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YMCA CAMP CHINGACHGOOK

Covid Operating Guidelines

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INTRODUCTION

The information surrounding COVID-19 is constantly changing and evolving. This document organizes COVID-19 protocols for YMCA Camp Chingachgook based on best practices for overnight summer camps published by the NYS Dept. of Health, the CDC, and the American Camp Association. As a licensed children's camp in New York, we are most beholden to the guidelines from the New York Dept. of Health and are required to follow their covid guidelines in order to legally operate this summer. Our protocols have been reviewed by YMCA employees, volunteers on our council of advisors and our summer health care team, which is made up of an overseeing family physician, 12 registered nurses, 4 nurse practitioners, and an EMT.

This document intends to provide camp families and staff with information about how Chingachgook is adapting policies, procedures and programs this summer in order to mitigate the risk of COVID-19 in camp. As information changes and evolves, so too will this addendum to reflect current information.

While we have worked tirelessly to adapt our program to mitigate the risk of COVID-19 exposure in camp, it is important to note that there is no way for us to guarantee that COVID-19 will not be present. We plan to take a multi-dimensional approach with both pharmaceutical and non-pharmaceutical interventions in order to mitigate risk to the best of our ability.

Camp will look and feel a little different this year but the value of being in a beautiful setting, among friends old and new, and participating in fun camp activities is needed more than ever after this challenging year. We believe that Camp, with some changes, is way better than no camp at all and we look forward to creating a memorable, magical, and positive experience for campers this summer.

PRE-CAMP REQUIREMENTS

QUARANTINE & VACCINATION

To reduce exposure to COVID-19, we recommend and ask all unvaccinated campers to engage in a 2-week pre-arrival quarantine, to the best of their abilities, that includes physical distancing, mask-wearing when not at home, avoiding unnecessary travel, and refraining from indoor social gatherings with people outside of their households. We request that campers, their families, and camp staff follow [CDC guidance for travelers](#) in the 14 days before camp arrival. You can also review the [CDC's Travel During COVID-19 page](#) for more details about preparing to travel, including recommendations about staying safe during travel such as wearing a mask in public settings.

If eligible, staff, volunteers, campers, & family members **are strongly encouraged get fully vaccinated for COVID-19** and, ideally, wait 2 weeks after completing vaccination before traveling to camp.

ARRIVAL AT CAMP CHINGACHGOOK

In order to be admitted to Camp, campers and staff must present one of the following items on opening day:

- Campers and staff who are not fully vaccinated must provide proof of a negative viral PCR test, taken within 72 hours before arriving at camp, **or**
- Vaccinated campers or staff who are 14-days post **full** vaccination can show proof of vaccination upon arrival, **or**
- Since the CDC does not recommend getting tested again in the three months after a positive viral test if the camper or staff does not have symptoms of COVID-19, campers and staff who have had a positive viral test in the 3 months prior to starting camp **and** have met the criteria to end isolation can provide a letter from their healthcare provider documenting the positive test date and stating the individual is cleared to end isolation.

Campers or staff with recently confirmed positive test results should contact their local health officials and not travel to camp. Please contact the camp office at 518-656-9462 to let us know your camper will not be attending their session.

CAMPER FORMS

We ask that parents give as much insight as possible on their camper's forms to help us set each camper up for success. All forms can be accessed through your parent account & **are required to be uploaded at least 2 weeks before your camper's session.** Due to our changes in the opening day procedures, **we will not be able to accept paper forms on the day of drop off,** so please make sure to complete all required forms at least 2-weeks ahead of time.

BY LAW, CAMPERS MAY NOT BE AT CAMP WITHOUT THE FOLLOWING FORMS:

- Current Physical Examination
- Immunization Record
- Health History w/ Insurance Information
- Prescription or OTC Medication Form
- Pick-Up Authorization
- Signed Meningitis information form

ADDITIONAL NECESSARY FORMS:

- Covid-19 Specific Forms - Mandatory for 2021 (includes sign off on agreeing to follow protocols before and during camp, upload section for vaccination proof or negative test result, and consent for on-site rapid testing)
- Skill Class Preference Form
- Camper Mental Health Support Form
- Letter to the Counselors
- Camper Code of Conduct

OPENING DAY/CAMPER DROP OFF

In an effort to minimize non-camp participants being on camp, we will be **operating a drive-through drop off model for campers this summer**. We know this is a big change from past summers, but we will still work to make this process efficient and welcoming for parents/guardians and campers alike.

Campers will be assigned a strict time window based on last name. **Cars that arrive earlier than their assigned drop off window will be asked to leave and return at the correct time.** We will weave cars through the parking lot in order, as needed, in order to prevent traffic back up on the road. The check in process will start on the road alongside the dining hall and HQ.

CITs will also be dropped off in these windows and in lieu of the typical in person meeting, a virtual parent/CIT meeting will be conducted with the CIT Directors 3-7 days before arrival.

DROP OFF WINDOWS:

- 11:30 AM - 12 PM: All CITs Check In
- 12:00 PM - 1 PM: Camper last names A-F
- 1:00 PM - 2 PM: Camper last names G-M
- 2:00 PM - 3 PM: Camper last names N-S
- 3:00 PM - 4 PM: Camper last names T-Z

See Map for drop off route

DROP-OFF STATIONS:

- **Stop 1:** Wellness Check (Proof of Negative PCR Test or vaccination and Medication Drop Off) - Cars will stop on road alongside dining hall and near HQ as they head into camp and be greeted by members of our health lodge team.
 - Staff will conduct a temperature screening, symptoms questionnaire, lice check and verify proof of negative PCR test or vaccination.
 - Health lodge staff will also be set up to answer any parent/guardian questions and **collect any camper medications**.
 - Once this step is complete for each camper in the vehicle, the car will be given a green paper to put on their dashboard to signal their wellness check is complete.
- **Stop 2:** Registration Station with Office Staff - Carol and our office staff will greet cars near the tennis courts and confirm forms and payments are submitted. Staff will then tell the camper their unit and cabin number. You will be given another paper for your dashboard with the cabin number on it so that staff along the road can point you in the right direction.
- **Stop 3:** Cabin Drop Off - Once learning their unit and cabin, cars will drive up the road towards the climbing tower and follow lawn signs towards their unit. Cars will be greeted at the unit by the Unit Director and pointed towards their cabin. **Parents/guardians must stay in car** when they park at the cabin and counselors will come greet them and help camper(s) unload/move in.

Senior Boy Campers will turn left at rock wall & head to their cabins. All other cars will drop off at cabins and then exit through the farm

MAP OF DROP OFF ROUTE



VIDEO PREVIEW OF ROUTE COMING SOON!

PRECAUTIONS FOR OVERNIGHT CAMP

Consistent and layered use of multiple prevention strategies can help camps open safely for in-person activities; protect children, families, and staff; and slow the spread of the virus that causes COVID-19.

Household Groups and Masks

During an overnight camp session, we will consider campers and staff who are staying together in a cabin, a “household.” Campers and staff in a cabin household will only eat, drink, sleep, bathe or swim in the vicinity of their household members and will need to wear masks whenever they are in indoor areas besides their cabin for an extended period of time and if near other cabin household groups and unable to physically distance. Children/campers may also remove face coverings when they are unable to tolerate a face covering for the physical activity. Household group sizes will increase beyond their immediate cabin group after screening rapid tests are administered 3-5 days into the session.

When different cabin households are using shared indoor or outdoor spaces together, we will continue to monitor and enforce mask use (where required), [physical distancing](#), and [healthy hygiene behaviors](#) for everyone. Campers and staff, regardless of vaccination status, will [wear masks](#) whenever together indoors for an extended period of time for a program activity (very rare - only when there are large stretches of poor weather). Campers and staff who are able to physically distance from other cabin household and stable groups will not need to wear masks outdoors.

Masks protect the wearer and those around them. All campers and staff are required at times to use well-fitting masks to prevent the spread of COVID-19 through respiratory droplets. Campers and staff must use well-fitting cloth masks, over the nose and mouth, with two or more layers of tightly woven, breathable fabric or disposable masks. **Per the NY Dept. of Health, buffs, bandannas and face shields are not allowed as appropriate face coverings.**

N95 respirators or other personal protective equipment intended for healthcare workers should be worn only by camp medical staff when appropriate.

Staff and campers should have more than one mask on hand each day so they can easily replace a dirty mask with a clean one. Camp will also have extra disposable masks at activity areas in case a camper or staff needs a replacement. We also recommend campers bring masks that can attach to a lanyard or necklace to make it easier to keep track of. Campers and staff should make sure to remove masks correctly and wash hands after touching a mask while wearing it or when removing a mask, store masks somewhere safe to keep it clean, such as your pocket or backpack.

If specialized staff are providing services or specific activities to campers within multiple cohorts or multiple camp programs, they will take prevention measures to limit the potential transmission of COVID-19, including getting vaccinated if eligible, and wearing masks, or other necessary personal protective equipment. Specialized staff will keep detailed contact tracing logs.

To Summarize, Masks Will Only Need to Be Worn By All Vaccinated and Un-Vaccinated Campers when:

- Indoors for more than 15 minutes whenever with other cabin groups
- In the dining hall, when not seated at your cabin’s table
- As needed, when being transported in a camp vehicle
- Any camper or staff who wants to wear a mask more often, for their own comfort, is encouraged and allowed to do so
- Staff will all wear masks on opening and closing days. Unvaccinated staff will always wear a mask when feasible.

Physical Distancing

Physical distancing provides protection by reducing risk of exposure and limiting the number of close contacts when someone is infected with COVID-19. The following policies will be implemented strategies to promote physical distancing, indoors and outdoors, of:

- At least 6 feet between all campers and staff when interacting with individuals outside of their cabin household
- At least 6 feet between tables of other cabin households while eating and drinking

We will use physical and/or visual guides to reinforce handwashing, mask wearing, symptom reporting, and physical distancing of at least 6 feet in areas where cabin groups may be interacting with others (for example health lodge and dining hall).

Handwashing and Covering Coughs and Sneezes

- Counselors will teach and reinforce frequent hand washing with soap and warm water for at least 20 seconds and monitor to ensure all campers and staff follow this practice.
- If soap and water are not readily available, hand sanitizer that contains at least 60% alcohol will be used.
- Staff and campers should not use hand sanitizer if their hands are visibly dirty or greasy (for example, after playing outdoors, fishing, or camping). Instead, they should wash hands with soap and water as soon as possible.
- Staff who prepare food must wash hands with soap and water.
- Staff and campers will be encouraged to cough and sneeze into their mask or a tissue. Masks that become dirty or wet should be replaced with a clean one as soon as possible. When a mask or tissue is not available or in use, they should cough or sneeze into their elbow, not their hands.

HEALTH CARE PROCEDURES

COVID-19 is mostly spread through close contact by respiratory droplets released when people talk, sing, breathe, sneeze, or cough. Although less likely, it is possible that people can get COVID-19 by touching a surface or object that has the virus on it and then touching their own eyes, nose, or mouth. **Regardless of the level of community transmission, Chingachgook will fully implement multiple prevention strategies to slow the spread of COVID-19.**

Key prevention strategies include:

- Getting vaccinated when eligible. We strongly recommend all eligible campers and staff get vaccinated prior to their arrival at Camp.
- Staying home if sick or having [symptoms of COVID-19](#)
- Conducting in session screening tests for all unvaccinated campers and staff
- Conducting twice daily health screening and temperature checks
- Correct use of [well-fitted masks](#) that cover the nose and mouth where needed
- Physical distancing, including limiting group sizes
- [Handwashing and covering coughs and sneezes](#)
- Engaging in outdoor activities whenever possible and increasing ventilation for indoor activities
- Cleaning and disinfecting when needed, to maintain healthy facilities
- Contact tracing in combination with isolation and quarantine, in collaboration with the state, local, territorial, and tribal health departments

DAILY HEALTH SCREENING

Each cabin will have a thermometer and a set form/clipboard for conducting daily health screenings, and twice a day temperature checks of all campers and staff. The log of this daily screening will be turned into the health lodge staff each evening and Unit Directors will check that these forms are completed by lunch and dinner each day by checking the clipboard stored near counselor rooms in cabins during their cleanest cabin checks. If a camper presents with a fever of 100.4 or higher, or any other illness symptoms, the staff will notify the health lodge staff immediately (see page 13 for more info).

Cabins will also have hand sanitizer and signage reminding campers to wash hands, wear masks when needed, and let an adult know if they aren't feeling well.

HEALTH LODGE SPACES:

We will operate two health lodge spaces this summer: the traditional Health Lodge will be used for typical/daily health care needs and Sagamore Lodge will be utilized for any illness, symptoms or suspected Covid-19 diagnosis. Both spaces will be set up so that campers may maintain physical distance from each other and ensure they have a safe & private space to work with our health care staff.

Quarantine spaces: Camp will leave the following buildings unoccupied in order to utilize them as quarantine and isolation space as needed.

- Sagamore Lodge
- Fliehman House
- Davis Boat House
- Mohawk Cabin
- Rotary Lodge would be closed to program and used as a larger quarantine space if an outbreak occurs
- The KYBO Bathhouse would also be closed to non-quarantined campers as needed

Testing location: Partitions will be added to the Health Lodge Porch and this is where rapid testing will occur for all unvaccinated, asymptomatic campers and staff at least once per session. Sagamore Lodge will also be stocked with rapid tests so that campers with symptoms or suspected illness can be tested there as well.

SAMPLE DAILY SCREENING LOG - FRONT & BACK



CABIN: _____

DATE: _____

YMCA CAMP CHINGACHGOOK 2021 DAILY HEALTH SCREENING

Staff must complete temperature checks twice daily (in the morning and evening) and must report to the Health Lodge immediately if anyone is experiencing COVID-19 related symptoms or becomes aware of any potential exposures.

NAME	AM SCREENING TIME:		PM SCREENING TIME:	
	TEMPERATURE	SYMPTOMS	TEMPERATURE	SYMPTOMS

Symptoms to Watch for:

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. Anyone can have mild to severe symptoms. People with these symptoms may have COVID-19:

- Fever (100.4°F or higher)
- Chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms.

Staff must complete temperature checks daily in the morning and evening and be instructed to report to the infirmary immediately if they are experiencing COVID-19 related symptoms or become aware of any potential exposures.

ROUTINE MEDICATIONS:

In order to avoid lines and crowds at the Health Lodge, we will be having Medication and Health calls at different locations throughout the day. Our health care team will work with Unit Directors to meet campers where they are at and deliver medications to campers outside the health lodge.

Breakfast, Lunch & Dinner Med Calls that were typically at the Health Lodge after meals will now occur at the dining hall during the meal. A health lodge staff will be stationed at a table in the dining hall lobby, in front of the bathrooms. This staff will have a laptop set up and will be able to utilize CampMinder's medication logging system the same way they would in the Health Lodge to ensure all distribution is accurate and logged right away.

Bedtime Med Call: Evening medications and an evening wellness check will happen at a set location in each unit (pop up tents in JGU, SGU, JBU and Pavilion at SBU). One counselor from each cabin, along with any campers in that cabin needing bedtime medications, will go to the tent each night. The counselor will turn in the cabin's completed daily screening/temperature check log and have a verbal check in about their cabin group with the health lodge staff and, if applicable, the campers will be given bedtime medications. Screening logs will be kept as a paper log in a binder for each session unless a symptom is noted, in which case the information must be recorded in the campers' medical log on CampMinder. This med call will be conducted by the overnight shift nurse who will utilize a golf cart to rotate around to each unit in a timely fashion. Once arriving at the unit, they will radio the UD to start having cabins come down as needed.

As Needed Medications: Emergency inhalers and epi-pens can be carried by campers, just like in past summers. A secondary inhaler and epi-pen must also be provided for our staff to keep in the Health Lodge as a backup. As needed medications that occur outside the times listed above will be taken at the health lodge. The camper and a counselor or CIT will go to the health lodge at the specified time for that medication.

Injection & Refrigerated Medications: These types of medications are rare amongst campers but will be given at the main Health Lodge, accessed via the large covered porch, as needed.

First Aid: Basic first aid kits will be supplied to all cabins and activity areas in order to limit the need for campers to go to the health lodge. Campers needing more advanced first aid or needing to be checked by a health lodge staff will go to the main Health Lodge on the covered porch. There will be 6ft. space markers/chairs on the porch for campers to wait. If needed, the health lodge staff can have a camper enter the Health Lodge to be seen in the private treatment room.

TESTING IN SESSION

Screening testing can help to identify cases of COVID-19, prevent secondary transmission, and help with contact tracing. We will conduct rapid antigen tests once during a camper's session, 3-5 days into the session. A rapid COVID-19 test will be used, which will involve inserting a small swab, similar to a Q-Tip, into the front of the nose. The tests administered will be Abbott BinaxNOW Covid-19 rapid antigen test.

Fully vaccinated, asymptomatic people or people with documentation of laboratory confirmed COVID-19 in the previous 3 months can refrain from routine screening testing and will only be tested in camp if they present with Covid-19 symptoms.

Unvaccinated staff will be given a mandatory rapid test weekly.

CASE IDENTIFICATION AND CONTACT TRACING

Staff or campers with symptoms will be isolated immediately, and will remain isolated until the test result is returned. Medical care will be provided as needed. Rapid testing will be conducted immediately at Camp, providing results within 15 minutes. If a positive result occurs, a PCR test will be conducted to confirm. We are partnering with a local physician's office who will be able to process to PCR test and provide us results, typically within 12 hours.

If the test result is negative, the person will remain in isolation until their symptoms have improved according to existing camp policies (typically, 24 hours without fever and no use of fever-reducing medication).

If the test result is positive, the person will remain in isolation. If a camper tests positive, parents/guardians will be contacted and are required to pick up the camper within 24 hours. Parents/guardians who may not be available while their camper is at Camp, or parents/guardians who are in quarantine for either an exposure to Covid-19 or confirmed case and are not allowed to come to camp, must have an emergency contact prepared to pick up the camper in their absence.

Camp administrators will notify the health department immediately following a positive test result, and work with local health officials to identify close contacts:

- Close contacts include everyone in the infected person's cabin household and anyone else who was within 6 feet of the infected person for a cumulative total of 15 minutes or more over a 24-hour period.
- The definition of a close contact applies regardless of whether either person was wearing a mask.
- If campers or staff receive a positive test result for COVID-19, all un-vaccinated members of the cabin household or other close contacts will also be quarantined, will have rapid testing conducted and will also be required to be picked up by a parent/guardian or emergency contact within 24 hours.
- Fully vaccinated, asymptomatic people, or those who have recovered from laboratory diagnosed covid-19 case within last 3 months, who are within the household or those deemed a close contact do not need to be tested and will not need to leave camp or quarantine but they should still monitor for symptoms of COVID-19 for 14 days following an exposure. If they experience symptoms, they should isolate from others and be clinically evaluated for COVID-19, including testing, if indicated.
- Health Lodge staff will monitor people in quarantine for symptoms and provide medical care as needed.
- Campers who are being sent home because of a positive test or those determined a close contact to a confirmed case will be immediately separated from other campers and supervised by camp staff until their parent/guardian or emergency contact can pick them up from camp. Campers and staff from a cabin household can quarantine together.
- Designated site safety monitors are Jiné Andreozzi, Mike Obermayer, and Graham Meigher.

CLEANING & DISINFECTING PROTOCOLS

Daily Cleaning:

- Camp maintenance staff will clean and disinfect bathrooms every morning, afternoon and after periods of heavy use (ie. shower times, etc.) using EPA-registered disinfectants and they will fill out a cleaning log upon completion of each cleaning. Chemical mixers have been installed in locked closets of each bathhouse so that maintenance staff can use storm sprayers, wipe the surfaces, wait 2 minutes, and then re-open the bathhouse. Cleaning log will be kept locked in same closet as the chemical fill station.
- Summer Camp Staff will conduct daily disinfecting of high touch points in cabins and activity areas. EPA approved disinfectant wipes will be kept in each cabin and activity area for continual cleaning throughout the day. Hand sanitizer will also kept in each cabin and in activity areas throughout camp to continually encourage hand hygiene. A cleaning log will be kept in each cabin and Unit Directors will check the log to make sure it is completed at least 2 times a day.
- Kitchen Staff will be responsible for cleaning both the back of house kitchen and dish-washing area as well as the dining area in between meals.

In between sessions:

- Camp maintenance staff will conduct a deep clean of cabins prior to opening days with a storm sprayer disinfectant and/or a Clorox 360 machine in order to disinfect all surfaces and bunks.

Ventilation:

- Windows in cabins will remain open at all times, weather permitting. We will also increase ventilation in cabins by installing an outward facing fan in each cabin.

In the event of a confirmed case, our staff will follow CDC guidelines on “Cleaning and Disinfecting Your Facility” which are as follows:

- Close off areas used by the person suspected or confirmed to have COVID-19.
- Affected areas need to be closed off and cleaned and disinfected.
- Shared building spaces used by the individual must also be shut down, cleaned and disinfected (e.g. elevators, lobbies, outdoor common space).
- Open outside doors and windows to increase air circulation in the area, to the extent practicable while maintaining all health and safety standards.
- Wait 24 hours before you clean or disinfect. If 24 hours is not feasible, wait as long as possible.
- Clean and disinfect all areas used by the person suspected or confirmed to have COVID-19, such as offices, bathrooms, common areas, and shared equipment.
- Once the area has been appropriately cleaned and disinfected, it can be reopened for use.
- Staff without close or proximate contact with the person suspected or confirmed to have COVID-19 can return to the work area immediately after cleaning and disinfection.
- Consult with local health department for information on “close or proximate” contacts.
- If more than seven days have passed since the person suspected or confirmed to have COVID-19 visited or used the facility, additional cleaning and disinfection is not necessary, but routine cleaning and disinfection should continue.
- Clorox 360 ionizg machiene will be used for this

SIGNAGE:

To serve as visual reminders to campers and staff, the following signage will be added around Camp:

- Signs will be posted in all bathrooms to remind about hand washing, mask wearing, keeping physical distance and symptom reporting.
- Signs will also be posted in cabins and activity spaces that remind about hand washing and sanitizing, mask wearing, keeping physical distance and symptom reporting.
- Where needed (indoors, dining hall, etc.) floor markers will be placed to show measured physical distancing, and foot traffic patterns.

REFUND POLICY

If your camp session is canceled by YMCA Camp Chingachgook, or a governing agency, you will receive a full refund for the amount paid. If a camper tests positive for Covid-19 **before arriving at camp**, we would honor a refund for the tuition paid minus the deposit with proof of that positive test. Families can also rollover that tuition to a later session of camp if there is space or to registration for Summer 2022.

If a camper tests positive for COVID-19 at Camp, or has come in contact with someone who tests positive and is deemed a primary contact, we would honor a prorated refund based on the number of days the camper has already spent at Chingachgook. Families can also rollover that tuition to a later session of camp if there is space or to registration for Summer 2022.

MEALS:

In an effort to minimize contact between cabin household groups, meal times will be staggered so that no more than 50% of cabin household groups are using the dining facilities at one time.

Upon Arrival to the eating area:

- Campers will wash their hands outside before entering
- Campers will wear a mask in the dining facilities until seated at their assigned table
- Campers will go immediately to their table and will sanitize their hands
- Campers will only sit at a table with other campers and staff from their cabin household group

Social Distancing Precautions/Procedures/Provisions:

- Tables will be limited strictly to campers and staff within a single cabin household
- Tables will be spread out to ensure that they are at a minimum of 6 feet away from other tables
- Meals will be served family style. All food will be prepared by food-service staff and delivered on a sealed tray to each table before the meal begins
- Once at the table, all food and beverages will be distributed from the tray by a staff member that is part of the cabin household directly to each camper.
- Only staff members and CITs will leave the table to retrieve refills of food and beverages

Cleaning/Sanitizing:

- All plates, cups, silverware, trays and serving utensils will be used by the same person for the duration of the meal and will be thoroughly sanitized by food service staff between meals
- Tables & seats will be cleaned and sanitized by staff members and CITs at the conclusion of each meal
- Kitchen staff will disinfect surfaces at the end of each meal
- After they leave the dining areas, before going to their next activity, campers and staff must wash their hands