

Summer Day Camps

General COVID-19 Prevention Measures

Revised July 29, 2021

**Planning to run a
Day Camp this summer?**

**Find out what is needed
to operate safely.**



 Peterborough
Public Health

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An aerial photograph showing a vast landscape. In the upper half, a large, winding blue lake stretches across the horizon, with several small islands. Below the lake, a patchwork of agricultural fields in various shades of green, brown, and tan is visible, separated by thin lines of trees and a central road. The text "We Are All Treaty People" is overlaid in a white, italicized font across the middle of the image.

We Are All Treaty People

Disclosure

- The intended audience for this recording is any business or organization that wants to run a day camp in the Peterborough Public Health (PPH) catchment area this summer.
- This presentation has been prepared and recorded based on information current as of July 29, 2021 at 12:01 a.m.
- This presentation is intended to provide general information and education only and does not constitute legal advice.
- Any page number or table referenced is referring to the provincial COVID-19 Safety Guidelines for Day Camps document, unless otherwise stated.
- Owners and operators of businesses and organizations are responsible to comply with the **Orders currently in force under the *Reopening Ontario (A Flexible Response to COVID-19) Act*** as well as any other instruction provided to you by PPH.
- There may be situations where provincial rules and local public health rules vary in level of restriction. When this is the case, businesses & organizations must ensure compliance with the measure that is most restrictive in terms of preventing the spread of COVID-19.



Overview

- Overview of COVID-19 transmission
- Ontario Reopening Plan
- Regulations in force under the *Reopening Ontario Act*.
- Overview of the Summer Day Camp Guidance
- Public Health measures needed to run a day camp
- Resources

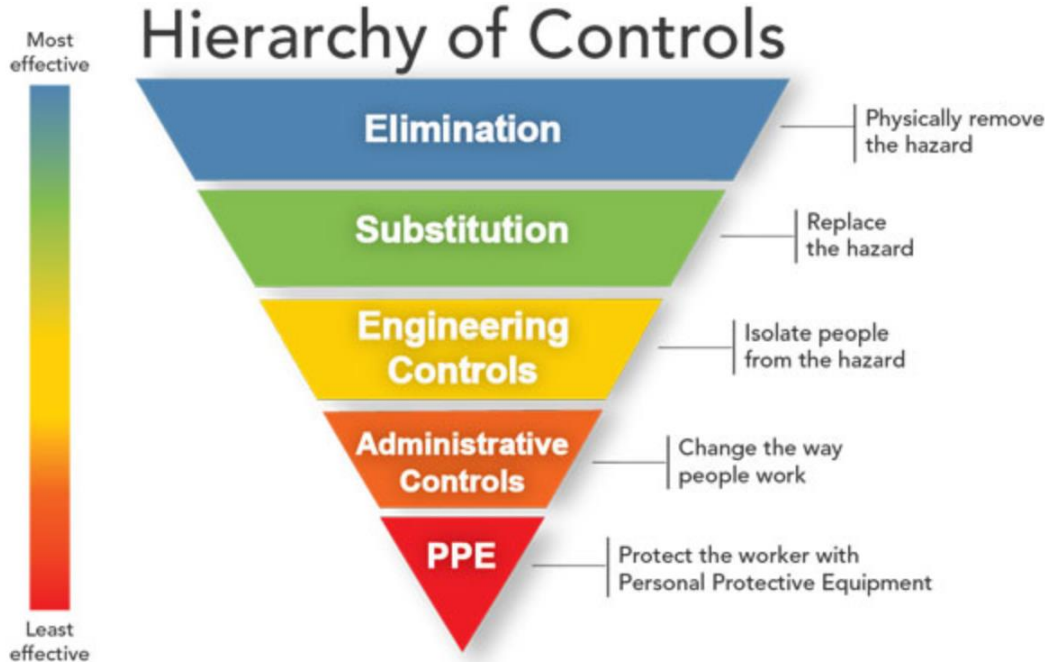


Overview of COVID-19

- COVID-19 spreads through respiratory droplets and aerosols from an infected individual when they speak, cough, sneeze, sing, shout, etc.
- Respiratory droplets are larger than aerosols and fall more quickly.
- Aerosols are smaller particles that can remain suspended in the air for some time.
- The key risk factors associated with the potential transmission of COVID-19 include:
 - Close contact
 - Closed spaces
 - Crowded places
 - Prolonged exposure
 - Forceful exhalation (like singing, talking loudly and exercise)
- New variants of the COVID-19 virus are causing increased disease spread and severity of symptoms.



Prevention of COVID-19



- Prevention of COVID-19 transmission requires a multi-layered approach.
- Using a hierarchy of controls can lead to the implementation of safer systems that result in reduced risk of injury or illness.

Image source: The National Institute for Occupational Safety and Health (NIOSH). (2015). Hierarchy of controls. Accessed May 22, 2021. Retrieved from: <https://www.cdc.gov/niosh/topics/hierarchy/default.html>



Prevention of COVID-19

- A layered approach includes:
 - Physical distancing of 2 metres
 - Wearing a mask
 - Staying home if you are sick
 - Practice good hand hygiene and respiratory etiquette
 - Regular cleaning and disinfecting
 - Minimize interactions with others from outside your household
 - Increase ventilation and getting outside whenever possible
 - Getting vaccinated



Ontario Reopening Plan

“Roadmap to Reopen”

- In Ontario, COVID-19 restrictions and measures are determined by the [Ontario Reopening Plan](#), provincial vaccination rates and key health indicators.

Vaccination rate
plus key health indicators ^[1]

Step 1

60%

Adults with one dose

Vaccination rate
plus key health indicators ^[1]

Step 2

70%

Adults with one dose
20% Fully vaccinated

Vaccination rate
plus key health indicators ^[1]

Step 3

70-80%

Adults with one dose
25% Fully vaccinated



Ontario Reopening Plan

Ontario is currently in Step 3 (as of July 16th)

Step 1

Permit with restrictions

Outdoors first with limited, well-managed crowding and permitting restricted retail

- Larger outdoor gatherings for up to 10 people
- Outdoor dining for up to 4 people per table
- Essential retail capacity at 25%
- Non-essential retail at 15%
- Outdoor religious services, rites and ceremonies with capacity limited to permit physical distancing of 2 metres
- Outdoor sports, fitness and personal training up to 10 people
- Day camps
- Campsites and campgrounds
- Ontario Parks
- Outdoor horse racing and motor speedways
- Outdoor pools, splashpads and wading pools

+21 days before next stage →

Step 2

Permit with restrictions

Open indoors with small numbers and face coverings and expand outdoors

- Larger outdoor gatherings for up to 25 people
- Small outdoor gatherings for up to 5 people
- Outdoor dining for up to 6 people per table
- Essential retail at 50% capacity
- Non-essential retail capacity at 25%
- Personal care services where face coverings can be worn at all times
- Outdoor meeting and event spaces
- Outdoor amusement and water parks
- Outdoor boat tour operators
- Outdoor county fairs and rural exhibitions
- Outdoor sports leagues and events
- Outdoor cinemas, performing arts, live music events and attractions

+21 days before next stage →

Step 3

Permit with restrictions

Expand indoors where face coverings can't always be worn

- Larger indoor and outdoor gatherings
- Indoor dining
- Essential and non-essential retail open with limited capacity
- Larger indoor religious services, rites, and ceremony gatherings
- Indoor meeting and event spaces
- Indoor sports and recreational facilities
- Indoor seated events
- Indoor attractions and cultural amenities
- Casino and bingo halls
- Other outdoor activities from Step 2 permitted to operate indoors

What comes after Step 3?



Moving beyond Step 3:

- Must be in Step 3 for a minimum of 21 days (to August 6th at the earliest), AND
- 80% of the eligible population aged 12 and over has received one dose, AND
- 75% of the eligible population aged 12 and over has received their second dose, AND
- **No public health unit has less than 70% of their eligible population fully vaccinated (fully vaccinated = 2 weeks after second dose).**



Ontario Regulations

- Each business and organization is required to comply with the Orders currently in force under the *Reopening Ontario Act* and any Order or Instruction from the local Medical Officer of Health.
- There are Regulations that guide each step of the Ontario reopening plan (e.g., Step 3 = [Ontario Regulation 364/20](#))
- There are general requirements that all businesses and organizations must adhere to as well as specific requirements for each sector.
- All applicable legislative or regulatory requirements related to health and safety (e.g., Occupational Health and Safety Act) continue to apply.



PPH Orders, Instructions & Recommendations

- There may be situations where provincial rules and local public health rules vary in level of restriction.
- Businesses & organizations must ensure compliance with the measure most restrictive.
- PPH has implemented stricter measures for some sectors (e.g., workplaces).
- Check the PPH orders, instructions & recommendations webpage regularly.



Regulations & Day camps

- Day camps can operate only if they are operated in a manner consistent with the [safety guidelines for COVID-19 for day camps](#).
- Day camps must comply with applicable setting/activity-specific requirements (e.g. sports) as well as general restrictions or requirements in accordance with the regulations made under the ROA (pg. 2).
- In the event of any conflict between the guidelines and any legislation or orders issued by the Minister of Health or the Chief Medical Officer of Health, the legislation, order, or directive prevails (pg. 1).



Licensed Child Care Centres with School-Age Day Camp Programs

- This guidance does not apply to day camps serving children who are younger than four years of age that require a childcare license issued by the Ministry of Education. Licensed child care centres must follow the COVID-19 related health and safety requirements set out in O. Reg. 137/15 under the Child Care and Early Years Act, 2014 (CCEYA).
- Additional operational guidance is provided in the Ministry of Education's document entitled [Operational Guidance During COVID-19 Outbreak: Child Care Re-Opening](#), as amended from time to time.



Public health and safety measures required at day camps



Guidance Documents & Planning Checklist

- [COVID-19 Safety Guidelines for: Day Camps \(V2. July 15, 2021\)](#)
- [Pre-camp Planning: COVID-19 Preparedness and Prevention for Day Camps](#) - to be used before the start of camp to ensure all of the COVID-19 preparedness and prevention strategies are in place.
- [Daily Camp Operations: COVID-19 Preparedness and Prevention for Day Camps](#) – for use during daily camp operations for regular monitoring of the prevention measures that should be in place.
- Personal Protective Equipment for Day Camp Operators and Staff: How and when to put on and take off masks, eye protection, gloves and gowns for individuals working in day camps ([video](#) and [downloadable slides](#)).
- Scenarios for Day Camp Operators and Staff: Examine real-life scenarios on applying public health measures to reduce the risk of COVID-19 in day camps ([video](#) and [downloadable slides](#)).

*All available on [PPH's Summer Camp Webpage](#)



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COVID-19 Safety Plan

- Every business or organization (camp) open or operating must have a COVID-19 Safety Plan.
- This plan must be posted in a location visible to the public.
- The safety plan must describe the measures and procedures which have been implemented or will be implemented by the business to reduce the risk of COVID-19.
- The safety plan must describe the measures implemented for the benefit of staff & members of the general public, if applicable.

Provincial Regulations
Develop Your Safety Plan:

The safety plan must describe the measures and procedures which have been implemented in the business to reduce the transmission risk of COVID-19.



COVID-19 Safety Plan

- At a minimum, the safety plan must explain screening, physical distancing, masks, cleaning and disinfecting of surfaces and objects and personal protective equipment needed for staff.
- Guiding questions to consider:
 - How will you screen camp staff, camp participants, and essential visitors for COVID-19?
 - How will you control the risk of transmission in your camp?
 - How will you ensure camp staff and campers are keeping 2 metres apart?
 - What will you do if there is a potential case, or suspected exposure to COVID-19 at camp?
 - How will you manage any new risks caused by changes to the way you operate?



Sessions & Cohort Sizes

- Day camps must run for a **minimum of one week (5 days) of consecutive days** and maintain consistent cohorts for the duration of the sessions.
 - 1 week session = maintain the cohort for the full week
 - 2 week session = maintain the cohort for the full 2 weeks
 - Longer than 2 weeks or if camp participants are enrolled in multiple consecutive sessions at the same day camp = aim to keep cohorts as consistent as possible for as long as possible.



Sessions & Cohort Sizes

- Refer to Table 1 on page 8 of the day camp guidance document for cohort ratios. Contact information for cohorts must be available to public health officials in order to assist with contact tracing in the event of a case or an outbreak.

Table 1: Maximum Cohort Sizes and Staff Ratios

Age Category	Age range of age category	Ratio of staff to camp participants	Maximum Number of camp participants in cohort (not including staff)
Kindergarten	4 years up to 6 years	1 to 13	26
Primary/Junior School	6 years up to 9 years	1 to 15	30
Junior School	9 years up to 13 years	1 to 20	20
Secondary School	> 13 years	1 to 20	20



Cohorts & Physical distancing

Physical distancing of 2 metres remains one of the most effective prevention methods against COVID-19.

- Physical distancing is not required by individuals within a cohort.
- Physical distancing of at least 2 metres **MUST** be maintained between cohorts.
- Physical distancing is encouraged between camp participants, parents/guardians, and staff.
- There **MUST NOT** be any mixing of cohorts at pick ups, drop offs, playtimes, mealtimes, and for before and after care.



Cohorts & Physical distancing

- Programs that use an indoor room/space that is shared by other cohorts (e.g., staff areas/rooms, tents, gymnasiums, hallways) or has other user groups (e.g., programs in museums, community centres) **MUST** ensure:
 - The room/space is cleaned and disinfected before and after use. Post a log to record cleaning and disinfection times.
 - Each cohort of camp participants should have their own assigned indoor space.
 - Post visual cue (e.g., floor markings) to reinforce physical distancing requirements between groups.
- Play structures can only be used by one cohort at a time with hand hygiene performed before and after use.



Screening

- Passive screening
 - Must post screening signs at all entrances to the camp, in a location visible to the public.
 - The screening signage must follow Ministry of Health recommended questions.
 - PPH provides passive screening examples on our website.

STOP...

Please screen before entering.

1. Do you have any of the following symptoms:

- Fever and/or chills
- Shortness of breath
- Difficulty swallowing
- Runny or stuffy/congested nose
- Nausea/vomiting, diarrhea
- Fatigue
- Pink eye (for adults)
- Falling down often (for older adults)
- Cough or barking cough (croup)
- Sore throat
- Decrease or loss of smell or taste
- Headache
- Muscle aches/joint pain
- Stomach pain (for adults)

If you received a COVID-19 vaccine in the last 48 hours and are experiencing mild headaches, fatigue, muscle aches, and/or joint pain that only began after vaccination, please select 'NO' for this question

2. Has a doctor, health care provider, or public health unit told you that you should currently be isolating (staying at home)?

This can be because of an outbreak or contact tracing

3. Do you live with someone who has been told by a doctor, health care provider, or public health unit that they should currently be isolating?
If you are fully vaccinated*, select "No."

If the individual experiencing symptoms received a COVID-19 vaccination in the last 48 hours and is experiencing mild headache, fatigue, muscle aches, and/or joint pain that only began after vaccination, select "No."

If you answer **YES** to any one of the questions above, **PLEASE DO NOT ENTER.** Contact either your health care provider or Telehealth Ontario (1-866-797-000) to get advice or an assessment, including if you need a COVID-19 test.

*Fully vaccinated is defined as an individual at least 14 days after receiving their second dose of a two-dose COVID-19 vaccine series or their first dose of a one-dose COVID-19 vaccine series

Revised July 27, 2021

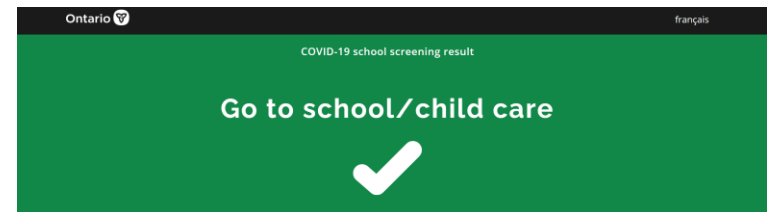
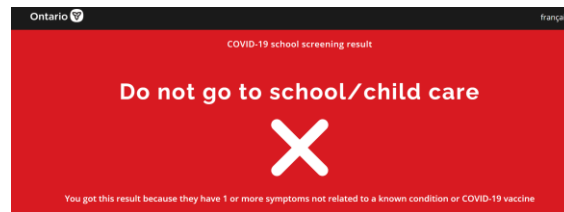
Screening

- Active screening

- **Active Screening** by using the questions provided in the [COVID-19 school screening](#) is required by every camp staff, visitor and camper **DAILY**.

- the screening tool has been updated recently to reflect post vaccination symptoms

- Records of screening need to be kept for a minimum of 30 days.



Use of Non-medical Masks

- Campers:
 - All camp participants in grades 1 (as of September 1st, 2021) and above are required to wear well-fitting masks (e.g., non-medical) while indoors.
 - Masks are not required in outdoors spaces among camp participants of a cohort; however, cohorts should maintain at least a 2 metre physical distance from other cohorts.
- Parents/Guardians/Visitors:
 - Are required to wear a non-medical mask in any indoor area.
 - Are not required to wear a mask outdoors, but should be encouraged anytime 2 metres physical distancing is not always possible (e.g., pick up/drop off areas)

Face Coverings... What offers the best protection?

DO choose masks that...	DO NOT choose masks that...
  Have two or more layers of washable, breathable fabric.	  Are made of fabric that makes it hard to breathe, for example, vinyl.
  Completely cover your nose and mouth.	  Have exhalation valves or vents, which allow virus particles to escape.
  Have a snug fit against the side of your face with no gaps.	  Are intended for healthcare workers, including N95 respirators or surgical masks.
 Evaluation is on-going and effectiveness is unknown at this time.	  Are clear plastic that rest on the chin. These are not form fitting and cannot be disinfected properly.
	  There is limited evidence on the effectiveness of neck gaiters and they should not be used as a face covering.

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peterboroughpublichealth.ca/facecoverings

Personal Protective Equipment (PPE)

- Camp Staff:
 - While inside, all staff in a day camp setting must wear a **medical grade mask**, with reasonable exceptions for medical conditions.
 - All day camp staff must wear a **medical grade mask and eye protection** (e.g., a face shield, safety glasses, or goggles) when unable to maintain physical distance of at least 2 metres or engaging with an individual who is not wearing a mask.
 - Staff are encouraged to wear a medical mask during outdoor camp activities and **are required** to wear a medical mask if physical distancing of at least 2 metres cannot be maintained between individuals.
 - Staff may take off their masks and eye protection when eating/drinking or on break; however, time with masks off should be limited and a physical distance of at least 2 metres should be maintained between staff members.



Enhanced Cleaning & Disinfecting

- Minimize the sharing of objects, toys, equipment, and other personal items.
- Clean and disinfect frequently touched surfaces **twice daily** at a minimum.
- More frequent cleaning and disinfection may be necessary if visibly dirty.
- Hands should be washed after each cleaning.
- Disinfectants must have a **Drug Identification Number (DIN)**-an 8-digit number given by Health Canada that confirms it is approved for use in Canada. Use Health Canada's list to choose products.



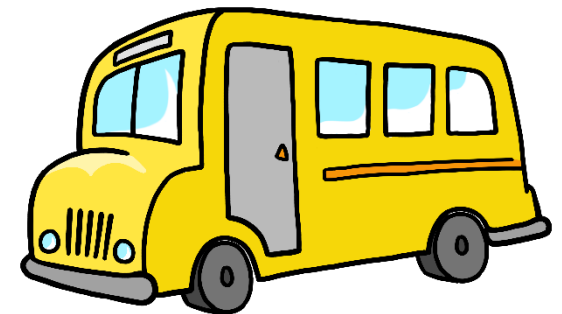
Enhanced hand hygiene

- Hand Hygiene
 - Proper handwashing/sanitizing along with other public health measures can prevent COVID-19 transmission.
 - Ensure the provision of hand washing stations/supplies and hand sanitizer with a minimum 60% alcohol are available.
 - Use signage as a reminder.



Transportation

- Field-trips & off-site activities?
 - Choose walking or biking with your cohort.
 - If choosing transportation, it must be on a charter bus and limited to a single existing cohort of day campers.
 - Public transportation is discouraged due to the increased risk of potential exposure to COVID-19.
 - If avoiding public transportation is not possible for essential camp activities, there are guidelines to follow. See pg. 9 &10.



Snack & meal breaks

- Eating outdoors is encouraged. If eating indoors, stagger mealtimes between cohorts, where possible.
 - Masks should be worn within indoor dining areas unless eating or drinking (i.e., individuals should leave their masks on until they start eating/drinking)
 - Physical distancing between cohorts while seated at tables
 - Have campers and staff clean their hands before and after eating
 - Have hand sanitizer readily available
- Each camper should have their own individual meal and water bottle with no common food.
- Drinking water fountains should only be used with water bottles and disposable cups.
 - Hand hygiene should be performed before and after using a drinking water fountain that is not automatic.
- Staff giving out any food items must clean their hands and wear gloves.



Indoor vs. Outdoor

- If the camp will be in an area covered by a roof, canopy, tent, awning or other element:
 - At least **two full sides of the entire area** must be open to the outdoors and must not be substantially blocked by any walls or other impermeable physical barriers to be considered outdoors.
- Safest option = completely outdoors, no enclosed area, lots of ventilation.



Recreational Activities/Sports

- Day camp programs must also comply with applicable setting/activity-specific requirements listed in the regulations (e.g., Step 3 = O. Reg 364/20).
- Pg. 9 states, **low contact sports and recreational fitness activities are permitted indoors and outdoors.**
 - Masking is not required indoors for these sports/activities if with individuals of a single cohort or if distancing from other cohorts can be maintained.
 - High contact sports and recreational fitness activities are only allowed outdoors. This means that **high contact sports and recreational fitness activities are prohibited indoors.**
 - High contacts = deliberate or prolonged contact
 - Low contact = accidental or momentary contact



Other popular day camp activities

- **Singing/Chanting**

- Activities that involve singing or the playing of brass or wind instruments must be:
 - Indoors with only camp participants of the same cohort, with physical distance of at least 2 metres and adequate ventilation; or,
 - Outdoors with physical distancing of at least 2 metres.

- **Splash pads**

- Any day camp that has their own aquatic facility (e.g., pool, lake, beach, splash pad, wading pool) must adhere to any applicable requirements in [Ontario Regulation 565: Public Pools](#) made under the *Health Promotion and Protection Act* , as well as any other restriction in place at the time of activity.



Additional Requirements

Camp operators must:

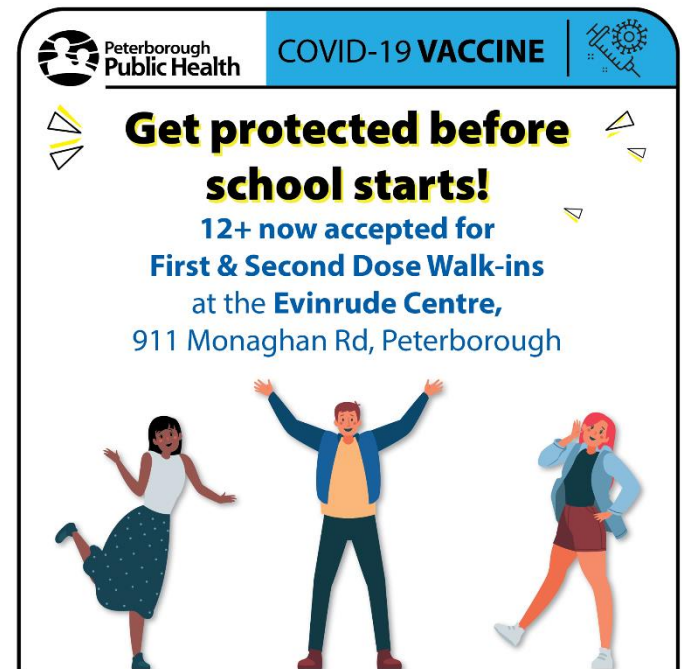
- Educate staff and campers on proper hand hygiene.
- Ensure that each camper and staff member performs hand hygiene often throughout the day including before and after eating, using shared equipment (e.g., balls, loose equipment, climbing harnesses and climbing facilities, lifejackets), activities, after toileting, blowing their nose, and before touching their faces.
- Educate staff and campers on proper respiratory etiquette
- Ensure each camper and staff member follows appropriate respiratory etiquette, such as avoiding touching their face and/or mask and coughing/sneezing into their elbow, sleeve, or tissue
- Post signage at the drinking water fountain indicating that only water bottle/cup filling allowed.
- Have a written plan in place for management of close contacts of staff and camp participants who become ill with symptoms of COVID-19.
- Determine what PPE is required for staff and ensure that it is worn by workers.



Vaccination

- Day camp operators should strongly encourage all eligible staff and eligible campers (12+) to receive COVID-19 vaccination as soon as possible.
- Vaccination before camp starts offers a layer of protection.

Visit [PPH's Vaccine Clinic](#) webpage for more information.



The poster features the Peterborough Public Health logo on the left and a blue header with the text 'COVID-19 VACCINE' on the right. The main text is centered and reads: 'Get protected before school starts!' in bold black letters, followed by '12+ now accepted for First & Second Dose Walk-ins at the Evinrude Centre, 911 Monaghan Rd, Peterborough'. At the bottom, there are three colorful illustrations of people: a woman in a white top and blue skirt, a man in a blue jacket and dark pants with his arms raised, and a woman in a blue jacket and red skirt. The poster is decorated with small yellow and white triangles.

Peterborough Public Health COVID-19 VACCINE

Get protected before school starts!

12+ now accepted for
First & Second Dose Walk-ins
at the **Evinrude Centre**,
911 Monaghan Rd, Peterborough

Managing COVID-19 cases



Case, Contact, and Outbreak Management

- Critical to maintain robust registration information and attendance sheets to help facilitate timely and efficient contact tracing.
- PPH will provide individual direction regarding testing and isolation of close contacts of a case.
- PPH will determine next steps for camp participants or staff who have been exposed to a confirmed case of COVID-19.
- PPH will make the determination if and when there is a COVID-19 outbreak associated with a camp.
 - If an outbreak is declared, PPH will provide camp operators direction on next steps, including outbreak control measures and/or ceasing operations. PPH will also advise when the outbreak is over.



Management of symptomatic staff/campers while at camp:

- Camp participants/staff cannot continue to attend day camp if they develop COVID-19 symptoms.
- Anyone who experiences symptoms while attending day camp, is recommended to:
 - immediately separate from others in a pre-established, supervised isolation area until they can leave the site.
 - keep 2 metres physical distance from any other person.
 - if tolerated, wear a medical grade mask.
- Anyone working with a symptomatic person should keep 2 metres distance when possible AND wear PPE (medical grade mask and eye protection).



Management of symptomatic staff/campers while at camp:

- Day camps should maintain a PPE kit specifically for managing a camp participant or others who become symptomatic during the camp day.
- Keep kit readily available for staff to use quickly if they are not already wearing PPE.
- Kit should include:
 - alcohol-based hand sanitizer,
 - medical grade masks
 - eye protection (face shield or goggles)
 - gloves



Reporting of Probable/Confirmed COVID-19 cases

- In general, day camps should not report all instances of illness (staff or camp participant); however, if camp operators are of the opinion this may be a **reportable disease, including COVID-19**, they are advised to contact PPH for specific advice on next steps. Please leave a detailed message at 705-743-1000 ext 414.
- If camp staff/operators become aware of a participant or staff member who has tested positive, please notify PPH (same ext.) immediately so that an investigation of the exposure can begin.



For more information...

www.peterboroughpublichealth.ca

(705) 743-1000

Enjoy the outdoors...
**...walk, run, bike,
and explore!**



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ALWAYS DO the 3 W's...

WATCH YOUR DISTANCE
by keeping at least 2 metres from
people you don't live with →



WEAR YOUR MASK
indoors OR if physical distancing is
difficult outdoors →



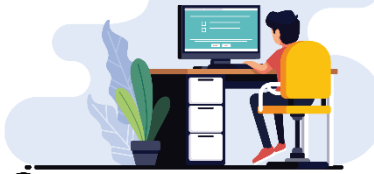
WASH YOUR HANDS
with soap & water or hand sanitizer →




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Campers and Staff...
need to screen every day before
they attend camp!

To screen, visit
covid-19.ontario.ca/school-screening



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Public Health
peterboroughpublichealth.ca

Resources

- [PPH's Summer Camp Webpage](#)
- [COVID-19 Safety Guidelines for: Day Camps](#)
- [Daily Camp Operations: COVID-19 Preparedness and Prevention for Day Camps \(PHO\)](#)
- [Pre-camp Planning: COVID-19 Preparedness and Prevention for Day Camps](#)
- [COVID-19: Mental Health Resources for Camp Operators](#)



Resources

- **Presentation: Personal Protective Equipment for Day Camp Operators and Staff:** How and when to put on and take off masks, eye protection, gloves and gowns for individuals working in day camps ([video](#) and [downloadable slides](#)).
- **Presentation: Scenarios for Day Camp Operators and Staff:** Examine real-life scenarios on applying public health measures to reduce the risk of COVID-19 in day camps ([video](#) and [downloadable slides](#)).



Resources

- [Reopening Ontario: A roadmap to reopen](#)
- All [applicable laws and regulations](#) in Ontario for the COVID-19 response
- Ontario COVID-19 [public health measures](#) and advice
- Peterborough Public Health's [Orders & Instructions](#)
- [PPH Local COVID-19 cases and statistics](#)
- [PPH workplace resources](#)
- [Provincial workplace safety plan resources](#)



Resources

- Ontario Ministry of Health: [COVID-19 Signage Questions for Businesses and Organizations](#)
- Ontario [active screening tools](#)
- PPH business and workplace screening [resources & frequently asked questions](#)
- Health Canada list of [approved disinfectants and sanitizers](#)
- [PPH Mandatory Mask/face covering resources, signage, frequently asked questions](#)
- [PPH's Personal Protective Equipment FAQ](#)
- [Health Canada: COVID-19 Personal Protective Equipment \(PPE\)](#)
- Public Services Health and Safety Association – [Basic Awareness Training Infection Prevention and Control at Work](#)

