



Inspiring, empowering, and transforming children's lives through outdoor education.

## **2022-23 Exploring New Horizons COVID-19 Health & Safety Plan: Sempervirens**

**Summary:** The health and safety of our program participants and staff is our number one priority. The Exploring New Horizons (ENH) COVID-19 Health & Safety Plan provides a clear set of guidelines that will minimize the spread of COVID-19. These guidelines follow the Centers for Disease Control and Prevention (CDC), the California Department of Public Health (CDPH), and the American Camp Association (ACA) recommendations for K-12 schools and summer camps. These guidelines will evolve as new recommendations are issued from state and county public health officials. All ENH staff are trained on this Plan and follow the guidelines provided.

The following plan includes the following to minimize the spread of COVID-19:

- 1. Pre-Program Staff Training & Policies:** all staff, classroom teachers, and cabin leaders are vaccinated and staff is trained in prevention
- 2. Participant Screening & Prevention Equipment:** All students & cabin leaders should be screened for symptoms before attending and throughout the program
- 3. Prevention Strategies:** Nearly all activities outside; daily screenings; enhanced sanitation & handwashing
- 4. Cabin Cohorts:** Students spend most of the week with their cabin mates.
- 5. Symptom Response:** Participants with symptoms will be isolated and parent/guardian will pick them up

### **1. Pre-Program Staff Training & Policies**

All ENH staff members are vaccinated. Participating schools must ensure that all classroom teachers and parent or high school cabin leaders are vaccinated as well.

ENH staff are trained on the following:

- COVID-19 identification and prevention
- Policies on health & wellness and mitigating the spread of communicable diseases
- Self-screening at home
- The importance of not coming to work if ill or showing any symptoms
- The importance of frequent hand washing or using hand sanitizer when handwashing is not available
- The importance of physical distancing
- Sick student tracking and reporting
- ENH COVID-19 Health and Safety Plan
- Proper use of face coverings and proper hand washing
- How to properly isolate staff or campers in the event of illness
- How to talk about COVID-19 with children and adults
- How to talk about COVID-19 fears with children and adults
- Positive & supportive social and emotional learning strategies while ensuring students follow guidelines

Staff will adhere to the following:

- All staff will be required to stay home if they do not feel well or are showing any symptoms of illness
- All information that comes from the CDC or CDPH will be shared with staff during work hours to ensure

everyone is up to date on COVID-19

- While working, staff will be required to frequently wash hands or sanitize

## **2. Participant Screening & Prevention Equipment**

Parents will check participating students for any symptoms prior to attending school on the first day of the field trip and any students or high school/parent cabin leaders who show up to school with symptoms of COVID-19 will not be allowed on the bus.

It is strongly recommended that a school has all students tested within 72 hours of arrival at camp.

Once students arrive at the outdoor school and get off the bus, our staff will monitor students for any signs of illness. If a child has any symptoms of COVID-19, they will be removed from the group and a parent will be contacted to get permission to administer a COVID test as needed (Please see Section 5: Symptom Response).

ENH will provide adequate personal protective equipment (PPE) for any ENH staff or classroom teachers caring for students with symptoms. ENH will also have extra disposable masks if a student requests one or needs one throughout the week.

## **3. Prevention Strategies**

The ENH staff and cabin leaders will conduct symptom checks to monitor the health and well-being of students during the week.

Nearly all activities and learning will take place outside including:

- Opening & Closing ceremonies, Recreation time, Daily hikes 5 ½ hours, Fire drill, Night Hike, Lunch, Daily ½ hour campfires, Daily 45-minute Teacher Time, Evening activities when possible

Students will only be indoors when it is not possible to be outside due to weather and for the following activities:

- breakfast and dinner in a large, high-ceilinged, well-ventilated dining hall
- 1 hour and fifteen minutes 1-2 evenings in a large, high-ceilinged, well-ventilated building for evening activity as needed due to weather and temperature

When indoors, physical distance will be maximized as much as possible between cohorts if possible.

Key prevention strategies used at outdoor school include:

- Group students in stable cohorts to reduce potential exposures (Please see Section 4: Cabin Cohorts)
- Frequent handwashing for at least 20 seconds or the use of hand sanitizer if soap is not available
- Encouragement of staff and students to cough and sneeze into their mask, tissue, or elbow and wash their hands immediately with soap and water
- Avoid crowded and/or poorly ventilated indoor activities
- Routine cleaning to help maintain healthy facilities
- Provide extra face coverings for participants and staff when they become dirty or wet
- A space for symptomatic students/staff to isolate on-site (Please see Section 5: Symptom Response)
- Enhanced Sanitation/disinfecting practices including:
  - All meeting and gathering places will be stocked with disinfecting solution and hand sanitizer ready and available for use
  - All restrooms sanitized and disinfected frequently
  - Increased daily frequency of cleaning and sanitizing for all 'High Touch' surfaces
  - At our Redwood Glen site in Scotts Valley, the site has improved air quality by upgrading already existing air filtration systems
  - When possible, windows will remain open to help increase air flow
- Announcements and signage posted in highly visible locations that promote everyday protective measures
- Staff, students and teachers may wear masks if they choose to but they are not required

**4. Cabin Cohorts**

Before arrival at the outdoor school, students will be assigned to cohorts (cabin groups of 8-12 students and a cabin leader) that will remain together for the entire week of outdoor school without mixing **inside their cabins or bathrooms**. A trail group that hikes together is often composed of a boy and girl cohort and their cabin leaders. Cohorts will not mix with other students or cabin leaders in close contact circumstances indoors to the largest extent possible. Cohorts should ride the bus to outdoor school if possible. Cohorts sleep in the cabin together and hike with one other cabin cohort.

**5. Symptom Response**

The following are the crucial practices for ENH staff if they encounter potential COVID-19 symptoms, including fever, cough, tiredness, shortness of breath, muscle aches, chills, sore throat, loss of taste or smell.

COVID SYMPTOM FLOW CHART			
One COVID Symptom		Two COVID Symptoms	
If no taste/no smell, call parents about testing if not allowed on health form. Students sent home regardless of outcome.	If sustained temp over 100.4 F, call parents about testing if not allowed on health form. Students are sent home regardless of outcome.	If symptoms are mild or severe fever and cough, call parents to see about testing the student if it is not allowed on health form.	If symptoms are mild and not cough or fever, staff will assess if a test is needed depending on relevant factors including medical history.
If one symptom is present besides those listed above (eg fatigue, cough, diarrhea, mild headache) it is up to the discretion of staff how to proceed depending on health history (allergies, inhaler, etc) and situation.		If the test is positive, the student is sent home, and the rest of the cabin is tested. If negative, the rest of the cabin is not tested. If any student in the cabin tests positive, they are sent home. If an additional student tests positive on another day, the cabin will be tested again.  If a test is negative, staff will assess whether or not a student needs to go home.	

Any student going home according to the above chart due to COVID symptoms will be removed from the program and isolated. An isolation room will be provided in the infirmary. If a symptomatic student is sent home at night and there is not time to test the other students and cabin leader, the students will be tested first thing in the morning and will eat breakfast outside the dining hall. ENH will arrange safe transportation home or to a healthcare facility (if severe symptoms) for the student or cabin leader with the participants' parent or guardian. ENH will close off areas used by a person showing symptoms and will not use these areas until after cleaning and disinfecting them. All isolated students or cabin leaders will still be under adult supervision and will receive ample reading and drawing materials and attention from the Health Care Supervisor or another staff member while waiting for their parent or guardian to pick them up.