



## LifeSeeds 2021 Summer Camp COVID-19 Protocols and Guidelines

*All guidelines based on CDC and Montgomery County  
Office of Public Health recommendations*

Covid-19 restrictions and guidelines (from the CDC and Montgomery County Office of Public Health) have required us to evaluate and rewrite our programs and policies for camp this year. This parent 'guide' reflects these new plans for 2021.

We are fully committed to providing the safest possible environment for our campers and staff to have another incredible summer at LifeSeeds Summer Camp. While we will do everything possible to keep everyone safe, there is still risk involved. Your home life is an extension of LifeSeeds Summer Camp, and all campers and staff become part of your extended family. With that in mind, it is important that we work together to prevent the virus from entering our camp environment...and vice versa. We will do our part to the best of our ability and we thank you in advance for doing the same!

The following information is intended to provide you with answers to questions that you may have, as your child prepares to attend LifeSeeds Summer Camp. While it is difficult to cover every situation, the procedures that we have put in place for camp are carefully explained in the following pages.

If you have specific questions or desire further information, you can call **Dave Burton at 215-694-2276**. We ask that you familiarize yourself with the details explained in this mini-guide to this year's camp.

### **Vaccinations**

Per CDC guidelines and recommendations, we strongly encourage anyone who qualifies (12 and older in PA) to get vaccinated. Note: The majority of our staff have been vaccinated.

### **Daily Health Screening**

Staff and campers will be asked to utilize the Daily Health Screening Checklist (located in this guide) each day. If your camper has been in close contact to a positive COVID-19 case, been diagnosed themselves, or awaiting a COVID test result, we ask that you NOT send your camper to camp.

We also ask if your camper has developed a cough, fever, shortness of breath/trouble breathing or new loss of sense of taste/smell to refrain from attending camp.

Also, please keep your camper at home if they are exhibiting two or more of the symptoms in Part 2 of the Daily Health Screening: sore throat, unusual fatigue, nausea (sick to stomach), runny nose or nasal congestion, headache, muscle or body ache, rash.

### **Masks**

Protecting our campers and staff is our number one priority. We are fully committed to providing the safest possible environment at LifeSeeds Summer Camp. Since our camp population is mostly elementary-aged children who are unable to be vaccinated at this time, masks are required for all campers and staff with the **exception of**:

- select competitive outdoor sports
- when outdoors and physically distanced (6+ ft away from another camper/staff)
- while eating
- staff who are **fully vaccinated AND are outdoors**

\*If your camper is unable to medically tolerate a mask, a face shield would be required. A formal waiver, documented by a physician, is necessary for a mask exemption. Any adjustments to our policies will be communicated to families.\*

### **Social Distancing**

- Campers and staff will remain in/with small pods (see below) for the duration of each camp week
- Staff and campers will maintain a distance of 3 feet during indoor activities
- Campers will maintain a distance of 6 feet when eating lunch or taking water breaks

### **LifeSeeds 'Pods'**

- Campers will be assigned to sports pods, where they will remain for the duration of camp. In these pods, they will compete in their sports, pride group activities, and eat lunch.
- Each pod will have their own indoor area for shelter from high heat or rain. These areas are air-conditioned and separated from one another.
- During camp-wide activities, such as performances, opening and closing ceremonies, and some pride group activities, campers will remain in their pods, with plenty of distance (15-20 feet) separating each group/pod.

### **Sanitizing and Cleaning**

- Counselors will instruct and supervise campers in proper handwashing and hand sanitizing techniques. Handwashing/Hand Sanitizing will occur frequently throughout the day, including before and after lunch. We ask for your support in continuing to practice proper hand washing at home.
- Our counselors and directors will be trained to incorporate sanitizing practices within their pods, rooms, and play areas. Staff will perform frequent cleanings of highly touched surfaces, such as doorknobs, bathrooms, play equipment etc.

### **Camp Arrival/Drop-Off**

- We will implement staggered arrivals to help minimize congestion at the drop off area.
- 8:50 - 9:00 am: campers with the last name beginning A-K
- 9:00 - 9:10 am: campers with the last name beginning L-Z
- We will allow some flexibility based on individual situations and circumstances.

- When a camper arrives at camp, we ask that drivers remain in the vehicle and confirm with a Greeter that the daily health screening was performed before arriving at camp. If cleared, Greeter will open the passenger side door and take the camper's temperature. The Greeter will then sign the camper in for the day.
- Upon exiting the vehicle, campers will be provided with hand sanitizer.
- If the daily health screening has not been performed, or if your camper has a fever of 100.4 or greater, your camper will not be allowed to stay at camp.
- After being cleared and sanitized, campers will be directed to their pods, which will be outside locations. They will remain with their pods until opening ceremonies begin at approximately 9:15 each day.

### **Camp Departure/Pick-up**

- We will implement staggered departure/pickup at the end of each day to minimize congestion in the pickup area/circle.
- 2:50 – 3:00 pm: campers with the last name beginning A – K
- 3:00 – 3:10 pm: campers with the last name beginning L – Z
- YOU WILL BE REQUIRED TO DISPLAY your LIFESEEDS SUMMER CAMP TAG in your window upon arrival. This will help staff identify campers, maintain safety and security, and promote an efficient sign-out procedure. These cards will be available to parents/campers on the first day of camp.
- They will be color-coded by sport to help staff identify where your child is located. If you lose your card or need additional cards, please email your request to lifeseedscampreg@gmail.com.
- Anyone picking campers up must be authorized by parents during the registration process (you can go into your account and add individuals to this list at any time).
- Drivers will remain in their vehicle and stay in the car line. A greeter will come to your window and confirm the name of the camper(s) you are picking up and confirm that you are authorized.
- Please be patient with us and your fellow chauffeurs. Follow signage and directions of staff.

### **Daily Routine**

- All activities will take place outside, weather permitting. This includes opening and closing ceremonies.  
Note: Closing ceremonies will be live-streamed on our Instagram Account @LifeSeeds every day.
- We are asking that parents avoid parking and coming onto the grounds, unless there is an extenuating circumstance. This is especially important during morning arrival and afternoon departure.
- Each Pod/Sports Group will have a designated area with a tent (for shade), stocked with hand sanitizer, water, and individual locations for the storage/placement of lunches and equipment.
- We encourage campers to bring their own equipment, so as to avoid cross-contamination and unnecessary sharing of equipment. This includes tennis

racquets, lacrosse sticks, gloves, and balls. IF a camper needs a racquet or stick, we will provide that piece of equipment, and it will be designated for use only by one camper for the week. In all cases, staff will sanitize and clean equipment multiple times throughout each day.

**\*\*Please label ALL equipment and belongings clearly before bringing to camp\*\***

- Each camper will receive a water bottle, face mask, and drawstring bag. We ask that you wash your bottle each night and encourage your children to avoid sharing water bottles.
- While lunches will be placed in the shade, they will be outside. Please prepare accordingly.

## COVID-19 COMMUNICATION

- The 2021 LifeSeeds email address for all COVID-19 related questions and concerns: [lifeseedscovidalerts@gmail.com](mailto:lifeseedscovidalerts@gmail.com)
- It is important that communication is consistent and clear between all parties involved. You can also email Dave (Owner/Director) at [lifeseedsorg@gmail.com](mailto:lifeseedsorg@gmail.com) or Cathy (Administrative Director) at [lifeseedscampreg@gmail.com](mailto:lifeseedscampreg@gmail.com) with non-COVID-19 questions at any time. We will reply as soon as possible.
- Please email AND/OR call the office immediately if any of the following occur:
  - Your camper is directly exposed to someone who has a known case of Covid-19 (that could be a friend, family member, neighbor, anyone!) In this case, DO NOT send your child to camp. We will contact you for more information and further guidance. A negative test may be required to return to camp.
  - Your camper has obvious symptoms of Covid-19. In this case, DO NOT bring your child to camp. We will contact you for more information and further guidance.
  - Your camper has a confirmed case Covid-19. In this case, DO NOT bring your child to camp! We will contact you for details and inform the Montgomery County Department of Health for contact tracing.

*Policy dictates that you must quarantine at home and a negative test must be provided in order to return to camp. Tuition for the days missed for direct exposure or confirmed cases will be credited to next summer, assuming proper communication has been made.*

*In the event a camper or counselor in your child's cohort has been diagnosed with Covid-19, we will notify close contacts immediately. Other campers in the cohort may continue to come to camp and will be closely monitored by both the Camp Nurse and group counselors. In the event a camper or counselor in your child's group has a confirmed case of Covid-19, parents of campers in that group will be emailed and/or called immediately. Diagnostic testing for Covid-19 is available locally at urgent cares and pharmacies.*



## Daily Health Screening Checklist

Please complete this checklist each morning BEFORE your camper leaves home for LifeSeeds Summer Camp. THIS DOES NOT HAVE TO BE TURNED IN TO CAMP - FOR REFERENCE ONLY.

### PART 1

Has your child been in close contact with anyone who tested positive for COVID-19 or was diagnosed with COVID-19 in the last 14 days?

Has your child been diagnosed with COVID-19 by a healthcare provider in the last 10 days?

Has your child developed any of the following symptoms within the past 24 hours?

- Fever, Vomiting or Diarrhea
- Cough
- Shortness of breath/trouble breathing
- Loss of sense of taste or smell



Has your child taken medication in the past 24hrs to lower temperature (i.e. Tylenol, ibuprofen)

YES	NO
<input type="checkbox"/>	<input type="checkbox"/>

If you answered **YES** to any questions in Part 1, your child **CANNOT** attend camp. Notify LifeSeeds Summer Camp of your child’s symptoms, diagnosis, or contact with a COVID-19 case via

If **NO** to all questions in Part 1, proceed to Part 2.

### PART 2

Has your child developed any of the following symptoms within the past 24 hours?

- Sore throat
- Abnormal fatigue
- Nausea
- Runny nose or nasal congestion
- Headache
- Muscle or body ache
- Rash



YES	NO
<input type="checkbox"/>	<input type="checkbox"/>

If you answered **YES** to **two or MORE** questions in Part 2, your child **CANNOT** attend camp and you must notify LifeSeeds Summer Camp of your child’s symptoms by proceeding to the Google Form.

If **YES** to **one or less** of the symptoms listed in Part 2, the child **MAY** attend camp at the parents’ discretion.

While COVID-19 may cause mild to moderate symptoms in many children, if your child begins to exhibit any of the following emergency warning signs for COVID-19, seek medical attention immediately: **trouble breathing, persistent pain or pressure in the chest, new confusion or inability to be woken up, bluish lips or face.**

Please call your medical provider for any other symptoms that are severe or concerning to you.