



# 2021 PARENT HANDBOOK PART 2: FINAL PREPARATIONS FOR CAMP

as of May 24, 2021

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Hello Camp Parents and Campers,

We are bursting with excitement as the start of Summer 2021 at Camp Echo Lake is right around the corner and...it's happening!!! We know that we have all experienced an unprecedented year and a half. We are all in need of a safe return to joy, socialization, activity, and fun. Our campers – as well as all of us – need to spend the summer socializing in person with peers, playing outside, getting back to the activities they love, trying new things, building independence away from home, and they need to be off all screens! We know that this summer is going to be so reparative for our campers and we look forward to campers reconnecting with friends, finding their staff role models, being physically active, and smiling and laughing with a sense of relaxed, comfortable, safe joy!! This summer will be a gift for all of us.

As we all know, the only thing you can count on in a COVID world is that things will ebb, flow, and change. While we are outlining the details of testing, masking, cohorts, etc... we know that we must – and will – remain fluid in our ability to adapt to protocols and guidance that is evolving. We will always operate from a place of overall camp community health and safety as the top priority. We are happy to share the below details and logistics to help you prepare for the summer and we will communicate any changes or updates to the details, logistics, and guidelines that seem smart and make sense for our camp community.

A year ago we were all mourning the reality that camp was not safe for Summer 2020. Today we are celebrating the availability of COVID Vaccines for 12 year-olds to adults! Today we are celebrating the resilience of children to work through challenging times. Today we are grateful for low (and dropping) COVID Positivity rates, especially in Warren County. Today we are grateful for the people we love, the science that works, and the forward motion of our world moving towards better times. Today we are filled with indescribable Warm Inner Glows because Summer 2021 IS happening at Camp Echo Lake and we can't wait to give our campers and our staff the most meaningful and wonderful summer ever!

With love and gigantic hugs,  
Laurie and Tony

# PRE CAMP BEHAVIOR

## We are all in this together.

We all know from our homes, our schools, our workplaces, and our communities that the behavior of one impacts the experience of many. While we cannot ask our campers and staff to go on complete lockdown for the 10 days prior to camp, we are going to ask each parent, each camper, and each family to remember that they are directly responsible for their possible COVID exposure prior to arrival at camp. We are asking each of YOU to take your personal responsibility seriously and help minimize any exposure to COVID prior to camp. We are all in this together and are only as COVID-free as our behavior of our campers and staff prior to camp.

In order for all of our campers and staff to arrive at camp COVID free, please consider the following:

- For the 10 days prior to camp, please be sure that any of two of these three rules apply to any social activities outside of your household; that you are outside and/or socially distanced and/or masked.
- For the 10 days prior to camp, please avoid large gatherings or parties, especially unmasked.
- For the 10 days prior to camp, please avoid sleepovers or close contact with individuals outside of your household.
- For the 10 days prior to camp, please do not eat indoors at restaurants or events.

Please monitor your camper(s) for any COVID symptoms prior to camp. If any camper or staff person experiences COVID symptoms or is exposed to someone who has test positive for COVID19, at any time in the week prior to their arrival at camp, we ask you to call the office immediately and we will work with our medical team to determine if your camper(s) is able to arrive at camp on time.



# CLEAN START TO CAMP

## Arrival Week Testing – Before Camp, Arrival Day, and Day 4

In addition to individual responsibility for behavior prior to camp, a well-thought out and well-executed pre-arrival, post arrival, and in-session testing plan is an essential part of keeping camp safe this summer. We have developed a multi-pronged approach to testing this summer, for both campers and staff, the broad strokes of which we will lay out here. Our plan is to employ a combination of PCR, Rapid PCR and Rapid Antigen testing.

For our Lab Testing, as we shared on April 19, we have partnered with Bio Reference Laboratories ([www.bioreference.com](http://www.bioreference.com)). Bio Reference will be providing on-site teams on campus to help the testing process go smoothly. They will conduct both a shallow nasal Rapid Antigen test and a shallow nasal PCR test for each camper (and staff) as well as return to camp on day five of camp to repeat PCR tests for all campers and staff.

**On day one a negative rapid test on-site at camp – with results in roughly 15 minutes – will be required for a camper to start camp.** We plan to bring Bio Reference back to camp and test all campers and staff five days prior to their departure from camp to head home.

**Pre Camp PCR Testing** - 72-96 Hours prior to arrival day at camp on June 26, all campers and staff must take a PCR COVID test and submit the negative test results to camp. No one will be allowed onto camp on June 26 without having previously submitted a negative PCR test conducted on Tuesday June 22 or Wednesday June 23. You can submit your negative PCR test on your Parent Dashboard. **All campers and staff must PCR test, even if they are fully vaccinated.**

**Arrival Day Rapid Antigen and PCR Testing** – Bio Reference will be on site to conduct both a Rapid Antigen Test and a PCR test. The Rapid Antigen test results will take roughly 15 minutes and the PCR results will be ready within 24 hours of camper arrival camp.

The details regarding arrival times and the specific logistics of Arrival Day testing are outlined in greater detail below.

**Day Five PCR Testing** – On day five of camp, Wednesday June 30, Bio Reference will return to camp in order to conduct PCR tests on ALL campers and staff. The PCR test will be sent to the Bio Reference lab and results will be given to camp within 24 hours. When we receive the results of the Arrival Day PCR tests from Bio Reference, we will *only* call parents if their campers test came back positive. **All campers and staff must PCR test, even if they are fully vaccinated.**

# ARRIVAL DAY LOGISTICS

In order to minimize potential COVID exposure for each camper and have campers receive their Rapid Antigen Arrival Day results while with their own parent or adult from their household, all campers will arrive at camp with a parent or adult(s) from their own household or family. **Campers cannot carpool with other campers outside of their household.** Each family will be assigned a specific arrival time. We are going to insist that you arrive within five minutes of your exact arrival time. We expect that each family will be in our arrival area for no more than 30 minutes maximum.

When you arrive on camp you will be directed to a “parking spot” on the upper soccer field area. We will ask everyone to stay in their cars. Cars will be directed to specific locations where a Bio Reference lab tech will administer the shallow nasal swab rapid Antigen test and the shallow nasal swab PCR test. You will then be directed to a car waiting area for roughly 15 minutes until the rapid Antigen test results are processed. Parents and siblings will not leave the car and campers will only leave their car when cleared by their negative rapid Antigen test. Once a camper is cleared by their negative rapid Antigen test a staff member (wearing a mask) will meet your camper (wearing a mask) near your car. We will ask you to be prepared to say a warm goodbye during those 15 minutes while waiting for the rapid Antigen test so that when your results are given your camper(s) will be ready to leave the car and begin their fantastic summer at camp.

If a camper tests positive for COVID on the Rapid Antigen test they will be presumed positive and not be permitted into camp on arrival day. Any sibling of a camper that tests positive on the Rapid Antigen test will not be permitted on arrival day until further testing can be done. When we receive the results of the Arrival Day PCR tests from Bio Reference, we will only call parents if their campers test came back positive. \*All campers and staff must PCR test, even if they are fully vaccinated.

Please remember that campers should ONLY bring in the car a backpack or pillow or other small items that they are capable of carrying for themselves to the cabin. We will not have the ability to carry heavy or bulky items for campers to their cabin. Once your camper is picked up by a staff member they will be walked to their cabin and directly connected to their staff and fellow campers at their bunk. That’s when the fun and normalcy of camp will begin!! Once your child is picked up by the staff member we will ask you to please drive your car on the designated route to exit camp as we will have the next group of cars and families ready to arrive. Thank you, in advance, for helping to make this arrival process as smooth as possible.

# ARRIVAL DAY LOGISTICS

## Arrival Day Times by Family for June 26

\*In the next few weeks you will receive individual emails with your specific family arrival time as well\*:

<b>9:00 AM</b>	Campers whose parents work on camp and are already on camp
<b>9:30 AM</b>	Families whose last names fall alphabetically between: <b>Adelman to Ceisler</b>
<b>10:15 AM</b>	Families whose last names fall alphabetically between: <b>Cenziper to Floman</b>
<b>11:00 AM</b>	Families whose last names fall alphabetically between: <b>Fraenkel to Grossman</b>
<b>11:45 AM</b>	Families whose last names fall alphabetically between: <b>Grossman to Krata</b>
<b>12:30 PM</b>	Families whose last names fall alphabetically between: <b>Kregsman to Mazie</b>
<b>1:15 PM</b>	Families whose last names fall alphabetically between: <b>McDonnell to Roberts</b>
<b>2:00 PM</b>	Families whose last names fall alphabetically between: <b>Rogers to Sprayregen</b>
<b>2:45 PM</b>	Families whose last names fall alphabetically between: <b>Stein to Weisman</b>
<b>3:30 PM</b>	Families whose last names fall alphabetically between: <b>Weissman to Zuckerman</b>

Please arrive on time. Once the group of families for each starting time have arrived at camp, we will close the front gate until the next group's starting time.

# BUNKS AND GROUPS

## What is your "cohort?"

For clarity, at camp, your bunk is your bunk and your group is your cohort. That means that you may live in one of two bunks that are part of your larger group, but your larger group is your cohort. Two examples would be if the Upper Junior Girls East live in bunks 10 and 12, the cohort is the Upper Junior Girls East. Or if the Upper Village Boys live in the bunks Duke, UNC, and Vanderbilt, the cohort is the Upper Village Boys.





# MASKING AT CAMP

Masking at camp will be looked at as an important mitigation factor to minimize the spread of COVID (and any other colds or viruses). We will have a more stringent masking policy for the first 5 days of camp while we are completing our Arrival Week testing to ensure we have detected, removed, and prevented any possible COVID cases from coming into camp or spreading around camp. After day 6 of camp, we hope to be mostly unmasked when we are outdoors and can maintain social distance between groups or cohorts! See below for details...

- Starting with a camper's arrival at camp (the same will be true for staff) on June 26, all campers and staff (even if they are fully vaccinated) will wear a mask anytime they are outside their cabin for the first five days of camp. Day 6 of camp is when we will receive the Day 5 of camp PCR test results. Campers and Staff can take off their masks, during the first 5 days of camp, in their own bunks, during showers, during swim, and while eating. During the first 5 days of camp, campers will eat at tables with and be swim buddies with the campers in their bunk. Campers will travel and do activities by group / cohort – even during the first 5 days of camp – and will wear masks even when they are outdoors.
- Starting on Day 6 of camp, when campers and staff are with only their groups or cohorts they do not have to wear a mask. As of day 6 they can eat meals and be swim buddies with anyone in their group or cohort.
- Starting on Day 6, all campers and staff will put on a mask anytime they are in the dining hall, anytime they are in a building with campers or staff that are not in their group or cohort, or if they are in a situation where social distancing cannot be achieved.
- Starting on Day 6, all unvaccinated staff or LITs will put on a mask anytime they are interacting with campers or staff that are not in their group or cohort or are with multiple groups or cohorts and cannot maintain social distance outdoors. Unvaccinated staff or LITs will put on a mask anytime they are inside a building other than their group or cohort's bunks (or for the LITs, the LIT Lounge).
- If there is a positive case of COVID campers or staff that the Warren County Department of Health deems to be close contacts, we will follow quarantine and masking rules as directed by the Department of Health.
- If a Camper or Staff person – whether they are vaccinated or unvaccinated – has to leave camp for a medical appointment, orthodontic appointment, or other specific camp sanctioned reason, they will have to put on a mask.
- If a Camper or Staff person – whether they are vaccinated or unvaccinated – is in a vehicle with individuals outside their group or cohort (including the driver), they will have to put on a mask.

# OUR HEALTH CENTER AND ONGOING COVID SCREENING

As you know we have an on-camp Health Center that is staffed around the clock with excellent nurses and an onsite physician each week (each of whom is a camp parent). We have outstanding facilities to address a large variety of medical needs. As you also know we have outstanding access to nearby medical facilities, urgent care centers, hospitals, and pharmacies if our medical needs exceed our on-camp Health Center abilities. You can learn more at: <https://campecholake.com/future-families/we-are-closer-than-you-think/>

Our medical team has worked extensively with us to create Health Center protocols to keep campers separated even if they need to visit the health center, distribute daily meds in a COVID safe way, and have medically determined protocols for identifying and testing campers or staff with COVID symptoms. As we mentioned in April, we have purchased Abbott Rapid Antigen tests and an Abbott ID NOW Rapid PCR machine to help us test – and receive immediate results for – any camper or staff we test during camp.

As always, campers and staff will receive outstanding health screening and medical care on camp and nearby camp if need be.

# WHAT IF THERE IS A COVID CASE AT CAMP?

## Screening, Testing, Quarantining

Campers and Staff will conduct daily temperature checks to screen for COVID symptoms. Campers and Staff will be emailed and asked to complete Health Screening Forms prior to their arrival. Surveillance testing will be conducted twice a week for unvaccinated Staff. As mentioned above we will have Abbott Rapid Antigen tests and Abbott ID Now Rapid PCR tests onsite should we need to test for COVID.

If we have a camper that tests positive for COVID 19 after a PCR test, we will immediately isolate that camper and contact their parents. Campers must be picked up from camp by a Parent or otherwise designated adult guardian with 24 hours of testing positive for COVID19. Campers will be asked to follow the NYS Guidelines of quarantining for 10 days (from the onset of symptoms or the positive test, whichever is earlier) before returning to camp. If a Staff person tests positive for COVID 19 after a PCR test, we will immediately isolate that Staff person. Staff will be asked to follow the NYS Guidelines of quarantining for 10 days (from the onset of symptoms or the positive test, whichever is earlier) before returning to camp or camp duties.

If any Camper or Staff person tests positive for COVID 19 we are required to notify the Warren County Department of Health. It is the Warren County Department of Health that will work with us to determine who is deemed a close contact to the positive COVID individual and what, if any isolation or quarantining requirements are necessary. The Warren County Department of Health will give us guidance on whether or not fully vaccinated campers or staff have to quarantine after exposure to a COVID positive individual based on NYS guidelines. The current NY State guidelines for anyone that is determined that they need to quarantine due to exposure to a COVID positive individual is that they must quarantine for a full 7 days and have a negative PCR test after 5 days of their quarantine.

# WHAT IF THERE IS A COVID CASE AT CAMP?

If it is determined that any campers or staff need to quarantine due to exposure to someone that tested positive for COVID 19, we will Rapid PCR test all campers and staff quarantining due to exposure daily.

For campers and staff that need to quarantine due to exposure to someone that tested positive for COVID 19, we will make sure that they are comfortable and able to participate in CEL 2.0. We will keep them isolated from the rest of the camp community but allow them to continue to have camp fun. We will get them to outdoor activity areas to play, give them activities they can do as their own quarantine mini group, and will make sure they stay safe, healthy, and happy for their own sake and the good of our entire community.

If a camper tests positive for COVID 19, we will notify their parents immediately. If a camper is exposed to a camper or staff person that tested positive for COVID 19, we will notify the parents of that camper immediately. If a camper is quarantined due to exposure to someone that tested positive for COVID 19 we will communicate with their parents during their quarantine and keep you updated of their COVID testing status and the end date of their quarantine. We are not going to notify parents every time someone tests negative for COVID 19 during our Arrival week testing or throughout the summer.



# VACCINES

As you are aware, Pfizer, Moderna, Johnson and Johnson and Astra Zeneca (for those outside the US) COVID 19 Vaccines are available for adults and the Pfizer COVID 19 Vaccines is available for children 12 years old and older. We are strongly encouraging all those campers and staff that are eligible to receive the COVID19 Vaccine to do so and be fully vaccinated (that is 14 days past your second dose of Pfizer, Moderna, and Astra Zeneca or 14 days past your Johnson and Johnson single dose) before arriving at camp in order to keep the individual and the camp community healthy and safe. We are thrilled that the vast majority of our staff and campers 12 years-old and older campers will be vaccinated prior to camp.

Families have asked if there will be differences for Vaccinated campers and staff versus Unvaccinated campers and staff. The Warren County Department of Health will work with us to determine who needs to quarantine due to exposure to someone that tested positive for COVID 19 and who does not. In terms of masking, unvaccinated Staff or LITs who interact with groups or cohorts outside of their own will put on a mask if they cannot socially distance and be outside, while vaccinated Staff and LITs will not need to put on a mask after the first 5 days of camp.

*All campers will be able to participate in the same activities or events, whether Vaccinated or Unvaccinated. There may be times or activities at camp where, according to the NY State Guidelines for Camps, unvaccinated campers and staff may have different masking rules. We are not looking to create situations where the rules are different from one camper to the next, but it may happen on occasion due to NY State Guidelines.*

# PREPARING OUR CAMP FACILITY FOR THIS SUMMER

To reduce the risk of COVID at camp this summer, we are deploying a number of additional layers to both staffing and equipment. Below are just some of the protocols we will be following and changes we are making:

- Additional housekeeping staff and equipment and supplies to provide more continuous cleaning of common areas as well as cabin bathroom and sink areas.
- Touchless faucets, paper towel, and toilet paper dispensers have been added to all public restrooms.
- New touchless hand sanitizer and soap dispensers in all cabins and throughout camp.
- Required hand washing and hand sanitizing throughout the day.
- Tents throughout camp to provide outdoor space for all activities typically done inside (Dance, STEM, Fine Arts, Drama, Health Center Triage, etc).



# OUR COVID SAFE FOOD SERVICE

All meals will take place in the Grove (in the past, we have used the Grove for daily lunches). Our delicious and nutritious meals (including salad, SunButter and jelly sandwiches, cereals, and pasta) will be served by staff who will be masked and gloved. We are so fortunate that our local team of Chefs and Special Foods Directors have been with us for 20 years now and have a wealth of experience.

- As in the past, groups will have assigned tables in the Grove for their meals.
- We will use touchless condiment dispensers or single-serve condiments.
- The salad bar will be staff-served.
- Meals will be served by our food service staff who will be masked and gloved.
- Campers and staff will not be permitted to serve themselves
- We will use touchless plastic utensil dispensers.
- If it rains during mealtimes, we have tents to cover a portion of the Grove and we will also use the Grove pavilion, so that our meals can remain on schedule.

# OUR COVID SAFE PROGRAM AND ACTIVITIES

As we mentioned before, we have added tents around camp to allow for any activities typically done indoors to be done outdoors for better safety and ventilation. Our plan is to integrate electives into our program following day five of camp and will do so in a way that incorporates the integrity of our cohorts. All activities that involve multiple cohorts like Morning or Evening Lineup, Friday Night Services, Friday Night Live, Theatre Productions, Hoedown, Silent Disco, Campfires, and more will be done in COVID safe ways. We plan to have league nights, competitive sports opportunities, dance performances, campfires, and spirited Special Events that are COVID safe and make camp even more memorable and fun!

We will also consider isolated trips to places where our campers and staff can be masked and only interact with each other (i.e. see our Staff Guidelines below, especially for our LITs) in a safe way. We will be running daily Trek trips – hiking, biking, paddling, mountain biking - into the Adirondacks where we know we can remain isolated from other groups.

We have no doubt that we can maintain existing events and activities and create new and exciting events and activities that make camp fun, skill building, and even quite magical even given COVID safety protocols for camp!



# SOCIAL EMOTIONAL SENSITIVITY AND SIBLINGS

We are all well aware of how challenging this year has been for campers, staff, and parents alike. As we are always “Dedicated to Human Development” we have given special attention to the social and emotional needs that campers and staff may have this summer. We are adjusting the activity day and times in order to best help campers reacclimate to extensive daily activity while being sensitive that many of them are coming to camp deconditioned. We are adding special group and cohort bonding and reconnecting activities during the first week of camp, and throughout the summer, in order to help easily facilitate connection and friendships even after time apart. While following all the protocols for the first 5 days of camp and camp after day 6, we will find COVID safe ways for biological and “camp” siblings to see each other. In addition to the extensive training we always do with our staff prior to the campers arrival, we are bringing out staff to camp for orientation earlier and adding in additional COVID safety, social emotional awareness, and sensitivity training sessions to help our outstanding staff be even more prepared to meet the needs of their campers. Our incredibly skilled, experienced, and passionate Head Staff Leadership team have been meeting since last spring to address the needs of both campers and staff in these unique times.

At the heart of what we do is make sure that every camper and every staff person feels good about who they are, feels connected within their group, and feels like a valued member of the camp community. This summer will be no different. We strongly believe that the resilience of kids and the magic of camp will be the perfect combination to repair some of the challenges we’ve faced in the past year. We are bursting with excitement to get camp started for all of us and the social and emotional needs of our campers and staff will be at the heart of what we do.

# VISITING DAY

We know the benefits and the needs of campers and parents seeing each other three weeks into the summer and we love hosting our camp families at camp too. That said, as a result of the obvious risks associated with bringing over 1000 guests to camp, the NYS guidelines around who can visit (vaccinated guests only) and the post-Visiting Day re-testing and possible feeling of having to restart our camp program until we know once again we are in the clear, we are not going to hold an in-person Visiting Day this summer at camp.

In anticipation of making this decision we have created a number of exciting ways that campers and parents WILL be able to connect virtually. All campers will have a Zoom call with their parents around the time of visiting day so that you can all see each other's happy faces. Each group will create a video that introduces each staff in the group or cohort, allows the group to sing their Group Sing Song, show a tour of the bunks so parents can see their child's bed and what their summer home looks like, and of course, allow parents to see their camper(s) in action with the friends and counselors at camp.

Additionally, as we have been asked by many campers if we will still have Halloween in July and, YES, you will get some candy in the middle of the summer! We are dedicated to doing everything we can to keep camp safe and COVID free this summer and as that involves us not holding in person Visiting Day, we will also do all we can to make sure that campers and parents stay connected even when they are physically apart. If we haven't practiced that skill in the past year and a half, then we just haven't paid attention! We will give you more detailed information about Virtual Visiting Day plans as we get closer to camp.

# TRANSPORTATION HOME IN AUGUST

It is our intention to provide bus service home for campers this summer. We will have Bio Reference return to camp on August 11 to issue PCR tests on all of our campers and staff to ensure that we are sending home, not just Happy Campers, but COVID free campers (and staff) as well! Our buses will bring campers to the typical drop off points and we will communicate additional information with you in the coming weeks and months.



# STAFF GUIDELINES

Just as in any summer, adequate time off for our staff is essential. It provides them with much needed rest and allows them to recharge their batteries for the demands of their work with your children. The realities of COVID require us to think differently about staff time off for this summer.

For staff time off this summer, we are providing much-enhanced on-site time off opportunities in the form of new facilities and more programming away from our campers in our Alumni Village.

Additionally, we feel it is important to provide safe off-site time off for our staff as well. We have secured a number of venues off-site that we will have exclusive use of for our staff during those times. This includes private meals off-site at a local restaurant/event venue with a large outdoor space and exclusive use of nearby ski resort property for hiking, general chilling out and the like as well as outside entertainment we will bring in (socially distanced, of course), just to name a few among several other opportunities for safe off-site time off for staff.

*Most importantly, any of our staff time off activities or experiences will be Camp Echo Lake sanctioned, COVID safe, and relaxing and fun with the physical and mental health of our campers and staff in mind.*

It is crucial to provide our valuable and hardworking staff the outlets they need in order to be physically and mentally in the best shape possible to work as hard as we ask them to work with our campers while significantly minimizing COVID19 exposure for staff. We feel such off-site outlets will ensure our staff are rested, recharged, happy, and in the right frame of mind to give of themselves to our campers when they return to work.





To all of our incredible Echo Lake Campers:

Finally! After two long years, and a challenging experience for everyone, WE GET TO BE TOGETHER AGAIN AT CAMP!! Forget hybrid school and virtual activities... (Shhhh, don't tell them but you might even enjoy a little time away from your parents) you get to experience seven weeks of friendship, trying new things, doing activities you love, laughing with your counselors, special events, Fuzzies, and so much more... IN REAL LIFE, IN PERSON!

Along with us, our entire full-time team, Head Staff Leadership team, and your counselors have been preparing and planning to make up for last year. We are going to make sure that this is the best summer ever because we get to be in our favorite summer home and be safe and have fun!! Have we mentioned the LITs?! Wow, the 2021 LITs are an exceptional group of role models and leaders who we know are going to truly take camp to the next level this summer!

So, get ready campers, because we are getting ready too! We can't wait to see you in a few short weeks! We promise that we are going to be there for you, for our staff, for your parents, and for our entire camp community. We are going to have a safe and fun summer that isn't about "getting back to normal," but about blowing way past "normal" to phenomenal and out of this world!! What are you waiting for, go help your parents get you packed for camp because CAMP IS HAPPENING this summer and it is truly going to be the best summer Camp Echo Lake has ever seen! We love you, we miss you, and we will be seeing you in Warrensburg on June 26!

Warm and Fuzzy Hugs,  
Laurie and Tony