



CAMP LOHIKAN in THE POCONO MTS.

Camp Office: P.O. Box 189, Gladstone, NJ 07934 tel 908-470-9317 info@lohikan.com
Camp Site: 343 Wallerville Road, Lake Como, PA 18437 tel 570-798-2707

HOW DO WE SATISFY THE “QUARANTINE” REQUIREMENT?

Last summer we were able to operate Covid-Free because of the partnership that was forged between our camp families and the camp, which concentrated on measures designed to create a virus-free camp bubble.

Key to this accomplishment was implementing the 14-Day Quarantine Period, which the CDC identified as the surest way to make an asymptomatic or mild case of Covid non-contagious.

This 14-Day Quarantining Period was mandated last year during a time period when schools and most businesses were not operating and quarantining was a more manageable requirement. Now, many schools are “in-person” and most businesses are in operation. Quarantining, as we defined it last year, is more difficult now and, if we liberalize our quarantining guidelines to reflect today’s state of affairs, the risk of the virus penetrating our camp bubble will increase, unless additional mitigation efforts are implemented.

The only way to address these additional risks is **MORE TESTING**. To supplement the PCR test taken at home 72 hours before arrival, we have scheduled a second PCR test on the day of arrival, and a third PCR test 5 days after arrival. These tests will be conducted by LabQ Diagnostics. To arrange for these tests at camp, staff members will be asked to complete an online Covid-19 test registration form. LabQ will administer the tests at camp and will invoice the insurance policy listed on your completed LabQ registration form. In the case of no insurance, LabQ will obtain payment through the Cares Act. The link to access the LabQ registration form will be provided the first week in May. The registration form must be completed at least 2 weeks before the camper’s scheduled arrival at camp. To cover the additional camp-related costs associated with these tests there will be a **\$30.00 Covid-19 administration fee** added to the account of every camper. Additional information is available by contacting Joe Clinton at the camp office.

QUARANTINING PRIOR TO CAMP

We are still mandating a 14-Day Quarantine Period this year however we have changed our definition of what would qualify as “quarantining”. **Last year** quarantining was defined as the condition where the individual was removed from every possible source of the contagion. While living at home with others (family members) the individual was expected to be protected from the other residents (family members) if those residents came into contact with anyone outside the household (whether or not those people were thought to be free of the Covid-19 virus). “Protection from other residents” would require “physical distancing” (6 feet) and possibly requiring the family member, who is in contact with possibly infected people, to wear a mask in the household to prevent the virus’ spreading to the camper. If the family member is not wearing a face mask and is within 6 feet of the camper, the camper was asked to wear an N95/KN95 face mask which protected the wearer from inhaling the Covid-19 microbes.

For Summer 2021, while the above would satisfy all of our quarantining requests, we recognize that some campers may be attending school “in person” and many family members are working and operating in the public. This year our quarantining mandate will be satisfied if you **significantly reduce your exposure to possible virus sources for the 14 days preceding arrival at camp**. Isolation is not mandated, but the camper must be protected by avoiding outside-the-home contacts, wearing a face mask, physically distancing by 6 feet, and maintaining proper hygiene. To provide practical guidance, typical scenarios are addressed below.

REDUCING EXPOSURE RISKS

- 1. ATTENDING SCHOOL:** Attending school is important and, if all of the requested mitigation efforts are in place and supervised by teachers/school staff members, and the student conscientiously complies with established guidelines (e.g., wears a face mask, physically distances by 6’ when possible, practices proper hygiene, etc.) the risk of transmission is thought to be manageable. The key points here are that adult supervision exists, and education is essential.
- 2. ATTENDING ANOTHER PROGRAM BEFORE ARRIVAL IN CAMP:** Attending school is “essential”, however attending another program before arrival in camp is not considered “essential” in view of the risks involved and our important camp goal. Attending another program within 14 days of arrival in camp would not satisfy our 14-Day Quarantine standard.
- 3. ATTENDING A GRADUATION OR BIRTHDAY PARTY:** Attending any gathering is risky during this pandemic. Even if everyone is wearing masks at the party and the camper is wearing an N95/KN95 mask and practicing hygienic procedures, there is the risk that the mask will be removed, possibly when eating, and the virus will be contracted. All such social gatherings would not meet the 14-Day Quarantine standard.
- 4. PARTICIPATING IN A SPORTS LEAGUE OR SPORTS PROGRAM:** The explanation provided in scenario #3 applies. This would not meet the 14-Day Quarantine standard.
- 5. GOING TO DOCTOR’S OFFICE OR MEDICAL CARE FACILITY:** Medical attention is considered necessary travel and can be conducted safely to meet quarantine standards if the parent is supervising, and can ensure that the camper is always properly masked (N95/KN95 mask), properly distanced, and practicing hygienic procedures.
- 6. GOING SHOPPING:** Going shopping within 14 days of camp is not considered necessary travel for a camper. Despite the efforts made to implement enhanced physical distancing and hygienic procedures, going shopping within 14 days of camp is considered an unacceptable risk in our efforts to protect the camp population.
- 7. TRAVELING ON PUBLIC TRANSPORTATION:** The use of public transportation (e.g., bus, train) will require the individual to pass into an area that is likely to have individuals present who are contagious and therefore, should be avoided. If a parent is present to supervise and ensure that the camper wears the N95/KN95 mask properly (at all times) and also practices the hygienic procedures, the use of this transportation can meet self-quarantine standards, but only if the transportation is necessary (essential).
- 8. FLYING TO CAMP:** Traveling by plane will require the individual to pass into an area that is likely to have individuals present who are contagious and therefore, should be avoided. **If a parent is present during the flight to supervise** and ensure that the camper wears the N95/KN95 mask properly (at all times) and also practices intensive hygienic procedures, the use of this transportation can meet the quarantine standards, but only if the transportation is essential. Additional protocols would apply in this case. [Click here.](#)

9. **EATING IN A RESTAURANT:** Self-distancing in a restaurant is too difficult and should be avoided within 14 days of arrival in camp.

10. **DRIVING TO CAMP:** When traveling to camp with a driver, the camper can satisfy the quarantine requirement and can be adequately protected from others, who may be contagious, if the camper complies with the camp's Enhanced Social Distancing Procedures and Intensive Hygienic Procedures.

- **Enhanced Physical Distancing Procedures** require the individual to stay away from other individuals as much as possible and maintain a distance of at least 6 feet when it's not possible. When a separation of 6 feet can't be met, the individual must wear an N95/KN95 Face Mask. The N95/KN95 Mask is designed to protect the individual from virus microbes shed from others. If the other contact is wearing a mask that prevents the aerosolized virus from entering the air, the N95 mask could be replaced with a regular mask.

- **Intensive Hygienic Procedures** require the individual to wash hands before every meal and frequently throughout the day and also not touch their face, nose, or mouth without washing hands first. Depending upon the "hot zone" (e.g., the area where it's likely to come into contact with contagious individuals) they might also require the wearing of gloves, showering and the changing of clothes when arriving in camp.

We are pleading with you to use common sense and skip all risky events like weddings, large gatherings, playdates and sleepovers, restaurants and movies, and anything that is not essential during these 14 days. This is regardless of local rules that might permit this activity or the state of your vaccination status which might lead you to assume more risks of exposure. Only you can control your pre-camp activity, and your pre-camp exposure will determine the success of our mutual goal... a GREAT summer camp experience for our children! Please be extra careful for the full 14 days prior to camp.

PRE-CAMP HEALTH SCREENING FORM

The form we used last summer to document the 14-Day Quarantine Period will be used again this summer, with some minor modifications. The form will require the documentation of the camper's health status and temperature each day during the quarantine period and will also include Covid-19 screening questions. This form will be collected on the day of the camper's arrival. [Click here](#) for the form.

VACCINATIONS

Vaccinations will not affect the procedures or protocols we have outlined. Current vaccines are very effective at preventing the vaccinated individual from experiencing serious disease, hospitalization, or death, but there have been "breakthrough infections" where an individual did become infected and possibly contagious, even after being fully vaccinated. Unfortunately, no inoculation is a perfect preventative. While we encourage everyone to get vaccinated, we will still treat everyone as possibly carrying the virus and potentially capable of spreading the virus to the rest of the camp population.

VACCINATIONS AND PCR TESTS – Because "breakthrough infections" have occurred and fully vaccinated individuals have contracted the Covid-19 virus, these individuals may be contagious even though they carry very low viral loads. The PCR tests are sensitive enough to detect these low loads. In order to err on the side of caution, PCR tests will be required to be taken by everyone entering or residing on campgrounds; even fully vaccinated individuals.