

# Camp Handbook

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# COVID Operating Plan

# 2021

*We're so excited to have you join us for a week of community, connection and camp this summer! Please read through this handbook with your family so that we're all on the same page when you arrive at Ekone and you know what to expect from your time at camp.*

# Staying Healthy and Safe

## Before you arrive

- All campers will be required to **get a COVID test within a three-day window** before arriving at camp (or be fully vaccinated before camp begins).
- **Limit travel and exposure** to other people to essential trips only for 10 days before arrival. If you must be around people outside your household, use other precautions such as wearing a mask and maintaining a 6-foot physical distance.
- **Monitor all family members** for 10 days before your teen's arrival for symptoms including: fever (greater than 100.4 degrees F), cough, shortness of breath, diarrhea, fatigue, headache, cough, sore throat, loss of taste or smell, muscle aches or vomiting.
- Please cancel your registration if
  - any family member develops symptoms within the 10 days before arrival (and does not receive a negative COVID test)
  - you learn that you or a family member has had close contact within 10 days before arrival with someone who has been diagnosed, tested or quarantined for COVID-19
- If you need to **cancel your registration** due to health concerns we will refund your tuition minus a \$50 admin fee (if this is a hardship, please just let us know).
- Even though there are some pretty spots along the way, **please do not stop** anywhere on your way to Ekone if at all possible.

## Arrival at the ranch

- Many of the Ekone staff are excellent huggers, and this has been a tough time for us! We'll greet you with a happy dance, air-fives, big smiles and probably some whoops of joy, but no hugs this year. If you have a creative greeting, we'd love to see it!
- Campers must have a mask around their neck when they arrive (put on the mask any time you are getting closer than 6 feet from a staff member or when petting the dogs)
- A designated Ekone staff member will check you in and get you settled in the bunkhouse.
- Drop off will be short and sweet—caregivers, please plan to help your camper unload their stuff from the car and then head out. If you need a bathroom or water refill staff will be available to help point you in the right direction. Unfortunately we will not be able to give you a tour of the ranch, eat together or have you help your camper get settled in inside.

## During camp

- Staff will continue to monitor all campers for any of the symptoms listed above as well as performing daily temperature checks.
- If any camper develops symptoms, we will have them immediately put on a mask, move to a separated location for quarantine and contact their parents to come pick them up. We will assess whether or not all the campers need to leave at this point.
- We will take every opportunity available to wash our hands—we've made sinks more plentiful around the ranch for this very purpose! But especially, all campers will be required to wash hands before and after you use the bathroom, before meals, and before any new activity.

## When you go home

- If anyone in your family develops concerning symptoms within 14 days of your camper leaving the ranch, please let us know.

## Physical Distancing

### Campers

- Once kids arrive at camp they are considered a 'cohort' with the other members of their session and will not be expected to maintain strict physical distancing from one another.
- Staff will enforce the usual camp expectations of appropriate contact between campers throughout the week. We will have physically distanced sleeping arrangements both in and outside the bunkhouse as an extra level of precaution.
- Campers may be asked to be physically distant and/or put on a mask at the discretion of staff at any time (for some projects it just makes sense!)
- When there are other cohorts of campers on site, each cohort will maintain strict distancing from each other including sleeping in separate spaces, eating in different areas and engaging in activities in different places around the ranch throughout the day.

### Staff

- Staff will do their best to always maintain a physical distance of 6 feet or more from campers and put on a mask when that's not possible.
- Staff live and work in "households" so may be closer than 6 feet from each other at times.
- All staff that can be are vaccinated.

## Mask Use

### Campers

- All campers should bring at least 5 masks/cloth face coverings with them to Ekone to use during their stay (masks are like underwear—you should really change them everyday!)
- Please make sure that their masks can be easily tied around their necks (if using an ear loop mask, tie a string around the back like a necklace). **Bandanas are not an appropriate mask substitute.**
- Campers will wear masks around their necks at all times, so that if the need arises to wear one, it is at the ready.
- Masks protect the people around you, so campers will be coached on conscientious mask use.

### Staff

- If for some reason an activity or event causes staff to need to be closer than 6 feet from participants, they will put on a mask and ask campers to put one on too.
- Staff will wear masks (as will campers) if they need to enter the sleeping space of campers at any time.
- Staff will wear masks while serving food.

# What to Expect

*Camp will look similar to summer camp in some ways and be quite different in others. There will be many opportunities to learn important skills through work projects around the ranch, time spent connecting with the animals and each other, and a chance to be at Ekone in a new way. Hopefully this will give you a sense of what to expect—although we always leave room for Ekone Magic and the surprises of ranch life!*

Here's what a typical day might look like:

7am Rise and shine!

720am Morning Chores (get your hay throwing muscles ready!)

8am Breakfast (always outside, and at a distance from other cohorts)

9am-1230pm Morning activity time

1pm Lunch

130-330pm Afternoon activity time

330-530pm Siesta time (or sometimes siesta might happen right after lunch, depending on the day)

545pm Evening Chores

630pm Dinner

730pm Evening Activity such as games, campout at the canyon, council etc.

Bedtime (trust us, you'll be tired)

# A Few Other Notes

## Drop off

- We SO WISH we could host you like we usually do at drop off time with a tour around the ranch and helping get your camper settled, but to reduce our staff exposure to outside germs we're going to ask you to stay near your car during drop off and maintain distance from staff and other families.
- Please have all family members wear a mask around their necks when dropping off your camper (no need to put it on unless you are getting closer than 6 feet to an Ekone staff or another family)
- If you need a bathroom or a water refill, there will be staff around to point you in the right direction.

## Pick up

- Again, we'd love to have everyone stay for lunch and a slideshow, but it just doesn't feel safe this year. Please plan to stay at your car when you pick your camper up.
- We'll send you home with lots of Ekone love, and a happy (and likely dirty) summer camper 😊
- Please have all family members wear a mask around their necks when picking up (no need to put it on unless you are getting closer than 6 feet to an Ekone staff or another family)

## Kitchen/Meals

- Everyone will always wash hands before meals.
- Meals will be served outside and from a distance. We'll show campers how it works when you get here!
- Staff will serve the food (with masks on) and will be able to tell you about the ingredients in each dish. There's always plenty for everyone, so please ask for the amount you would like to eat! "No-thank-you servings" are encouraged.
- Campers will wash their own dishes and likely help with some of the kitchen dishes at the outside sinks.

## Bathroom facilities

- Campers will have access to porta potties behind the bunkhouse.
- There is one shared outdoor shower—plan to only shower once or maybe twice during the week!

## Sleeping arrangements

- Campers will sleep in the wings of the bunkhouse. Beds will be at least 6 feet apart.
- Campers are always more than welcome to sleep outside under the stars! Beds will still be 6 feet apart.
- Please pack warm bedding and sleeping clothes for your camper! The nights can be chilly and it's only fun to sleep outside if you're cozy.

## Other

- Campers will spend basically all day and some nights outside—please pack accordingly! Warm layers are important.

# Camp Packing List

At Ekone we play hard, work hard, and enjoy being outside. Please bring clothing that is comfortable and practical for moving around and working in, and that you don't mind getting dirty, scuffed, and well-worn! There are no laundry facilities available (unless you count a quick swim in the pond!)

## CLOTHES

- t-shirts and tank tops
- shorts
- long pants/jeans that aren't too tight or constrictive! Plus sturdy work pants (required for work projects)
- a jacket (evenings can be cool, and June-uary is real)
- socks and underwear
- pajamas
- sturdy walking and working shoes (light hiking boots, sneakers, etc.)

## SUN & HEAT MANAGEMENT

- water bottle, preferably with a clip or strap to attach it to yourself (preferably 32oz—any less is not enough!)
- chemical-free sunscreen and chapstick with SPF of 15+ ([here's a good list](#))
- hat with brim
- sunglasses
- lightweight, long sleeve, light-colored, loose button-down cotton shirts (good for keeping cool in hot weather)
- bandana
- swimsuit and a towel, plus a t-shirt for swimming in (we require shirts that cover shoulders in the pond)

## GEAR

- small day pack or bag for keeping your daily necessities with you around the ranch
- flashlight/headlamp
- sleeping bag, sleeping pad and pillow (pads provided for tent use--bring your own to sleep under the stars!)
- work gloves
- a wristwatch (no, we're not kidding)

## PERSONAL ITEMS

- 5 masks/face coverings that can be washed after use
- don't forget your toothbrush!
- please bring hair ties for long hair

## RECOMMENDED BUT OPTIONAL

- sandals and/or water shoes
- camp chair for hanging out on the lawn
- slippers for your sleeping area
- books, journal, and/or letter-writing supplies
- musical instruments or special talents...

## PLEASE DO NOT BRING

- personal tech devices of any kind
- snacks/candy (this will attract mice and bugs!)
- shampoo, conditioner, chemical-based bug spray, or other chemical-based products (we provide biodegradable soap, shampoo and conditioner)
- heat-producing appliances (hair dryers, curling irons etc.—you will fry our electrical system!)
- dogs...we've got too many already! If you need to bring a dog for drop off/pick up plan for them to stay in the car