



2022 CANSPEI COVID-19 Health & Safety Recommendations – Overnight Camps

Last Updated May 25, 2022

These guidelines are meant to support organizations in the delivery of overnight camps, including camps that operate during the summer.

The details in this document are subject to change based on direction from the Office of the Chief Medical Officer of Health. In the event of a localized outbreak or increased community transmission, camp administrators and families should be aware that Public Health may need to stop or require modified delivery of these programs. Depending on the circumstance, this could happen with little notice.

All Nova Scotians must follow the Public Health Order issued by the Chief Medical Officer of Health and direction arising from the Order given under the authority of the [Health Protection Act](#). Camp operators should follow the guidance in this document and may wish to review other industry protocols to reference and for context.

All of those on Prince Edward Island must follow the Public Health Order issued by the Chief Medical Officer of Health and direction arising from the Order given under the authority of the [Health Protection Act](#). Camp operators should follow the guidance in this document and may wish to review other industry protocols to reference and for context. [May 20, 2022 Prevention and Self-Isolation Order](#)

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Introduction

The Camping Association of Nova Scotia & Prince Edward Island (CANSPEI) is composed of over 40 camps, including traditional, faith-based, not-for-profit, and specialty. We believe that safe and quality camp experiences play an integral role in the development of children, youth, and adults and contribute to healthy communities. CANSPEI is committed to providing personal development, networking, and collaboration opportunities for its members. We are also an affiliate of the Canadian Camping Association.

CANSPEI is committed to supporting camps in Nova Scotia during the COVID-19 pandemic in whatever way possible, including through the development of these Overnight Camp Guidelines. This document is to be used in addition to the health and safety standards laid out for camps in the CANSPEI Accreditation Standards. [CANSPEI Accreditation Standards](#)

Guidance

This document provides guidance for camps offering overnight camp services to prevent the transmission of COVID-19 and maintain safe and healthy environments for campers and staff during the pandemic. The practices outlined in this document are based on recommendations and orders from the Nova Scotia Department of Health & Wellness and other industry associations. Before resuming operations, camps must develop their own plan of how they will meet these guidelines. Individual camp guidelines are not reviewed by CANSPEI or their Directors, but must align with the CANSPEI and provincial guidelines.

The guidance is given in statements, followed by the rationale for the statement provided. The rationale for the statement is summarized, but can be found within the references listed or linked within the text.

Resources

[Nova Scotia: Coronavirus \(COVID-19\): Protect Yourself & Others](#)

[PEI: Step 3: COVID-19 Public Health Guidelines](#)

[PEI: Licensed Childcare Centre Guidance](#)

Statements & Rationales

- **Statement 1: COVID19 Vaccinations are not mandatory for campers in 2022 but highly encouraged. *Each camp is able to set their own guidelines regarding COVID-19 Vaccinations.***
 - Nova Scotia Rational: COVID19 Vaccinations are recommended for all eligible Nova Scotians to receive to prevent illness and serious disease. However there is a privilege of education, access and understanding that comes with vaccinations. Camper's don't control their ability to receive vaccines, parents do. Nonetheless, we encourage inquiring with families regarding vaccine status to support statistics, advocacy and understanding of the relationship between vaccines and COVID-19 this summer. Additionally, if a camper has recently recovered from COVID-19 this is supportive to know.
 - PEI Rational: In PEI, keeping COVID-19 vaccinations up-to-date is the best defense against COVID-19. With a full series of vaccines, including boosters, most people will be well protected against COVID-19, meaning the risk of serious illness is much lower. Keeping COVID-19 vaccinations up-to-date does not change your risk of exposure to the virus in the community. The more individuals in PEI who are immunized, the more protection we have and the better we protect our health system.

- **Statement 2: Rapid testing the morning prior to camp is *encouraged* for campers, staff and volunteers.**
 - Nova Scotia Rationale: Rapid testing is available in most communities and gives a 24h snapshot of the presence of illness. This is an easy way to prevent COVID19 at camp in individuals who may not exhibit signs and symptoms prior to positive testing. Camp is a high-risk area where children and staff interact, similar to that in school. When around a vulnerable population, you should maintain healthy habits like gathering safely, wearing a mask and COVID-19 rapid testing. Please seek Provincial Public Health guidelines for testing if campers, staff or volunteers have previously tested positive for COVID19.

- PEI Rationale: Although rapid testing is not mandatory, it is available for those who wish to test prior to attending a [childcare center](#), which is a similar environment to overnight camps.

- **Statement 3: Symptoms and screening tools are recommended to use 24h prior to the beginning of the session for campers, staff and volunteers. Campers, staff and volunteers with symptoms, even with negative tests, should NOT be on site. Records of this are recommended for retention.**
 - Nova Scotia Rationale: These tools highlight signs and symptoms that campers, staff and volunteers may experience if infected with COVID19.
 - [Nova Scotia Screening Tool](#)
 - PEI Rationale: Daily self-screening for symptoms of COVID-19 using the COVID-19 symptom screening tool is recommended for staff, children and visitors.
 - [PEI Screening Tool](#)

- **Statement 4: During periods of high volume contact, such as drop off and pick up, it is recommended that staff and volunteers wear masks. Parents/guardians will be asked to wear masks during the registration process. Additionally, encouraging each camper family/guardian group to limit drop off to one (1) adult.**
 - Nova Scotia & PEI Rationale: Decreasing the amount of individuals that staff and volunteers come in contact with decreases the risk of exposure to COVID19. Smaller, less crowded, gatherings pose less risk compared to larger, more crowded gatherings

- **Statement 5:** If symptoms of COVID19 arise in a camper during a camp session, the most responsible healthcare provider on site should immediately don a mask, have the individual don a mask, isolate the individual(s), follow provincial guidelines for testing, and collaborate with the Summer Camp Director or designate to contact the affected camper's family/guardians for pick up and Public Health guidance. If symptoms of COVID19 arise in a staff/volunteer during a camp session, the most responsible healthcare provider on site should immediately isolate the individual(s), follow provincial guidelines for testing, and collaborate with the Summer Camp Director to perform testing. Public Health should be contacted.
 - Nova Scotia Rationale: If you have symptoms, you are recommended to self-isolate immediately and book a test. Follow the [guidelines outlined for Nova Scotia](#) when symptomatic. Those indicated as a "[close contact](#)" will follow guidelines as posted for testing and self-monitoring for symptoms as supported by the most responsible healthcare provider on site.
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 - PEI Rationale: If you have symptoms, you are recommended to self-isolate immediately and book a test. Follow the [guidelines outlined for PEI](#) when symptomatic. Those indicated as a "[close contact](#)" will follow guidelines as posted for testing and self-monitoring for symptoms as supported by the most responsible healthcare provider on site.

- **Statement 6:** When possible, activities are recommended to be done outside or in a well-ventilated area.
 - Nova Scotia Rationale: gather outdoors when possible or in indoor spaces with good ventilation
 - PEI Rationale: Physical distancing is not required, however, preventing crowding in indoor common spaces is recommended. Open windows when possible, and when weather permits.

- When organizing activities, consider:
 - There is lower risk of transmission of COVID-19 outdoors than indoors.
 - Smaller gatherings pose less risk compared to large gatherings.
 - Less crowded gatherings pose less risk compared to crowded gatherings.

- **Statement 7: High-contact surface areas must be cleaned and sanitized at least once a day. This should be recorded and retained in camp records.**

- Nova Scotia Rationale:
 - Viruses can live on surfaces for several days. You can reduce the number of germs and reduce your risk of infection by cleaning and disinfecting every day.
 - You should clean the surfaces and objects you touch most frequently at least once a day, or more if needed.
 - Clean and disinfect things like doorknobs, light switches, railings, toilets and tabletops every day. Wash with soapy water first. Then disinfect with household cleaning products, following the directions on the label.
 - If household cleaning products are not available, you can make a diluted bleach solution following the instructions on the bleach label. Or you can make a solution with 5 mL of bleach per 250 mL of water, or 20 mL per litre.
 - You need to mix a fresh batch of the bleach mixture every day for it to work properly.
 - Disinfect phones, remote controls, computers and other handheld devices with 70% alcohol or wipes.

- PEI Rationale: [Childcare](#) - Maintain enhanced cleaning and disinfection of frequently touched surfaces. Toys should be cleaned when visibly soiled and sanitized as required (at least once weekly). Mouthed toys, or toys that were handled by a sick child or a child exhibiting symptoms of COVID-19 should be cleaned and sanitized after each use.

- [General](#) - Businesses, communities and organizations should continue to conduct regular cleaning and disinfection of frequently touched surfaces, such as handrails, doorknobs, light switches, and other equipment. In addition, cleaning and disinfection supplies can be made accessible to customers and others to self-clean surfaces and equipment.

- **Statement 8: Hand Hygiene products and guidelines are mandatory to be available to campers, staff and volunteers during the duration of the camp session.**

- [Nova Scotia Rationale](#): Hand Hygiene, as recommended by the Government of Nova Scotia, is a great way to avoid the spread of infection.
 - after blowing your nose, coughing or sneezing
 - after visiting a public place or touching surfaces outside of your home
 - before and after preparing or eating food
 - after handling waste, touching dirty laundry or using the bathroom
 - when your hands look dirty or feel dirty
 - If soap and water are not available, and your hands are not visibly dirty, use an alcohol-based hand sanitizer with at least 60% alcohol. Use enough to cover the fronts and backs of both hands and between all your fingers. Rub your hands together until they feel dry.

- [PEI Rationale](#): Businesses, communities and organizations may consider continuing to provide hand sanitizer (at least 60% alcohol) or hand washing facilities at entrances and exits and near high touch surfaces, such as elevators, doors and check outs. There should be signage reminding employees, patrons and participants of the importance of proper hand washing/sanitizing and respiratory hygiene.

- Signage on personal hygiene etiquette such as handwashing, and sneezing and coughing etiquette, should be clearly posted. Alcohol-based hand rub (ABHR) is not recommended for routine use by children in child care centres but should be readily available for use by parents, visitors and staff.

