



YMCA Camp Coniston

Community Days

COVID-19 Guest Health Guidelines



YMCA Camp Coniston will comply with the following guidelines regarding guest's health and safety:

Camp requires all guests who are sick or not feeling well to please stay home. Possible symptoms of COVID-19 include:

- a. Fever
- b. Respiratory symptoms such as runny nose, sore throat, cough, or shortness of breath
- c. Flu-like symptoms such as muscle aches, chills, and severe fatigue
- d. Changes in a person's sense of taste or smell

Camp will screen all guests at check-in with the following questions:

- a. Have you been in close contact with a confirmed case of COVID-19 in the last 14 days?
- b. Are you experiencing any respiratory symptoms, including a runny nose, sore throat, cough, or shortness of breath?
- c. Have you had a fever or felt feverish in the last 72 hours?
- d. Are you experiencing any new muscle aches or chills?
- e. Have you had any new changes in your sense of taste or smell?
- f. If you answered yes to any of these questions, please do not put our employees and other guests at risk and come back another day when you feel better. Any deposit will be returned.

Camp strongly promotes frequent hand hygiene and alcohol-based hand sanitizer will be made readily available: Camp will encourage frequent hand hygiene of employee and visitors through hand washing or use of hand sanitizer. Camp will make available hand sanitizer in frequently visited locations for both employees and guests.

Camp will implement facility cleaning and disinfection practices: These practices will follow CDC guidelines with regular sanitation of high-moderate touch surfaces at least every two hours.

Mitigate exposure: Camp will reduce the risk to guests by supporting the use of cloth face coverings in areas where social distancing is difficult to maintain and modify schedules, where possible, to reduce the number of physical interactions. Guests and staff should always maintain a safe distance of at least 6 feet from others.

- a. Camp will not be providing and food/beverages to guests. These items need to be carry-in/carry-out only (this includes drinking water).
- b. Shared use of equipment will be cleaned and disinfected after each use.
- c. Camp promotes etiquette for coughing, sneezing and handwashing. Camp will provide tissues, no-touch trash cans, soap and water, and hand sanitizer with at least 60% alcohol. Discourage workers from using other workers' phones, desks, offices, or other work tools and equipment, when possible.
- d. If an employee becomes sick during the day, they should be sent home immediately. Surfaces in their workspace should be cleaned and disinfected.



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Camp will communicate frequently with guests and staff about steps being taken to prevent spread of COVID-19 in the workplace: We will communicate expectations to guests and staff with recommendations on steps everybody can take to prevent spread of COVID-19. Post extensive signage on health policies, including the following documents to help educate facility occupants on COVID-19 best practices. We will communicate with guests about steps being taken to protect them from COVID-19

Guests must comply with the following guidelines:

Stay home when feeling ill: Guests who have symptoms (see list of symptoms above) should stay home. When exposed to COVID-19 or if diagnosed with COVID-19, guests must stay home.

Guests who are particularly vulnerable to COVID-19 according to the CDC, either due to age or underlying health conditions are encouraged to consider their individual risk.

Guest who develop symptoms of COVID-19, even mild symptoms, should notify a staff member, vacate the camp facility and consult their primary care providers about COVID-19 testing, or seek testing through one of the public testing options, such as through a State-run testing center, local health department, or ConvenientMD.

Increase hygiene practices, including:

- a. Wash hands and use hand sanitizer frequently
- b. Avoid touching the face, eyes or mouth
- c. Practice good respiratory etiquette. This includes coughing and sneezing into a tissue or your elbow rather than into your hands.

Wear a cloth face covering: Guests should wear a cloth face covering to help protect against the spread of the virus while at camp when keeping a distance of at least 6 or more feet between one another cannot be maintained. Guests should review the CDC's guidance on use of cloth face coverings.

Practice social distancing: To the greatest extent possible, all guests and employees should maintain safe social distancing, which always means keeping a distance of at least 6 or more feet between one another.

Abide by YMCA Camp Coniston, local and state guidelines: Guests and employees should follow all guidelines issued by YMCA Camp Coniston, local or state officials. This may include the use of gloves, social distancing practices and increased sanitation and disinfection practices.