

HEALTH RECOMMENDATIONS



CHECKLIST FOR RESIDENT/OVERNIGHT YOUTH CAMP FAMILIES

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Be advised:

Youth camps, whether resident/overnight or day should follow the below health and safety recommendations. These recommendations may be updated based on guidance from the CDC and/or the American Academy of Pediatrics.

A note about children and COVID-19:

The virus that causes COVID-19 can infect people of all ages. While fewer children have gotten sick with COVID-19 compared with adults, children can be infected with the virus that causes COVID-19, get sick with COVID-19, spread the virus to others, and have severe outcomes. However, children are more likely to be asymptomatic or to have mild, non-specific symptoms; they are less likely than adults to have severe illness or die.

COVID-19 is spread from person to person through contact that is close enough to share droplets generated by coughing, sneezing, speaking, and even just breathing. COVID-19 can also be spread by touching objects where contaminated droplets have landed. Because of this easy manner of transmission, a child or young person who is infected with COVID-19 can spread the infection to others they come in close contact with, such as members of their household, teachers, or other caregivers. We have learned that infected persons with mild or even no symptoms can spread COVID-19.

One thing is for certain: We must find ways to protect our children from COVID-19 and ensure that they do not bring the infection to others, such as other household members, who may be at high risk for severe infection or even loss of life.

For adults in the workplace or other public spaces, we are confident that if recommended measures such as getting vaccinated, wearing cloth face coverings or non-medical grade masks, respiratory etiquette, frequent hand washing / hand sanitation and environmental cleaning and sanitizing are widely observed, we can improve safety.

However, such recommended protective measures that we can expect from adults are, for a variety of reasons, not always possible for children in youth camps.

Every adult who is responsible for providing care or education for children in these settings must be aware of these facts and be willing to comply with the infection control measures that will be in place in these settings. Parents should monitor the health of their children and not send them to the program if they exhibit any symptom of COVID-19. They should seek COVID-19 testing promptly and report results to the program given the implications for other children, families, and staff. Individuals aged 65 or older are at a higher risk of COVID-19. Parents should protect any vulnerable persons who are members of the same household or come into frequent, close contact with infants, children and youth who attend child care centers, schools, or youth camps.

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About health recommendations:

The following are the health recommendations for all individuals attending a resident/overnight youth camp in Texas. These health recommendations are not a limit on the health protocols that individuals may adopt. Individuals are encouraged to adopt additional protocols consistent with their specific needs and circumstances to help protect the health and safety of all Texans.

Please note, public health guidance cannot anticipate every unique situation. Individuals should stay informed and take actions based on common sense and wise judgment that will protect health and support economic revitalization.

Health recommendations for resident/overnight campers:

- Campers and their families should follow [guidance for travelers](#) in the 14 days before camp arrival to reduce exposure to COVID-19. Unvaccinated campers should observe a 2-week prearrival quarantine that includes physical distancing, mask-wearing when not at home, avoiding unnecessary travel, and refraining from indoor social gatherings with people outside of their households.
- Campers who are not fully vaccinated may be asked to provide proof of a negative viral test taken no more than 1–3 days before arriving at camp.
- If the camper is able to wear a face covering or non-surgical mask, bring more than one face covering or mask to easily replace a dirty one with a clean one.
- Once arriving at camp, do not have contact with the outside community until the camp session ends, including leaving the camp for school or family functions.
- Wash or sanitize hands at regular intervals, including before and after every meal and activity.
- Campers who are not fully vaccinated should get tested with a viral test 3–5 days after traveling home from camp **AND** stay home and self-quarantine for a full 7 days after travel. Refer to [CDC's Travel During COVID-19](#) website for more information about what to do after traveling home from camp. [Fully vaccinated people](#) should follow current guidance for domestic travel and may not need to be tested or self-quarantine after camp unless they are experiencing symptoms.
- When and if informed by the camp operator that a child at camp has tested positive for COVID-19, the parent or guardian may choose to either pick up their camper or to let the camper remain and trust the camp to take appropriate safeguards.**

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Health recommendations for parents or guardians:

- Do not visit the camp during or between camp sessions, except to drop-off and pick-up campers.
 - Maintain a separation of at least 6 feet from individuals not within the household during camper drop-off and pick-up.
 - Remain in the vehicle at camper drop-off and pick-up, if possible.
 - No tours of the camp or cabins at camper drop-off or pick-up.
- Be available to pick up, or arrange to have picked up, a camper within 8 hours of notification that the camper is exhibiting symptoms of COVID-19 and needs to be removed from the camp.
 - A camper exhibiting COVID-19 symptoms will be immediately isolated until pick-up.
 - If the camper is tested for COVID-19 and tests positive, report the positive test to the camp.
 - Sick campers should not return to camp until they have met CDC's [recommendations to discontinue home isolation](#). If they have met all the CDC criteria for ending isolation, then no additional testing is needed to return to the facility. In most instances, those who have had COVID-19 can be around others after:
 - 10 days since symptoms first appeared or a positive test, and
 - 24 hours with no fever without the use of fever-reducing medications, and
 - Other symptoms of COVID-19 are improving.
- Parents or guardians may choose to wait nearby until the camper's health screening is complete.
- Camps should act consistent with all US State Department travel restrictions for international travel.