



Summer 2023 COVID-19 Guidelines

Last Updated: May 23, 2023

Prior to Loading Buses/Transportation

It is the recommendation of Silver Cliff Ranch that all persons attending camp in summer 2023 assess themselves for symptoms of COVID-19 before or

We strongly recommend that you adhere to the following recommendations prior to travel

- 1) Screen yourself for symptoms of COVID-19 (72 hours) prior to travel and if symptoms are present, test yourself for COVID-19 disease. If using an antigen test, use 2 tests, 48 hrs apart. If positive you should not attend camp and isolate. If both tests are negative and you are improving, COVID-19 is unlikely.
- 2) If you were exposed to someone who was positive in the past 10 days you should wear a mask when with others while in inside areas except while sleeping, eating or drinking. Monitor yourself for symptoms and if you develop symptoms you should report immediately to your camp counsellor for next steps. Test yourself with an antigen test on Day 5, 7 and 9 from last date of exposure. If using a PCR/NAAT, a test on day 5 is sufficient.
- 3) If you are eligible to get vaccinated and high risk for hospitalization or severe illness please vaccinate yourself prior to travel. Please remember that a vaccine is fully effective 2 weeks after the last dose. So, ensure that you receive your vaccine shot in a timely fashion.
- 4) Review the following public health best practices to ensure a safe camping experience for everyone.
 - <https://covid19.colorado.gov/residential-camps>
 - <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>
 - [Isolation & quarantine | Colorado COVID-19 Updates](#)

We are requesting that everyone attending camp provide a physical paper copy of confirmation of the following as noted:

Required Items

- 1) REQUIRED: Complete the **Health Forms** before arrival of your camper to Silver Cliff Ranch, and
- 2) REQUIRED: A Copy of current Immunization Record.

Best Practice Items (Not Required)

- 1) A negative COVID-19 Test– 3 days prior to setting foot on the bus/vehicle, **or** Confirmation that the camper tested positive with COVID19 in the last 90 days and has since made a full recovery.

COVID-19 precautions and mitigation guidelines during an outbreak of COVID-19

- **Cohorts:** Each group will form a “cohort” while at camp with smaller “sub-cohorts” as needed. A cabin becomes a cohort.
- **Cabins:** All guests will be housed in a cabin, which may house up to a maximum of 14 people in total. All “cabin-mates” for each cabin will form a “sub-cohort”. These cohort and sub-cohort groups will be used to maintain COVID-19 mitigation procedures for the duration of your stay at Silver Cliff Ranch. Guests will NOT be required to wear masks indoors in their cabins around the other members of their sub-cohort unless otherwise directed by local Public Health.



- **Meals:** Each sub-cohort group will eat together at each meal and will be assigned a dining room table at which they will eat all meals throughout the week. The maximum number of guests at each dining table is 14 people (depending upon configuration) who are all members of the same sub cohort.
- **Meetings:** During group meeting times, all persons attending the meetings are asked to wear a mask while inside of the facility where the group is meeting if COVID-19 Community Levels as determined by CDC is High or there is a documented outbreak at SCR.
- **Outdoors:** Guests are not required to wear masks outdoors, although being mindful of maintaining 6ft social distancing outside of each cohort is strongly encouraged.
- **Ventilation-** Improved ventilation has shown to decrease the spread of COVID-19 disease during outbreaks. If weather permits, opening up windows and increasing ventilation can be helpful.
- **Cleaning and disinfection-** Increased cleaning and disinfection of the facility should be considered during an outbreak. Disinfection of frequently touched surfaces should occur at least twice a day. Terminal cleaning and disinfection of rooms in which COVID-19 positive camper or staff were residing should occur after the isolation has been completed.
- **Reporting-** Outbreaks must be reported immediately to Chief Medical Officer and Chief Epidemiologist. Outbreaks must be reported to the local public health department within 4 hours.
- **Chief Epidemiologist** will maintain a log of all COVID-19 positive, exposed and symptomatic campers and staff and keep it updated on a daily basis. Chief epidemiologist will also act as a liaison between the health department and Silver Cliff Ranch leadership.
- **Chief Medical Officer** will act as a liaison for all medical needs and guidance for campers and staff.
- **PPE-** Any staff who are caring for positive campers or residents in a way that requires them to be within 6 feet of the person with COVID-19 disease should wear an N-95 respirator, a gown, gloves and goggles/face shield.

Unique Conditions Related to Altitude at Silver Creek Ranch

- **AMS (Acute Mountain Sickness):** When traveling to higher elevations, it is fairly common to experience mild symptoms of AMS while the body adjusts to the altitude. These symptoms can last for up to 72 hours and while they are usually very mild, it is possible that some of the symptoms can mirror symptoms associated with COVID-19. It is our policy that most of these symptoms will be regarded as being due to COVID-19 for the first 72 hours while on site.

The bottom line is: Don't ignore the symptoms of AMS if you happen to experience them, but don't be fearful (most of the time even doctors and mothers can't really tell the difference between the two 😊). If any of the symptoms listed below persist after 72 hours of your time at altitude, please let Silver Cliff Healthcare staff know as we do want to reduce any possibility of the spread of COVID-19.

Headache, Nausea, Dizziness, Light-Headedness, Fatigue, Shortness of Breath with Exertion, Loss of Appetite, Difficulty Sleeping, Rapid Pulse

** The best thing you can do to avoid AMS is to drink water for several days before arrival AND continue to drink water while at altitude (even if you don't feel the need to drink water while you're at camp, it's best to do it either way)*

Guidance for staff or campers who exhibit COVID-19 symptoms.

- There will be a designated cabin for the isolation of any individual who exhibits COVID19 symptoms.
- Any camper exhibiting COVID-19 Symptoms will be asked to take an on-site antigen COVID-19 test and if negative, two antigen tests performed 48 hours apart will suffice as confirmatory testing.
- When cases of COVID-19 or other infectious diseases are suspected or confirmed, camp administration must notify local public health to determine mitigation strategies.



- Executive director should report any symptomatic staff or campers to Chief Medical Officer and Chief Epidemiologist.

Guidance for staff or campers who have been exposed to COVID-19 disease

- Quarantining is no longer required for any staff or camper who has been exposed to COVID-19 disease.
- Those who have been exposed to a person with COVID-19 disease can be tested on day 5 from last date of exposure and wear a mask for 10 days while monitoring for symptoms. If using an antigen test yourself on Day 5, 7 and 9 from last date of exposure. If using a PCR/NAAT, a test on day 5 is sufficient.
- Those who have contracted the disease within last 90 days are not considered exposed, unless exhibiting symptoms.
- Exposed campers will be monitored for symptoms every day for 10 days from last date from exposure. If a camper starts to feel symptoms, they will be tested immediately and start isolating if positive. If using an antigen test, the test should be repeated in 48 hours to confirm testing.
- Executive director should report any exposed staff or campers to Chief Medical Officer and Chief Epidemiologist.
- Any staff who are caring for exposed camper or residents in a way that requires them to be within 6 feet of the exposed person should wear an N-95 respirator, a gown, gloves and goggles/face shield.

Exposure definition

Anyone who had contact with a positive case for 15 minutes or longer within 6 feet. Wearing a mask does not affect exposure.

Identification of people who were exposed- People who have contact with a positive case, starting from 2 days prior to onset of symptoms/date of collection of the positive case until the positive case is under isolation.

Guidance for staff or camper who tests positive for COVID-19 disease

- Staff or camper should be isolated for at least 5 full days. If symptoms are improving by Day 5 and the person has been fever/diarrhea free for at least 24 hours, then they can discontinue isolation. The person should continue to wear a well-fitting mask for 5 additional days until day 10 from onset or symptoms or positive test have been reached.
- If the positive individual is a camper, then family should be reached immediately. If the family decides to travel, then masks should be worn while traveling back and public transportation should be avoided as much as possible. Family should be advised that local health department may have additional requirements for traveling with someone who has COVID-19 disease.
- Chaffee County health department should be contacted within 24 hours of receipt of a positive staff or camper with information regarding the positive individual.
- Chief Medical Officer and Chief Epidemiologist should be contacted for situational awareness and guidance.
- Staff positive cases should be posted on Global Significant events board.
- Cleaning and disinfection of the cabin in which the positive camper or staff was residing should occur using EPA approved disinfectants.
- If there are multiple campers who have tested positive for COVID-19 disease, then they can stay in the same cabin together.
- Any staff who are caring for positive camper or residents in a way that requires them to be within 6 feet of the Covid-19 positive person should wear an N-95 respirator, a gown, gloves and goggles/face shield.

Resources/Reference

<https://covid19.colorado.gov/residential-camps>

<https://drive.google.com/file/d/1kkTbf3iFZ-uTSDSiXuOpAYDqZz7ztnyP/view>

<https://covid19.colorado.gov/isolation>