



ARMS Day Camps COVID-19 Health and Safety Implementation Manual

Ver. 8 July 2021

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Updated July 8, 2021

The below implementation procedures have been designed in consultation with numerous resources, and with the understanding that while the Alouette River Management Society aims to reduce risk as much as possible, we cannot guarantee the health of all its staff and participants.

We will remain flexible as the COVID-19 pandemic context changes, and we will adjust our programming as required, based on guidance and advice from, BC Centre for Disease Control, the BC Ministry of Health, Public Health Canada, Fraser Health, and other resources. Our programming adjustments may change over time as new information, research, and guidance comes forth.

Supportive resources

[Province-wide restrictions - Province of British Columbia \(gov.bc.ca\)](#)

[BCCDC - Camps for kids](#)

[WorkSafe BC - COVID-19-four-step-restart](#)

[COVID-19 \(bccdc.ca\)](#)

[Preventing COVID-19 - Fraser Health Authority](#)

Programs that cannot meet current requirements and guidelines will be cancelled or restructured.

Accompanying document

“ARMS COVID-19 Health & Safety Guidelines Day Camps” ver. 8 July 2021

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COVID-19 Protocols - Day Camp and Education Programming

The Alouette River Management Society (ARMS) keeps informed of the COVID-19 pandemic and the Public Health Officer's orders, notices and guidances by actively accessing resources to understand what COVID-19 disease is, its symptoms, how transmission occurs, how to reduce the risk of transmission and understanding that ARMS has a responsibility to create a safe working and day camp environment to the best of our ability.

ARMS has reviewed and incorporated public information, notices and infographics from the BC Centre for Disease Control, the provincial Health Office, and the Canadian Government into its Protocols and Procedures.

Infection Prevention and Exposure Control Measures

Managing the risk of COVID-19 requires multiple layers of protection to be effective. The first and most important step to reduce the risk of COVID-19 transmission at camp is to implement policies to ensure that those who are sick are not entering the camp, and that those who become sick in camp are managed appropriately. At camp the focus should be on being outdoors, reduced crowding, ventilation of indoor areas, use of masks when necessary, hand hygiene, and cleaning and disinfection of surfaces touched by many people.

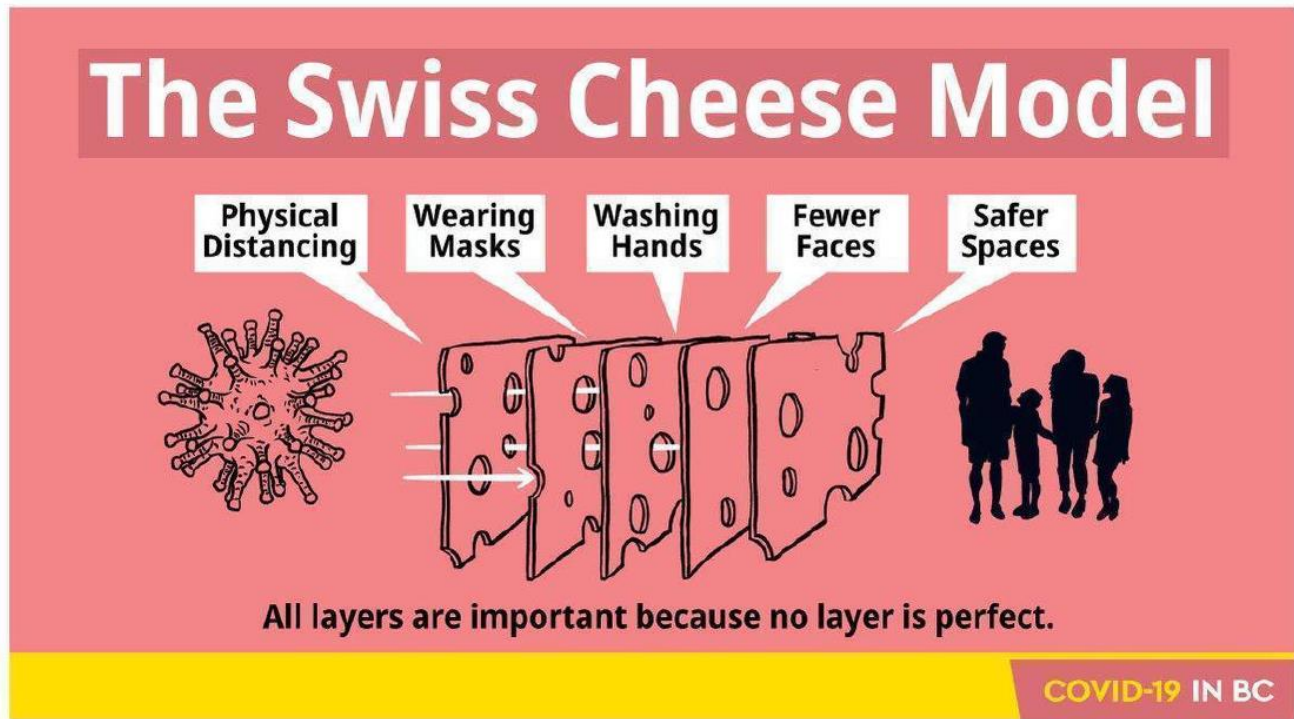
Camps should strongly encourage all eligible campers and staff to be vaccinated at least two weeks prior to the camp session per BCCDC guidelines.

Infection prevention and exposure control measures help create safe environments by reducing the spread of communicable diseases like COVID-19. These are more effective in settings such as camps where there is a relatively consistent grouping of people and multiple layers of protection can be routinely implemented, including:

- Robust illness policies for campers and staff.
- Various health and safety measures taken by the camp (e.g. using outdoor space for activities, enhancing ventilation of indoor spaces, implementing staggered schedules, enhanced cleaning and disinfection of highly touched surfaces, etc.).
- Reinforcement and adoption of effective personal practices (e.g. hand hygiene, respiratory etiquette, wearing masks when required, etc.).

A layered approach to infection prevention and exposure control should be taken to reduce the transmission of COVID-19 in camps. When multiple layers of protection are in place, the approach is more likely to be effective if any one layer of protection fails. Some layers of protection rely on camp policies and practices, while others rely on individual behaviours of campers and staff. When many layers are combined, the risk of COVID-19 is substantially reduced.

ARMS COVID-19 Health and Safety Protocol and Day Camp and Education Programming Procedures have been developed with the “Hierarchy of Controls for COVID-19” understanding that no one control is effective on its own and that all levels of controls work together to reduce the risk of transmission of COVID-19.



This document provides information and considerations for ARMS day camps and education programming to support compliance with these principles and focuses on three main areas for both children and their families as well as staff.

1. Processes to run day camps and education programming safely;
2. Measures to keep people safe and avoid further outbreaks;
3. Guidance if a case or an outbreak should occur.

To address these three considerations, procedures are provided for physical distancing controls, hand hygiene provisions, and touch point sanitization.

A summary of “golden rules” that ARMS will use to help reduce the risk of transmission of COVID-19 is illustrated in the infographic below.

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BC'S RESTART

Golden Rules for Everyday Life



Get vaccinated



Respect personal space



Follow guidelines



Consider people's situations & comfort levels



If sick, stay home



Clean your hands



Check before you travel



It's always safer outdoors

Our circumstances are all unique. But the things we can do to keep each other safe and support each other are the same. Follow these basics and do your part to bring us all back together again.

 Stay Informed:
www.gov.bc.ca/RestartBC | 1-888-COVID19



[BC Govt - Golden Rules for COVID-19](#)

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COVID-19

It is important for all ARMS staff, volunteers and/or sub-contractors to know the following:

COVID-19 is spread by the respiratory droplets an infected person produces when they breathe, cough, sneeze, talk, or sing. If you are in contact with an infected person, the virus can enter your body if droplets get into your throat, nose, or eyes.

- Respiratory infections such as influenza (flu) and COVID-19 are mainly spread by liquid droplets that come out of the mouth and nose when a person with the virus breathes, coughs, sneezes, talks, or sings.
- Getting immunized, staying home when sick, visiting others outdoors or in small groups, wearing masks in indoor public spaces, increasing ventilation, and cleaning your hands are all important measures that will reduce transmission.
- Most COVID-19 infections are spread from one person to another through respiratory droplets.
- Droplets come in a wide range of sizes and they behave differently depending on their size.
- Larger droplets are heavier, and they usually fall to the ground within two meters. Smaller droplets, also known as aerosols, are lighter and they can float in the air for longer.
- Smaller droplets can collect in enclosed spaces when there is not enough fresh air. Indoor accumulation is greater when more people share a space, spend more time together, or exercise, sing, shout, or speak loudly. These conditions can lead to COVID-19 transmission. Opening windows or increasing fresh air intake with mechanical ventilation are important protective measures that can help reduce the spread of COVID-19.
- Even though COVID-19 can survive for hours or days on different surfaces, infection from contact with contaminated surfaces appears to be rare. The most common type of spread is through contact with the respiratory droplets of an infected person.
- So far in the pandemic, COVID-19 has a very low infection rate in children; they seem to be at lower risk of developing symptoms.

[BCCDC-COVID-19 How It Spreads](#) - Last updated: July 1, 2021

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Watch for symptoms of COVID-19 that can appear up to 14 days after being exposed to the virus.

Key symptoms of COVID-19 include:

- Fever or chills
- Cough
- Loss of sense of smell or taste
- Difficulty breathing

Other symptoms may include:

- Sore throat
- Loss of appetite
- Extreme fatigue or tiredness
- Headache
- Body aches
- Nausea or vomiting
- Diarrhea

Go to an urgent care clinic or emergency department if you:

- find it hard to breathe
- have chest pain
- can't drink anything
- feel very sick
- feel confused

For fevers in children go here: [Fever or Chills, Age 11 and Younger | HealthLink BC](#)

Children may present symptoms differently than adults: [COVID-19 and Children \(bccdc.ca\)](#)

Resources for families and children: [Master FRST + Additional Resources \(bcpeds.ca\)](#)

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Actions to Protect your Health

- Stay at home when sick, and remind parents that they should be monitoring their children’s health and keeping children who are unwell at home
- Washing your hands often with soap and water, including before meals, after using the bathroom, and when hands are visibly dirty
- Sanitizing hands regularly throughout the day with alcohol-based hand sanitizer
- Sneezing and cough into your sleeve
- Avoid touching your eyes, nose or face
- Avoid contact with people who are sick
- If traveling outside of Canada, stay home for 14 days after returning to Canada, and remind parents to do so as well.

Physical Distancing

- ARMS day camp programs will be split up into smaller group sizes based on age and will distance themselves throughout the activity areas. Day camp programming will currently be limited to 20 campers per day until further notice by ARMS. Ratio of 1 adult to 6 campers (children) dependent upon maximum number of participants per camp. High school volunteers will be used to provide additional group assistance, cleaning throughout the day and other general camp duties. For ARMS education programming with School District 42, we will work with each school’s designated pods as per elementary and/or secondary students and teachers.
- Programming will take place outdoors wherever possible; there will be no indoor component for day camps unless in the event of foul weather.
- Minimizing physical contact between children. Physical distancing will be incorporated into the games for the day as much as possible.
- Programs will stay away from members of the public as much as possible. Signage will be posted to advise the public of camps running in ALLCO Park during stated dates.
- Programming will be adjusted so that physical contact between participants is limited as much as possible.
- Depending on the size of the program, lunchtimes may be staggered to allow for smaller groups within the undercover spaces.

- All shared equipment and supplies will be cleaned at the end of each day with soap and water or wiped down with public health approved sanitizer. Sharing supplies and equipment will be minimized as much as possible.
- Any picnic tables, park benches, and chairs used throughout the day will be sanitized at the end of each day.
- Items that are impossible to clean will be avoided, or campers will be given personalized supplies that will be cleaned at the end of the day (i.e.: crayons).
- All participants **MUST** bring their own supply of water for the day in their own water bottle. Emergency water will be on hand if needed.
- No sharing of food will be permitted. All participants must bring a personal bottle of public health approved hand sanitizer however, hand sanitizer will be available onsite and during programming.

Operating Procedures - Day Camp and Education Programming

1.0 Preparing Staff, Volunteers, Contractors for ARMS Day Camps

ARMS will provide all camp staff, volunteers and contractors with the latest version “ARMS COVID-19 COVID-19 Health & Safety Guidelines – Day Camps” and the “ARMS Day Camps COVID-19 Health and Safety Implementation Manual” to review and become familiar with.

ARMS will ask each camp staff, volunteer and/or contractor to sign off stating they have read and understand their obligations while working and participating in ARMS day camps or other education programming.

ARMS will provide all camp staff, volunteers and/or contractors with an orientation to ARMS day camp COVID-19 procedures and will conduct at least one run-through of procedures before camps commence to trouble-shoot any potential issues at the front end.

ARMS will ask that all staff, volunteers and contractors do a self-assessment prior to coming into work each day. The self-assessment tool is accessed here: [Daily Health Self-Assessment Tool](#)

2.0 Site Preparation

2.1 Sign-in and Sign-out Area

- Signage
 - set up to notify the public that ARMS day camps are in effect in Allco Park to encourage physical distancing

- to remind parents and caregivers that ARMS will not permit anyone to attend camps who has symptoms or has travelled outside of Canada within the last 14 days or has been in close contact with a person who tested positive for COVID-19.
- Poster outlining that parents and guardians understand conditions of entry to camp
- to inform parents and caregivers that they cannot go past yellow gate at the pick-up/drop-off station – they must say goodbye to their child/ren at this point.
- Equipment (if needed)
 - Pop up tent
 - Table
- Hand-sanitizer

Designated ARMS staff will sign in each camper so that parents/guardians do not need to use/share pens and minimize getting in within 2 metres of each other.

2.2 Staging Area

- Set up a designated waiting area for each group of campers with enough room to physically distance 2 metres from a leader.

2.3 Camp Activities Area

Signage

- set up to notify the public that ARMS day camps are in effect in Allco Park and to keep their distance
- handwashing procedures for camp participants, staff and volunteers
- **physical distancing reminders for staff and volunteers (for those staff and volunteers unvaccinated – not received 2nd dose or received 2nd dose but 14 days has not elapsed since receiving 2nd dose)**
- minimize physical contact between campers

Equipment

- Portable shelters (as needed)
- Handwashing station/s, soap, paper towels
- Garbage bin for used paper towels near the hand wash station/s
- Emergency water barrel
- Hand-sanitizer
- First aid kits (one per camp leader, camp supervisor – assigned at the start of the day and to be cleaned at the start and end of day – no sharing)
- Walkie-talkies (one per camp leader, camp supervisor, volunteers – assigned at start of day and to be cleaned before and after camp day – labelled and no sharing)

3.0 Before coming to ARMS camps

3.1 Parent Welcome Package

- Parent and caregivers will receive a Welcome Package which will include the changes ARMS has made to take into account COVID-19 disease and efforts to reduce the risk of transmission and other important information to help keep campers, parents, caregivers, ARMS staff, volunteers, sub-contractors and the public safe.
- ARMS will email the parents/caregivers directly with the Welcome Package at least 3 business days before the commencement of camp.
- Parents and caregivers are solely responsible for bringing all their child/ren's food to camp, including water for the duration of camp.
- Parents and caregivers should be encouraged to bring thermos containers and/or insulated lunch bags all of which will be kept in children's backpacks until lunch and/or snack times.

3.2 Parents and Participants

- ARMS will clearly communicate with parents and caregivers through email prior to their child's attendance to camp that they must assess their child daily for symptoms of common cold, influenza, COVID-19, or other infectious respiratory disease before sending them to camp.
- ARMS will not permit a participant to attend the program if the participant or a member of their household has experienced any flu-like or cold symptoms within 14 days prior to the first day of the program.
- ARMS will not allow a participant to attend the program if the participant or a member of their household has had close contact with someone who has tested positive for COVID-19, or is awaiting COVID-19 test results, within 14 days prior to the start of the program.
- Upon arrival each day, participants and their parent/guardian will confirm that they are in good health and not exhibiting any flu-like or cold symptoms. ARMS staff will conduct daily checks at drop-off each morning by verbally asking parents and caregivers to confirm their child(ren) do not have the abovementioned symptoms.

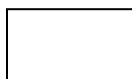
1. **Do you feel ill, including experiencing COVID-19 symptoms such as sore throat, cough, shortness of breath, fever, chills, headache, muscle aches, loss of taste or smell?**
2. **Have you or a member of your immediate household travelled internationally in the last 14 days?**
3. **Have you or a member of your immediate household been exposed to someone in the last 14 days who has been diagnosed with or is suspected of having COVID-19?**

- ARMS or any other staff, volunteers or contractors engaged by ARMS, will not conduct temperature checks upon arrival as per the BC Public Health Minister's recommendations. Parents will be asked to take their child/ren's temperature each day before arriving and will sign off stating that they have done so, and their child does not have an elevated temperature.

- **Campers do not have to wear masks outdoors.** Campers may choose to wear a mask (or their family decides) for any outdoor activities. It's ok to go at your own pace.
- **Camp households/pods can interact outdoors with other households/pods without masks and with limited physical contact.**
- As per BC Public Health Minister's guidelines [COVID-19 Safe Schools - Outside classroom](#), campers that fall into Grades K-3 do not have to wear masks indoors, campers who fall into Grades 4-12 must wear masks indoors. See exceptions in the above link.
- If a participant starts exhibiting any flu-like or cold symptoms during the program, they will be removed from the program immediately and sent home. The participant will be assigned to a separate and supervised area until they can be picked up.
 - Separate area designated away from other participants. There will be one ARMS staff or volunteer allocated to stay with the participant during and up to pick up by the parent or caregiver. Supervising staff will be provided with personal protective equipment such as eyewear and mask.
 - Parent/caregiver will be contacted immediately by ARMS staff informing them of the situation.
 - ARMS staff assigned to the participant will walk the child up to the pick-up point when parent/caregiver arrives.
 - ARMS staff have the right to discreetly request that families portraying any symptoms must be sent home and not attend camp for a minimum of 10 days.
 - More information here on self-isolation - [BCCDC-How long to self-isolate?](#)

3.3 ARMS staff, volunteers and/or contractors

- Each day ARMS staff, volunteers and/or sub-contractors will use the Self-Assessment Tool - [Daily Health Self-Assessment Tool](#)
- Staff will not come to work if they are feeling ill. If they are feeling ill, they are to stay home and self-isolate for a minimum of 10 days from the onset of symptoms, or until symptoms have completely cleared.
- Staff are not permitted to come to work if a member of their household has tested positive for COVID-19, is awaiting a COVID-19 test result, or has a probable case of COVID-19. A return to work date will be determined in consultation with public health officials.
- Staff are not permitted to come to work if they have traveled internationally within 14 days prior to their first day of work.
- Any staff exhibiting symptoms during the program will go home immediately.
- All staff will follow proper hygiene and handwashing guidelines. This includes washing their hands when they arrive and before they leave the camp/work site.
- Unvaccinated staff and volunteers are requested to wear masks when they are less than 2 metres from each other or campers. When administering first aid or needing to be within proximity of a child (e.g., nonviolent crisis intervention) staff and volunteers will need to also wear gloves in addition to using a mask.
- During day camp programming, ARMS camp leaders will be a small team of approximately 6 people (staff and volunteers).



- ARMS will do our best to stay consistent with one group of participants from week to week.

Before proceeding!

If at any time children have any symptoms, please request that the parent/caregiver take their child home and seek medical advice as necessary.

4.0 Arrival at ARMS day camps and education programming

4.1 Greeting families and participants

- ARMS day camps will be held outdoors in Allco Park, Maple Ridge. There will be no indoor component unless foul weather requires it.
- ARMS will utilize the picnic shelters and other structures such as pop-up tents for shade and shelter. In the event of bad weather, shelters will be used while observing the minimum 2 metre physical distancing measures between children.
- In the event of high winds or thunderstorms or other dangerous weather conditions, ARMS will notify parents/caregivers to collect their child as soon as possible. If parent/caregivers are unable to collect their child, ARMS staff will move up to the River Heritage Centre keeping physical distancing measures in place.
- ARMS will dedicate one staff person who is not leading a participant group to greet day camp children and parents.
- ARMS will set up the registration point at the Allco Parking lot each morning for participant sign-in and sign-out.
 - Prior to 1st day of camp, each participant/parent will receive a staggered time slot to drop off and pick up their child/ren. This timeslot will be the same each day for drop off and pick up.
 - Parents will be asked to park in Allco Park, or if full, along the shoulder of Alouette Road where it is permitted and to walk into the parking lot area with their child/children.
 - Sign-in and sign-out will be a verbal interaction to limit close physical contact among parents/caregivers and staff
- ARMS staff will ask parent/caregiver if they or their child/ren the 3 pre-screening questions (page 12).
 - Responses are recorded on sign-in sheet.
 - Parent/caregiver says goodbye.
- ARMS staff will double-check with parents/caregivers when they are dropping off their children that they have enough water and food for the day.
- ARMS will remind participants and parents/caregivers that they must avoid close greetings and regularly remind campers to keep “hands to yourself”.
- Another ARMS staff will assist child/ren with finding their camp leader in the designated ARMS day camp area within Allco Park (see map in Appendix)

- The camp leader will have a designated area (home base) for their participants and a designated area for their backpacks with their lunches (picnic shelter area).
- ARMS will demonstrate how to properly wash their hands and offer children frequent hand hygiene options; **they should wash their hands at the hand washing station with soap and water at the beginning of the day, after using the washroom, before and after eating, between activities and at the end of each day. (SEE APPENDIX A)**
- ARMS staff will provide hand sanitizer and all participants should use it regularly throughout the day.

4.2 Once all participants (campers) have arrived

ARMS Camp Supervisor will welcome campers, introduce all camp leaders, volunteers and review important health and safety guidelines for the camp. It is suggested this be done in a positive and fun manner, so children do not get scared, bored or anxious.

Hygiene

- ✓ ARMS will show participants where the handwashing stations are set up and where hand sanitizer will also be available.
- ✓ ARMS will run through the proper handwashing techniques with all participants and will support children to wash their hands regularly throughout the day, including:
 - When they arrive at the day camp and before they go home from camp
 - Before and after eating and drinking
 - After using the toilet
 - After playing outside
 - After sneezing or coughing
 - Whenever hands are visibly dirty
- ✓ ARMS will provide education and direction to campers to:
 - Cough or sneeze into their elbow sleeve or a tissue.
 - Throw away used tissues in designated receptacle and immediately perform hand hygiene.
 - Not touch their eyes, nose or mouth with unwashed hands.
- ✓ ARMS will have proper hand-washing protocol signs posted at the handwashing station.
- ✓ All participants and staff are discouraged from touching their face and must cough or sneeze into their sleeve.
- ✓ ARMS will have non-surgical grade masks and gloves available in first aid kits and must be used when administering any type of first aid. A mask must also be worn by the person receiving first aid for the duration of being treated. **Wherever possible, patients should administer their own first aid.**
- ✓ ARMS will provide a personal first aid kit complete with hand sanitizer, non-surgical grade masks, gloves and eyewear to each ARMS staff, volunteer and contractor for use in situations where close contact is unavoidable such as in the administering of first aid.

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ARMS camp supervisor will explain each day's activities including when break times will be, where snacks and lunches will be taken.

The following food practices should be followed consistently:

- ✓ Wash hands thoroughly before and after eating.
- ✓ Do not have communal meals/snacks- food must not be shared.
- ✓ Use individual plates, cutlery and serving utensils only (if applicable).
- ✓ Do not touch anyone else's food. If food falls onto a table or ground, clean it up and discard it in designated garbage receptacle.
- ✓ Practice physical distancing of at least 2 metres between different households/pods while eating food.
- ✓ ARMS staff will clean any picnic tables or benches before and at the end of the camp.
- ✓ After meals or snacks, children should put all their food away in their backpack, backpack will go into their individually labelled tub and wash their hands.

If ARMS camps use any supplies for crafts, each child will have their own activity pack to keep at camp. Each activity pack will be stored by camp leaders in individually labelled tubs which will be kept in the picnic shelter area. At the end of the week those items that cannot be disinfected can go home with the child so there is a new kit for the following week with new children.

5.0 Day Camp Activities

As stated in the COVID-19 Guidance for K-12 Schools document, physical distancing (i.e., maintaining a distance of 2 metres between two or more people) is challenging for younger children. We should be reasonable in our expectations of differing age levels and activities. For example, younger children should be supported to have **minimized physical contact** with one another, while older children and adults should seek to maintain a **safe physical distance** whenever possible.

ARMS will adjust our camp activities and outdoor programming activities so as to limit close physical contact including:

- Organize campers into smaller groups that stay together throughout each day and for the whole duration of camp.
- Strive to minimize the number of different camp leader(s) and other camp counsellor(s) that interact with each group of campers throughout the day
 - Each camp leader will be assigned a small group of campers (up to 6 children per pod)
 - Each camp leader will stay with that small group for all activities, snack and lunch time, pick up and drop off times and for the duration of camp
 - Note that children who live in the same home do not need to maintain physical distance from each other.
- Set up "home base" for each small group e.g. base of a large tree or demarcated area located within Allco Park
- Incorporate more individual activities or activities that encourage more space between students and staff.



- ARMS will limit the number of children at each picnic table to three (3) seated so that their backs have at least two metres distance. Alternatively, campers may be directed by camp leaders/supervisor to eat at their designated home base while keeping physically distanced (hula hoops, cones, etc).

6.0 Cleaning and Disinfection

Regular cleaning and disinfection are essential to preventing the transmission of COVID-19 from contaminated objects and surfaces. ARMS will have staff available to regularly clean before, during and after day camps and other outdoor education programming.

The general standards as set out in the BC Centre for Disease Control “COVID-19 Public Health Guidance for K-12 School Settings” - [COVID-19 Public Guidance K-12 schools - Cleaning and Disinfection](#)

ARMS staff will:

- General cleaning and disinfecting of the public washroom, picnic benches, picnic tables twice a day.
- Clean and disinfect any surface that is visibly dirty.
- Use common, commercially available detergents and disinfectant products and closely follow the instructions on the label.
- Limit items that are not easily cleaned (e.g., fabric or soft items, no stuffies, or personal toys)
- Empty designated garbage containers daily.
- Wear disposable gloves when cleaning blood or body fluids (e.g., runny nose, vomit, stool, urine).
- ARMS staff will be instructed to wash hands before wearing and after removing gloves.

[How to remove gloves safely - BCCDC](#)

6.1 Washroom Facilities

A public toilet is available in Allco Park. This public toilet will be cleaned by City of Maple Ridge Parks staff between 10 a.m. – 12 p.m. approximately each day.

Only 1 child will be permitted in the washroom at a time except in the case of siblings needing assistance.

ARMS staff will be assigned to clean and disinfect throughout the day:

- ✓ clean and disinfect the public toilet before the commencement of camps each day
- ✓ clean and disinfect twice more while camp is in session that day
- ✓ clean and disinfect one upon the end of the camp day each day

[Cleaning and Disinfecting for Public Settings - BCCDC](#)

7.0 First Aid

ARMS will provide all staff, volunteers and sub-contractors with access to or will require each to carry a mask, gloves, protective eyewear in case they are required to care for a sick or injured child. First aid kits carried by staff will also contain equipment to perform resuscitation in a safe manner.

If a child is injured and requires first aid:

1. The designated camp leader for that child will put on gloves, mask and eyewear while following correct protocols.
2. The designated camp leader will provide a mask (while physically distancing) to the injured camper and will ask them to put the mask on before first aid is administered.
3. Camp leader administers first aid or wherever possible encourage patient to self-administer first aid.
4. Camp leader completes an incident report and informs the Camp supervisor.
5. Camp leader will remove the mask and gloves using the correct protocols and dispose of these biohazards in a designated covered garbage receptacle.
6. Camp leader will put eyewear in a bag for cleaning and disinfecting at the end of the camp day.
7. Camp leader may wish to change into a clean set of clothes in the event that any large droplets have fallen on their clothing while administering first aid.
8. Camp leader will put soiled clothing in a separate bag and keep it with their personal belongings.
9. Camp supervisor can verbally inform the parent/caregiver of the incident at pick-up.
10. Camp supervisor can verbally follow up with the camper the next day.

It is important to remember that children who are injured or feeling unwell still need comforting by a caring adult. If a leader is concerned that they may have been exposed to droplets when caring for a sick child it is advised that they contact 811 for health advice.

8.0 End of Camp Day

8.1 Parent/Caregiver pick-up

- Prior to each day's pick-up, ARMS staff will be located at the front entrance parking lot (yellow gate and ARMS table (see map in Appendix B).
- Parents and caregivers will be required to come in staggered time slots according to their Welcome Package email. This will reduce the likelihood of congestion.
- Parents and caregivers will park in Allco Park or if parking lot is full, out along Alouette Road where it is permitted and walk in to the Allco Park parking lot.
- Parents will wait at the designated area and verbally indicate which child/ren they are picking up.
- ARMS staff will radio down to ARMS camp activities area for the relevant Camp Leader to bring up each child.

- ARMS staff will check-off (initial) that the parent has picked up child/ren.
- Each child will use hand sanitizer before departing camp area for the day. This will be located at the sign-in/out table.

8.2 Cleaning

- Any shared items or equipment will be cleaned and disinfected.
- Picnic tables, benches, hand washing station, and other high-touch surfaces will be cleaned and disinfected.
- Cleaned and disinfected items will be put into labelled totes for use the next day.

8.3 Camp Daily Debrief

- The camp supervisor will debrief with camp leaders and volunteers about the day's procedures, activities and any incidents of note. Debrief will take place in Allco Park directly after the camp tear-down has taken place.
- Troubleshoot and advise on adaptive measures to improve or change for the next day's camp.
- Camp staff to take all equipment, signage, handwashing station etc. back to River Heritage Centre in trailer.
- All staff, volunteers, and/or sub-contractors must use hand-sanitizer before leaving the designated ARMS day camp area in Allco Park.

9.0 Illness Procedure

- If a child or staff member develops symptoms while at the program, ARMS will:
 - a. Move to isolate the individual away from the rest of the children
 - b. Notify the parent or caregiver immediately to come and pick up the child
 - c. If a child requires close contact and care, staff can continue to care for the child until the parent or caregiver is able to pick them up.
 - d. Staff should wear a mask and eye protection during all interactions with the child and should avoid contact with the child's respiratory secretions. ARMS will provide each staff, volunteer and/or contractor with their own personal kit of hand sanitizer, masks, gloves, and first aid for use during the camps.
 - e. Staff should perform hand hygiene (washing or sanitizing their hands) before donning a mask, before and after removing the mask, and before and after touching any items used by the child.
 - f. Staff may wish to have a change of clothes available should they have any concerns that the virus transferred onto their clothing while caring for the sick child before returning to the other campers. Items used by the child while isolated should be cleaned and disinfected after the child has been picked up.
 - g. Parents/caregivers should get child who has developed symptoms
- If a child or staff member tests positive, public health will contact and instruct families or staff as necessary.

- Camps may be asked to participate with and facilitate Public Health Officials in identifying all contacts; public health will determine at-risk contacts and reach out to them regarding self-isolation.
- Camps can contact their Public Health Authority for advice on communications and to determine if there is a risk to that individual or others at camp; public health may work with the camp activities operators to notify those at risk.
- Mass communications by the camp, or messaging to potential contacts, should be discussed with public health.
- ARMS camps will decide on the need and breadth of closing the camp should an outbreak occur.

BCCDC COVID Public Guidance for K-12 schools

[What to do if a student or staff member develops symptoms of illness at school](#)

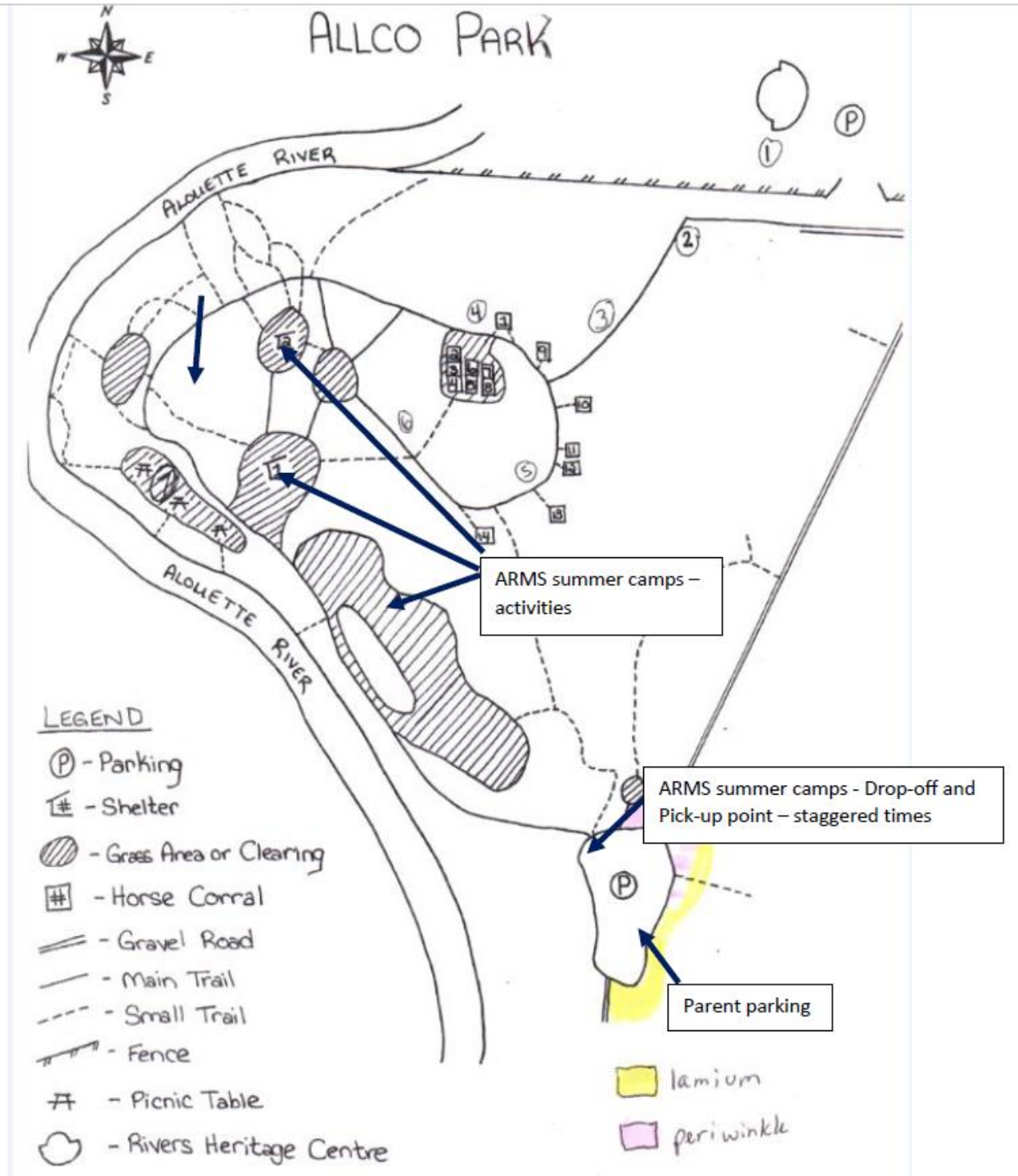
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Appendix A: When to Perform Hand Hygiene at Camp

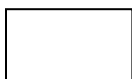
When Campers Should Perform Hand Hygiene	When Staff Should Perform Hand Hygiene
<ul style="list-style-type: none"> ● When they arrive at camp ● Before and after any activities ● Before and after eating and drinking (excluding from their water bottle during activities) ● Before and after using an indoor space used by multiple households (e.g. arts & crafts room) ● After using the toilet ● After sneezing or coughing into hands ● Whenever hands are visibly dirty 	<ul style="list-style-type: none"> ● When they arrive at camp ● Before and after any breaks ● Before and after eating and drinking ● Before and after handling food or assisting camper with eating ● After using the toilet ● After contact with body fluids (i.e., runny noses, spit, vomit, blood) ● After cleaning tasks ● After removing gloves ● After handling garbage ● Whenever hands are visibly dirty

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Appendix B - Map of Allco Park



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Appendix C

BC'S RESTART

Keep wearing your mask until you're fully vaccinated


Masks are recommended in indoor public spaces for everyone aged 12 and over, until you are fully vaccinated approximately two weeks after your second dose. Please do your part to keep each other safe.

Stay informed:
www.gov.bc.ca/RestartBC | 1-888-COVID19

BRITISH COLUMBIA

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Public washroom

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