



## ***Covid 19 Easterseals Western and Central Pennsylvania Camping and Recreation Covid-19 Plan***

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### **Guiding Principles:**

- Easterseals Western and Central Pennsylvania offers respite camp opportunities to adults with Intellectual Disabilities through its “Club Lily” program. A variety of settings are utilized for these camps across the commonwealth. The duration of these camps range from weekends to weeklong programming. With Covid-19 protocols, capacity will be determined on the physical camp setting and staffing levels that adequately support the individuals attending. Both items will take into consideration the need for appropriate social distancing, facility setup and ability to mitigate the risk of Covid-19 to individuals and staff attending the camp. Camps will not operate at full capacity and will adhere to current state, county, local and physical camp regulations as it relates to Covid-19 capacity limits.

### **Behaviors to Reduce Spread:**

- Education materials on COVID19 signs/symptoms/prevention will be included in camp packets sent to individuals planning to attend an upcoming camp.
- At time of entrance, additional material and/or direction will be provided to staff and individuals.
- Posters and educational material will be posted throughout the physical camp site as reminders to proper handwashing, coughing / sneezing etiquette, social distancing, mask use, etc.
- Routine Handwashing will be required of all staff and individuals attending camp. The following information should be provided to all staff and individuals:

### **Handwashing**

The CDC recommends washing your hands frequently and avoiding touching your face. Wash your hands when entering and leaving the home or community setting; when adjusting or putting on or off facemasks or cloth face coverings; or before putting on and after taking off disposable gloves.

Follow these five steps every time.

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.

### **Coughing and Sneezing**

Covering coughs and sneezes and keeping hands clean can help prevent the spread of serious respiratory illnesses like influenza, respiratory syncytial virus (RSV), whooping cough, and COVID-19. Germs can be easily spread by:

- Coughing, sneezing, or talking
- Touching your face with unwashed hands after touching contaminated surfaces or objects
- Touching surfaces or objects that may be frequently touched by other people

Covering coughs and sneezes and washing hands are especially important for infection control measures in healthcare settings, such as emergency departments, doctor's offices, and clinics.

- To help stop the spread of germs:
- Cover your mouth and nose with a tissue when you cough or sneeze
- Throw used tissues in the trash
- If you don't have a tissue, cough or sneeze into your elbow, not your hands

Remember to immediately [wash your hands](#) after blowing your nose, coughing or sneezing.

If soap and water are not readily available, use a hand sanitizer that contains at least 60 percent alcohol.

- Hand sanitizer stations will be set up throughout the camp location.

### **Mask / Face Coverings**

1. Every individual shall wear a face covering when:
  - Staff that provide direct services must wear a mask that covers the staff person's nose and mouth during the entirety of service provision. The mask must be a cloth covering or other mask that offers a higher degree of protection. This applies to all ODP services, unless the staff person lives with the individual receiving services. For staff, plastic face shields are not acceptable alternatives to masks.
  - Individuals must wear mask when...
    - Indoors or in an enclosed space, where another person or persons who are not members of the individual's household are present in the same space.
    - Outdoors when unable to maintain sustained physical distance.
    - Participating in indoor physical activity in a gym, fitness center or group fitness classes, where another person or persons who are not members

- of the individual's household are present in the same space, irrespective of physical distance.
  - Waiting in a public area irrespective of physical distance.
  - When assisting in any space where food is prepared, packaged for sale, or prepared for distribution to others.
2. In accordance with current Centers for Disease Control and Prevention (CDC) guidance, cloth face coverings should:
    - 1. Fit snugly but comfortably against the side of the face
    - 2. Be secured with ties or ear loops
    - 3. Include multiple layers of fabric
    - 4. Allow for breathing without restriction and,
    - 5. Be able to be laundered and machine dried without damage or change to shape
  3. Masks are not required for anyone who has trouble breathing, is unconscious, incapacitated, or otherwise unable to remove the covering without assistance. If an individual has trouble breathing or other medical or mental health conditions that may be worsened with wearing a mask, seek clarification with the individual's health care practitioner regarding mask use.
  4. Masks are required for staff and individuals who are receiving services even if they are communicating or seeking to communicate with someone who has a hearing-impairment or has another disability, where the ability to see the mouth is essential for communication. The use of a clear masks would be utilized in this scenario.
  5. Please note: Cloth face coverings are not considered Personal Protective Equipment (PPE) and should not be worn in place of recommended PPE when caring for an individual with COVID-19.
  6. If an individual attending camp has a difficult time wearing a mask, efforts will be taken by staff to assist the individual with mask tolerance. The following may help an individual adjust to wearing a mask:
    - Ensure that the individual knows that the individual will be able to breathe while wearing a mask if that is a concern.
    - While wearing a mask, look in the mirror and talk about what it is like to wear a mask.
    - Decorate a mask so the mask is personalized and fun to wear.
    - Ensure that the mask decorations do not compromise the integrity and functionality of the mask.
    - Show the individual pictures of other people wearing masks.
    - Use a mask with a clear window where staff or caregiver's mouths can be seen.
    - Pin a picture of the staff or caregiver without a mask on the staff or caregiver's shirt.
  7. If after working with the individual to encourage mask use, the individual is still only able to tolerate wearing a mask or face covering for only a short period of time, the individual should wear a mask or face covering during activities that may have an increased risk of transmission of COVID 19. For example, the mask or face covering should be worn during the following:
    - Personal care activities
    - While the individual is being transported
    - During transfers
    - Activities that result in vocal projection such as watching sports, singing, playing games, shouting, etc.

8. In the camp packet provided to individuals / families prior to camp, they will be Informed that if participants are not compliant with safety regulations at all times, which results in increased health risks for other individuals, they will not be permitted to continue participation. Easterseals will work with and provide needed supports within its capabilities but as a last resort, will request their pickup.

## **Screening**

Upon arrival, staff members and individuals attending the camp will participate in screening to mitigate the possibility of Covid-19. Staff and Individuals will be greeted at door where health screening, including a temperature check, will be completed prior to entry to facility.

## **Screening Questions**

1. Do you have a fever equal to or higher than 100.4 degrees or symptoms such as new or worsening cough, shortness of breath, sore throat, chills, repeated shaking with chills, body aches, muscle pain, headache, or new loss of taste or smell, headache, diarrhea, nausea or vomiting, and runny nose?
2. In the past 14 days, have you had a potential exposure to a person with COVID-19 or someone who is waiting for test results for COVID-19?
  - A potential exposure means a household contact or having close contact within 6 feet of an individual with COVID-19 for a cumulative total of 15 minutes within a 24-hour period.
  - The timeframe for having close contact with an individual includes the period of time of 2 days before the individual became symptomatic or, if asymptomatic, 2 days before the positive test was collected.
3. In the past 14 days, have you visited any state outside of Pennsylvania? If yes, do you have evidence of a negative SARS-CoV2 (COVID-19) test from a specimen collected within 72 hours prior to entering the Commonwealth or did you quarantine for 10 days upon entering the Commonwealth? If no, are you exempt from the requirement to produce evidence of a negative SARS-CoV2 (COVID-19) test from a specimen collected within 72 hours prior to entering the Commonwealth or from quarantining for 10 days from the date of return to Pennsylvania?
  - Check the Pennsylvania [DOH Travelers website](#) for the most up-to-date information about travel.
4. Have you tested positive for COVID-19, have a test pending for COVID-19, or been told by a medical provider that you may or do have COVID-19?

## **Additional screening considerations for individuals with Intellectual Disabilities/Autism (ID/A):**

- In addition to the typical [symptoms of COVID-19 Opens In A New Window](#) as identified by the CDC, ODP providers have noted that for individuals with ID/A, COVID-19 has caused muscle aches, weakness or a change in baseline behavior without or prior to respiratory symptoms emerging. Providers should closely observe individuals for weakness or other changes in behavior that may be indicative of infection.

### **Screening Actions will include:**

- Temperature checks and health screening completed by caregivers can be accepted but do not eliminate the need to be performed by staff. Asymptomatic participants with a satisfactory health screening will perform hand hygiene and enter the program area.
- When a direct support professional answers “yes” to any of the above screening questions, the direct support professional should not render face-to-face services and back-up plans should be implemented.
- When an individual receiving services answers “yes” to any of the screening questions, the individual should not participate in any community activities and appropriate steps should be taken to ensure follow-up if COVID-19 is suspected as a result of the screening. The individual’s health care professional will provide additional guidance on the appropriate timeframe to return community activities.
- If a participant does not clear the health screening, the emergency contact person will be contacted and instructed that the symptomatic participant must be transported home immediately. While waiting for transportation, participant will remain in nurse’s office with door closed. If a participant displays signs or symptoms of COVID-19 during their time at program, the participant will go to nurse’s office (holding area) to wait while their emergency contact person is notified that they must be picked up immediately. Surgical mask will be provided to be worn while waiting for pick-up.
- Area used by symptomatic person are to be closed off and not used before cleaning and disinfection. Staff wait 24 hours before cleaning and disinfecting. Ensure safe and correct application of disinfectants.
- Those who have had close contact to a person diagnosed with COVID-19 will be informed to stay home and self-monitor for symptoms and to follow CDC guidance if symptoms develop. If a person does not have symptoms follow appropriate CDC guidance for home isolation. Sick participants are advised not to return until they have met CDC criteria to discontinue home isolation.

### **Maintaining Healthy Environments:**

1. Shared spaces will be sprayed/wiped down after every use with cleaning supplies and disinfectants that meet EPA Certification Standards.
2. Doors will remain open at all times to allow for proper ventilation and reduced touching. Areas where privacy is needed that do not allow for “open doors” will be cleaned and disinfected after each use. In these situations, proper ventilation and distancing will occur.
3. Sinks where brushing teeth/washing hands, water faucets, showers, etc. will be cleaned / disinfected regularly.
4. Temperature checks will be performed before breakfast, every morning.
5. Sufficient PPE will be available for any needs that may arise, both for staff and individuals attending camp. Extra supplies will be maintained at the nursing station.

**Physical Site / Modified Layout** – All program activities will allow for adequate social distancing (6 feet minimum social distancing). This includes indoor / outdoor activities, including tables, workstations, sleeping quarters, etc.

- Physical barriers/guides will be utilized when applicable to assure proper social distancing.
- Staff will not rotate staff between cabins when feasible.
- Hand sanitizer at cabin entrance.
- There will be no outside visitors at camps.
- Campers' belongings placed in individual cubbies/spots, away from other campers' belongings.
- Beds will be placed 6 feet apart, alternating "head to toe".
- Open windows and turn on fans for ventilation.
- Staff will be assigned to a group of individuals. This group will remain in their "Cohort" to the fullest extent possible for the duration of this camp. Certain activities may not allow for this, but appropriate social distancing and other mitigation efforts will be implemented at these times.
- Staggered scheduling will be utilized throughout the camping experience, whenever possible, to mitigate the potential spread of illness.
- Personal items will not be left on shared spaces (e.g., sink, showers)

### **Dining:**

- Assigned seating will occur
- Maintain 6 feet distance between campers
- Avoid buffet style eating (use grab and go or served meals by dining staff, using proper PPEs)
- Condiment or beverage dispensers will not be utilized.
- Staggered Scheduling will take place when necessary, to assure appropriate social distancing
- Cleaning / Disinfecting will occur after each use

### **Shared Objects**

- Discourage sharing of items that are difficult to clean, sanitize, or disinfect.
- Keep each camper's belongings separated from others' and in individually labeled containers, cubbies, or areas.
- Ensure adequate supplies to minimize sharing of high-touch materials to the extent possible (e.g., assign art supplies or other equipment to a single camper), or limit use of supplies and equipment to one group of campers at a time and clean and disinfect between use.
- Avoid sharing electronic devices, toys, books, and other games or learning aids.

### **Maintaining Healthy Operations:**

- Club Lily participants are typically part of a higher risk population. Mitigation efforts will be utilized to include cohorts, staggered scheduling, increased handwashing with soap /water, availability and use of hand sanitizer at all activities / locations, including all staff members having it on their persons, and extra facial coverings.
- Small Groups and Cohorting – Camper will be placed in groups and maintain those same group for the duration of the camp to limit the contact between individuals.

- Easterseals will have available, PPE for both individuals and staff attending camp including extra face coverings, sanitizer, face shields, EPA disinfecting supplies, etc. There will be sufficient supply of PPE for unplanned needs that arise.
- There will be no “Off-Site” activities as all necessary programs / activities take place at the camp.
- Camp usage varies by location. Easterseals use of a camp / specific area does not involve interaction with other groups of campers outside of Easterseals. If / when a shared facility was utilized, proper cleaning would take place before use and staggered times would assure there is no interaction with other groups, to assure risks of Covid-19 spread are limited.
- Designated COVID19 Point of Contact- Camp Director will serve as the Point of Contact for all safety items, including Covid-19 concerns and mitigation efforts. Concerns will be immediately reported to the director with immediate separation from others / their cohort if a concern arises. Outside contact to medical personnel and Dept Health will occur through Director or their assigned designee. This includes notification to family members if/when a need for communicating a need arises.
- Staff at camp will utilize 3-way radios to communicate with one-another, as it relates to concerns related to possible exposures, illness, etc. of individuals.
- Communication Systems, related to staff and families reporting if they have tested positive for COVID19 or have been in contact with someone who either tested positive or has symptoms of COVID19, will be utilized to disseminate information. Director will be responsible for coordinating communication. This would include post-camp communication should a positive case become known and contact tracing become necessary. While at camp, a confirmed case of Covid will include contact tracing with all potentially exposed individuals being isolated and notification to families / caretakers on the need to pick up occurring. Should there be a positive case within the camp, it may be necessary to end that camp experience for all participants depending on contact tracing and possible exposures.
- Shared Facilities – Club Lily staff will try to not use shared common space if possible. If there are shared spaces social distancing and staggered scheduling will be employed along with sanitizing protocols. Shared spaces will be sprayed/wiped down after every use with cleaning supplies and disinfectants that meet EPA Certification Standards.
- Staff Training - Staff are trained on COVID19 protocols and new regulations, including recognizing symptoms, social distancing, PPEs (e.g., masks and gloves), handwashing, health screenings/temperature checks, and cleaning/sanitizing, in order to create a safe/healthy environment for the campers and staff. Staff will perform a self-health assessment prior to coming to work. Staff will complete health screenings and temperature checks upon arrival and each morning.

### **Preparing for When Someone Gets Sick:**

- CDC recommendations for Community-Related Exposure:  
<https://www.cdc.gov/coronavirus/2019-ncov/php/public-health-recommendations.html>
- Clean and Disinfect-
- Notify Health Officials and Close Contact-

## **Staff exhibiting symptoms**

- Staff instructed to notify Director immediately if displaying symptoms
- Send staff exhibiting symptoms home immediately.
- Daily temperature check and documentation before program.
- If fever free for 24 hours and not exhibiting other symptoms, may return to work.
  - Could utilize Med Express/Concentra
  - Geisinger Hotline for COVID: 570-284-3657
  - Primary care physician
- If fever continues and/or exhibiting other symptoms, needs to be cleared by a physician and cannot return until fever free for at least 72 hours and no longer experiencing COVID-19 related symptoms.
  - Cannot return to work until cleared by physician and have documentation of negative COVID-19 test within 24 hours.
- If staff have positive COVID-19 test or are considered presumptive positive-
  - Notify possible contacts (staff/ individuals/families), DHS, DOH, and follow CDC checklist.
  - Follow requirements dictated by CDC/DOH/DHS (which may include facility shut down for 24 hrs. to clean/sanitize)
  - Notify corresponding county's emergency management team.
- Increase daily staff/individual/visitors/family screening throughout the day to monitor possible exposure.
- Staff immediately increase sanitization efforts.

## **Individuals exhibiting symptoms**

- Staff will notify Director/Assistant Director/VP of programs immediately if displaying symptoms.
- Daily temperature check and documentation before program.
- Director/Assistant Director will call parents/guardians immediately for pick-up.
- Individual must stay outside building/in secluded area with staff until parent picks-up.
- If environmental factors do not allow for an individual to stay outside / in secluded area, the nurses station will be utilized at which time all other nursing type activities will utilize a backup location. Staff providing necessary care to an individual exhibiting symptoms will wear full PPE while providing care until the individual is picked up. This includes approved medical masks, gowns, face shield, etc.
- An individual may not return to camp/program until fever free for 72 hours (follow illness policy). Given the typical duration of respite camps, it is unlikely they would be able to attend.
- If tested positive for COVID19, client must remain at home and cannot return
- Director/Assistant Director will send out COVID19 letter to corresponding group confirming positive COVID19 case. This will include a direct call to all potential individuals.

- Follow protocols listed by CDC for sanitizing/disinfecting facilities and common spaces
- Daily temperature checks of all clients and staff.

### **THRESHOLDS FOR COMMUNITY SPREAD – Community Transmission**

#### **Camps will take place in adherence with PCR**

- The PCR percent positivity provides the threshold for the three levels of community transmission by county (low, moderate, substantial).
- The PCR will guide decision making on further modifying operation or temporary closure if the county is found to meet the Moderate or Substantial threshold for community spread.
- Director of Recreation and Camping will be responsible for maintaining awareness of PCR as it relates to physical camp location and necessary mitigation needs to assure the safety of staff and individuals in attendance at camp.
- Director of Recreation and Camping will coordinate increased mitigation needs with physical camp management, staff and individuals in attendance.

#### **Training**

- Easterseals staff will receive training on the Camp Covid Plan, including all subsequent revisions prior to working with individuals in this setting.
- Additional trainings will be provided as it relates to Covid Protocols and Universal Precautions, including coughing and sneezing etiquette/protocols.
- This plan shall be placed on Easterseals website as updates occur.

4/28/2021