



AT THE ACADEMY OF THE  
HOLY CROSS

2022

# CAMP HANDBOOK & SAFETY PLAN

ALL YOU NEED TO KNOW FOR CAMP



LAST UPDATED ON JUNE 1, 2022

@ESFCAMPS









## Dear ESF Families,

At ESF, we set out to design and operate the world's best education, sports, and fun experiences that ignite optimism and happiness in the young and the "young at heart," and we inspire others to do the same. 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, year after year.

We are more than an organization or a company; we are a Team of amazing people doing extraordinary things set apart by our Core Values to be Dreamers, Believers, Achievers, Learners and Doers. These Core Values underline the way we operate and perform in every aspect of our work. They compel us to make a difference in the lives of others and define who we are and why we do what we do.

This year, we introduced the phrase, "**MAX JOY**," which refers to the strong desire to live and thrive in life. Living the MAX JOY lifestyle is an ideology, an attitude, a way of life. For more than 41 years, ESF has been grounded with individuals who are dedicated to maximizing their own, as well as other's enjoyment in every day life. Living the MAX JOY lifestyle is not about wanting more joy in your life, it is about living the life you always imagined, one memory at a time. It's a high quality experience, moment, or person that sparkles and shines.

Now more than ever, we look forward to seeing your family this summer. We appreciate your continued support and are grateful for 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 that you get the most out of your ESF camp experience, please let us know at [wecare@esfcamps.com](mailto:wecare@esfcamps.com) or call us anytime at 1-800-529-CAMP (2267).

We are committed to delivering a camp season filled with special experiences that will enable your campers to discover the joys of summer and live their ultimate "MAX JOY" - having fun, playing together, learning new skills, and creating lifelong memories with friends.

See you soon!

A handwritten signature in black ink, appearing to read "MJR", is placed above the name of the sender.

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

P.S. We will keep you informed whenever we update our COVID-19 Symptom Management Plan based on the CDC and the DOH guidance.





# 2022 CAMP HANDBOOK & SAFETY PLAN

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

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# COVID-19 SYMPTOM MANAGEMENT PLAN



## Can My Camper Go to Camp Today? (answer each question to the left)



1: Does your child have ONE of the following symptoms: new onset persistent cough, difficulty breathing, loss of taste or smell, shortness of breath?

IF YES, See **Yellow Box**

IF NO, See **Green Box**

2: Does your child have TWO OR MORE of the following symptoms: headache, fever (100.4 or higher oral temp), chills, fatigue, runny nose, sore throat, congestion, muscle aches, diarrhea, vomiting?

IF YES, See **Yellow Box**

IF NO, See **Green Box**

3: Is your child currently waiting for a COVID-19 test result for any reason other than a required routine screening for a health procedure or prior to travel?

IF YES, See **Red Box**

IF NO, See **Green Box**

4: Has your child tested positive for COVID-19 in the past 5 days?

IF YES, See **Red Box**

IF NO, See **Green Box**

5: In the past 5 days, has your child had close contact with someone who has COVID-19? Close contact means being within 3 feet of that person for 15 minutes or longer.

IF YES, See **Blue Box**

IF NO, See **Green Box**

### COME TO CAMP

- Wear a mask (optional)
- Maintain social distancing
- Wash hands frequently

### STAY HOME

- Call Camp Athletic Trainer
- Rest and recover
- Call your doctor if symptoms worsen
- Follow the Return to Camp Criteria (RED BOX)

### STAY HOME

- Call Camp Athletic Trainer
- Camper must stay home and follow the quarantine timeline

### RETURN TO CAMP CRITERIA

If your child has symptoms that could be COVID-19 and tests positive or does NOT get tested, he/she may NOT return to camp until the following 3 criteria are met:

1. Fever free for 24 hours without medication, AND
2. Symptoms improved AND
3. At least 5 days have passed since symptoms started

\*Call the Camp Athletic Trainer of ANY (positive or negative) COVID-19 test results.

# PREVENTION AND SURVEILLANCE



## MANDATORY MEDICAL CLEARANCE

- Due to state health guidelines, campers may not attend camp without a completed 2022 Mandatory Medical Clearance form. Go to <https://campssself.active.com/ESFsummercamps> to download a medical clearance form for your health care provider to complete and sign. All medical clearance forms are required by June 1st.

## 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
- Please follow ESF's COVID-19 Symptom Management Plan to determine if your child can or cannot attend camp.
- 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

Visitors will be allowed for Summer 2022. All visitors must be pre-approved by the Site Director, Assistant Site Director or Administrative Specialist and must check-in at the Camp Office.

All visitors will need to abide by the following protocols:



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.









# RISK MITIGATION AND MANAGEMENT OF COVID-19 AT CAMP



## FACE COVERINGS (Optional for campers & Team Members)

- Face coverings will be optional this summer. This will be subject to change according to the CDC guidelines for the American Camp Association (ACA) and local health department guidelines.



## 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 investigating the situation with our Camp Nurse and Camp Doctor.
- 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 be:
  - Fever Free for 24 hours without medication **and**
  - Symptoms improved **and**
  - At least 5 days has passed since symptoms started
- Persons who test positive for COVID-19 are not permitted to return to camp until they communicate with our Camp Nurse and Doctor to get medical clearance.



## 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 2022 or 2023 camp season for days missed.

# DAILY OPERATIONS



## 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.



## 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. The cutoff for ordering lunch for the following week of camp is Wednesday of the prior week. Please note: campers with food allergies\* may not participate in 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.

### 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 2022, 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.

### • 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  
(optional)**



**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\***  
Specialty Major and  
Tech Camps Do Not  
Swim



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

## ADDITIONAL ITEMS

### FOR SPORTSLAB:

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

## 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.



We have several security procedures in place for the drop-off and pick-up process, and you will be emailed a Pick Up Card prior to your child's first day of camp.



We encourage Parents/Caregivers to remain in their vehicles, however, if you get out of your car, please wear a mask.

## Just A Few Reminders

- Your Pick Up Card will include your pick up time. Please arrive to camp at the time assigned on your Pick-Up Card (which will include your designated drop-off and pick-up area).

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 2022 in your online account at <https://campself.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 9.

## 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 9.

## EXTENDED DAY SERVICES

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

## AFTER CAMP SWIM ENRICHMENT

After Camp Enrichment will be available for swimming instruction. Please note: Swim 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.

Complete the Aquatics Supplemental Form with your preferred times. Our Aquatics staff will reach out to you to confirm your schedule during Week 2 of camp. Go to <https://campself.active.com/ESFsummercamps> to complete your Aquatics supplemental form.

## NO OFF-CAMPUS TRIPS - SUMMER 2022

For public health purposes, we have made the decision to cancel off-campus trips and travel for the 2022 camp season. As a result, we will bring the excitement to campus.