

CA 4-H Camp COVID-19 Preparedness Checklist

As of February 2023, most COVID-19 restrictions or public health orders have been lifted by state and local officials. However, this does not mean that COVID-19 has gone away completely. At this time, CA 4-H's prevention strategies will transition to resuming activities safely, with a focus on monitoring and preparedness. For camps, this means planning to implement measures that can help avoid introducing COVID-19 into activities, monitoring the health of camp participants, and being prepared to respond if a case occurs. It also requires that camp leaders stay informed about current COVID-19 health orders and guidelines and the status of COVID-19 outbreaks in the community where the campers are coming from and in the area where the camp is located.

Use this Checklist to plan and verify your preparedness for 4-H camps in 2024 and beyond

Camp Name:		UCCE County Office:	
Checklist Completed by:		Date:	
Stay Informed			
<p>When planning for camp, adult volunteers and youth leaders will monitor state and local health resources orders for information and guidance about public health orders, local COVID-19 outbreaks, and any facility-specific requirements and adapt plans as needed. Resources include:</p> <p>California Department of Public Health: https://covid19.ca.gov/ Links to local public health websites: https://covid19.ca.gov/get-local-information/ UC ANR COVID-19 information: http://ucanr.edu/reopening CA 4-H COVID In-person update: https://ucanr.edu/sites/ca4H/COVID_Update/</p>			
Pre-arrival			
All campers and adult volunteers must complete a health form and treatment authorization . This information will be maintained by the camp health supervisor.			
Vaccination for COVID-19 is not a requirement to attend camp, and it is not necessary to inquire about anyone's vaccination status to participate in camp.			
<p>During the week prior to camp, campers (and their parents), teen staff, and adult volunteers are advised to daily screen themselves for symptoms that are new or not caused by a known or existing condition.</p> <p><i>Symptoms include: Fever or 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. For more information about symptoms, see</i></p> <p>https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html</p>			
Advise campers (and their parents), teen staff, and adult volunteers to not come to camp if they test positive or have symptoms within 24 hours prior to camp. See the ACA document "A Healthy Camp Begins at Home" https://ucanr.edu/sites/safety/files/383016.pdf			
Arrival screening			
The health supervisor will screen all persons attending camp for symptoms of COVID-19 or other transmissible illness.			
Camp Health Supervisor Preparations			
Ensure that a camp-specific Health Care Plan is prepared and onsite.			
Ensure adequate healthcare supplies.			
A supply of rapid (antigen) tests will be available at camp, to be used to assess persons with symptoms.			
Know available resources and contacts for local public health testing, if necessary.			
Be prepared to report positive COVID-19 cases to local public health officer.			

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	Be prepared for isolation/quarantine. Identify sleeping spaces that will be available for isolation of sick campers or quarantine of close exposures, if necessary.
	Have a plan for COVID-positive campers, staff, or volunteers. Will they return home or isolate for the duration of camp?
Daily Symptom monitoring	
	All people at camp will be reminded of COVID-19 symptoms. Print and post signs, etc. https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID19-symptoms.pdf
	Campers will be reminded to report symptoms to their teen leaders or camp health supervisor.
	Teen leaders/staff should verbally check in with campers to screen for symptoms.
Masks	
	Masks are not required for general activities indoors or outdoors, based on current state health orders. However, local health conditions or site-specific rules may require masks at a camp facility.
	No one should be discouraged from wearing a mask if they choose as long as a mask would not create a hazard (such as during swimming or archery).
	Masks could be required in some situations. For example, in the camp infirmary, or if there is a COVID case, persons who were close contacts may be required to wear a mask to prevent further exposure.
	A supply of masks will be maintained at camp.
Facilities, Cleaning, disinfection, and handwashing	
	Increase natural ventilation by opening windows when weather permits.
	Consider using portable HEPA air cleaners in the infirmary or residential bunks with persons in isolation.
	Bathrooms, kitchens, eating areas will be cleaned at least daily.
	If possible, clean high-touch areas more frequently.
	Consider cleaning shared equipment, utensils, etc. used in hands-on activities between groups.
	Encourage frequent handwashing (especially before/after meals) and use of hand sanitizer.
Mealtime / food service	
	Follow standard practices for food safety, hygiene, and training in the kitchen, including local health permits and 4-H guidelines.
	When meals are prepared and served, at least one 4-H volunteer or 4-H professional serving food at camp must complete ServSafe training (this does not apply to snacks or pre-packaged food items served at 4-H meetings or activities). The ServSafe certified 4-H volunteer or 4-H professional can train additional food servers using the Clover Safe Note: Food Safety at 4-H Meetings .
	Encourage and remind campers and staff to wash their hands before handling food and before and after eating.
	Dine outside if possible, or increase ventilation/filtration of indoor dining areas.
	Limit sharing of utensils, condiments, etc. if possible.
Supplies	
	Ensure adequate supplies of the following items for the duration of camp:

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- Rapid-reading (antigen) tests for COVID-19.
- Masks (variety of sizes for youth and adults).
- Gloves (for health staff and cleaning).
- Hand sanitizer.
- Face shields (may be used if needed for exposure prevention).
- Cleaning materials that meet CDC/EPA standards

<https://www.epa.gov/coronavirus/about-list-n-disinfectants-coronavirus-covid-19-0>

Note: UCCE offices can request a supply of disposable paper masks and KN95 masks in adult sizes, face shields, gloves, and hand sanitizer for use in 4-H camps. Contact your 4-H staff if these supplies are needed.

Training

Train camp teen staff and volunteers on the following:

- Camp Healthcare Plan
- This Camp COVID-19 Checklist
- COVID symptoms and screening
- Plans to isolate/quarantine COVID-positive persons, if needed.

Reporting

Be prepared to report any positive COVID-19 cases to local public health officer. Have contact information available (phone numbers, websites, etc.).

Report any positive COVID-19 cases, quarantines, etc. to the 4-H staff or UCCE office.

Be prepared to inform parent/guardian of COVID-positive camper or exposure.

Additional Information (use this space to list additional information about your camp’s plan)

Links

Overnight 4-H Event Safety Protocols:

https://docs.google.com/document/d/1qbcKcCf_hgsiH8X8ouhjdAvbBFRT9WhIDAKdkOwTx2c/edit?usp=sharing

UC ANR Camp Safety Guidebook:

https://safety.ucanr.edu/4-H_Resources/Camp_Safety_Guidebook/

Camp Health Care Plan template: <https://ucanr.edu/sites/safety/files/3481.pdf>

ACA Field Guide for Camps:

<https://www.acacamps.org/resource-library/coronavirus/camp-business/field-guide-camps>

CDC Guidance for Activities and Gatherings:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/index.html>

Note: this checklist is based on previous guidance from CDPH for camps, ACA Field Guide for Camps (1/21/2021), current CDPH guidance (as of 2/21/2023), and the California SMARTER Plan (2/2022)