during week 1 of each term, then not require it after that providing all tests continue to be negative.

HOPPERS: Hoppers must wear a mask while Hopping.

Once a meal is over and campers have departed, Hoppers may take their masks off during the cleaning/bussing of the tables, as long as they're not near any prepared food ready to be served in the next shift.

SNACKS AND MILK & COOKIES: Four stations will be set up for Snacks and Milk & Cookies, and Pods will be assigned to a location for *their* Snacks and Milk & Cookies.

Basic Sanitary Practices to Minimize Exposure

Campers will receive regular reminders and guidance throughout the summer at our morning meetings to wash hands, avoid face touching, to cough/sneeze into their elbow, and to refrain from sharing personal items like hairbrushes, pillows, hats, toothpaste, etc. There will be no sharing of food and drinks

Restrooms

Each Unit is assigned bathroom stalls, sinks, and showers to use during camp.

The Bathrooms will be cleaned three times per day, with extra emphasis on **Hot Spots**.

For morning toothbrushing after breakfast and evening toothbrushing after Milk and Cookies, we'll have two Units at a time using each side.

Laundry

We'll continue to contract out our laundry services as normal. Laundry will be picked up/dropped back in the Parking Lot once a week.

Tents

OPEN AIR: As our tents are not enclosed buildings, we will focus less on cleaning and sanitizing them, and more on keeping the flaps open throughout the day and night.

During the day, when it is not raining, all four front and back flaps will be required to be up, as well as both side flaps.

PRIVACY: Tent flaps may be lowered for privacy (for changing clothing, etc) but then must all be put back up.

NIGHT: During the night, unless it's raining, all four front and back flaps will be required to stay up. Campers will be encouraged to bring extra warm pajamas and extra blankets.

SLEEP SET-UP: The campers will be instructed to position their heads so that they are sleeping 6 feet apart. The four campers/counselor on the borders of the tent will have their heads at the tent flap end (not facing inward). The one camper in the middle bed will have her head positioned in the middle of the tent. We'll have no hanging shelves in tents this summer.

Counselors' Lodge (CL)

If all the counselors are vaccinated, numbers of people inside the Counselors' Lodge may not be an issue. But as a contingency, we plan to limit the number of people *inside* the CL at a given time and expanding the use of the outdoor space behind it to be able to spread out, until all test results have returned.



Our Two Infirmaries this Summer

Our goal is to have as minimal traffic as possible in the Infirmary this summer.

REGULAR INFIRMARY: The Infirmary will be used for non-COVID health issues. Daily medicine will be discreetly distributed in an outside space at the Infirmary. Regular "sick call" will take place as usual after breakfast and dinner at the Infirmary for all non-COVID related issues.

QUARANTINE CABIN: Any COVID-related issues will be evaluated and treated in the Quarantine Cabin. This cabin has two bedrooms, a living space, a full bathroom, and a porch. A staff member will sleep on the porch if a camper has to sleep in the Quarantine Cabin.

On Site Visits from the “Outside”

NO VISITS: There will be no visitors* allowed into camp this summer, including parents on Opening/Closing Days, alumnae wishing to visit, etc.

CHANGEOVER: All Full Term campers will be required to stay in camp during Changeover.

CAMP TOURS: We will not host on-site tours for prospective campers this summer, but will do video tours if/as needed.

***ACA ACCREDITATION VISIT:** We will explore a safe way to have our ACA Accreditation visit this summer, as well as our CPR/First Aid Training course with trainer Maile Armstrong.

Staff Time Off

We want to simultaneously preserve the safety of our camp bubble, while *also* giving staff their regularly scheduled time off for refreshment and renewal. To facilitate this, staff must sign a Time Off Honor Code and Code of Conduct prior to the summer.

Staff will be permitted to leave camp for contactless time off only. Staff may not interact with anyone outside of camp, from locals, to visitors/family members, etc.

Staff may only do contactless curbside pickup for food or supplies.

Staff will have access to a list of approved places they may go for time off, especially the outdoors and nature settings they've loved for so long like Blue Bend, local parks and trails, Whale Rock, and more.

Staff may have food from town delivered to camp on their days off if they wish to eat locally while staying in camp.

Staff may also use the Quarantine Cabin for on-site Time Off if it's not in use.

Trips out of Camp

Pleasure trips out of camp are limited to those that are contactless and outdoors. For all trips out of camp with more than one person, windows are down, and vehicles are wiped down/sanitized after each trip. Hand sanitizers are in each vehicle.

Out of Camp Trips:

- 15s Day Off to Blue Bend
- Caving trips with Program Director Casey Tucker.

LIT Out of Camp Trips:

- Leaders-in-Training day off.
- Backpacking trip.
- Caving trip.
- Outdoor service project.

Cancelled Trips:

- Events with Camp Greenbrier (Dance, Rifle/ Archery/Tennis matches, leadership dinner)
- Upstarts Night Out (*we've planned a fun night in!*).
- LIT trip to another camp.



Out of Camp Errands

We hope to work with a local "designated Errand Runner for Alleghany" who will pick up items for camp, staff, and counselors.

This person will pick up pre-ordered/paid for purchases via curbside pickup with the majority of errands being contactless .

Out of camp for non-COVID related medical reasons

Support staff will transport individuals for Non-COVID medical trips (eg., emergency or x-ray). Everyone who leaves camp must wear a mask and face shield inside any facility.

We request that campers **bring a face shield to camp** to wear if they have to leave camp for a medical reason, such as an x-ray.

Non-Resident Staff

We have very few non-resident staff, including our Head of Housekeeping (daily in camp) and two maintenance persons as needed.

We hope to have these staff members vaccinated. Still, they agree to wear masks and will have little-to-no interaction with campers, staying six feet apart from them, if at all near them.

Non-Resident Staff are instructed to stay home if symptoms develop, and get tested as needed.

Non-Resident Staff will not eat meals in the Dining Hall.

Resources (Blue text are live links)

[CDC Guidelines for Summer Camps](#) (scroll down for suggestions for sleepaway camps). Most of this document does not take into consideration the testing procedures that we plan to implement.

[CDC's Guide to Cleaning and Disinfecting](#).

[CDC's COVID-19 Symptom Check](#).

[ACA's Field Guide for Summer Camps](#).

West Virginia's Health Department and main state page have NO updates or information on summer camps and COVID at this time.



Daily Tracking

- **CHECKS:** Each morning before breakfast we'll conduct **symptom checks with each camper and counselor**, record her temperature with an infrared thermometer, and ask about any symptoms, such as loss of taste and smell, one of the early signs of COVID-19. This will help us identify any cases before more serious symptoms present. Other staff will be checked daily in varying schedules.
- **RECORDS:** **Data** from each camper check-in will be recorded by Leadership Staff. **Data** from each counselor and staff check-in will be recorded by their direct superior and reported to our medical staff.
- **GOAL:** We recognize that it's possible a camper is contagious before she presents with a fever; however, with our open-air setting open-air tents, will help decrease the risk of a rapid spread. **The goal of daily checks is early detection**, triggering the response and quarantine plan outlined in the next section.

Detection Protocol

Our promise is to deliver a safe and responsible summer program while maintaining the classic Camp Alleghany experience. In an effort to make camp safe in the wake of the COVID-19 pandemic, some programming changes have to be made, but we have worked hard to maintain the authentic and unforgettable 'Ghany experience.

In addition to daily one-on-one checks with campers, counselors, and staff, data recording, and early detection triggers, we also have put in place the following:

STAFF SYMPTOM AWARENESS ORIENTATION

During Staff Training, our Staff will be fully trained in identifying possible COVID-19 symptoms and are responsible for observing the campers for any signs of illness.

Staff will report any observed symptoms in real time to the medical staff.

Staff will be trained in communication with their campers to encourage and empower the campers to speak up if feeling ill.

SELF REPORTING REMINDERS:

Campers will be encouraged to speak up if they experience any unusual symptoms at any point throughout the day.

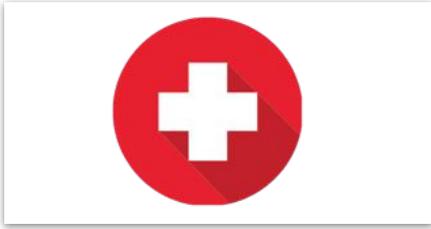
Campers will be reminded during our daily Assembly Announcements and before bed to tell their counselor if they're not feeling well.

Elizabeth will send multiple COVID-19 Parent Partner communications to parents prior to camp to encourage parents to discuss with their daughters the importance of self-reporting and advocating for their health.

We also added extra health questions to the paper survey campers fill out twice each Term.

PARENTAL COVID-19 AGREEMENT

Parents must sign a pledge stating that if, while their daughter is at camp, they discover that she had close contact with someone who has tested positive for COVID-19, they'll notify us ASAP. Weekly reminders will be sent via email.



Key Symptoms

SYMPTOMS THAT TRIGGER THE RESPONSE PROTOCOL:

- Fever of 100.4 or higher
- Cough
- Shortness of breath
- Congestion or runny nose
- Chills
- Muscle aches and pains
- Headache
- Sore throat
- Loss of taste or smell
- Nausea, vomiting
- Diarrhea

Assessment:

If symptoms are typical for the camper, evaluate whether they're worse than usual or if regular medication isn't working, (e.g. allergy medication).

If symptoms are typical for common camp conditions (e.g. headache due to dehydration), medical staff will rule out all other common camp conditions.

Unexplainable symptoms or those that persist after 8 hours will trigger our COVID-19 response protocol.

Response Protocol

In order to prevent a camp-wide outbreak, we've developed the following protocols to isolate, test, and contain possible cases of COVID-19 at camp.

Our counselor staff and Medical Staff are trained to be calm and caring and to ensure that girls with possible COVID-19 cases never feel isolated, scared, or infectious.

If a camper exhibits any of the symptoms listed to the left, we will proceed as follows:

A counselor brings the camper to the Infirmary and waits outside. Disposable masks are available on the Infirmary porch; both camper and counselor put a mask on.

The medical staff member puts on a KN95 mask, face shield, and gloves, takes the camper's temperature outside on the porch, and takes an initial medical history appropriate to the situation.

If the medical staff member has concerns that this could be COVID, the camper will be walked to the Quarantine Cabin for further evaluation and decision making.

The medical staff member will have the camper sit on the QC porch or lie down on one of the beds, and then immediately meet with Elizabeth to apprise her of the situation

Elizabeth will meet with the Admin Team at that time, and then the Head Counselors. These groups of staff will determine which other staff members need to know the situation at that time.

The Medical Staff will then call Dr. Lauren Miller, Camp Alleghany's designated COVID-19 doctor/contact in town. Dr. Miller — or her pre-designated medical representative(s) — will speak with our nurse/Medical Staff to determine whether isolation and/or testing is recommended.



Next Steps in the Covid-19 Potential Case Protocol

After contacting the camper's parents by phone to apprise them of the situation, the rest of the Medical Staff and Infirmiry Assistant(s) convene at the Office for the following tasks:

Secure a printed copy of the camper's medical forms and a camp vehicle designated to drive the camper into town if needed.

All of the camper's symptoms will be recorded in her medical account in CampMinder.

The rest of the Response Protocol will be followed as outlined below, after which Casey and Elizabeth will call an all-staff meeting to apprise counselors and support staff of the situation.

Isolation Protocol

If isolation is recommended, the camper and accompanying staff member will head to the Quarantine Cabin for further evaluation and/or testing.

An assigned support staff member will make sure the camper is comfortable. Fears will be alleviated, we will be in touch with parents throughout the process.

The camper will wear a mask when being evaluated by a medical staff member

One designated medical staff member will wear full PPE when evaluating the person.

In the event we need to isolate more than two people at a time, they may be isolated in the same room with a separation curtain. They will be required to wear masks, maintain a six-foot distance and the room will be properly ventilated.

Testing Protocol

Camp reserves the right to request that any camper or staff member who presents with a symptom of COVID-19 obtains a test to rule out presence of the virus.

Parents will be notified as soon as the decision to test has been made.

Dr. Lauren Miller plans to provide Camp Alleghany with a small stock of PCR swab tests, and our designated medical staff member will test the camper, contact Dr. Miller, and meet her at the river to send the test back for results.



Testing Protocol Continued...

If the situation is serious enough, we'll take the camper or staff member to Robert C. Byrd Clinic (RCBC) for a rapid test.

If Dr. Miller is unable to provide the on-site tests to Camp Alleghany, the testing protocol will be as follows:

A support staff member will drive the camper to a local testing site and stay with her. The camper and staff member will wear a KN95 mask and a face shield. Both will avoid touching their faces. Weather permitting, while in the vehicle, windows will be down for proper ventilation/air flow.

The camper may call her parents at any point during this process.

Upon return from the medical facility, her counselor will help her safely get her things and move into the Quarantine Cabin where she'll stay. She'll be limited to specific outdoor space and her isolation room until test results are back. Protected staff will be checking in and spending time with her.

She will be given projects and activities to do during the 24-48 hours until test results are back.

Meals will be delivered by protected staff who will eat with her, 6 feet apart, outside, or on the QC porch.

Temporary Changes for Tentmates

A camper needing COVID-19 testing will trigger their tentmates and counselor to be brought to the Infirmary porch by a Head Counselor for symptom checking and evaluation, and a possible rapid test on site.

If anyone is experiencing any symptoms, they'll go to the QC for further evaluation.

If they're not experiencing symptoms, they may return to their regularly scheduled activities and camp life, wearing masks until the test results return.

Negative Test Results

Since a negative test does not completely rule out the possibility of COVID-19, each situation will be discussed with the Medical Team and parents. Whether or not and/or when the camper or counselor can return to camp activities will be determined on a case-by-case basis.



Positive Test Results

The camper will stay in the Quarantine Cabin until her parents can come pick her up, as soon as possible to limit exposure to the rest of the camp.

In order to prevent the spread of the virus, parents are expected to pick up their daughter and return straight home (no stopping at rest stops or hotels). We will coordinate the pick up time and the camper will be brought to the Parking Lot for pick up. Parents, the camper, and staff will all be wearing masks.

Quarantine Cabin Sanitation

At least 24 hours after the infected person leaves the QC isolation room it will be fully cleaned and sanitized by a Housekeeping Staff Member wearing a mask and face shield.

In the 24 hours before it is cleaned, it will be ventilated by leaving the windows and doors open.

Confirmed Case of COVID-19 Protocol for Parents

In the event of a confirmed on-site case of COVID-19, camp will continue as planned with heightened symptom monitoring. Parents will be allowed to voluntarily pick up their children.

Campers, counselors, or staff members who had close contact with the camper with COVID-19 will quarantine for 14 days per CDC guidelines.

Close contact is defined as a person who:

- **Was within 6 feet of someone with COVID-19 for at least 15 minutes cumulatively over 24 hours regardless of symptoms.**
- **Provided care for someone with COVID-19.**
- **Shared eating or drinking utensils with someone with COVID-19.**
- **Got respiratory droplets on them (through sneezing, coughing, shouting, etc.) from someone with COVID-19.**
- **Was in the same class or core group as someone with COVID-19.**

**REFUNDS:**

- If a parent voluntarily takes their camper home who is *not* sick, and *not* under CDC mandated quarantine, no refund will be provided.
- If a camper goes home because she has a confirmed case of COVID-19, the family will receive a prorated refund.
- If a camper goes home because she has had close contact with a confirmed case of COVID-19, the family will receive a prorated refund.

Parent Communication

We send weekly emails to parents during camp; this summer's will include COVID Protocol updates.

If a camper requires COVID-19 testing, her parents will be notified immediately by phone. We will send an email to all other session parents that day telling them a camper is being tested, and outlining next steps as described above.

As soon as test results are received, a follow-up email will be sent to all session parents with test results and next-steps as described above.

We will inform all summer parents of any positive COVID-19 case at camp throughout the summer via email as soon as the situation is under control.

Confirmed Case of COVID-19 Protocol for Staff/Full Termer

TENTMATES: In the event of a confirmed case of COVID-19, the counselor and campers who live in the same tent with the confirmed case will go home — this is a direct contact and they need a 14-day quarantine.

SAME UNIT/POD: The protocol is still being developed and evaluated for counselors and campers who were in the same Unit/Pod with any confirmed case.

MINI CAMP/FIRSTTERM: In the event there is a confirmed case of COVID-19 during Mini Camp or 1st Term, all staff members and Full Term Campers will be tested and must receive a negative test result before any new campers arrive at camp.

These staff and Full Term campers will receive an extra test prior to the start of the next session.



Return to Camp Protocol

Campers who leave camp due to being diagnosed with a confirmed case of COVID-19 unfortunately may not be able to return to camp this summer.

After Camp

After campers return home, we ask families to continue to monitor their campers for any symptoms of COVID-19.

If a camper exhibits any symptoms or tests positive within two weeks of returning home, we ask the parents to please contact camp immediately so we can take appropriate measures to inform other camp families.

Conclusion

The above protocols are in place to foster the safety of our campers, their families, our summer staff, camp staff, and local community. By abiding by the protocols listed above, we feel confident we can run a successful summer program without fear of an outbreak, and provide our campers a safe and memorable experience at Camp Alleghany for Girls.

Mother-Daughter Weekend

PRE-CAMP

As with all sessions this summer, Mother-Daughter Weekend participants must quarantine for the 10 days before camp begins and get a COVID-19 test no earlier than 7 days before camp.

Negative tests must be submitted before camp.

OPENING DAY

You'll receive an arrival time slot and visit stations to check in:

1. Check in with Elizabeth.
2. Medical check.
3. Luggage drop off.
4. Get a COVID Rapid Test which (charged at \$5/person).

INTO CAMP

Now you'll take The Barge over the Greenbrier River to your exciting Mother-Daughter Weekend!



POD GROUPS

You'll be grouped in "Pods" for the duration of the Weekend and sample camp's activities and offerings within your Pods.

MASKS

While moving around the Dining Hall, and whenever there is mingling with someone outside your Pod, **masks are required.**

MEALS

Instead of mingling with Term and Mini Camp Counselors during meals, MDW participants will sit with each other in your Pod.

MINGLING

There will be times for mingling with our Term Counselors to get to know them and ask questions about our Mini Camp and Term Camp sessions, and to meet new people.

These mingling sessions just happen outside of meal times this year!

OUTDOORS

The great outdoors are at the heart of all we do at Camp Alleghany for Girls.

This summer our all-camp time, including Evening Activities, will also be spent outdoors or in a large open tent.

No all-camp events will happen in the Play Hall unless in an emergency.

PROTOCOLS

For a safe and smooth weekend, please be familiar with the other hand washing, health check, and safety protocols outlined in this document.

Please be prepared to bring 3-4 masks per person to use in case of an emergency, or when interacting with people outside of your pod.

We're excited to see you!





Family Camp



PRE-CAMP

Ten days prior to your arrival day we ask Family Campers to: limit/reduce exposure to others and take proper precautions by limiting gatherings and visits to places where precautions aren't being taken; **and** track and record family members' temperatures.

Within seven days of your arrival day take a COVID-19 and submit negative test results to camp before arriving.

OPENING DAY

Check in with Family Camp Director Stephanie Astley and her staff to take a COVID Rapid Test (charged at \$5/person).



POD GROUPS

Your family/family unit is your "Pod." It will be at families' discretion if they want to co-mingle with other families, and staff will not be supervising or interfering with this. You can choose to distance from other families, or not – whatever your comfort level is is fine with us. Please just check that it's mutual between the families in question.

MASKS

Masks are required indoors and when moving around the Dining Hall, but most everything will be outside. It's your choice to wear a mask if you're co-mingling with another family. Staff will wear masks when closer than six feet to families.

MEALS

Meals are served cafeteria style, and masks must be worn when in line or moving around the Dining Hall. Families will

OUTDOORS

The great outdoors are at the heart of all we do at Camp Alleghany.

This summer our all-camp time, including Evening Activities, will also be spent outdoors or in a large open tent.

No all-camp events will happen in the Play Hall unless in an emergency.

PROTOCOLS

For a safe and smooth stay with us please be familiar with the hand washing, health check, and safety protocols outlined earlier in this document.

During Family Camp families will be assigned shower stalls, bathroom stalls, and sinks, that might be shared with another family depending on how many families are at camp. Our vigorous sanitation plan will be in full force during Family Camp, including targeting "hot spots."

COVID Testing Protocols

PRE-CAMP

5-7 days BEFORE Opening Day

campers will take a COVID test at home. **NOTE:** This test MUST be a PCR test (NOT antigen/rapid, NOT antibody).

FOR DETAILS STAY TUNED:

We are in discussions with companies that offer mail-home tests to camp families where results would post to a portal accessible to us. Details like timing, particular company, methods still in the works.

OPENING DAY

Upon arrival, Medical Staff will give TWO tests to each camper - a PCR & an Abbott Rapid Antigen test. Both are minimally invasive nasal swabs.

Campers & parents stay in vehicles until Antigen test result comes back (15 mins.) Antigen test must be negative to continue with Opening Day procedures.



POSITIVE ANTIGEN TEST:

If Antigen test is positive, camper must return home (or a hotel room). Positive Antigen Test campers will be given **two PCR tests**. If BOTH come back negative, then the antigen test is assumed to be a false positive and camper may come to camp.

Test Costs:

Antigen tests are \$5/ camper, charged to their camp account.

PCR tests are free (billed to insurance).

TERM CAMP ONLY

On the first Thursday of the Term (the fourth day of camp each term) another PCR test will be given to all campers. Results will take approx. 48 hours. Full-termers will take both Thursday tests each Term.



IMPORTANT:

Campers with a confirmed case of COVID-19 within 90 days of her Opening Day will not be tested due to risks of false positives. Campers must show proof of a confirmed case of COVID prior to arriving at camp.

ALERT: If you suspect your camper has COVID or has been exposed, it's in your best interest to get her tested **NOW**. We're fewer than 90 days from Mini Camp & 1st Term, so if you think she has COVID **or has been exposed**, please get her tested. If she is positive, you won't run the risk of a positive test on Opening Day resulting from an old COVID case.

MISC.

- Staff will get weekly PCR tests.
- Antigen & PCR tests will be on site/accessible to us for use as/if needed.
- Only trained Camp Alleghany Medical Staff will administer COVID tests in camp.