



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

## 2023-24 Exploring New Horizons COVID-19 Health & Safety Plan

**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 is 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. 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. However, some exceptions may be made for teachers or parent and high school cabin leaders if a school's policy is that they do not need to be vaccinated.

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 recommended that a school has all students tested within 72 hours of arrival at camp if possible though this is not required.

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.

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
  - 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. 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 due to ENH policy on high temperatures.	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. Staff will continue to monitor the rest of the cabin for other symptoms and will test any students that show any COVID symptoms as needed.  If a test is negative, staff will assess whether 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. 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.