



BETHESDA

**2021**  
**CAMP**  
**SAFETY**  
**PLAN AND**  
**PLAYBOOK**

*Last updated on June 10, 2021.*







## Dear ESF Families,

This summer, camp will be more important than ever. As Camp Directors, we understand the incredible responsibility that we have to care for your camper's health and well-being, and we consider it a privilege to have the opportunity to watch them grow. We promise you a camp season filled with special experiences that will enable your campers to rediscover the joys of summer, and reestablish what it means to be a kid again – having fun, playing together, learning new skills, and creating lifelong memories with friends.

To ensure that you and your child get the most out of all that we have planned, we have put together our ESF Camp Safety Plan and Playbook which outlines important information about Camp, as well as our Advanced Safety Plan™. We believe this will not only be extremely informative but will also provide some much-needed peace of mind, which will allow you and your child to enjoy your summer.

We look forward to seeing your family this summer. We appreciate your continued support and for allowing us the opportunity to spend the summer with your child. **The wait is almost over and the countdown has begun!** If there is anything we can do to ensure you get the most out of your ESF camp experience, please let us know anytime at [wecare@esfcamps.com](mailto:wecare@esfcamps.com).

See you soon!

**MICHAEL J. ROUSE**  
*Executive Director & Co-Founder*

P.S. We may update our Safety Plan from time to time, as the CDC and the DOH guidelines are revised.

*The photos in this brochure were taken prior to COVID-19. For Summer 2021, face coverings and personal protective equipment (PPE) will be worn by campers and staff according to CDC guidelines*



# 2021 CAMP SAFETY PLAN AND PLAYBOOK

Camp Office: 301.493.2525 | Camp Email: [bethesda@esfcamps.com](mailto:bethesda@esfcamps.com) | Camp Website: [esfcamps.com/bethesda](http://esfcamps.com/bethesda)

## Table of Contents

<b>Meet our Team of Medical Experts .....</b>	<b>6</b>
<b>ESF's Advanced Safety Plan™ .....</b>	<b>9</b>
<b>Prevention &amp; Surveillance .....</b>	<b>10</b>
Limited Enrollment/Smaller Group Sizes .....	10
Mandatory Medical Clearance .....	10
Camper and Staff Daily Health Screening .....	10
Ruvna Technology used to connect you with camp.....	10
Specialized Staff Safety Training.....	10
Medication .....	10
Family Commitments.....	11
Code of Conduct .....	11
Visitors .....	11
Vaccinations .....	11
<b>Risk Mitigation and Management of COVID-19 at Camp .....</b>	<b>13</b>
Reasonable Contact Reduction .....	13
Face Coverings .....	13
Symptom Management Plan .....	13
Missed Camp Days .....	13
<b>Daily Operations .....</b>	<b>14</b>
Cleaning, Disinfecting and Handwashing .....	14
Outdoor Facilities .....	14
Lunch, Snacks & Refreshments .....	14
Swimming .....	15
Inclement Weather Protocol.....	15
Hydration .....	15
Sunscreen Tips.....	15
What to Bring/Wear to Camp .....	17
Drop Off & Pick Up .....	19
Extended Day Services .....	19
After Camps Enrichment .....	19
Off-campus Trips.....	19

# MEET OUR TEAM OF MEDICAL EXPERTS



**Dr. Jack Becker**  
*ESF Camp Doctor*

Dr. Becker has been ESF's Camp Doctor for over 20-years. He is a pediatric allergist who graduated from Temple University School of Medicine and completed his Allergy and Immunology specialty at the Children's Hospital of Philadelphia. He has held positions on the faculty of MCP/Hahnemann University, Allegheny University, Temple University and Drexel University College of Medicine. He currently runs a private practice in suburban Philadelphia and continues to hold academic titles at St. Christopher's Hospital and Drexel University College of Medicine.



**Dr. Muniya Khanna**

Dr. Khanna is an ESF Subject Matter Expert, ESF Camp Parent, former ESF Staff member, and Founder/Director of the OCD & Anxiety Institute and Research Investigator at the Children's Hospital of Philadelphia. She has been involved in some of the most important research trials in the field of childhood anxiety and OCD in the past decade. Dr. Khanna is a pioneer in web-based mental health research for anxiety disorders. Find her online programs to help children and parents manage stress and anxiety on her website: [www.copingcatparents.com](http://www.copingcatparents.com). Her self-help book for children, "The Worry Workbook for Kids" includes activities your child can do at home.



### **Dr. Jim Loehr**

Dr. Loehr, or “Doc” as he is known at ESF Camps, is a world-renowned performance psychologist and author of 17 books including the national bestseller “The Power of Full Engagement.” His ground-breaking, science-based energy management training system has achieved worldwide recognition and has been chronicled in leading national publications including the Harvard Business Review, Business Week, Fortune, Newsweek, Time, US News and World Report, Success, Fast Company and Omni. He has appeared on NBC’s Today Show, ABC’s Nightline, The CBS Evening News, CBS Morning News and the Oprah Winfrey Show. His new book - “Leading with Character” - has just been released and is a national best seller!

### **Ann Laske EdD, RN, CNE** *ESF Director of Nursing*

Ann Laske has been a member of the ESF team since 2015. In her position, as ESF’s Director of Nursing, she works with all team members to maintain health and safety guidelines, as well as, design and implement training for camp medical staff. She has over 25 years of experience as a nurse and 10+ years as a camp nurse. She has extensive involvement in the world of camp nursing as a member of the Association of Camp Nursing (ACN) and a committee member of the Research Committee at ACN. She has also presented on health topics related to camp nursing and authored several articles in nursing journals on the practice of camp nursing. In addition, she was part of the team who authored the updated camp nurse practice guidelines for ACN. In addition to her camp nursing practice, she works full time as an associate professor at the School of Nursing and Health Sciences at La Salle University in Philadelphia, PA. She teaches in the undergraduate nursing program including courses in foundations of nursing practice and adult health. She enjoys working with her students in both the classroom and clinical settings.





# ESF'S ADVANCED SAFETY PLAN™

A tremendous collaboration of research and expert medical input went into the creation of ESF's Advanced Safety Plan™, which exceeds recommendations by the CDC, ACA, NIH, and AAP, as well as local and state guidelines making ESF one of the safest camps in the United States. While some of our camp programs may look different this summer, we assure you the in-person camp experiences will still be chock-full of enrichment opportunities and action-packed, fun activities.



# PREVENTION AND SURVEILLANCE



## LIMITED ENROLLMENT/SMALLER GROUP SIZES

- We are intentionally keeping group sizes small and maintaining low staff-to-camper ratios.
- The limited number of campers will be determined by the most recent guidance from the health department.
- Bunks (Day Camp), Groups (Senior Camp), and Teams (SportsLab) will be kept consistent, to the extent possible, throughout the camp program.



## MANDATORY MEDICAL CLEARANCE

Due to state health guidelines, campers may not attend camp without a completed 2021 Mandatory Medical Clearance form. Go to <https://campself.active.com/ESFsummercamps> to download a medical clearance form for your health care provider to complete and sign. All medical clearance forms are required 2 weeks prior to your child's first day of camp.



## CAMPER & STAFF DAILY HEALTH SCREENING

- **RUVNA HEALTH TECHNOLOGY**  
ESF will be utilizing Ruvna Health Technology, a remarkably intuitive, customized COVID-19 screening, tracking, and notifications system to ensure a healthy camp community. This daily health screening system will enable us to reduce the risk of symptomatic campers and staff arriving to camp each day. Detailed information on daily use will be sent in advance of your child's first day of camp.
- Health monitoring of all campers and staff will take place on a daily basis.



## SPECIALIZED STAFF SAFETY TRAINING

- We require 15+ hours of pre-camp training for each staff member.
- Training will be provided throughout the summer to stay up-to-date on new and updated information from ACA, CDC, AAP, and local and state authorities.
- Training content and safety protocols have been developed in conjunction with industry and subject matter experts.



## MEDICATION

- If your child will be taking any medication at camp, please make sure your Health Care provider completes the Medication Consent Section of the Medical Clearance form.
- ESF Nurses are the only team members who can accept medication and can only accept medication for which we have authorized medication consent.
- Medication must be given directly to our Camp Nurse on/before your child's first day of camp.
- Medication must be in its original container with your child's name on the prescription label.
- Strict symptom management including quarantine, communication, tracing, and post-illness protocol will be enforced.
- A nurse will be available on-site at all times when camp is in operation and our Camp Doctor will be on-call during the camp day.

## FAMILY COMMITMENTS

In order to make sure that this summer is safe and enjoyable for everyone, we ask our families to partner with us to protect our camp community.

- Submit your child's Medical Clearance Forms as part of the registration process and/or no later than two weeks prior to their first day of camp.
- Monitor your child's health prior to the start of camp and throughout their camp session by utilizing the RUNVA Health Technology on a daily basis.
- Communicate directly with the ESF Camp Nurse openly about any health concerns or illness by calling 301-493-2525.
- Due to medical privacy laws, we will not release your child's or any other child's name if he/she tests positive for COVID-19. We kindly ask that you respect the privacy of each child and avoid engaging in unnecessary conversations, social media, or speculation related to a camper's health status.
- Follow all ESF policies and procedures to support a healthy community.

## CODE OF CONDUCT

ESF encourages fun, friendship and safety in a positive atmosphere. We have established behavior guidelines that revolve around the "Three R's" that all campers, families and staff follow:

1. Respect for yourself.
2. Respect for others.
3. Respect for our camp environment.

## VISITORS

For the safety of our campers and staff, the campus will be closed this summer to all visitors. Only pre-approved, essential visitors will be permitted with clearance from our Camp Director or Camp Nurse.



Visitors will be screened upon arrival using our daily health screening questionnaire and their temperature will be taken.



Visitors will be required to wear a face covering and maintain social distance from all campers and staff members. This policy will stay in effect until the CDC announces that it is safe to return to normal.

## VACCINATIONS

We are strongly encouraging that our staff be fully vaccinated, prior to the start of camp, for individual and community safety. We are also providing proof of employment to all of our staff members to aid them with securing a vaccination appointment prior to the start of camp.





# RISK MITIGATION AND MANAGEMENT OF COVID-19 AT CAMP

The guidelines and requirements for managing symptoms within our camp community will be provided by the local and state Board of Health. The plan below is based on CDC and ACA guidelines for camps and child care programs. We will continue to update these guidelines as provided by both agencies.



## REASONABLE CONTACT REDUCTION

- Safe social distancing practices will be maintained between groups.
- No large camp gatherings will take place.
- We will have distanced lunch areas and assigned lunch tables or areas per group; meals served individually.
- Dedicated meeting locations will be assigned per group.
- Activity Specialists will travel to each Bunk's and Group's home base/designated area to conduct their activities.
- Activities will take place outdoors as frequently as possible.



## FACE COVERINGS

- Face coverings will be worn by campers and staff at all times with exceptions for certain settings or activities which include eating, drinking, swimming, or sports. This will be subject to change according to the CDC guidelines for the American Camp Association (ACA) and local health department guidelines.



## SYMPTOM MANAGEMENT ACTION PLAN

- We will follow a strict symptom management plan including case containment, quarantine, communication, tracing, and post-illness protocols.
- Trained Medical Staff will assess anyone with possible COVID-related symptoms.
- A quarantine area will be established on-site.
- ESF will have a Nurse available on-site at all times when camp is in operation and our Camp Doctor will be on-call during the camp day.
- If a camper or staff member shows symptoms, they will be sent home and instructed to seek medical attention. Persons who test positive for COVID-19 are not permitted to return to camp until they can provide medical clearance from a healthcare provider.

## What is the plan should there be a positive diagnosis at Camp?

- If a camper or staff member reports they are COVID-19 positive, we will maintain the confidentiality of the individual at all times while mitigating the situation.
- All families and staff of the individual's group will be notified immediately that a case has been reported in their group.
- Any campers and staff members in close contact with the infected individual, for an extended period of time and who has symptoms, will be required to quarantine for 10 days.
- Persons who test positive for COVID-19 are not permitted to return to camp until they can provide medical clearance from a healthcare provider.



## MISSED CAMP DAYS

- If a child misses camp due to quarantine or potential exposure to an infected individual, they will receive a credit towards the 2021 or 2022 camp season for days missed.

# DAILY OPERATIONS



## CLEANING, DISINFECTION & HANDWASHING

- Increased cleaning and disinfection will occur daily.
- Scheduled rotations for cleaning high touch surfaces in common areas will happen daily.
- Cleaning schedules will be documented and maintained in accordance with state and local health departments.
- EPA-approved and commercial-grade cleaners and disinfectants will be used on all commonly touched surfaces.
- Campers and staff will wash their hands or use hand sanitizer before and after every activity.
- Multiple hand sanitizing stations will be strategically set-up on campus.
- Staff will wipe down activity areas and equipment between each use.
- Equipment and supply sharing will be limited and disinfected daily.



## OUTDOOR FACILITIES

- Indoor and outdoor spaces throughout campus will be modified to ensure proper social distancing and limited gatherings of campers and staff.
- Safe indoor contingency plans will be in place for inclement weather days.
- Outdoor lunch areas will be available.



## LUNCH, SNACKS & REFRESHMENTS

Campers and staff will wash hands and sanitize for all lunch, snack and restroom breaks. Campers will eat snacks and lunch with their group and will be spaced appropriately for social distancing.

### ***Optional Lunch***

We offer an optional Lunch Program for an additional cost. Pre-registration will be available through your online account beginning on April 30th. Please note: campers with food allergies\* may not purchase the lunch program.

\*Campers with food allergies will need to bring their own lunch and snack to camp since our food service provider cannot guarantee meals or snacks that are peanut-free, tree-nut-free, free from other common food allergens (dairy, gluten, soy, wheat, etc.), or free from any cross-contamination.

### ***Bringing Lunch from Home***

Campers who wish to bring lunch from home should bring a lunch that includes an insulated lunch box or cooler, insulated food containers, frozen ice packs, frozen water bottles, etc. to keep food items cold. Be sure to clearly mark lunches with your child's name and group. Lunches will remain in the camper's backpack in an outdoor shaded area or an indoor classroom. Please note that due to our CDC protocols for keeping food separate, refrigeration will not be available for home brought lunches in summer 2021.

### ***Snacks and Water***

ESF will continue to provide all campers with prepackaged individual snacks. Campers should bring their own refillable water bottle to camp each day, as well as a back-up water bottle. Designated refill water stations will be available throughout camp and managed by camp staff.



## SWIMMING

ESF has researched and included best practices from the following organizations: Centers for Disease Control & Prevention (CDC), American Academy of Pediatrics (AAP), USA Swimming, US Swim School Association, Aquatics Coalition, American Camp Association (ACA) and American Red Cross. Please note: For the Summer of 2021, swimming will be subject to Department of Health guidelines.

### • INSTRUCTIONAL SWIM

- Swimmers will enter and exit the pool area by following posted signage and social distancing guidelines
- Designated staff will be on the pool deck to monitor protocols and traffic flow in pool area.
- Proper pool chemistry will be maintained and checked throughout the day
- State, school and CDC guidelines will be enforced for cleaning and disinfecting.
- Equipment (kickboards, noodles, etc.) will be cleaned in between groups.
- Progress reports will be sent home to families each week.
- Teaching groups will maintain a low ratio (1:4) and capacity in the pool will be limited.
- Lifeguards on deck will wear face shields and swim instructors will wear face shields while in the water.
- Campers will wear face coverings before and after swim, but never during swim.
- Campers and groups will be socially distanced on the deck and in the pool.
- Swim instructors will not distance from campers in water – pool safety and proper teaching techniques are the priority.

### • RECREATIONAL SWIM

Same protocols as Instructional Swim, with following notes for Recreational Swim:

- Campers will remain in their assigned bunk/groups/teams for Recreational Swim.
- Campers will receive an initial deep water safety test to assess their skill level.
- Lifeguards are both in water and on deck ensuring pool safety and camper distancing.



## INCLEMENT WEATHER PROTOCOL

- Camp will be open every day; rain or shine.
- Campers are brought indoors at the first sight of lightning/sound of thunder and will be kept indoors until it is safe to go outside. Campers will be kept in their designated groups while indoors and remain distanced from other bunks/groups/teams.



## HYDRATION

- It is important that our campers stay hydrated, and we encourage them to drink water throughout the day.
- Campers should bring their own refillable water bottle to camp each day.
- Designated water refill stations will be available throughout camp and controlled by camp staff.



## SUNSCREEN TIPS

- Be sure to liberally apply sunscreen to your child in the morning before camp. Use a waterproof or water-resistant sunscreen with SPF 30+.
- During the camp day, campers will be supervised while reapplying sunscreen during designated times.
- A sunscreen application station will be established in a designated public area, adjacent to the Health Office/Area where ESF Camp First Aid Personnel or a Director can oversee the application of sunscreen by designated ESF Team Members.





# WHAT TO WEAR / BRING TO CAMP

## WHAT TO WEAR TO CAMP



**T-Shirt**



**Shorts**



**Socks**



**Face mask**



**Hat**



**Sunscreen**



**Closed toe shoes**



**Swimsuit**

## WHAT TO BRING TO CAMP



**Sunscreen**  
(labeled with name)



**Lunch and a Drink**  
in an insulated lunch box  
or cooler (unless you are  
enrolled in our Optional  
Lunch Program)



**Change of clothes**



**Pool shoes/  
sandals**



**Towel**



**Backpack, tote bag,  
or duffel bag**

## ADDITIONAL ITEMS

### FOR SPORTSLAB:

- *Baseball glove*
- *Soccer Socks*  
*Shin Guards*  
(on select days)

### FOR TENNIS CAMP:

- *Tennis Racket*  
(everyday)

## WHAT NOT TO BRING TO CAMP



**CELL PHONE  
OR TABLET**



**ELECTRONIC  
GAMES**



**CHEWING  
GUM**



**CAMERA**



## DROP OFF & PICK UP

- ESF's drop-off and pick-up procedures are designed to be safe, easy and convenient. Our staff will be there when you pull up and they will open the car door.



Prior to traveling to camp each day, please complete the Ruvna Health screening clearance for your child(ren).



We have several security procedures in place for the drop-off and pick-up process, and you will receive a camp identification card prior to your child's first day of camp.



We encourage Parents/Caregivers to remain in their vehicles at all times and wear a mask during drop-off and pick-up.



Campers will sanitize their hands upon exiting and entering the vehicle.

### *Just A Few Reminders*

- Please arrive to camp at the time assigned on your Pick-Up Card (which will include your designated drop-off and pick-up area).
- Please make sure to have your Ruvna clearance screen open on your phone and available for verification. Ruvna screening should be completed prior to your arrival to camp each day.



To minimize contact, your Pick-Up Card will be emailed to you prior to camp. To make carline as safe and efficient as possible, please print your Pick-Up Card and have it available for verification by our staff. No camper will be released to any individual who is not listed on the authorized pick-up permission report. Please review, update and confirm your pick-up permissions for 2021 in your online account at <https://campsself.active.com/ESFsummercamps>. Please don't use your cell phone for personal use while waiting in car line.

### *Early Pick Up*

Please call the Camp Office to arrange early dismissal (must be prior to 2:30 PM). In the event your child will be leaving early, please call the Camp Office and a staff member will meet you in carline. Please refer to our Visitors Policy on page 11.

### *Late Camper Arrival*

In the event your child will be late, please call the Camp Office and a staff member will meet you in carline. Please refer to our Visitors Policy on page 11.

## EXTENDED DAY SERVICES

Extended Day is offered before and after camp. Pre-registration is required through your online account by June 1st.

## AFTER CAMP ENRICHMENT

After Camp Enrichment will be available for swimming instruction. Please note: Enrichment lessons are private (1:1). Semi-private lessons with 2 campers are permitted for siblings only. Pre-registration is required through your online account, and will be available starting on April 30th. Lessons will be scheduled on a first-come, first-served basis. Go to <https://campsself.active.com/ESFsummercamps> to complete your Aquatics supplemental form.

## NO OFF-CAMPUS TRIPS - SUMMER 2021

For safety purposes relating to the pandemic, we have made the decision to cancel off-campus trips and travel for the 2021 camp season.