Inspiring, empowering, and transforming children's lives through outdoor education.

Exploring New Horizons COVID-19 Health & Safety Plan

Summary: The health and safety of our program participants and staff is our number one priority. The Exploring New Horizons (ENH) COVID-19 Health & Safety Plan provides a clear set of guidelines that will minimize the spread of COVID-19. These guidelines follow the Centers for Disease Control and Prevention (CDC), the California Department of Public Health (CDPH), and the American Camp Association (ACA) recommendations for K-12 schools and summer camps. These guidelines will evolve as new recommendations are issued from state and county public health officials. All ENH staff are trained on this Plan and follow the guidelines provided.

The following plan includes the following to minimize the spread of COVID-19:

1. **Pre-Program Staff Training & Policies:** all staff is vaccinated and trained in prevention
2. **Participant Screening & Prevention Equipment:** All students & cabin leaders should be screened for symptoms before attending
3. **Prevention Strategies:** Nearly all activities outside; daily screenings; masks indoors; enhanced sanitation/handwashing
4. **Cabin Cohorts:** The 8-12 students in a cabin and their cabin leader do not need to wear masks in the cabin
5. **Symptom Response:** Participants with symptoms will be isolated and parent/guardian will pick them up

1. Pre-Program Staff Training & Policies

All ENH staff is vaccinated. Participating schools must ensure that all classroom teachers and parent or high school cabin leaders are vaccinated as well.

ENH staff are trained on the following:

- COVID-19 identification and prevention
- Policies on health & wellness and mitigating the spread of communicable diseases
- Self-screening at home
- The importance of not coming to work if ill or showing any symptoms
- The importance of frequent hand washing or using hand sanitizer when handwashing is not available
- The importance of physical distancing
- Sick student tracking and reporting
- ENH COVID-19 Health and Safety Plan
- Proper use of face coverings and proper hand washing
- How to properly isolate staff or campers in the event of illness
- How to talk about COVID-19 with children and adults
- How to talk about COVID-19 fears with children and adults
- Positive & supportive social and emotional learning strategies while ensuring students follow guidelines

Staff will adhere to the following:

- All staff will be required to stay home if they do not feel well or are showing any symptoms of illness
- All information that comes from the CDC or CDPH will be shared with staff during work hours to ensure everyone is up to date on COVID-19
- While working, staff will be required to wear a face covering indoors, to frequently wash hands or sanitize, and to maintain social distance as appropriate

2. Participant Screening & Prevention Equipment
Parents will check participating students for any symptoms prior to attending school on the first day of the field trip and any students or high school/parent cabin leaders who show up to school with symptoms of COVID-19 will not be allowed on the bus.

All participants will wear masks during the bus ride to outdoor school and keep windows open if possible. *If a school chooses, having all students tested within 72 hours of arrival at camp is an option though not required*. As classroom teachers will have cabin lists of students before attending, students should sit on the bus in their cabin cohorts with the assigned students in their cabin and with their cabin leader(s) (Please see Section 4: Cabin Cohorts).

Once students arrive at the outdoor school and get off the bus, our staff will monitor students for any signs of illness. If a child has any symptoms of COVID-19, they will immediately be removed from the group and parents will be called to pick them up immediately (Please see Section 5: Symptom Response). Students will eat their lunch (brought from home) with their cohorts.

All participants must bring ample masks to outdoor school to use during the week. Disposable masks will also be provided to students as needed along with hand sanitizer and ample hand washing stations. ENH will also provide adequate personal protective equipment (PPE) for any ENH staff or classroom teachers caring for students with symptoms.

3. Prevention Strategies
The ENH staff and cabin leaders will conduct daily symptom checks to monitor the health and well-being of students during the week.

Nearly all activities and learning will take place outside including:
- Opening & Closing ceremonies, Recreation time, Daily hikes 5 ½ hours, Fire drill, Night Hike, Lunch, Daily ½ hour campfires, Daily 45-minute Teacher Time, Evening activities when possible

Students will only be indoors when it is not possible to be outside due to weather and for the following activities:
- 45-minute breakfast and dinner in a large, high-ceilinged, well-ventilated dining hall (students will sit and eat in their cabin cohorts)
- 1 hour and fifteen minutes 1-2 evenings in a large, high-ceilinged, well-ventilated building for evening activity as needed due to weather and temperature

When indoors, physical distance will be maximized as much as possible between cohorts and during meals students will eat at tables in their cohorts (Please see Section 4: Cabin Cohorts).

Key prevention strategies used at outdoor school include:
- Teach and reinforce correct and consistent use of well-fitted masks when indoors
- Group students in stable cohorts to reduce potential exposures (Please see Section 4: Cabin Cohorts)
- Frequent handwashing for at least 20 seconds or the use of hand sanitizer if soap is not available
- Encouragement of staff and students to cough and sneeze into their mask, tissue, or elbow and wash their hands immediately with soap and water
- Avoid crowded and/or poorly ventilated indoor activities
- Routine cleaning to help maintain healthy facilities
- Provide extra face coverings for participants and staff when they become dirty or wet
- A space for symptomatic students/staff to isolate on-site (Please see Section 5: Symptom Response)
- Enhanced Sanitation/disinfecting practices including:
    - All meeting and gathering places will be stocked with disinfecting solution and hand sanitizer ready and available for use
    - All restrooms sanitized and disinfected frequently
    - Increased daily frequency of cleaning and sanitizing for all 'High Touch' surfaces

    - At our Redwood Glen site in Scotts Valley, the site has improved air quality by upgrading already existing air filtration systems
    - When possible, windows will remain open to help increase air flow.
- Signage posted in highly visible locations that promote everyday protective measures such as proper handwashing and mask wearing
- Regular announcements that reinforce ways to reduce spread of COVID-19
- Masks worn indoors
    - All participants and staff will use well-fitting cloth masks with two or more layers of tightly woven, breathable fabric, or disposable masks **when indoors except when they are with their cohort in the cabin** (Please see Section 4: Cabin Cohorts)
    - Participants should have more than one mask on hand each day so they can easily replace a used mask with a clean one
    - Although staff & participants do not need to wear masks outside, ENH will be supportive of anyone who choose to wear a mask outdoors.
    - A person with a disability who cannot wear a mask, or cannot safely wear a mask, does not need to indoors.

4. Cabin Cohorts

Before arrival at the outdoor school, students will be assigned to cohorts (cabin groups of 8-12 students and a cabin leader) that will remain together for the entire week of outdoor school without mixing **inside their cabins or bathrooms**. A trail group that hikes together is composed of a boy and girl cohort and their cabin leaders. As per the CDC and CDPH guidelines for camps, when in cabins, the 8-12 students in each cabin are part of a "household cohort" and household cohort members do not need to wear masks or physically distance when they are together without non-household cohort members nearby. Cohorts will not mix with other students or cabin leaders in close contact circumstances indoors to the largest extent possible. Cohorts should ride the bus to outdoor school if possible. Cohorts will eat meals together, sleep in the cabin together, and hike with one other cabin cohort where they will only be together outside during day hikes and the night hike.

5. Symptom Response

The following are the crucial practices for ENH staff if they encounter potential COVID-19 symptoms, including fever, cough, tiredness, shortness of breath, muscle aches, chills, sore throat, loss of taste or smell.

Anyone showing symptoms of COVID-19 must be immediately removed from the program and isolated. An isolation room will be provided in the infirmary to separate anyone with COVID-19 symptoms from others needing care. ENH will arrange safe transportation home or to a healthcare facility (if severe symptoms) for the student or cabin leader with the participants' parent or guardian. ENH will close off areas used by a person showing symptoms and will not use these areas until after cleaning and disinfecting them. All isolated students or cabin leaders will still be under adult supervision and will receive ample reading and drawing materials and attention from the Health Care Supervisor or another staff member while waiting for their parent or guardian to pick them up.