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Guidance for Summer Day Camps and Educational and Recreation Programs For Children Ages 5 and Up June 4, 2020

This document provides guidance for operating day camps and educational/recreational programs that provide care for children ages five and older during the COVID-19 pandemic. This provides Napa County Public Health guidance for private and public day camps, children’s activity centers, church programs, and educational and recreational programs including lessons, etc. Camps and educational/recreational programs ensure children are receiving education, recreation, and enrichment activities while they are on a summer break from school. The purpose of this document is to balance the needs of children, while protecting the public health and well-being of all attendees, staff and families.

COVID-19 Overview

COVID-19 is a respiratory illness caused by a novel (new) virus. There is currently no vaccine to protect against COVID-19. At this point, the best way to prevent infection is to minimize potential exposure to the virus that causes it. Minimizing the spread of the virus through everyday practices is the best way to keep people healthy. More information on COVID-19 is available at www.cdc.gov/coronavirus/2019-ncov

Symptoms of COVID-19 include the following:

- Fever (temperatures above 100 degrees)/Feverish/Chills
- Cough
- Shortness of breath
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Nausea/Vomiting
- Diarrhea
- Unusual or new headache in last 24 hours
- Loss of taste or smell
- Tingling or numbness

More information is available at: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>



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COVID-19 Transmission

COVID-19 is thought to be spread from person to person by respiratory droplets. Respiratory droplets transmitting this virus are produced mainly by coughing or sneezing, but laughing, singing, or even talking can produce similar droplets.

Larger droplets usually fall within three feet, smaller droplets within six feet – but tiny droplet nuclei might travel farther in some circumstances. For this reason, we are recommending a minimum of six feet be maintained between people as much as feasible, recognizing that in childcare, educational and recreational program settings, especially with young children, this may not be possible. Farther away is better. Shorter duration of interaction is better. Risk of transmission is lower outside than indoors.

Because infectious droplets may fall onto surfaces, we can pick them up on our hands and introduce them into the respiratory tract by touching our eyes, nose or mouth with unwashed hands. While this is not thought to be the main way the virus spreads, we recommend frequent handwashing and frequent cleaning and disinfection of high-touch surfaces.

Limiting the number of contacts outside the household is another way of minimizing the spread of disease in a community. As public health guidance gradually lifts restrictions, the number of contacts can “expand” in slow increments, such as by allowing children to mix in small groups, staying within the guidelines below.

Summer Camp and Educational Program Guidelines

Operations must comply with the following conditions:

- They must be carried out in stable groups of 10 or fewer children (“stable” means that the same 10 or fewer children are in the same group for the entirety of each scheduled day).
- Children shall not change from one group to another. The group should remain stable for at least three weeks. In other words, children should not change or be introduced into groups for time periods less than three weeks. Likewise, children should not attend more than one camp or educational program every three weeks.
- Outdoor facilities are encouraged. If more than one group of children is at one indoor facility, rooms and indoor spaces should be limited to the same group of 10 children for the entirety of the three weeks. Groups shall not mix with each other or share room spaces.
- Providers or educators shall remain solely with one group of children for the entirety of each day and for at least three weeks of the program.
- Equipment used for summer camps or education programs should be limited to the same group of 10 children for at least three weeks of the program.



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Physical Distancing Guidance

Physical distancing means deliberately increasing the space between people to avoid spreading illness. A minimum distance of at least six feet is generally required to prevent the spread of COVID-19.

The following recommendations should be followed to the extent possible given the age of the children and nature of the camp activities and educational programs.

Physical Space Design for Distancing with Educational Activities

- As stated above, limit the number of children to no more than 10 children in a room or space. This will minimize cross-contagion and promote distancing between children.
- Re-engineer rooms or spaces to put six or more feet between children's activity stations, tables, and chairs.
- Involve children in developing social distancing plans using chalk and materials – such as pool noodles and yarn – to create personal space areas.
- Involve children in developing signs, which can be used as reminders to social distance.
- Involve older children in developing social distancing space plans to practice their applied math skills.
- Ensure you have ample space in restrooms and monitor the number of children able to use restrooms to allow for physical distancing.

Camp Activities

- Eliminate all-camp gatherings like campfires and sing-alongs, and other activities that bring large groups of children close together.
- Alternatively, bring small groups of children together for singing, storytelling, and games.
- Stagger activities so no two groups are in the same place at the same time.
- Encourage individual activities like painting, crafts, and building with blocks, legos, and other materials.
- Involve the children in developing reminder signs for hand washing, covering coughs and sneezes, or to stay six feet apart.
- Create field games or outdoor activities where you can to provide wider spacing opportunities.
- Sports with shared equipment or physical contact, like soccer, basketball, baseballs, softball, and tennis, can only be played within the same stable group of children, and equipment should be cleaned daily at minimum.
- Swimming is permitted as long it occurs with the same stable group of children. The number of groups will be limited by the ability to keep the groups at least six feet apart within a pool or body of water.
- Do as many activities outdoors as possible.



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Mealtime

- Discontinue buffet-style food options and offer pre-packaged foods when possible.
- Stagger mealtimes to increase personal space and avoid mixing of groups.
- Set up a tent or two when weather prevents eating outside.
- Avoid sharing tables whenever possible, and clean tables in between groups.

Daily Operation Modifications:

- Stagger arrival and/or dismissal times. These approaches can limit the amount of close contact between students in high-traffic situations and times.
- Limit the presence of volunteers for classroom activities, mystery readers, cafeteria support, and other activities unless they can remain stable within one group.
- Establish procedures for drop-off and pick-up to maintain physical distancing. Consider moving the sign-in station outside the facility. Provide hand sanitizer or handwashing facilities to use before and after families sign in and out. Do not share pens. Ask parents to bring their own pens when signing children in and out. If check-in is electronic, clean and disinfect the screens or keyboards frequently.
- Implement drop off services to avoid parents coming into the camp or recreation facility.
- Plan for absenteeism of staff and children.
- Identify critical job functions and positions, and plan for alternative coverage by cross-training staff.
- Determine what level of absenteeism will disrupt continuity of programming.

Create a communications plan for the families you serve

- Include strategies for sharing information with staff, children, and their families.
- Include information about steps being taken by the camp or program facility to prepare and how additional information will be shared.
- Share resources with the school or camp community to help families understand how to prevent spread and when to keep children home.
- Any communication to children and families should include information that helps them make safe, informed decisions and educates them on how to remain healthy.
- Children and families should avoid close contact with those who are sick.
- Encourage families to talk to children about simple, but effective prevention tips, such as covering coughs and sneezes with a tissue or sleeve (not hands), wearing face coverings when around others, and washing hands frequently.



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Health Screening

- Screen children and staff for fever or cough daily, before entering the program.
- Children or staff who are sick with other illnesses that meet the usual exclusion criteria should also stay home. If a staff member or child shows signs of respiratory illness (a new cough, complaints of sore throat, or shortness of breath) or a fever of 100°F or above, they should enter a separate room or be safely isolated with a staff member, and be sent home as soon as possible.
- Seek medical care immediately if more severe symptoms develop, such as a high fever or difficulty breathing.

Stay Home when Sick

- Staff and children should stay home when they are sick with any illness.
- If a child or a staff member has a new cough or other illness symptoms, they should not come to school even if they have no fever. It is not uncommon for people, including children, with COVID-19 to have cough without fever, especially early in the course of illness.

When It's Safe to Return to Camp or Educational/Recreational Program

Children or staff with symptoms associated with Covid-19 should not return to work or the program until:

- a. Their respiratory symptoms are improving,
- b. They have had no fever for 72 hours without the use of fever-reducing medicines, and
- c. At least ten days have passed since illness onset or they have tested negative for Covid-19.

Personal Hygiene Practices

- Children and staff should wash hands with soap and water or use alcohol-based hand sanitizer containing at least 60% alcohol (if hands are not visibly dirty) before and after eating, drinking, touching eyes/nose/mouth, toileting or diapering, and physical contact with each other.
- Children and staff should cover coughs with a sleeve or tissue. Keep tissues and “no touch” trash cans close by.
- We know humans (especially children) appreciate touch and we are relational beings. Consider how we might encourage elbow bumps, or “fist bumps from afar.”
- Children will use touch since nonverbal communication is 80% of our messaging. Think about ways to encourage handwashing or using hand sanitizer after touch and make it part of the fun experience.
- Staff should wear a [cloth face covering](#) over their nose and mouth. Children attending child care or educational/recreational programs should wear cloth face coverings to reduce the risk for transmission if the parent and provider determine they can reliably wear, remove, and handle masks following CDC guidance throughout the day, but children six and under are not required to wear cloth face coverings. Face coverings may not be appropriate for individuals who would have difficulty removing the covering without assistance. A cloth face covering is not intended to



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protect the wearer but may prevent the spread of virus from the wearer to others. This would be especially important if someone is infected but does not have symptoms. N-95 respirators are still reserved for healthcare workers and other first responders, as recommended by current CDC guidance. Acceptable face coverings can be made of a variety of cloth materials, be factory-made or hand-sewn, or can be improvised using bandanas, scarves, t-shirts, sweatshirts or towels. Face coverings should be washed frequently with detergent and hot water and dried on a hot cycle. Ideally, wash your face covering after each use and have a dedicated laundry bag or bin. Make sure the covering is comfortable – you don't want to have to keep adjusting the mask, which means touching your face. Always wash your hands, or use hand sanitizer before AND after touching your face or face coverings.

- Consider making cloth face coverings with the children as a camp craft activity.

Cleaning and Disinfecting Services

The Center for Disease Control (CDC) recommends the following practices:

- Facilities should develop a schedule for cleaning and disinfecting.
- [Routinely clean, sanitize, and disinfect](#) surfaces and objects that are frequently touched, especially toys and games. This may also include cleaning objects/surfaces not ordinarily cleaned daily such as doorknobs, light switches, classroom sink handles, countertops, nap pads, desks, chairs, cubbies, and playground structures. Use the cleaners typically used at your facility. If surfaces are dirty, they should be cleaned using a detergent or soap and water prior to disinfection.
- Use all cleaning products according to the directions on the label. For disinfection, most common EPA-registered, fragrance-free household disinfectants should be effective. Guidance is available for the selection of appropriate disinfectants for childcare settings.
https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/nCOV20_19.aspx
- If possible, provide EPA-registered disposable wipes to staff members so that commonly used surfaces such as keyboards, desks, and remote controls can be wiped down before use. If wipes are not available, please refer to CDC's guidance on [disinfection for community settings](#).

If You Are Made Aware of a Confirmed Case of COVID-19

Inform the families of other children in the group and monitor all staff and children for symptoms before entering the day camp or program area. Separate anyone who begins showing possible signs of illness and send them home. If a child or staff person from a group is a confirmed case of COVID 19, all other members of that group will need to self-quarantine, discontinue activities and will be referred for testing.