COVID-19 Medical Protocols and Practices | EMBARK FAMILY CAMP

Ensuring a safe and healthy summer will require a strong partnership among all of us.

As always, our top priority is to keep our campers, families, and staff safe. In light of our current reality, we have reviewed and updated our medical protocols and practices using recommendations from the Centers for Disease Control and Prevention (CDC), North Carolina State Department of Health and Human Services, American Camp Association (ACA), Pamlico County Health Department, and with guidance from our Camp Medical Advisory Committee.

In our commitment to the health and protection of our families and staff, we will continue to monitor guidance from the CDC and other governing health authorities. We recognize that recommendations and guidelines will change and commit to updating our programming and protocols accordingly.

**Pre-Arrival**
To minimize illness at Camp, we ask that you monitor the health of each member of your family daily beginning 14 days prior to camp. **All family members must complete our pre-camp health screening and bring it with them to Camp.** Included in the screening:

1. A 14-day pre-arrival temperature assessment (daily recording of your temperature and symptoms starting 14 days before the start of your session).
2. Possible exposures to a positive or presumptive positive case of COVID-19.
3. Additional CDC recommended screening characteristics.

**Arrival**
To ensure the healthiest environment possible inside our gates, we will be conducting onsite screenings as families arrive – including a temperature check. If a family member records a temperature of 100.4 or higher, or presents with any symptoms of COVID-19, the entire family will be unable to enter camp.

To better control our environment, please be advised that we will not offer any special transportation including to and from airports or charter buses – all families must arrive to camp by car.

**Maintaining a Healthy Camp Community**
Our program has been designed in accordance to state and local health regulations, CDC recommendations and the ACA’s field guide for delivering overnight camps in the reality of COVID-19. As such, we will adhere to all state and local health department guidelines that are in place during programs – including practicing social distancing, healthy hand hygiene practices and increased cleaning and sanitation protocols. All of our families and staff will be provided “buffs” to use; these buffs can also be worn as face coverings when necessary/appropriate.

While at camp, we ask that you continue to conduct daily temperature and symptom checks of all family members.

As always, our health center will be staffed by tenured, licensed medical professionals (doctors and nurses); this summer they have received additional training to recognize and assess symptoms of COVID-19 in adults and children. We have acquired all the necessary PPE supplies to ensure the safety and protection of both our medical team and campers.

**Staff Member Protocols**
Staff will follow all the protocols and practices listed above for our campers. In addition, they will arrive to camp 14 days prior to opening day to be quarantined and monitored onsite as an added level of health and protection.
Dear Camp Families,

Ensuring a safe and healthy summer will require a strong partnership among all of us.

As always, our top priority is to keep our campers, families, and staff safe. In light of our current reality, we have reviewed and updated our medical protocols and practices using recommendations from the Centers for Disease Control and Prevention (CDC), American Camp Association (ACA), North Carolina State Department of Health and Human Services, Pamlico County Health Department, and with guidance from our Camp Medical Advisory Committee.

To minimize illness at camp, we ask that you monitor the health of each family member daily beginning 14 days prior to their arrival at Camp Sea Gull/Camp Seafarer this summer. Please bring this form with you to check-in, as we will not be able to admit any families who are unable to provide us with their pre-camp health screening.

Please read carefully and check appropriate answer.

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
<th>Not Applicable</th>
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<tbody>
<tr>
<td>Has any family member been diagnosed with COVID-19 and not yet medically cleared?</td>
<td>☐</td>
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<tr>
<td>This family member has displayed, or been around anyone displaying, symptoms of COVID-19: Cough, Shortness of Breath or difficulty breathing, Fever, Chills, Muscle Pain/Aches, Sore Throat, New loss of sense of taste or smell, Nausea, Vomiting, Diarrhea</td>
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<tr>
<td>Have you or any of family members potentially been exposed to COVID-19 or have reason to believe you/they have COVID-19?</td>
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<tr>
<td>Has any family member, within the last 14 days, been quarantined in relation to COVID-19 or living in the same household as a person with a confirmed COVID-19 infection?</td>
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<td>Has any family member traveled to/from CDC countries with widespread ongoing transmission with travel restrictions?</td>
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If you answered YES to any of the above questions, please call the Camp Office at 252-249-1212 for further guidance.

14-Day Temperature Check

Start date of temperature check/symptom screening: Day __________ Month: ___________

<table>
<thead>
<tr>
<th>Day</th>
<th>14</th>
<th>13</th>
<th>12</th>
<th>11</th>
<th>10</th>
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<td>Temperature/Symptom</td>
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<tr>
<td>Day</td>
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<td>4</td>
<td>3</td>
<td>2</td>
<td>1</td>
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<tr>
<td>Temperature/Symptom</td>
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If you record a temperature of 100.4 or higher, or any symptoms of COVID-19, please call the Camp Office at 252-249-1212 for further guidance.

Your signature indicates that you have completed this health screening 14 days prior to camp and to the best of our ability. We understand that arriving to camp healthy is vital to a healthy camp experience for all campers, staff and the community.

Parent Signature: ____________________________________________________________

Date: _____________________________