



Health Protocols Backpack Adventure Camp Updated February 2024

We have been working hard over the last four years to ensure that our programs meet the best possible health and safety practices in response to COVID-19 and other communicable diseases. Our Health Protocols are created and modified according to licensing regulations set by the Wisconsin Department of Children and Families, the Door County Health Department, the Wisconsin Department of Public Instruction, and the Centers for Disease Control. Due to the changing nature of COVID-19 and our knowledge about it, these policies are subject to change.

Goals for Summer Camp 2024

- Keep all campers and staff physically safe
- Care for the social-emotional needs of campers and staff
- Modify our spaces and protocols as needed to keep campers and staff safe

Our Program

Nature is our Primary Classroom

We are implementing a **predominately outdoor model** for youth programs and will only go indoors if the wind chill temperature (according to the National Weather Service [NOAA]) unexpectedly goes below zero, or when there is lightning in the area. If thunderstorms, high winds, or extreme cold (wind chill below zero) are predicted, class will be cancelled by 7 AM via email notification. Our indoor classroom will be reserved for bathroom visits and as a place to shelter from unexpected severe weather.

Morning Routine and Bathroom

Parents and caregivers should take their child to the bathroom right before leaving home.

- Children will come to camp fully dressed in outdoor clothing and will begin the morning in the outdoor play area and will have Circle Time. We cannot guarantee that children will be 6 feet apart at any time during programming.
- A mid-morning bathroom break will be provided. Campers will be encouraged to use the bathroom as we will be hiking and exploring out on the trails for the remainder of camp.

- After the bathroom break, we will head off on a hike and unstructured play in our nature area and will return in time for parent pick-up.

Snack

Snacks will be prepared in individual baggies and placed in children's hiking packs to be eaten while outside or will otherwise be prepared and handed out to children by teachers wearing medical grade gloves.

Materials

Materials that are shared will be sanitized. We will provide each child with a backpack stocked with nature tools and art supplies. Students will be able to take these supplies home at the end of the week.

Class Size

Due to licensing requirements, camp size will be limited to 15 children and 2 teachers for our 4–6-year-old camp and 16 students and two teachers for the 7–11-year-old camp.

Drop-off and Pick-Up

A car line procedure will be implemented for drop-off and pick-up. When picking up or dropping off a child in our **car line**, please wait inside the car and a teacher/staff person will assist you. Our car line will enter the Overflow Parking Lot at the North Campus off County Rd. Q. To get to the North Campus, drive North from Baileys Harbor for .5 miles. Turn right onto County Q and turn into the first driveway on the right side of the road. At the fork in the driveway, veer left. **A teacher or staff person will help your child exit the car and grab materials while you sign our drop-off form. You will be asked about COVID-19 symptoms in your household each day. Be sure to apply bug spray and sunscreen at home.** After dropping off your child, you will continue through the parking lot and exit at the NORTH end. Pick up will follow the same procedure.

Guidelines for Keeping Children Home

You should keep your child at home if:

Showing Symptoms of Illness:

- Your child has a fever, vomiting, or diarrhea. Fever reducing medication may not be used when determining a child's health. **Your child should be fever-free, vomit free, and diarrhea free for 48 hours before returning to camp.**
- Your child is experiencing recognizable symptoms of a contagious illness, including:
 - Any ONE of the following symptoms: fever or chills, cough, shortness of breath, diarrhea or vomiting, loss of taste or smell, atypical headache, muscle pain or body aches, sore throat, unusual fatigue, nausea, or congestion/ runny nose. This does not apply to individuals with a doctor's note stating that the child does not have a contagious illness. *
- If your child has symptoms of COVID-19, the CDC recommends testing for COVID-19 as soon as possible after symptoms begin. If a child with COVID-19 symptoms tests negative for COVID-19, the CDC recommends getting tested for other respiratory illnesses that could be spread to others, such as flu.

*** Please let us know of any chronic illnesses or conditions your child has on their enrollment form prior to the start of camp, including allergies. If your child has ANY symptoms of illness that we were not previously made aware of, they will be sent home for the safety of the other campers.**

Actions Taken if a Child Develop Symptoms of Contagious Illness at The Ridges

We will follow our regular protocols for

- Remove the child from their group and relocate them to an isolated area with a member of staff; child and staff will wear facemasks
- Call the parent/guardian to pick up the child
- Report the event to the Executive Director

COVID-19 Protocol

The Wisconsin Department of Public Instruction has recommended that all K-12 schools and camps in Wisconsin create plans based on the following assumptions:

The COVID-19 virus remains in circulation as schools and camps are serving a mixed population of both fully vaccinated and unvaccinated individuals.

- The CDC and DHS continue to stress the importance of layered mitigation strategies in schools and camps.
- Children and staff with significant health conditions will continue to be especially vulnerable during this time
- Reinforcing prevention behaviors will be essential strategies in slowing the spread of this and other infectious diseases
- Frequent cleaning and disinfection of high-touch surfaces and materials are needed
- Children and staff showing symptoms of contagious respiratory illness should stay home

We are following all CDC guidelines for COVID 19 protocols for isolation as well as CDC Guidance specific to schools, early care, and education programs (<https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html>, <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/k-12-childcare-guidance.html>). These guidelines are subject to change throughout the season, and if they do, we will notify families as soon as we receive the updates.

Facemasks

- Facemasks are currently optional for children over the age of two when programming is outdoors and indoors.
- Facemasks will remain optional unless otherwise suggested by the Department of Health Services. In the case of an outbreak of COVID-19 the county, staff will contact the Door County Health Department to ensure The Ridges is following the necessary protocols for our programs.
- Staff have extra child-sized masks in the event of exposure to COVID-19 at camp.

Exposure

- If your child is directly exposed to COVID-19, they will **not** be required to isolate as recommended by the CDC unless they develop symptoms or test positive for COVID-19. However, your child is required to wear a mask at camp for 10 days and take a COVID-19 test 5 days after exposure.
 - An exposed person is anyone who has been within 6 feet of someone who tested positive for COVID-19 for a cumulative time of fifteen minutes or more with or without a mask.
 - The date of your exposure is considered day 0. Day 1 is the first full day after your last contact with a person who has had COVID-19.

As of 8.24.2022, the CDC recommendations to follow in the event of exposure are as follows:

After Being Exposed to COVID-19



START PRECAUTIONS

Immediately

Wear a [mask](#) as soon as you find out you were exposed
Start counting from Day 1

- Day 0 is the day of your last exposure to someone with COVID-19
- Day 1 is the first full day after your last exposure



CONTINUE PRECAUTIONS

10 Full Days

You can still develop COVID-19 up to 10 days after you have been exposed

Take Precautions

Wear a high-quality [mask](#) or respirator (e.g., N95) any time you are around others inside your home or indoors in public¹

- Do not go places where you are unable to wear a mask. For travel guidance, see CDC's [Travel](#) webpage.

Take [extra precautions](#) if you will be around people who are [more likely to get very sick from COVID-19](#).

[More about how to protect yourself and others](#) >

Watch for symptoms

- fever (100.4°F or greater)
- cough
- shortness of breath
- [other COVID-19 symptoms](#)

If you develop symptoms

- [isolate immediately](#)
- [get tested](#)
- stay home until you know the result

If your test result is positive, follow the [isolation recommendations](#).



GET TESTED
Day 6

Get tested at least 5 full days after your last exposure

Test even if you don't develop symptoms.

If you already had COVID-19 within the past 90 days, see [specific testing recommendations](#).



IF YOU TEST

Negative

Continue taking precautions through day 10

- Wear a high-quality mask when around others at home and indoors in public

You can still develop COVID-19 up to 10 days after you have been exposed.



IF YOU TEST

Positive

[Isolate immediately](#)

*About negative test results

As noted in the Food and Drug Administration labeling for authorized over-the-counter antigen tests, negative test results do not rule out SARS-CoV-2 infection and should not be used as the sole basis for treatment or patient management decisions, including infection control decisions.

Isolation

As of 2.15.2024, the CDC guidelines for COVID 19 Isolation are as follows:



When to Isolate

Regardless of vaccination status, **you should isolate from others when you have COVID-19.**

You should also isolate **if you are sick and suspect that you have COVID-19 but do not yet have [test](#) results.** If your results are positive, follow the full isolation recommendations below. If your results are negative, you can end your isolation.



IF YOU TEST

Negative

You can end your isolation



IF YOU TEST

Positive

Follow the full isolation recommendations below

When you have COVID-19, isolation is counted in days, as follows:

If you had no symptoms

- **Day 0 is the day you were tested** (not the day you received your positive test result)
- **Day 1 is the first full day** following the day you were tested
- If you develop [symptoms](#) within 10 days of when you were tested, the **clock restarts at day 0 on the day of symptom onset**

If you had symptoms

- **Day 0 of isolation is the day of symptom onset**, regardless of when you tested positive
- **Day 1 is the first full day** after the day your [symptoms](#) started



Isolation

If you test positive for COVID-19, **stay home for at least 5 days and isolate from others in your home.**

You are **likely most infectious during these first 5 days.**

- **Wear a high-quality mask** if you must be around others at home and in public.
- Do not go places where you are unable to wear a mask. For travel guidance, see CDC's [Travel webpage](#).
- [Do not travel](#).
- Stay home and separate from others as much as possible.
- Use a separate bathroom, if possible.
- Take steps to [improve ventilation](#) at home, if possible.
- Don't share personal household items, like cups, towels, and utensils.
- Monitor your [symptoms](#). If you have an [emergency warning sign](#) (like trouble breathing), seek emergency medical care immediately.
- Learn more about [what to do if you have COVID-19](#).



Ending Isolation

End isolation based on how serious your COVID-19 symptoms were. Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation.

If you had no symptoms

You may end isolation after day 5.

If you had symptoms and:

Your symptoms are improving

You may end isolation after day 5 if:

- You are fever-free for 24 hours (without the use of fever-reducing medication).

Your symptoms are not improving

Continue to isolate until:

- You are fever-free for 24 hours (without the use of fever-reducing medication).
- Your symptoms are improving.¹

If you had symptoms and had:

Moderate illness (you experienced shortness of breath or had difficulty breathing)

You need to **isolate through day 10.**

Severe illness (you were hospitalized) or have a weakened immune system

- You need to **isolate through day 10.**
- **Consult your doctor** before ending isolation.
- Ending isolation without a viral test may not be an option for you.

Regardless of when you end isolation

Until at least day 11:

- Avoid being around people who are more likely to get very sick from COVID-19.
- Remember to wear a high-quality mask when indoors around others at home and in public.
- Do not go places where you are unable to wear a mask until you are able to discontinue masking (see below).
- For travel guidance, see CDC's [Travel webpage](#).



Removing Your Mask

After you have ended isolation, when you are feeling better (no fever without the use of fever-reducing medications and symptoms improving),

- Wear your mask through day 10.

OR

- If you have access to antigen tests, you should consider using them. With two sequential negative tests 48 hours apart, you may remove your mask sooner than day 10.

Note: If your antigen test results¹ are positive, you may still be infectious. You should continue wearing a mask and wait at least 48 hours before taking another test. Continue taking antigen tests at least 48 hours apart until you have two sequential negative results. This may mean you need to continue wearing a mask and testing beyond day 10.

After you have ended isolation, if your COVID-19 symptoms recur or worsen, restart your isolation at day 0. Talk to a healthcare provider if you have questions about your symptoms or when to end isolation.

^[1] As noted in the Food and Drug Administration labeling for authorized over-the-counter antigen tests, negative test results do not rule out SARS-CoV-2 infection and should not be used as the sole basis for treatment or patient management decisions, including infection control decisions.

Additionally:

We also request that you keep your child at home if they are experiencing any symptoms of a contagious illness. Our goal is to avoid spreading illness of any kind to the children and adults in our program, which means keeping sick children and adults at home. This includes but is not limited to symptoms of a cold, stomach illness, or flu-like illnesses.

PLEASE NOTE: Your child MUST BE fever-free, vomit free, and diarrhea free for 48 hours after isolation before returning to school and should receive a negative COVID-19 test if showing signs of COVID 19.

Our staff will follow these same guidelines in the case of illness and/or exposure. If a teacher becomes ill and we are unable to secure a substitute for camp, programming will be canceled, and you will be notified by 7AM.

In Case Someone in the Program Tests Positive

- If anyone in our program tests positive for COVID-19, we will notify all the families in the program. We will not identify the individual by name.

- We will follow the guidance of the Door County Health Department and the CDC, which currently advises teachers and campers in the class, as well as anyone else exposed in the program to wear a mask at camp for 10 days and take a COVID-19 test 5 days after exposure.
- Close contacts must follow the protocols outlined previously in this document under “Guidelines for Keeping Your Child Home”.
 - If a person in our program tests positive, but shows no symptoms, they may return once they have completed the 5 days at home isolation, have received a negative COVID-19 test result, and do not show any symptoms of illness. The person must continue to wear a mask for 5 additional days.
 - If a person in our program tests positive and is symptomatic, they must remain home until they are fever, vomit, and diarrhea free for a full **48 hours** post isolation without using symptom-reducing medications.






We understand that no one gets sick on purpose. We ask for patience and understanding should anyone in our program test positive to COVID-19, just as we would any illness.

Air Quality Protocol

Smoke from wildfires can impact the air quality in our region. Wildfire smoke can make anyone sick, but individuals with preexisting conditions such as asthma are at higher risk of illness and long-term health problems. To ensure the safety of our campers, we will follow air quality guidelines from the EPA and CDC as outlined below:

Air Quality and Outdoor Activity Guidance for Schools

Regular physical activity — at least 60 minutes each day — promotes health and fitness. The table below shows when and how to modify outdoor physical activity based on the Air Quality Index. This guidance can help protect the health of all children, including teenagers, who are more sensitive than adults to air pollution. Check the air quality daily at www.airnow.gov.

Air Quality Index	Outdoor Activity Guidance
 green GOOD	Great day to be active outside!
 yellow MODERATE	Good day to be active outside! Students who are unusually sensitive to air pollution could have symptoms.*
 orange UNHEALTHY FOR SENSITIVE GROUPS	It's OK to be active outside, especially for short activities such as recess and physical education (PE). For longer activities such as athletic practice, take more breaks and do less intense activities. Watch for symptoms and take action as needed.* Students with asthma should follow their asthma action plans and keep their quick-relief medicine handy.
 red UNHEALTHY	For all outdoor activities , take more breaks and do less intense activities. Consider moving longer or more intense activities indoors or rescheduling them to another day or time. Watch for symptoms and take action as needed.* Students with asthma should follow their asthma action plans and keep their quick-relief medicine handy.
 purple VERY UNHEALTHY	Move all activities indoors or reschedule them to another day.

* Watch for Symptoms

Air pollution can make asthma symptoms worse and trigger attacks. Symptoms of asthma include coughing, wheezing, difficulty breathing, and chest tightness. Even students who do not have asthma could experience these symptoms.

If symptoms occur:

The student might need to take a break, do a less intense activity, stop all activity, go indoors, or use quick-relief medicine as prescribed. If symptoms don't improve, get medical help.

Go for 60!

CDC recommends that children get 60 or more minutes of physical activity each day. www.cdc.gov/healthyyouth/physicalactivity/guidelines.htm

Plan Ahead for Ozone

There is less ozone in the morning. On days when ozone is expected to be at unhealthy levels, plan outdoor activities in the morning.

If the Air Quality Index reaches the “Unhealthy for Sensitive Groups” category or above, Ridges staff will notify families of changes to camp plans.

If your child has a preexisting condition, such as asthma, that could be affected by poor air quality or wildfire smoke, please indicate their condition and steps Ridges staff can take to ensure their safety on their Health History and Emergency Care Form.