

# COVID-19 Playbook for Lutheran Outdoor Ministries Indiana-Kentucky (LOMIK)

## Introduction

We all know that information surrounding COVID-19 is constantly evolving. As we continue to monitor updates from our local, regional and national governing bodies, we will continue to update and adapt our own practices. This playbook highlights what Lutheran Outdoor Ministries Indiana-Kentucky (LOMIK) is currently working towards for all onsite residential programs.

We will host residential camp experiences that will look different than they have in other years. This playbook outlines many of the changes that will occur throughout our programs. We know that some of these procedures will continue to change as circumstances and our knowledge evolve. Items we feel are likely to change before the start of camp have been marked with an asterisk (\*).

In our planning for residential programs we have exhaustively looked through research from other camps, organizations and congregate living operations to design the most realistic and targeted mitigation strategies. It is important to note that despite the best practices that exist, there is no way to guarantee that COVID-19 will not enter our camps. We, therefore, have taken the approach of assuming the virus will enter. To this end, we have focused our measures on rapid detection, smaller groupings of campers and other practices to prevent the virus from spreading.

Having piloted these protocols this past summer, our staff are trained and will be updated throughout the summer camp program. To help us all work together, we ask that individuals or families sending their children to camp review this playbook prior to registration and arrival. Any questions, concerns or comments should be directed to our COVID-19 response team via email [info@lomik.org](mailto:info@lomik.org)

## COVID-19 Symptoms

Currently the primary symptoms of a COVID-19 infection include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Headache
- New loss of taste or smell
- Sore throat
- Muscle or body aches
- Congestion or runny nose
- Nausea or Vomiting
- Diarrhea

There is an overwhelming amount of information available regarding COVID-19. These guidelines will be used as the first criteria for entering any of our sites. If a participant has any of the symptoms listed above they should consult with their health care provider before coming to camp. \* A negative test of a symptomatic individual may be required prior to arriving at camp. This will be determined on a case by case basis. \*If they have had **close contact**, defined as being within six feet of an infected person for at least 15 minutes over a 24-hour period, they will need to self-quarantine for two weeks.

OUR MISSION: Lutheran Outdoor Ministries Indiana-Kentucky (LOMIK) welcomes all and provides Christ-centered programs for building faith and life-long relationships in a safe, caring, and fun environment.

OUR Values: Faith-Family & Community-Service-Integrity.

Rev 1

## **KNOWN AND PROBABLE RISK FACTORS FOR SEVERE COVID-19 ILLNESS**

We know from research from the Center for Disease Control (CDC) and others that children with certain conditions might be at increased risk for severe COVID-19 illness. If any participant (or family member) is considered high risk, we highly recommend they consult with their medical provider to assess the risk of attending a residential program. Our COVID-19 response team is also available to help assist you in thinking through what living in a residential program may mean for you or your child.

While most of our campers are of an age that is not at high risk for severe COVID-19 complications the following conditions can increase that risk:

- Asthma and other chronic lung diseases
- Obesity
- Diabetes
- Medical complexity including:
  - Severe genetic and neurologic disorders
  - Inherited metabolic disorders
  - Congenital heart disease
- Immunosuppression due to malignancy or Immune-weakening medications
- Chronic lung, kidney, liver, heart and blood conditions

## **BEFORE CAMP**

Before participants arrive for their week at camp we will collect health information. These forms can be accessed online when registering. In order to ensure health information is the most up-to-date, the health form should be completed or reviewed in the month prior to camp.

## **COVID-19 PRE-SCREENING**

In addition to our regular health form, all 2021 programs require a COVID-19 pre-screening. Participants will be asked about any symptoms or possible recent exposures. We request all participants and staff self-monitor for COVID symptoms and to physically distance and wear masks when in close contact with others for one week before camp. At this time, we ask other household members to take appropriate safety precautions (wearing a mask outside the home, staying six feet away from other people and washing hands with soap and water frequently) during the one week prior to camp as well. \*We understand that these recommendations may change significantly in the next few months\*

## **TEMPERATURE AND SYMPTOM MONITORING \***

During the week prior to camp, we ask campers and staff members to self-screen for COVID-19 symptoms and should include daily temperature check if any symptoms are present. If symptoms appear prior to arrival at camp, consult your health care provider. Testing will be handled on a case-by-case basis.

If anyone arrives with symptoms associated with a COVID-19 infection, we will not be able to allow them into the camp. We completely understand how disappointing this may be for some participants. However, for the safety of our entire community, meeting admission criteria into camp is critically important.

## **ARRIVAL AT CAMP**

In order to limit the number of people on site and decrease the possibility of exposure, our camps will function differently than they have in the past. Arrival to camp will be more structured and systematic with sequential checkpoints that will require masking and physical distancing by all individuals. We ask that campers be accompanied by as few family members as possible. To minimize the exposure of campers and staff staying on site, during the registration and arrival process, campers, parents, and staff will be required to wear masks when inside. We also ask that all parents and guests stay home if they have any illness symptoms that are associated with COVID-19. We also ask that parents be evaluated by their healthcare professional and contact the camp if they become symptomatic during any point between one week prior and through their children's stay at camp.

## **HEALTH CHECK-INS**

For all participants arriving on-site, we will conduct symptom screenings asking COVID-19 specific screening questions at registration. Everyone should remain masked during this screening process especially when inside and when physical distancing is not possible.

Campers who have a temperature over 100.4 degrees Fahrenheit, show COVID-19 symptoms or have been exposed to COVID-19 in the preceding 14 days will not be permitted to enter camp.

For campers who have medications, there will be a separate health station where meds can be dropped off with the camp Health officer.

## **DURING CAMP**

We do not yet have accurate projections for what our camp capacity will be for summer 2021. As we remain attuned to the Indiana Department of Health guidelines and our local county health department guidelines, we may need to adjust our camp capacities to accommodate spatial distancing requirements.

We will modify our programs to be outdoors as much as possible. This means that your camper should pack accordingly for all types of weather. Campers should also bring, keep track of, and only drink from their own personal water bottle.

## **CLEANING, HANDWASHING & SANITIZATION PROCEDURES**

LOMIK has significantly increased its cleaning, handwashing and sanitization procedures. Stations containing hand sanitizer will be located conveniently throughout the camps, including near restrooms, eating areas and cabin entrances. Door knobs, handles and other high touch surfaces will be wiped with antibacterial spray frequently. Bathrooms and shared spaces will be cleaned and sanitized multiple times per day.

## **MASK WEARING POLICY \***

In order to contain possible exposure and spread of COVID-19 and in compliance with Indiana Department of Health and local health department guidelines, we are requiring face coverings that cover both the nose and mouth to be worn when campers and staff are sharing space indoors.

Masks will NOT be required while campers and/or staff are:

- Inside their assigned cabin
- Showering
- Eating
- Participating in waterfront activities or
- Outdoors maintaining three feet distance from others

## **CABIN FAMILIES**

While we have outlined pre-camp instructions and campers/staff will not be permitted to enter camp when exhibiting COVID-19 symptoms or a confirmed positive COVID-19 test, no self-imposed quarantine or test is 100% accurate. Therefore, as an additional safety measure, we will have campers travel with their cabin together to activities and meals. Campers will not be allowed to visit another cabin. Additionally, personal items, personal equipment or clothing must not be shared with campers from another cabin. Daily symptom checks will be required for all campers and staff.

## **POLICY & PROCEDURES FOR SUSPECTED COVID-19 SYMPTOMS**

If a camper or staff member begins to exhibit symptoms of COVID-19, they will immediately be isolated and the camp doctor consulted per our infectious disease protocol. If recommended by the camp doctor, the emergency contact will be notified and will be required to pick up the camper immediately.

## **AFTER CAMP**

As campers and staff return home to family and friends, we strongly recommend that they limit their interactions for two weeks, particularly with anyone considered at high-risk for a severe COVID-19 illness. If your camper exhibits COVID-19 symptoms or tests positive within 14 days of returning home, **please contact camp immediately** so we can take appropriate measures to contact trace and inform other camp families as necessary (while maintaining your families' confidentiality).