

SUMMER 2021 COVID-19 GUIDE

(UPDATED MAY 27TH, 2021)

2



**COVID-19 GUIDE
PRE-ARRIVAL**

3



**CHECK-IN & CHECK-OUT
PROCEDURES FOR
SUSPECTED COVID-19**

4



**TESTING
HEALTH SCREENING
MASKS**

5



**COHORTS (SQUADS)
SOCIAL DISTANCING
RECREATION TIME
DINING**

6



**CLEANING
HAND WASHING
VENTILATION
AFTER CAMP**



COVID-19 GUIDE

We are excited to welcome campers back for our 30th summer at ISTC!

In light of COVID-19, we are taking all of the necessary steps to provide our campers with a fun, and safe, sports camp experience. While we cannot guarantee COVID-19 will not be at our camp this summer, we can guarantee that we are taking great strides to reduce the risks of its arrival and transmission.

We have been working hard creating a schedule that captures the ISTC spirit and fun, but also keeps everyone safe. We acknowledge that there will be differences this summer; however, the ISTC experience will be here!

This guide covers COVID-19 best practices for summer camps published by the CDC and American Camp Association, as well as countless discussions, zoom conferences and webinars focused on COVID-19 mitigation policies and procedures for camps.

The information surrounding COVID-19 is constantly changing and evolving. We will continue to stay up-to-date on best practices, and ask you to understand that as the information around this pandemic changes and evolves, so too will this guide.



PRE-ARRIVAL

In order to mitigate the risk of COVID-19 being brought into camp, we are asking all campers and staff to take additional safety measures in the two weeks prior to their arrival. We recommend campers and staff limit their exposures and eliminate nonessential travel prior to attending their camp session.

In the week prior to your arrival at camp, you will receive an email directing you to complete a pre-arrival COVID-19 screening online form. You will be able to upload your PCR test results or vaccination record. It will also prompt you to answer a few simple questions.

Campers and staff should not attend camp if they are experiencing symptoms or have had exposure to COVID-19 in the 14 days prior to their camp session.

CHECK-IN & CHECK-OUT

For our returning families, this process will look differently this year. Campers will be assigned a check-in and check-out time determined by their designated squad. Both check-in and check-out will be completed from the comfort of your car (a curbside contactless process if you will!) and everyone must wear masks. In order to reduce in person contact, parents will not be able to leave their vehicles and accompany their child to their cabin.

For check-in, counselors will be meeting their campers in the parking lot and taking them to their cabins. For check-out, counselors will be bringing your camper to you in the parking lot.

Due to our increased mitigation efforts, campers will not be allowed to leave camp and return to camp for sports tournaments, etc.



PROCEDURES FOR SUSPECTED COVID-19

Should anyone exhibit COVID-19 symptoms, they will be immediately isolated and antigen tested. Parents will be contacted immediately. If the antigen test delivers a positive result, the camper will need to be picked up promptly.

Contract tracing will begin, and the campers and staff members in the COVID-19 patient's cabin and all sports groups will be antigen tested. We will inform all affected campers' parents about a possible exposure and monitor them closely.

TESTING & VACCINATION

All campers and staff who are not fully vaccinated upon their arrival must complete a PCR COVID-19 test (not a rapid antigen test) within 3-5 days of arriving at camp. Proof of vaccination or the results of your PCR test must be submitted to camp prior to your arrival using the COVID-19 Pre-Screening Form located in your parent account. We ask that campers isolate as much as possible following their PCR test.

Upon arrival at camp, ISTC staff will be performing health screenings and rapid antigen testing as part of the check-in process. Any camper who tests positive for COVID-19, has a high temperature, or is exhibiting COVID symptoms, will not be able to attend camp. That camper will have the option to attend a later session that has availability or rollover their registration to the following year.

Additionally, as part of our mitigation efforts and care for your camper, ISTC will administer a second rapid antigen test mid-week.

To ensure the health of our camp community, all campers (even those who are vaccinated), will take part in our rapid antigen testing. There will be an additional fee of \$50 per session added to every camper's invoice in order to cover the costs of the rapid antigen testing.



HEALTH SCREENINGS

We will be performing health screenings on every camper and staff member each morning. Everyone will have to answer a brief set of questions and their temperature will be taken.

MASKS

All campers are required to bring masks to camp. Campers will wear masks when they are transitioning to sports areas, meal times, open recreation times, etc.

Masks will NOT be required when campers are in their own cabin or while playing sports. All of our sports facilities are outdoors or in open air buildings.

COHORTS (SQUADS)

ISTC will be operating in cohorts (squads) organized by age group, cabin, and all sports group. Every camper cabin will equate to a 'household'. Squads will be attending meals, recreation events and all sports sessions together.

SOCIAL DISTANCING

ISTC sits on 500+ acres, so we have plenty of room to spread out! Squads will be rotating among camp activities and playing areas. ISTC is also changing its session meeting locations and more, to allow for appropriate distancing.



RECREATION TIME

Free afternoon and evening recreation times will operate differently as we rotate squads through the camp activities and canteen time. The camp schedule has been amended to ensure all campers have an equal opportunity to participate in all activities and that we have ample time between sessions to clean and sanitize.

DINING

Our Lake View Center Dining Hall is an open-air building, so we receive the health benefits of eating outside.

Campers will be eating with their defined squads and must follow our protocols before coming into the dining hall. The tables will be assigned so each cabin group is always eating at the same table, and the tables will be sufficiently distanced. Our trained food service staff will be serving.

CLEANING

We take immense pride in the cleanliness of our camp, and this year we will be taking it to the next level. We have hired additional staff for cleaning and frequent wiping down of high touch surfaces (like door handles), as well as purchased electrostatic backpack sprayers, to be used in conjunction with our medical grade disinfectant sprayers.

Sports equipment (waterfront, ropes course, etc.) will be disinfected between each use.

HAND WASHING

ISTC has placed additional times into the camp schedule set aside for frequent hand washing and/or hand sanitizing.

VENTILATION

ISTC has installed large air circulation and exhaust fans in all of our cabins. These fans will bring in air from the outside and move it through the cabins. Campers will also be sleeping in opposite directions (head-to-toe and toe-to-head).

Luckily, all of our sports programs operate outdoors or in open air pavilions. We have also purchased a very large tent in order to have another covered outdoor play space.

AFTER CAMP

We must advise all camper families to limit your contact with others, especially high-risk individuals, for at least two weeks after returning home from camp.

