

COVID-19 Guidance Document for Camps and Activities



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This document is based on The COVID19 Guidance Document for Camps Version 2, 19th May 2020, published by Australian Camps Association and Christian Venues Association.

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Introduction

Camps provide a tailor-made solution to the mental and physical health problems associated with social isolation. There is no better way to reconnect with friends, fellow students and others than through the shared camp experience. Research¹¹ shows that camps for young people can help decrease anxiety, increase efficacy and improve connection with peers and with schools – all valuable outcomes as we re-integrate students into schools and the wider community.

This practical guidance and advice document has been prepared to help manage the risk of coronavirus (COVID-19) transmission during and immediately following the COVID-19 pandemic. It is not exhaustive in its scope and will be updated as new information comes to light and as lockdown stages / social isolation measures change.

It has been collated using information previously published by a variety of sources both here in Australia and overseas. Outer Limits Adventure Fitness, The Australian Camps Association (ACA) and the Christian Venues Association (CVA) acknowledge these sources, which are listed at the conclusion of the document.

OL notes that independent schools may choose to take a different approach to the guidelines directed by the Department of Education (DE) that are governed by advice from the Department of Health. We also note that directives that apply to schools may not apply to community groups, who will be governed by the various federal and state mandates relating to social distancing and group sizes. If your school/organisation has additional requirements, please advise us as soon as possible so that we can accommodate these, where practicable.

¹ Outdoor Youth Programs Research Alliance – www.oypra.org.au

What are the symptoms of COVID-19?

A coronavirus infection can cause mild to severe respiratory illness. The most common coronavirus (COVID-19) symptoms reported are:

- fever;
- breathing difficulties and breathlessness;
- cough;
- sore throat;
- fatigue or tiredness;
- runny nose;
- headache;
- diarrhoea;
- vomiting or nausea; and
- loss of Smell and/or taste.

COVID-19 is most likely to spread from person-to-person through:

- Close contact with an infected person; and
- Touching objects or surfaces (such as door handles or tables) contaminated by a person with the infection.

If a person develops any COVID-19 symptoms they should get tested and, if their symptoms are serious, seek urgent medical care. If a person tests positive, or is deemed a close contact, they must follow all relevant government guidelines and isolate as required (including while waiting for their COVID-19 test results). People with mild symptoms who are otherwise healthy should manage their symptoms at home.

For more information about the transmission and symptoms of COVID-19, see https://www.health.gov.au/sites/default/files/documents/2020/04/coronavirus-COVID-19-frequently-asked-questions_10.pdf

Identifying Risks at Camps

We have taken great care to identify the relevant risks at our camps and activities so that they can be appropriately managed. These risks have been identified in our risk matrix attached to this document.

Although children are arguably safer at camp as there is limited exposure to the wider population, there are some additional risk factors that need to be managed appropriately, for example:

- Students will be in close proximity to other students, teachers and staff, including with other students while they are sleeping;
- Students are required to share facilities such as bathrooms, kitchens and communal areas; and
- Although all efforts are made to minimise the need to share tools or equipment, some sharing is inevitable.

Managing Risks at Camp

There are a number of steps that we are continually taking to ensure that students, teachers and staff are as safe as possible while on camp. There include:

1. Maintaining personal hygiene

- Encouraging regular hand washing and sanitisation, including teaching, encouraging and reinforcing correct washing of hands;
- Teaching and reinforcing covering cough and sneeze techniques among participants and staff;
- Having adequate supplies to support healthy hygiene behaviours, including soap, hand sanitiser with at least 60 percent alcohol and tissues;
- Providing hand sanitiser in high traffic areas (bathrooms, dining rooms, meeting areas etc) and encouraging regular use by students;
- Displaying hygiene information in prominent locations (kitchens, dining rooms and bathrooms);
- Providing hand washing facilities (whether permanent or temporary) to ensure students, teachers and staff can access them in a timely manner;
- Using rubbish bins with touch-free lids where possible;
- Implementing appropriate waste management systems; and
- Ensuring good hygiene practices are followed, including washing hands frequently with soap and water for at least 20 seconds, covering coughs and sneezes, or coughing into their elbow or shoulder, avoiding touching eyes, nose or mouth and using hand sanitiser before being served meals.

2. Cleaning and Disinfection

- Conducting thorough and regular cleaning and sanitation of all transit areas, communal and meal break areas, shared facilities (e.g. bathrooms and kitchens) and shared equipment.
- Cleaning, sanitising and disinfecting frequently touched surfaces (for example, play equipment, door handles, sink handles, drinking fountains) multiple times per day and shared objects between use;
- Avoiding use of items that are not easily cleaned, sanitised, or disinfected;
- Ensuring safe and correct application of disinfectants and keeping products away from unauthorised people;
- Ensuring that ventilation systems operate properly and increasing circulation of outdoor air as much as possible by opening windows and doors, using fans, and other methods, unless doing so would pose a safety or health risk (for example, allowing pollens in or exacerbating asthma symptoms) to those using the facility;
- Taking steps to ensure that all water systems and features (for example, drinking fountains) are safe to use after a prolonged facility shutdown to minimize the risk of any disease or illness associated with water; and
- Completing sanitisation of all camp equipment on completion of camp, ready for next use.

3. Practising physical distancing

- Ensuring that social distancing requirements (such as physical distancing of 1.5 metres and numbers of people within indoor spaces) are complied with at all times wherever possible.
- Where it is not possible to maintain physical distancing (e.g. in the camp kitchen), other control

measures will be implemented such as:

- Encouraging non-contact greetings;
- Minimising the number of 'person to person' interactions that need to be completed and the number of people involved;
- Providing personal protective equipment (PPE), such as gloves, masks and glasses;
- Conducting briefings or debriefings outdoors or in environments with enhanced ventilation where possible;
- Keeping groups together (i.e. same groups for sleeping and activities) so as to minimise the potential spreading of the virus between other groups; and
- Arranging furniture so as to provide as much space between participants as possible.

4. Minimising the sharing of equipment

- Activity programs have been designed to avoid the shared use of equipment or close contact wherever possible;
- Minimising self-service in kitchen/dining facilities by having staff members serve during meal times;
- Harnesses, paddles, PFDs, etc should not be used by more than one person between cleaning;
- Where it is not possible to eliminate shared use, we will:
 - Provide cleaning products (e.g. alcohol spray or solution);
 - Ensure all participants thoroughly wash or sanitise their hands before and after every use;
 - Ensure all parts of the equipment (e.g. including buckles, clips) are wiped down or sprayed before and after use;
 - Organising groups and rotations to avoid overcrowding and overuse of equipment;
 - Cleaning equipment before it is used by a different group, or as soon as practicable;
 - Ensuring children wash their hands (or apply alcohol-based hand rubs) before and after using equipment; and
 - Excluding unwell children and staff from coming into contact with the equipment.

5. Minimising the risk of infection to others

- All staff are vaccinated against COVID-19 and have completed online COVID-19 training;
- Schools/groups visiting will ensure that any participating students and adults are free from COVID-19 symptoms and adults are fully vaccinated as required.
- All participants, teachers and staff are encouraged to:
 - Stay home if feeling unwell/have any symptoms or are considered a close contact;
 - Comply with common protocols – coughing, sneezing, social distancing;
 - Use non-contact greetings;
 - Maintain social distancing
 - Clean and sanitise all areas and surfaces and empty bins regularly
- In the event that an individual develops symptoms:
 - If any participant, teacher or staff member develops COVID-19 like symptoms they must notify the camp coordinator and leave camp immediately (or isolate in a designated area with appropriate supervision until they are able to be collected) and comply with government requirements. Parents/guardians of any sick children will be notified and are expected to collect the child/children as soon as possible;
 - In addition to the usual cleaning being undertaken, camp facilities will be cleaned in line with Queensland Health's COVID-19 cleaning, disinfection and waste recommendations should OL be notified of an infection;

- Where there is a suspected or confirmed case of COVID-19, the National Coronavirus Helpline (1800 020 080) which operates 24 hours a day, 7 days a week will be contacted for further advice;
- All incidents involving any symptoms or possible infection breaches must be logged;
- Camp manifests as well as logs detailing any outside visitor/contractors will be presented to government authorities as required for contact tracing purposes; and
- If any participant, teacher or staff exhibits symptoms up to two weeks after returning from camp, the camp coordinator must be advised so that contact tracing can be initiated if deemed necessary by health authorities.

COVID-19 Risk Register: Day activities & Residential Camps

Location: Various

Date: Ongoing

Hazard	What is the harm that the hazard could cause?	What is the likelihood that harm would occur?	What is the level of risk?	What controls are currently in place?	Actioned by	Date Due	Date Complete	Maintenance and review
Student, teacher or staff attends venue whilst COVID-19 positive or becomes positive whilst on camp	Other students, teachers or staff may become infected with COVID-19 (may result in serious illness or death)	Moderate	High, while usually it will not be serious, for some the consequences can be severe	<p>Staff are double vaccinated, informed of symptoms for COVID-19 and have completed COVID-19 training</p> <p>Students, teachers and staff to stay home if unwell</p> <p>No one is allowed to enter the facility if demonstrate COVID-19 symptoms</p> <p>All adults given appropriately spaced accommodation and everyone to socially distance where possible</p> <p>If student, teacher or staff member becomes unwell, individual will be isolated until able to be removed</p> <p>Alcohol based sanitiser and hand wash supplies available</p> <p>Cleaning and disinfecting to occur in accordance with guidance from Safe Work Australia and public health authority, referencing school cleaning guidelines as issued by relevant Department of Education</p> <p>Frequently touched surfaces cleaned in line with relevant Department of Education Guidelines</p> <p>All guests to bring own bed linen, including pillow</p> <p>Mattress covers cleaned with disinfectant at end of use</p> <p>All sleeping facilities receive a deep clean between change of groups and daily cleaning of room and associated bathroom</p> <p>Any teachers/staff deemed high risk due to underlying medical conditions to be given separate sleeping quarters where possible</p> <p>Contact the Department of Health to ensure they are aware of the diagnosis, and seek their advice as to whether any additional steps need to be taken</p>	Sam Stedman	Ongoing	Ongoing	Ongoing

Transmission from delivery drivers and contractors	Other staff or guests becoming infected COVID-19 (could result in serious illness or death).	Low as all delivery drivers and contractors provided with instructions regarding being COVID-19 safe	High if infection occurs	Contactless delivery of all goods is used where possible and paperwork completed electronically. Social distancing procedures in place. During site induction, contractors are informed of symptoms of COVID-19 and asked if they have any flu like symptoms Contractors who display flu like symptoms are isolated until they can be sent home. Limited contact between contractors and others	Sam Stedman	Ongoing	Ongoing	Ongoing
Spread of infection due to serving of food	Others may become infected	Low	High if infection occurs	All food is appropriately covered All food is served by venue staff with access to appropriate serving utensils and PPE if necessary All plates, cutler cleaned to appropriate manner to meet HACCP standards or are enviro-friendly disposable All equipment wiped down with disinfectant between uses Equipment is not shared between guests without first being sanitised	Sam Stedman	Ongoing	Ongoing	Ongoing
Transmission of COVID-19 via shared equipment	Others may become infected	Low	High if infection occurs	All equipment wiped down with disinfectant between uses Equipment not shared with others unless sanitised first wherever possible	Sam Stedman	Ongoing	Ongoing	Ongoing
Persistent use of latex gloves	New or aggravated latex sensitivity	Low, most gloves will not be latex-based	Moderate, affected individuals may have a significant reaction	Where necessary students/staff will be provided with non-latex gloves or are able to remove gloves when not necessary	Sam Stedman	Ongoing	Ongoing	Ongoing
Persistent use of hand sanitiser	Dermatitis	Moderate	Moderate, affected individuals may have a significant reaction	Participants/staff are encouraged to wash hands with soap and water for 20 secs where possible as an alternative to hand sanitiser in non-medical situations	Sam Stedman	Ongoing	Ongoing	Ongoing
Transmission of COVID-19 through bus travel	Social distancing is not required on buses	Moderate	Moderate	Buses are to be disinfected before use and sprayed clean between uses Touch points are to be cleaned Students to sanitise their hands before entering bus	Sam Stedman	Ongoing	Ongoing	Ongoing

Acknowledgements / references

International Camping Fellowship – CDC Guidelines for Camps USA

<https://www.worksafe.vic.gov.au/managing-risk-COVID-19-exposure-construction-industry>

https://ais.gov.au/_data/assets/pdf_file/0008/730376/35845_AIS-Framework-for-rebooting-sport_FA.pdf

<https://www.health.gov.au/news/australian-health-protection-principal-committee-ahppc-advice-on-reducing-the-potential-risk-of-COVID-19-transmission-in-schools-24-april-2020>

https://www.health.gov.au/sites/default/files/documents/2020/03/coronavirus-COVID-19-what-you-need-to-know_7.pdf

Australian Camps Association Member Resources – COVID 19