

Gorham Recreation Department
COVID 19 precautions

Full day Camp hours are 8:00am to 5:30pm

After school care starts immediately after school until 5:30pm

The camp drop off and pick up procedures are enclosed

Staff will be available outside at drop off locations from 8:00am - 9:00am.

Camp rotations will begin by 9:30. If you will be bringing your camper to camp after 9:00am, or should you arrive and not see a staff member, please call the camp phone to alert staff so they can meet you.

Camp Phone Numbers

- Little Falls Activity - (Great Falls School) 40 Acorn St 207-749-5318
- Summit Church - (Village School)53 County Rd 207-749-5317
- Old Robie School - (Narragansett School) - 668 Gray Rd 207-749-5316
- After School -Great Falls School 207-749-5319
- After School -Narragansett 207-671-1926
- After School -Village 207-730-0660

Sample Full Day

8:00-9:15am Opening meeting. Free time in small groups with counselors

9:30-10:15am Homework time

10:30-10:45am Snack

11:00-11:45am Homework or Rotation activities: STEM, Crafts, Active games

12:00-12:30pm Lunch

12:45-1:30pm Rotation activities: STEM, Arts & Crafts, Active games

1:45-2:00pm Snack

2:15-3:00 Rotation activities: STEM, Arts & Crafts, Active games

3:15-4:00pm Closing meeting Quiet activities, reading, games, journal writing, drawing

4:15-5:30 Free time in small groups

Hand Cleaning

We are taking breaks between every activity to wash our hands or apply hand sanitizer

Temperature scans

Before entering camp staff and campers will have their temperature taken by Gorham staff.

Social Distance

We will focus on small group activities.

Stop Germs! Wash your hands!

When?

Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy. We will be washing our hands at camp:

- After using the bathroom
- Before and after each activity rotation
- After blowing our nose, coughing, or sneezing
- Before, during, and after preparing food
- Before and after eating food



How?



1. Wet your hands with clean running water (warm or cold).



2. Apply soap and lather your hands by rubbing them together with the soap.



3. Scrub all surfaces of your hands, including between your fingers and under your nails.



4. Rinse your hands under clean water.



5. Dry your hands using a clean towel or air dry them.



Soap and water are available at each Gorham Recreation Summer Camp facility. Hand washing stations with soap and water will also be available when we are outdoors. If for some reason soap and water are not available, we will use an alcohol-based hand sanitizer and wash our hands with soap and water as soon as we can.

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Check-in and Drop-off

- Upon arrival at all locations, parents remain in their vehicles and staff will come to the cars to retrieve the kids.
- Staff must do a temperature and PPE check during drop off . Using the CDC guidelines any child with a temperature of over 100 degrees will be asked not to attend camp.
- Staff will make a visual inspection of the child for signs of illness which could include flushed cheeks, rapid breathing or difficulty breathing (without recent physical activity), fatigue, or extreme fussiness.
- Designated Staff member will walk children to the bathroom/hand washing station/ hand sanitizer upon arrival
- All efforts will be made to keep campers confined to contact within their own groups. Each group will be assigned their own location/area for everyday storage, play, and lunch.

PARENT PICK-UP

- Staff will sign child out of camp.
- A counselor will be designated to walk all children back to their cars.
- Ideally, the same parent or designated person should pick up the child every day. If possible, older people such as grandparents or those with serious underlying medical conditions should not pick up children.

- If child appears ill, we will call home immediately. Please be prepared to pick up your child within 45 minutes of receiving phone call.

At After School sites at the Gorham Elementary Schools pick up route will be the same as the route mapped out from your school. Students will be dismissed from the Cafeteria at Village and Narrangansett and from them Loading Dock by the Gym at Great Falls.

Communicable Disease Plan

Employee PPE – All Staff will be required to follow all local ,state and CDC guidelines. Use of wearing a mask while at camp may be mandatory if social distancing cannot be guaranteed. All staff will be provided masks. All cloth masks should be washed daily. Staff may not be required to wear gloves unless performing an activity such as cleaning, first aid, and health checks.
Staff will be required to follow the same Health Checklist as the campers for washing hands.

Employee Training- Staff Training will be conducted both online and in person.

Camper PPE – Will follow CDC Guidelines

Locations – We plan to have no more than 50 per camp location (including staff) during program time.

Hand washing

- At arrival, temperature taken, health checklist , and washing of hands
- Washing hands before and after activities
- Wash hands before and after AM Snack
- Wash Hands before and after Lunch
- Wash Hands before and after PM Snack
- At Dismissal, Sanitize personal belongings
- Dismissal Wash Hands

Lunch– Lunch will be eaten outside as much as possible with designated group areas and each camper maintaining 6 feet apart.

Lines - Will follow CDC Guidelines

Bathrooms - Will follow CDC Guidelines

Activity and Equipment – Each Camp will be broken down into smaller groups following camper to counselor ratio's to be determined by Camp directors and Director of Summer Camps.
Washing of hands and sanitizing of equipment will happen and be determined by the nature of activities.

Use of Playgrounds will follow Maine CDC and National Recreation and Parks Association (NRPA) Guidelines.

Sick or ill campers-

If a child becomes ill during a camp day staff will call home and ask that the child be picked up within 45 minutes of receiving the phone call.

Cleaning and Disinfecting-

Staff will perform daily cleaning with approved wipes or disinfectant on all major touch points in addition to normal daily cleaning routines (trash, re-stocking paper goods, sweeping/cleaning of the floors, etc.) Staff will be required to use gloves while cleaning. All efforts will be made to prevent shared equipment with the entire camp.

Cleaning, Disinfecting, and Sanitizing

Employers, please review the CDC guidance [Cleaning and Disinfecting Your Facility: Everyday Steps, Steps When Someone is Sick, and Considerations for Employers](#)

- Clean surfaces using soap and water. Practice routine cleaning of frequently touched surfaces. High touch surfaces include: Tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.
- Clean the area or item with soap and water or another detergent if it is dirty. Then, use disinfectant.
- Recommend use of EPA-registered household disinfectant.
- Diluted household bleach solutions may also be used if appropriate for the surface.
- Alcohol solutions with at least 70% alcohol may also be used. Soft surfaces: For soft surfaces such as carpeted floor, rugs, and drapes
- Clean the surface using soap and water or with cleaners appropriate for use on these surfaces.
- Launder items (if possible) according to the manufacturer's instructions. Use the warmest appropriate water setting and dry items completely.

OR

- Disinfect with an EPA-registered household disinfectant. Electronics: For electronics, such as tablets, touch screens, keyboards, remote controls
- Consider putting a wipeable cover on electronics.
- Follow manufacturer's instruction for cleaning and disinfecting. If no guidance, use alcohol-based wipes or sprays containing at least 70% alcohol. Dry surface thoroughly.

COVID-19 Prevention Checklist

Phase 1: General Guidance Updated 5/8/2020

In Case of Illness

- Know the signs and symptoms of COVID-19. Know what to do if staff become symptomatic at the workplace.
- Require employees to stay home and notify workplace administrators when sick (workplaces should provide non-punitive sick leave options to allow staff to stay home when ill).
- Consider conducting thermal temperature checks (optional)
- Review, update, or develop workplace plans to include leave policies for people with COVID-19 symptoms.
- When an employee feels ill: Instruct employees to not come to work with symptoms of COVID-like illness.
- Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms or combinations of symptoms may have COVID-19:
 - Cough
 - Shortness of breath or difficulty breathing
 - Or at least two of these symptoms:
 - Fever
 - Chills
 - Repeated shaking with chills
 - Muscle pain
 - Headache
 - Sore throat
 - New loss of taste or smell
 - Becomes ill on the job
- Have a plan for a room or space where the employee can be isolated until transferred to home or health care facility and provide a facemask, if available and tolerated.
- Call 911 for guidance/assistance.
- Notify personnel who came into contact with ill person of their possible exposure to COVID-19 in the workplace, but should maintain confidentiality as required by the Americans with Disabilities Act (ADA).
- Return to work
- Know the current CDC guidance for employee infected by COVID
- Members of the public who become ill while at your business:

- Have a plan for a room or space where individual can be isolated until transferred to home or health care facility and provide a facemask, if available and tolerated.
- Notify personnel who came into contact with ill person of their possible exposure to COVID-19 in the workplace, but should maintain confidentiality as required by the Americans with Disabilities Act (ADA).

For the latest guidance, please visit the U.S. CDC website.

Disclaimer portion of all Rec Programs Registration Forms

By completing this registration I hereby release the Town of Gorham, its employees, officials and agents from any and all liability or loss or damage to personal property that, my child or I may experience in connection with activities sponsored by Gorham Parks & Recreation.

Further, I understand that there are inherent risks and dangers in participating in these programs and I accept the responsibility to provide accident insurance for myself or my child, including ambulance transportation if necessary. I hereby consent to emergency medical procedures deemed advisable for my child in the event I cannot be reached and my child has sustained an injury. Gorham Recreation does not provide accident or hospitalization insurance for participants of its programs. All participants are advised to have adequate personal coverage. Please consider participant's own health, experience, and tolerance for risk before participating in any program. I also consent to the use of my or my child's photo, video, artwork etc. by the department for flyers, presentations videos, etc.

Furthermore, I understand that, while the town of Gorham will take precautions to guard against the spread of COVID19, it is not possible for the Town of Gorham to eliminate all risk of exposure. Anyone attending a Gorham Recreation Department program or activity that is exhibiting possible symptoms of COVID19 will be sent home and not allowed to participate until the end of a 14 day quarantine period. Anyone not following the rules and guidelines outlined by the Gorham Recreation Department, the CDC, or local and state government, may be denied the ability to participate and asked to leave.

Healthy Camp Begins at Home

Here are some things you can do to help your child have a great camp experience.

1. If your child is showing signs of illness such as running a temperature, throwing up, has diarrhea, nasal drainage and/or coughing/sneezing, keep the child home and contact your camp director. This greatly reduces the spread of illness at camp but also supports your child's recovery.
2. Teach your child to sneeze/cough in his/her sleeve and to wash his/her hands often while at camp, especially before eating and after using the bathroom. Teach your child to accompany hand washing with another behavior: keeping their hands away from their face.
3. If your child has mental, emotional, or social health challenges, talk with a camp staff member before camp starts. Proactively discussing a camp's ability to accommodate a child can help minimize – if not eliminate – potential problems.
4. Make sure your child has what they need for school work activities and the camp day. Child should have lunch, snacks, and water bottle each day.
5. Mornings can be chilly and afternoons get quite hot so make sure your child has the clothing needed to be prepared for the day. Talk with your child about wearing appropriate shoes to avoid slips, trips and falls that, in turn, can result in injuries such as sprained ankle.
6. Fatigue plays a part in both injuries and illnesses – and camp is a very busy place! If your child is going to a day camp, please be sure they get enough rest at night.
7. Talk with your child about telling their counselor or camp director about problems or things that are troublesome to them at camp. These helpers can't be helpful if they don't know about the problem

II. Outdoor Restrooms (Permanent and Temporary)

CDC issued guidance for park administrators managing outdoor restrooms on April 10, 2020.

If possible, restrooms should remain open if a park remains open for public visitation. If restrooms will be closed, notify visitors ahead of time so they can prepare appropriately. Ensure that open restrooms are:

- **Operational with functional toilets.**
- **Cleaned and disinfected regularly, particularly high-touch surfaces such as faucets, toilets, doorknobs and light switches.** Clean and disinfect restrooms daily or more often if possible. The [EPA-registered household disinfectants listed here](#) are recommended. Ensure safe and correct application of disinfectants and keep products away from children.
- **Regularly stocked with supplies for handwashing, including soap and materials for drying hands or hand sanitizer with at least 60% alcohol.**

Oftentimes, restroom facilities without running water, such as portable toilets and vault toilets, are not stocked with hand hygiene products. Agencies can rent stand-alone handwashing and sanitizing stations or encourage visitors to be prepared to bring their own hand sanitizer with at least 60% alcohol for use in these facilities.

Based on this guidance, both permanent and temporary outdoor restrooms should be opened when they can be regularly cleaned, disinfected and regularly stocked with supplies for handwashing. Restrooms that have closed should be prioritized in a reopening plan, as they support and promote healthy hygiene and public health.

I. Playgrounds

Cleaning and Disinfection of Playgrounds

CDC has issued [reopening guidance for cleaning and disinfection for outdoor areas](#).

According to CDC, "outdoor areas, like playgrounds in schools and parks generally require normal cleaning, but do not require disinfection." CDC provides the following guidance regarding cleaning of playgrounds and park amenities:

- Do not spray disinfectant on outdoor playgrounds — it is not an efficient use of supplies and is not proven to reduce risk of COVID-19 to the public.
- High touch surfaces made of plastic or metal, such as grab bars and railings should be [cleaned routinely](#).
- Cleaning and disinfection of wooden surfaces (play structures, benches, tables) or groundcovers (mulch, sand) is not recommended.

Reopening Playgrounds

While many outdoor areas do not require additional disinfection measures, playgrounds and park equipment that is frequently touched by multiple people poses another challenge when considering reopening.

CDC specifically cites that "there are additional concerns with outdoor areas that may be maintained less frequently, including playgrounds, or other facilities located within local, state or national parks." Some of these concerns include:

- They are often crowded and could easily exceed recommended guidance for gatherings.
- It can be challenging to keep surfaces clean and disinfected.
- The virus can spread when young children touch contaminated equipment and then touch their unwashed hands to their eyes, nose or mouth.

Based on these challenges, CDC advises park users to [continue not to use playgrounds and other frequently touched equipment](#). Because of the concerns above, NRPA believes that playgrounds should remain closed until there is [no widespread community transmission of the virus](#).