

7.0 GUIDANCE ON ACTIVITIES

The following provides guidance and procedures to reduce COVID-19 exposure risk to campers and staff while participating in typical camp activities. The activities covered here are not an exhaustive list. To reduce COVID-19 risk to campers and staff during camp activities not covered here, it may be possible to apply minimal changes to existing guidance. Camp activities, whether indoor or outdoor, should be limited to those in which physical distancing of groups and activity cohorts and proper hygiene can be practiced. Refer to the table at the end of this document for a [summary of recommended practices by activity](#).

ADMINISTRATIVE

General Guidance

- Campers and staff should [wear masks](#) during all indoor activities especially when maintaining physical distancing is not feasible due to area limitations.
- Holding activities outdoors as much as possible is recommended.
- When selecting sports and physical activities, camper groups and activity cohorts should be determined as described in the [Using Cohorts at Camp](#) section. Cohort groups should maintain physical distancing at activities.
 - **Best practice:** For all activities, groups should remain small and maintain safe ratios outlined in the [Safety](#) section of this guide.
- Ensure campers and staff practice proper hand hygiene:
 - Instruct campers to wash hands with soap and water for 20 seconds before and after activities, or
 - Provide alcohol-based hand sanitizer containing at least 60% alcohol before and after activities.
- All shared items and equipment (e.g., bows and arrows, tennis rackets, oars, art supplies) should be properly cleaned and disinfected between use. Refer to the [Cleaning and Disinfection](#) section of this guide for instructions on cleaning and disinfecting porous and non-porous objects.
 - Good practice: If feasible, shared equipment should be limited to items that can be effectively cleaned (e.g., sports equipment with hard, non-porous handles are preferred to those with soft, porous handles).
 - Better practice: Limit the amount of shared supplies and equipment for activity by providing each participant their own (e.g., life jackets, art supplies) for the duration of camp, if feasible.
- Consider scheduling and planning activities to allow for maintenance of staff and camper groupings whenever possible. Refer to guidance in the [Using Cohorts at Camp](#) section of the *Field Guide*.

- Campers should use disposable cups for water fountains, jugs, and bubblers; staff should disinfect the spigot between group use. Encourage the use of individual refillable water bottles.

Posters/Signage

- Display relevant posters and signage from the Centers for Disease Control and Prevention (CDC), World Health Organization (WHO), and/or other health-based organizations in appropriate activity areas to encourage behaviors that mitigate the spread of disease:
 - [COVID-19 information](#)
 - [Handwashing](#)
 - [Cough etiquette](#)
 - [Symptoms associated with COVID-19](#)
 - [Stop the spread of germs](#)
 - [Physical distancing](#)

SAFETY

General Safety

- Maintain adequate staff to ensure camper safety. Efforts to maintain physical distancing should not impact existing camp safety protocols (e.g., first aid, cardiopulmonary resuscitation [CPR], one-on-one interaction between staff and campers, swimming “buddy systems,” etc.).
- Prepare for absence of crucial staff by developing a roster of qualified individuals who can fill in if staff members are sick or have to return home for personal reasons.
- If emergency care is needed and physical distancing cannot be maintained, then follow normal camp procedures and consider guidance for first responders and victims from CDC, National Safety Council, and American Red Cross.^{34,35}

First Aid and CPR

- If first aid and/or CPR is required during an activity, it is best to follow normal camp protocol that considers current guidance from the following sources as well as state and local authorities including the fire and/or emergency services departments.
 - CDC, [Recommendations for EMS Clinicians and Medical First Responders](#)
 - American Red Cross, [Coronavirus \(COVID-19\): Prevention & Safety Information for Students](#)
 - American Heart Association, [Coronavirus \(COVID-19\) Resources for CPR Training & Resuscitation](#) and [Interim Guidance for Healthcare Providers during COVID-19 Outbreak](#).

³⁴ National Safety Council. <https://www.nsc.org/work-safety/safety-topics/coronavirus/interim-cpr-guidelines>

³⁵ American Heart Association. <https://cpr.heart.org/en/resources/coronavirus-covid19-resources-for-cpr-training>

- All staff should be trained on the camp operations and safety plan. Proper signage should be placed by all automated external defibrillators (AEDs), first aid kits, and lifeguarding stations.

OUTDOOR ACTIVITIES

Refer to the [General Guidance](#) within the [Administrative](#) section above when selecting and planning activities.

Sports and Range Activities

- Limit shared high-touch equipment and designate equipment to campers or groups, if feasible, for the duration of camp.
- All outdoor equipment and facilities should be routinely cleaned in accordance to guidelines outlined in the [Cleaning and Disinfection](#) section of this guide.
 - Good practice: All shared equipment (e.g., bows and arrows, tennis rackets) should be cleaned immediately after each use or session. Cleaning and disinfection at the end of each day should also be conducted on all sports and range equipment.
 - Better practice: Provide campers with dedicated equipment for the camp session, if feasible. All equipment (e.g., bows and arrows, tennis rackets) should be cleaned and disinfected immediately after each use. Cleaning and disinfection at the end of each day should also be conducted on all sports and range equipment.
- Safety protocols should follow standard operating procedures with the adjustments outlined in the [Safety](#) section of this guide.

Aquatics and Small Crafts

The novel coronavirus SARS-CoV2 is not waterborne. There is no current evidence that COVID-19 can be spread to people through the water in a pool or water play areas. Proper operation and maintenance (including disinfection with chlorine or bromine) of these facilities will likely inactivate the virus in the water.

Pool Operation

- Proper operation, maintenance, and disinfection of swimming pools will likely inactivate the virus that causes COVID-19. Keep swimming facilities properly cleaned and disinfected, following the procedures outlined in the [Facilities Management](#) section of this guide as well as the following:
 - Maintain proper disinfectant levels (1–10 parts per million free chlorine or 3–8 ppm bromine) and pH (7.2–8) or applicable standards based on local and state health guidelines.
 - Refer to CDC’s [Model Aquatic Health Code](#) for more recommendations to prevent illness and injuries at public pools. CDC has also released guidance for [Considerations for Public Pools, Hot Tubs, and Water Playgrounds During COVID-19](#).
 - Follow local regulations pertaining to operation and maintenance of pools.

Swimming

- Campers should follow physical distancing per groups/cohorts and perform proper hand hygiene prior to entry and when leaving pools or other outdoor aquatic facilities (e.g., lakes, ponds).
- During swimming activities, the following practices are recommended:
 - **Best practice:** For free swim, continue safe swim practices, such as the swimming buddy system where each camper is assigned a “buddy” to stay with at all times. Try to ensure that assigned buddies are in the same cohort. Swimmers must participate in swim drills to maintain safety.
 - **Best practice:** For laps, maintain 8-foot lane width in swimming pools and maintain spacing between individuals swimming by creating a rotation.
 - **Best practice:** For counselors, maintain the same instructors with each group of campers each day. Refer to the guidelines in the [Using Cohorts at Camp](#) section of this guide.
- Safety protocols should follow standard operating procedures with the adjustments outlined in the [Safety](#) section of this guide.

Small Craft Activities

- Campers and instructors should follow physical distancing and proper hand hygiene practices prior to/following any small craft activity (e.g., individual kayaks, paddle boards, etc.).
- Consider keeping activities together to include the same group of campers each day and consider keeping the same instructors per group. Follow the recommendations in the [Using Cohorts at Camp](#) section of this guide.
- All shared and used equipment (e.g., oars, lifejackets, boats) should be cleaned and disinfected between each use. Make sure to follow manufacturer guidelines and/or industry recommendations for the cleaning products and equipment.³⁶
 - Good practice: Limit the amount of shared supplies and equipment per activity. Hand wash life jackets in hot soapy water. Allow to air dry and spray lifejackets with alcohol-based disinfectant spray.
 - Better practice: Hand wash life jackets in hot soapy water. Use a dryer to ensure complete drying with a temperature setpoint not to exceed 140 °F. Spray lifejackets with alcohol-based disinfectant spray before use.
 - **Best practice:** Designate certain equipment (e.g., lifejackets) to individuals for the duration of camp, to decrease the quantity of shared items.
 - **Best practice:** Commonly-touched surfaces of boats should be cleaned and disinfected after each use, following the guidance in the [Cleaning and Disinfection](#) section of this guide. Do not use bleach products on ropes or lifejackets.
- Safety protocols should follow standard operating procedures with the adjustments outlined in the [Safety](#) section of this guide.

³⁶ Life Jacket Association. [COVID-19 Virus: Cleaning & Storing your Life Jackets](#)

Equestrian Activities

- Campers and staff participating in equestrian activities should follow physical distancing and good hand hygiene practices (e.g., washing hands pre/post activity).
- Consider keeping activities together to include the same group of campers each day and consider keeping the same instructors per group.
- Tack (saddles, reins, etc.) are made from hide/leather and can be properly cleaned between riders using mild soap and water. Helmets can be cleaned and disinfected using the appropriate cleaning products for nonporous and porous surfaces. All other shared and used equipment should be cleaned and disinfected between each use; refer to the [Cleaning and Disinfection](#) section of this guide.
 - Good practice: All shared equipment (e.g., tack, helmets) should be cleaned immediately after each use or session. Cleaning and disinfection at the end of each day should also be conducted on all tack and helmets.
 - Better practice: Each rider has their own riding gloves and helmet.
 - **Best practice:** Groups should remain small and maintain safe ratios outlined in the [Safety](#) section of this guide.

Wilderness Activities

- Wilderness activities with anticipated contact with persons outside camp should be postponed or canceled. Group travel by camper groups should be undertaken only to access recreational areas off-camp for day trips (e.g., canoe trips, mountain biking, etc.)
 - Good practice: Consider activities that are accessible by foot, biking, or other alternatives to vehicle travel. Ensure masks are available during travel by car, van, or bus.
- Campers and instructors should practice physical distancing or wear masks, if feasible and safe, during wilderness activities.
- Ensure campers and staff practice hand hygiene prior to/following any wilderness activities. If clean, running water is not available, ensure hand sanitizer is available for use.
- Consider keeping groups small and include the same campers and instructors each day.
- All shared and used equipment (e.g., maps, binoculars, hiking poles, etc.) should be cleaned and disinfected in accordance with proper cleaning procedures; refer to manufacturer guidelines and the [Cleaning and Disinfection](#) section of this guide.
 - Good practice: Limit the quantity of shared supplies and equipment per activity.
- Consider designating certain equipment to individuals for the duration of camp, to decrease number of shared items.
- Overnight stays and camping in tents must be able to maintain proper physical distancing practices, where practical; please refer to the [Residential](#) section of this guide for further guidance.
- Safety protocols should follow standard operating procedures with the adjustments outlined in the [Safety](#) section of this guide.

INDOOR ACTIVITIES

Refer to the [General Guidance](#) within the [Administrative](#) section above when selecting and planning activities.

General Guidance for Indoor Activities

- Good practice: Ensure enough space to accommodate staff and campers while practicing safe physical distancing.
- Good practice: Staff members and campers should [wear masks](#) during all activities indoors especially when physical distancing is not maintained.
- Good practice: Ensure that there is proper ventilation within the space by maximizing fresh air intake or natural ventilation via screened windows and doors.

Performing Arts

- Campers and instructors should follow recommended physical distancing and good hand hygiene practices prior to/following performing arts activities.
- Better practice: Consider planning performing arts activities to include the same group of campers each day and consider keeping the same instructors per group.
 - Follow the guidelines in the [Using Cohorts at Camp](#) section of this guide.
- **Best practice:** Require performing arts activities to be limited to the same groups and instructors for a given group.
- All shared and used equipment (e.g., props) should be cleaned and disinfected between each use and the performing arts area should be cleaned and disinfected after use; refer to [Cleaning and Disinfection](#) section of this guide.
 - Good Practice: Limit the amount of shared supplies and equipment per activity.
 - **Best practice:** Consider designating certain equipment to individuals for the duration of camp to decrease the amount of shared items.
- Safety protocols should follow standard operating procedures with the adjustments outlined in the [Safety](#) section of this guide.

Creative Arts and STEM

- All indoor creative arts and STEM activities should be conducted following physical distancing guidelines for camper groups and proper hygiene guidance. Consider moving activities outdoors.
 - Good practice: Seating should incorporate increased spacing and physical distancing should be encouraged.
 - **Best practice:** Limit the number of individuals to the craft/STEM area, incorporate increased spacing and physical distancing, and require staff to wear masks.
- Consider keeping activities together to include the same group of campers each day and consider keeping the same instructors per group.

- All shared and used equipment (e.g., tools, scissors, paint brushes) should be cleaned and disinfected between each use, refer to [Cleaning and Disinfection](#) section of this guide.
 - Good practice: Limit the amount of shared supplies and equipment per activity. Ensure there are enough supplies to minimize sharing during each activity.
 - **Best practice:** Designate certain equipment to individuals for the duration of camp, to decrease the number of shared items.
- Safety protocols should follow standard operating procedures with the adjustments outlined in the [Safety](#) section of this guide.

TRAVEL OFF-SITE – STAFF DAYS OFF; FIELD TRIPS

A goal of pandemic response is to reduce interpersonal contacts to limit potential exposure to coronavirus. In the camp setting, this means limiting the amount of off-site exposure of staff and campers in the community (e.g., staff days off, etc.). Staff and campers should be encouraged to remain on the premises for the duration of the camp session. When staff or campers leave the camp, screening and temperature checks should be conducted prior to entry as outlined in the [Screening](#) section of this guide.

It is recommended that all organized field trips, such as intercamp competition, group travel, and trips to major cities, be canceled. For any travel confirmed as essential, refer to the [Transportation](#) section of this guide for further details. It is also recommended that camps be in contact with local and state health officials on policies and directives related to travel.

REFERENCES AND RESOURCES

American Industrial Hygiene Association. *Reopening: Guidance for General Office Settings*.

https://aiha-assets.sfo2.digitaloceanspaces.com/AIHA/resources/Guidance-Documents/Reopening-Guidance-for-General-Office-Settings_GuidanceDocument.pdf

National Safety Council. *First Aid Technical Bulletins*. <https://www.nsc.org/work-safety/safety-topics/coronavirus/interim-cpr-guidelines>

American Heart Association. *Interim Guidance for Life Support for COVID-19*.

<https://www.ahajournals.org/doi/pdf/10.1161/CIRCULATIONAHA.120.047463>

National Collegiate Athletic Association. *COVID-19 Advisory Panel Exercise*

Recommendations. <http://www.ncaa.org/sport-science-institute/covid-19-advisory-panel-exercise-recommendations>

American Red Cross. *Coronavirus (COVID-19): Prevention & Safety Information for Students*.

<https://www.redcross.org/take-a-class/in-the-news/coronavirus-prevention-information-for-students>

“GOOD, BETTER, AND BEST” PRACTICES FOR ACTIVITY TYPES

Activity Type	“Good, Better, and Best” Practices
Sports & Range Activities	<ul style="list-style-type: none"> • Good practice: All shared equipment (e.g., bows and arrows, tennis rackets) should be cleaned immediately after each use or session. Cleaning and disinfection at the end of each day should also be conducted on all sports and range equipment. • Better practice: Provide campers with dedicated equipment for the camp session, if feasible. All equipment (e.g., bows and arrows, tennis rackets) should be cleaned and disinfected immediately after each use. Cleaning and disinfection at the end of each day should also be conducted on all sports and range equipment.
Swimming	<ul style="list-style-type: none"> • Best practice: For free swim, continue safe swim practices, such as the swimming buddy system where each camper is assigned a “buddy” to stay with at all times.
	<ul style="list-style-type: none"> • Best practice: For athletics, maintain 8-foot lane width in swimming pools and maintain spacing between individuals swimming by creating a rotation.
	<ul style="list-style-type: none"> • Best practice: For counselors, maintain the same instructors with each group of campers each day. Refer to the guidelines in the Using Cohorts at Camp section of this guide.
Small Craft Activities	<ul style="list-style-type: none"> • Good practice: Limit the amount of shared supplies and equipment per activity. Hand wash life jackets in hot soapy water. Allow to air dry and spray lifejackets with alcohol-based disinfectant spray. • Better practice: Hand wash life jackets in hot soapy water. Use a dryer to ensure complete drying with a temperature setpoint not to exceed 140 °F. Spray lifejackets with alcohol-based disinfectant spray before use. • Best practice: Designate certain equipment (e.g., lifejackets) to individuals for the duration of camp, to decrease the quantity of shared items.
	<ul style="list-style-type: none"> • Best practice: Commonly-touched surfaces of boats should be cleaned and disinfected after each use, following manufacturer instructions and the guidance in the Cleaning and Disinfection section of this guide. Do not use bleach products on ropes or lifejackets.
Equestrian Activities	<ul style="list-style-type: none"> • Good practice: All shared equipment (e.g., tack, helmets) should be cleaned immediately after each use or session. Cleaning and disinfection at the end of each day should also be conducted on all tack and helmets. • Better practice: Each rider has their own riding gloves and helmet. • Best practice: Groups should remain small and maintain safe ratios outlined in the Safety section of this guide.
Wilderness Activities	<ul style="list-style-type: none"> • Good practice: Consider activities that are accessible by foot, biking, or other alternatives to vehicle travel. Ensure masks are available for all during travel by car, van, or bus.
	<ul style="list-style-type: none"> • Good practice: Limit the quantity of shared supplies and equipment per activity.
Performing Arts	<ul style="list-style-type: none"> • Better practice: Consider planning performing arts activities to include the same group of campers each day and consider keeping the same instructors per group. Follow the guidelines in the Using Cohorts at Camp section of this guide. • Best practice: Require performing arts activities to be limited to the same groups and instructors for a given group.
	<ul style="list-style-type: none"> • Good Practice: Limit the amount of shared supplies and equipment per activity. • Best practice: Consider designating certain equipment to individuals for the duration of camp to decrease the amount of shared items.
Creative Arts & STEM	<ul style="list-style-type: none"> • Good practice: Seating should incorporate increased spacing and physical distancing should be encouraged. • Best practice: Limit the number of individuals to the craft/STEM area, incorporate increased spacing and physical distancing, and require staff to wear masks.
	<ul style="list-style-type: none"> • Good Practice: Limit the amount of shared supplies and equipment per activity. • Ensure there are enough supplies to minimize sharing during each activity. • Best practice: Designate certain equipment to individuals for the duration of camp, to decrease the number of shared items.