

## Tree Frog Treks COVID-19 Safety Rules for 2022 SUMMER CAMP – updated 5/30/22 (Based on SFDPH Health Guidelines)

We are following the SF Dept of Public Health Guidelines related to COVID Safety, and we receive their update, so these policies could change. We will post most our most updated rules on our website. Please share any exposure information or concerns as soon as you are aware of them. We are all in this together

### VACCINATION

- We have an excellent vaccination rate among our staff, and we encourage vaccination for our campers as well, but we will not be checking or enforcing that.

### MASK GUIDELINES

- **Outdoors:** The SFDPH Health Directives say that Face masks are not required outdoors: "**Face masks are not required outdoors as the risk of transmission is low in most outdoor settings. They may be considered when people are stationary and in crowded situations like on the sidelines of a game or spectators in the stands.**" They also say "**Do as many activities outside as possible, especially snacks/meals and exercise**" – So outdoor camp is the place to be this summer!
- We will therefore not require masks at camp. Parents who are not comfortable with that can still ask that their own children to wear a mask at camp.
- We will still require parents to wear masks at drop off and pick up, however, due to the large quantities of parents arriving and gathering at the same time in the same spot.

### PHYSICAL DISTANCING CHANGES

Physical distancing is no longer required.

### COHORT RULE CHANGES

- **Cohorting is no longer required.** This means we not required to put siblings in same group. We will be grouping children with their friend requests and grouping similar ages together.
- Staff and volunteers may work with more than one group.
- Multiple groups may gather together occasionally (group meeting at start of day, for example) and groups are not required to stay apart all day.
- People who are fully vaccinated for COVID-19 may volunteer on-site.

### WHEN A CHILD REPORTS AN EXPOSURE TO COVID-19 OUTSIDE OF CAMP

- It is no longer necessary to require children exposed to COVID-19 outside of camp to quarantine at home. If they are **asymptomatic**, they may return immediately and recommend testing 3-5 days after the exposure.
- It is **strongly recommended** that exposed children wear a well-fitting mask whenever feasible for 10 days after exposure and particularly when around others indoors.
- If children become **symptomatic**, they should isolate at home immediately until their symptoms start to improve and their test result is known.
- It is reasonable to recommend testing once 3-5 after initial exposure and, if the test is negative, repeat testing again 3-5 days after the first test. If both tests are negative, no further testing is recommended as long as child remains asymptomatic.

## RULES FOR SICK KIDS

Campers who are sick must stay home and look out for COVID Symptoms below. Anyone with COVID symptoms should get tested.

### COVID SYMPTOMS:

- Fever (100.4°F/38°C or higher) or chills
- Cough
- Headache
- Sore throat
- Loss of taste or smell that started in the last 10 days  
*Children may say that food “tastes bad” or “tastes funny”*
- Feeling out of breath or having a hard time breathing
- Diarrhea, nausea or vomiting
- Fatigue
- Muscle aches or body aches



If your child has any of the symptoms above:

- Contact your child’s doctor, and have your child tested for COVID-19.
- **Keep your child at home until you get their test results.**

## CHILDREN WHO TEST POSITIVE OR ARE DIAGNOSED WITH COVID-19

Scenario	Criteria to return to camp
Tested positive or clinically diagnosed with COVID-19, and <b>had symptoms</b>	<ul style="list-style-type: none"><li>• 5 days have passed since symptoms began, even if symptoms began after the positive test <u>AND</u></li><li>• Symptoms are getting better, <u>AND</u></li><li>• No fever for 24 hours, without taking medicines for fever like acetaminophen (Tylenol), ibuprofen (Motrin, Advil) or naproxen (Aleve).</li></ul> <p><u>AND</u></p> <ul style="list-style-type: none"><li>• A negative test collected on or after Day 5. (If the child is not retested, they must stay home for 10 days after the start of symptoms and may return after the above three bullets are also true.)</li></ul>
Tested positive, but <b>never had symptoms</b>	<ul style="list-style-type: none"><li>• 5 days have passed since their positive test was collected (not 5 days after the result was received) <u>and</u></li><li>• A negative test collected on or after Day 5.</li></ul> <p>OR</p> <ul style="list-style-type: none"><li>• If the child is not retested, they may return 10 days after their original positive test was collected.</li></ul>