

# Summer Haven



**OUR GUIDE FOR A SAFE AND HEALTHY SUMMER!**





# Summer Haven



## BACK AND BETTER THAN EVER

### WELCOME TO OUR SUMMER HAVEN

We couldn't be more excited to welcome campers back for 2021- a summer filled with camp spirit, fun, friendship, and sisterhood. Our safe haven is possible because of the care and consideration we know will be taken by each member of the LBMC family – campers, staff, and parents. With your support, we are looking forward to a safe, healthy and happy summer. We are back and better than ever!

While we can't guarantee a Covid free summer, we are certainly going to try. Regardless, we will be prepared to handle anything that comes our way. Our approach will be multi-layered including testing, cohorts, masks, and social distancing with the goal of becoming one community. Please read through this document carefully and reach out to us with any questions. Guidelines from the CDC are constantly evolving. Our protocols will reflect the current state of the virus.

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## PREPARING FOR CAMP

### FORMS

The following additional forms will be available on May 1st in your **My Angel Forms & Documents section** of our website:

- Covid Medical Screening
- Covid-Additional Information
- Transportation Form
- Phone Call Reservation Form

**These forms must be completed by June 1st.**

### ADDITIONAL ITEMS TO PACK

The following additional items should be included in your camp bags:

- 7-10 cloth masks (labeled)
- 1 box of 50 surgical masks
- 2 small, labeled mesh bags
- 3 water bottles
- Shower caddy
- Hand sanitizer

### REGISTER WITH QUADRANT BIOSCIENCES

Quadrant Biosciences will be providing our PCR Surveillance tests throughout the summer. It is important that you follow these instructions to pre-register no later than June 1st:

- Download the app: **app.clarifi-covid-19.com**
- Click "register," you will get an email with a verification code
- Complete the required fields to create a parent/guardian profile
- Click "add a profile" for each one of your campers
- Click on organization- Lake Bryn Mawr Camp
- Input personal information
- Check boxes for authorization



## **SCHEDULE YOUR CAMPERS PRE-CAMP TELEHEALTH VISIT**

- On June 1st, please visit [www.pmpediatrics.com/camp](http://www.pmpediatrics.com/camp) (our pre-camp testing partner) to register for a telehealth visit.
- All campers will be required to have a telehealth visit with PM Pediatrics.
- If PM Pediatrics is not in your area, you are still required to schedule a telehealth visit with them.
- Telehealth visits will be available from June 13th - June 20th.
- Every family will have one video call with a doctor.
- One parent must be present for the telehealth visit.

## **14 DAYS LEADING UP TO CAMP**

### **START YOUR DAILY HEALTH SCREENINGS ON JUNE 12<sup>TH</sup>**

Download the Companion App:

- Download the app on **Apple** or **Android** (Search Companion in the App Store).
- Using the email and password combination associated with your MyAngel account, log in to Companion.
- Once you have logged in, click “get started” to complete Health Screening.

Complete a Health Screening questionnaire for each camper, everyday in the 10 Days leading up to camp. Our Covid Coordinator, Pilar Beam, will be monitoring the responses on a daily basis.

Please notify [pilar@campbrynmawr.com](mailto:pilar@campbrynmawr.com):

- If camper, or anyone in immediate household has symptoms in the 14 Days prior to camp.
- If the camper had a positive Covid test within 30-90 days prior to camp.
- If anyone in the household has a positive test within 10 Days of camp.

Please contact her with any questions about Companion.

### **MODIFIED QUARANTINE STARTING JUNE 12<sup>TH</sup>**

- Prevention begins with healthy behaviors in the 14 days leading up to camp.
- Only attend activities that are most important, such as school, work, and socially distanced extra-curriculars.
- Avoid crowds or crowded events such as restaurants (no last night dinner!), sleep overs, sporting events, graduation parties, weddings, bar/bat mitzvahs, etc.
- Save any family trips for after camp.
- Wear a mask and social distance when not at home.
- We are pleading with our camp families to help us create our safe haven. If your daughter



or anyone in your household is exposed within the days before camp, your daughter will expose all the campers and staff in her pod. **Your actions have a direct impact on our camp community.**

- *In person school is not considered a “high risk” activity. Campers and staff attending school should be wearing their mask and practicing social distancing.*

## **PRE-CAMP COVID PCR TEST (72-96 HOURS PRIOR TO ARRIVAL DAY)**

The Covid PCR nasal swab test will be administered in person by PM Pediatrics, 72-96 hours prior to arrival day, at the locations and times listed below. You can schedule an appointment at [www.pmpediatrics.com/camp](http://www.pmpediatrics.com/camp). We have designated time slots exclusively for Bryn mawr families. If these times are not convenient, you are welcome to schedule an appointment during normal business hours.

- Parents insurance will be billed.
- Test results will be shared with camp and parents before the start of camp.

### **New Jersey:**

- PM Pediatrics Livingston- 571 West Mount Pleasant Ave (11am-12pm)
- PM Pediatrics North Brunswick- 2421 US Route( 11am-12pm)

### **Pennsylvania:**

- PM Pediatrics Wynnewood- 260 East Lancaster Ave (9am-10am)

### **Long Island:**

- PM Pediatrics Manhasset- 1453 Northern Blvd (3pm-5pm)
- PM Pediatrics Commack- 6218 Jericho Turnpike (12-1pm)

### **Westchester and Connecticut:**

- PM Pediatrics Mamaroneck- 620 East Boston Post Road (3pm-5pm)
- PM Pediatrics West Hartford- 1459a New Britain Ave (8am-9am)
- PM Pediatrics Yonkers- 2290 Central Ave (8am-9am)

### **New York City and surrounding areas:**

- PM Pediatrics Yonkers- 2290 Central Ave (8am-9am)
- PM Pediatrics Riverdale- 5740 Broadway Unit E (11am-12pm)

### **Maryland**

- PM Pediatrics Rockville- 12254 Rockville Pike (10am-12pm)

### **Florida**

- PM Pediatrics Parkland- 5992 Coral Ridge Drive (8am-12pm)

### **California-Los Angeles**

- PM Pediatrics Los Angeles- 8731 Pico Blvd (8am-12pm)

**IF YOU DO NOT HAVE ACCESS TO A PM PEDIATRICS LOCATION - SEE NEXT PAGE.**



## **PRE-CAMP COVID PCR TEST CONTINUED....**

### **IF YOU DO NOT HAVE ACCESS TO A PM PEDIATRICS LOCATION**

You still need to sign up for a telehealth visit with **PM Pediatrics**.

- Arrange for a PCR test from your local Physician or Urgent Care 72 hours before Arrival Day.
- Notify [pilar@campbrynmawr.com](mailto:pilar@campbrynmawr.com) where and when you will be testing.
- Results must be scanned & emailed to Pilar by 5:00 pm the day before your camper's arrival.

**NO CAMPER will be permitted to start camp without proof of a negative test.**

- As a reminder, the days following this PCR test will be the most critical in ensuring no additional exposure. ***Please stay home!***

## **A POSITIVE TEST PRIOR TO CAMP:**

### **30-90 DAYS PRIOR TO ARRIVAL DAY**

- Notify [pilar@campbrynmawr.com](mailto:pilar@campbrynmawr.com) and provide us with a copy of the positive viral test results.
- Our epidemiologists and medical team will determine whether or not further testing is required.

### **PCR TEST PRIOR TO ARRIVAL DAY**

- Campers will need to isolate at home for 10 Days and follow CDC and local public health guidelines to come to camp.
- Siblings are required to stay home and quarantine for 5-7 days and have a negative test result prior to coming to camp.

### **IF A MEMBER OF YOUR HOUSEHOLD TESTS POSITIVE PRIOR TO ARRIVAL DAY**

- Campers will need to quarantine for 5-7 days and have a negative test result in order to come to camp. Current CDC guidelines should be followed.

### **IF A MEMBER OF YOUR HOUSEHOLD TESTS POSITIVE WITHIN 5 DAYS AFTER CAMP BEGINS**

- Please notify us immediately If someone in your household tests positive within 5 days after camp has started.





## TRAVEL TO CAMP

### JUNE 26, 2021

- To decrease the likelihood of pre-arrival exposure to large groups, we expect all campers within driving distance to arrive by car.
- Bunk One and Florida Flyers will arrive on June 25th.
- Please do not arrange carpools for drop off. Mixing families in cars will create additional and unnecessary exposure.
- If you have more than one child, please come at the designated time for your youngest child.
- If you have a child at another camp requiring drop off, we suggest that one parent accompanies each child so that your daughter can start camp on time with her friends. If there is any problem, please call Jane to work out logistics.
- **Trunks and duffels cannot be dropped off on arrival day. They must come with Camp Trucking. A small carry on bag may be brought on arrival day.**
- Arrival times are staggered in order to ensure a smooth transition. It is imperative that you arrive on time and only at your designated time slot. The administration of our tests is coordinated by age group.

Manor House and Lodge	10:00 am
Lower Juniors	11:30 am
Upper Juniors	1:00 pm
Lower Seniors	2:30 pm
Upper Seniors	3:45 pm
Bunk 2	5:00 pm
Bunk 1	Arriving 6/25 12pm -1pm

- ***In preparation for the saliva PCR test upon arrival, campers cannot brush their teeth more than 3 hours prior to arrival, and cannot eat or drink anything within 30 minutes prior to arrival at camp.***
- No campers will be permitted to return home and come back to camp for any reason, other than returning after a positive Covid test. Campers cannot leave for sports tri- outs, family celebrations, etc.
- Campers will return home on camp buses.

### FLORIDA FLYERS

- Will arrive on June 25th.
- Will be required to submit negative PCR test results 72 hours prior to flight.
- A PCR Saliva Test will be administered upon arrival.
- Additional details will be provided directly to our Flyers.



## BUNK ONE

- Will arrive on June 25th.
- Please plan to arrive at camp at between 12pm and 1pm.
- A PCR Saliva test will be administered upon arrival.
- ***In preparation for the Saliva PCR test upon arrival, campers cannot brush their teeth more than 3 hours prior to arrival, and cannot eat or drink anything within 30 minutes prior to arrival at camp.***

## ARRIVAL DETAILS

### ***WE HAVE BEEN WAITING AND PLANNING FOR THIS MOMENT!***

Dan will greet you on Bryn Mawr Road.

There will be a bathroom station which will be cleaned after each use.

You will be directed to a “welcome station” on main campus.

A member of our medical team will take your daughter’s temperature and perform a quick health screening. **Anyone with a temperature above 100.4 or any other concerning symptoms, will need further evaluation.**

The Quadrant Saliva PCR test will be administered.

- Results will be shared with camp and parents within 24-48 hours of testing.
- If your daughter tests negative, you will not hear from us.
- If your daughter tests positive, we will call you immediately and ask that you pick her up within 12 hours. She will be comfortably isolated and well taken care of by our wonderful Health Center team until you arrive.
- Siblings of campers who test positive on arrival day will also need to return home and quarantine for 10 days **EVEN IF THEIR TEST IS NEGATIVE**, per CDC guidelines.
- If a child in your daughter’s bunk tests positive, we will notify you once we have communicated with that camper’s parent.

Small bags and sporting equipment will be unloaded. Please make sure that every bag is labeled with your daughters name on it. **PLEASE DO NOT BRING YOUR TRUNKS/DUFFEL BAGS!**

For social distancing purposes and for the safety of our staff, please wear a mask and stay close to your car. Parents will not be permitted on main campus and cannot leave the testing areas. Bathrooms will be available in the parking area.

We will send you an email Friday evening to let you know what bunk your daughter is in. We will **NOT** be able to share bunk lists upon arrival.

Wish your daughter a wonderful summer, give her a big hug, and get back in your car. Jane and her team will be on hand to help with transition if needed.

There will be a refreshment area with water, fruit, sweets, and some other surprises for your drive home.





## PROTECTING OUR SAFE HAVEN

### TESTING

Quadrant Bioscience PCR Saliva tests will be administered on June 30th and July 9th. These will be pool tests. If a positive case is identified, our lab will continue testing to identify the individual who has tested positive.

Camp will cover the cost of the pool testing. If additional testing is needed, parents insurance will be billed. If insurance does not cover the cost of the test, please submit a copy of the bill and we will reimburse or credit you.

Ongoing wastewater surveillance testing will act as an early warning system by detecting the presence of viral RNA shed into the sewer systems.

Rapid Antigen test (**Abbotts Binax Now**) will be administered for any camper with symptoms.

We have partnered with Wayne Memorial Hospital and Princeton Analytics (Northern Tier Research) to provide a PCR test on an as needed basis. Results will be available within 4 hours.

### If your daughter tests positive while at camp

- She will be isolated in our Covid Health Center and well cared for by our medical team.
- We will notify you immediately and ask that you make arrangements to have your daughter picked up as soon as possible, within 12 hours if you are in driving distance, and within 24 hours if you need to fly. (Remaining at camp would not be in the best interest of your child or other campers and staff.)
- A credit will be issued for the time missed at camp.
- Your daughter can return to camp 10 days after positive diagnosis and 72 hours after resolution of symptoms (whichever is later) or according to current CDC guidelines.

### If someone in your daughter's bunk tests positive

- We will notify you that someone has tested positive.
- The bunk/pod will go on a "special" schedule, participating in activities and eating meals together, socially distanced from other pods. The fun will NOT stop!
- Entire camp will be PCR tested immediately, and then again 3 and 7 days later.
- We will monitor everyone in the pod for symptoms.

### If a staff member in your daughter's bunk test positive

- Staff members will be isolated in our Covid Health Center.
- If they are able to travel home easily, they will be asked to do so.
- If they are unable to travel home, we will care for them at camp.
- Staff member may return to work 10 days after positive diagnosis and 72 hours after resolution of symptoms (whichever is later) or according to CDC Guidelines.
- Entire camp will be PCR tested immediately, and then again 3 and 7 days later.
- We will monitor everyone in the pod for symptoms.



## COHORTING AND PRECAUTION LEVELS

Cohorting is one of the best ways to reduce the likelihood of the spread of the virus in community settings. We will start off in small pods which will be expanded to larger groups based on test results and consultation with our medical team. It is our goal to function as one camp as soon as possible.

### Level 1:

- One or two bunks will travel together. Bunks 1, 2, & the Manor House will each be its own pod.
- Program will be outside as much as possible.
- Meals will be outside in the Pavillion. Pods will sit together and be socially distanced. All servers will be masked. And all of our camper's favorite meals will be served!
- There will be two meal services for social distancing purposes.
- Mask will be required at all times except when eating and sleeping, unless campers are outside, socially distanced, and within their own pod.
- Siblings/Cousins will be able to say goodnight in a socially distanced way.
- On June 30th, the entire camp will be PCR tested.
- Waste water testing will continue.

### Level 2:

- Pods will expand to the entire Division.
- Masks will only be required when not in Division, when moving from activity to activity, and social distancing is not possible.
- Meals will be in the Pavillion and in the Dining Room, still with two seatings.
- On July 9th, the entire camp will be PCR tested.
- Waste water testing will continue.

### Level 3:

- One camp!
- Masks may be required when the entire camp is together.
- Meals will be served in the Dining Hall and in the Pavillion.
- Waste water testing will continue.

**Moving from level to level will be dependent on test results and guidance from our medical team. While we hope to always move forward, there may be times when we feel it is important to take additional precautions. The health and safety of our campers and staff will drive all of our decisions. Our goal is always to become one camp community.**



## HEALTH AND WELLNESS

### HEALTH CENTER

- Our team is well experienced at caring for campers and staff with communicable diseases from impetigo to strep throat and more.
- We have two comfortable temporary health facilities for any campers or staff with Covid-related symptoms and a designated isolation cabin for anyone who tests positive and is awaiting pick up.
- If a camper or staff member has any symptoms that could indicate Covid-19 (fever, loss of smell, cough, runny nose, nausea, etc), our nurses and camp doctor will evaluate and order a rapid or PCR test. We will take all of these symptoms very seriously.
- If the camper or staff member has a fever or other symptoms, and tests negative, we will monitor them until they are fever free for 24 hours.
- Our main Health Center will continue to operate as a non-covid facility with our nurses available for tummy aches, rashes and any other typical summer ailments.
- Camper medications will be distributed at meals and in the bunks at night.
- If your daughter needs to take a daily vitamin, please consider skipping for this summer! They cannot be kept on the tables in the Pavillion or Dining Room. If she **MUST** take a vitamin, please go through **CAMP MEDS** to have them sent to camp.
- We have contracted with a portable x-ray company to handle all non-emergent x-rays in order to avoid any unnecessary trips off camp.
- In the event that a camper or staff member needs to visit a medical facility off camp, the proper precautions will be taken.
- Lice Checks will be conducted by Lice Treatment Center. Their staff will be in full PPE, fully vaccinated, tested prior to arrival at camp, and again, upon arrival at camp.

### DAILY HEALTH SCREENINGS

- Temperature and symptom checks every morning.
- Our staff will be trained to be cognizant of Covid symptoms and will understand the importance of knowing their campers, and knowing if someone is just not right.
- Please encourage your child to speak to her counselor or group leader if she is not feeling well.

### ADDITIONAL MITIGATION PROTOCOLS

#### Handwashing and Hand Sanitizer

- Everyone will wash their hands frequently and always before meals.
- Additional hand washing stations have been placed all around camp.
- All bunks, program areas, and dining tables will have hand sanitizer.

#### Hydration

- Campers can fill water bottles at the filling stations throughout camp.
- For sanitary reasons, our traditional water fountains will not be operating.
- We highly recommend sending three water bottles. They will be washed twice weekly.





## **ADDITIONAL MITIGATION PROTOCOLS - CONTINUED**

### **Ventilation**

- We have purchased and installed air purifiers in every cabin.
- REME HALO Whole Home In-Duct Air Purifiers have been installed in every central air system that we have at camp, including the Dining Hall, Health Center, Cooking, Dance/Fitness Studio, and Reception/Conference Rooms, Main Office, and Widman Gym.
- Additional fans will be placed in every bunk.
- Screen doors and windows in the bunks will be kept open as much as possible.

### **Cleaning and Disinfecting**

- Door knobs, handles, and other commonly touched areas will be cleaned frequently.
- Bathrooms and shared spaces will be cleaned multiple times a day by our cleaning crew.
- Program equipment will be sanitized in between periods.
- We will use electrostatic sprayers to clean all areas of camp more efficiently and to uniformly cover even the most complex surfaces.
- Dining tables will be wiped down after each meal.

## **LIVING AND PLAYING AT CAMP**

### **BUNKS**

- Please be sure to send a shower caddy with your camper for shampoo, soap, etc. Encourage her not to share personal items.
- Campers will only be permitted inside of their own bunks.
- Bunks beds will be placed head to toe and appropriately distanced.

### **PROGRAM**

- We will be celebrating all camp traditions from Talent Nights to Color War. Some of these events might look a little different, and they will still be awesome.
- We have created new special events and programs to ensure everyone is engaged and having fun.
- Trips: There will be no overnight trips for senior campers. Some campers may go out of camp on a kayak trip, rafting adventure, or a hike. We will take our own buses and be socially distant from others. We will not be going to Dorney Park or Hershey Park this summer.
- There will be no inter-camps. We will plan our own tournaments.
- We will have our own socials/dance parties.
- We are planning for virtual gymnastics meets and dance competitions with the hope that other camps will participate.
- Brother/sister visits will be virtual.



## STAFF

- All are eligible for the vaccine, and our senior leadership team and all Health Center staff will be fully vaccinated. Pennsylvania law prevents us from mandating vaccination, and we have strongly recommended that all staff get vaccinated. We are working with local health care workers to be able to offer vaccinations to staff if they have not had access to a vaccine prior to arrival at camp.
- Will use the Campanion App to self screen two weeks prior to arrival.
- Will take a PCR test 72 hours prior to arrival.
- Staff Orientation will start two weeks prior to camper arrival, allowing us ample time to administer additional tests before the summer begins.
  - Staff will have a PCR test upon arrival and on Day 5 of Orientation.
  - Symptom screening and temperature checks will be conducted upon arrival at camp and every morning.
  - Staff will spread out at meals and eat by pod, attend meetings outside and wear masks when unable to physically distance.
  - Will receive additional training in Covid procedures.
  - Some of our staff members will arrive at camp along with our campers, and will be held to the same standard protocols as the rest of the population.
- Time off will be in camp in order to minimize outside exposure.
- Staff will not be permitted to leave during time off, except to visit exclusive-use locations.
- We have hired a Staff Liaison, whose sole responsibility is staff happiness and programming.
- Staff symptom screening and temperature checks will be conducted upon arrival at camp and every morning.
- Local staff will be screened daily and wear masks when inside or when physical distancing is not possible. They will have limited exposure to campers.

## COMMUNICATION

You can depend on us to be open and honest in all of our communications. **Please do not listen to the rumors** and CALL Jane, Dan or Jocelyn with any questions or concerns about what is happening at LBMC.

- We will call you directly if your daughter tests positive for Covid.
- We will notify you if someone in the bunk tests positive.
- We will notify the entire camp if there is a positive case.
- As always, we will notify you if our medical team recommends treatment for an alternative diagnosis (strep throat, ear infections, etc).
- In any given summer, girls have sore throats, tummy aches, etc. We will be treating all of these as possible Covid symptoms. We will not notify you unless a case is confirmed.





## VISITING DAY

We will be making a final announcement by the end of May.

If there is no Visiting Day, we will have a very special day planned for our campers, including a Facetime call on July 17th.

## DELIVERIES, PACKAGES, OUTSIDE VENDORS AND VISITORS

- All deliveries (food, parcels, etc) will be made to our loading dock where campers and staff are not present.
- We have our own maintenance department that can take care of most maintenance issues. If outside support does need to come on camp, they will be screened, masked and not near campers or staff.
- **Please be especially respectful of our NO PACKAGE policy. We can provide just about everything your child needs. If you have any concerns, do not hesitate to call us.**
- Explorers: Prospective Angels are invited to join us on Saturday, May 22nd or Saturday, August 14th for a special day at camp.
- Tours: We are planning to host a limited number of socially distanced tours. All touring families will be tested and masked.

