

North Suburban YMCA COVID-19 Policy

At North Suburban YMCA Camp, the health and safety of our campers and staff remain our highest priority. COVID-19 is a contagious respiratory illness that spreads quickly in group settings and still requires careful management. To protect our camp community, we follow a clear COVID-19 policy based on the most recent public health guidance from the CDC and local health departments.

What Is COVID-19?

COVID-19 is a viral respiratory infection caused by the SARS-CoV-2 virus. It spreads through:

- Talking, coughing, or sneezing near others
- Touching contaminated surfaces and then your face
- Close physical contact (hugging, sharing items)
- COVID-19 symptoms can range from mild to severe and can affect children differently.

Common COVID-19 Symptoms

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Sore throat
- Loss of taste or smell
- Muscle or body aches
- Fatigue
- Runny or stuffy nose
- Headache
- Nausea, vomiting, or diarrhea (especially in children)

Our Camp Policy

If a Camper Has COVID-19 Symptoms:

- They will be separated from their group and supervised in a designated rest area.
- Parents/guardians will be contacted for same-day pick-up.
- Testing is encouraged. If positive, the camper should follow the return-to-camp requirements below.

Return to Camp Requirements:

A camper may return to camp when:

- They have been fever-free for at least 24 hours (without fever-reducing medication)
- Symptoms are clearly improving (e.g., reduced cough, increased energy)
- They feel well enough to fully participate in camp activities
- A mask must be worn indoors for 5 days upon return if they tested positive
- No negative test or doctor's note is required unless symptoms persist or worsen.

Siblings Policy

- Siblings may attend camp if they have no symptoms and are feeling well.

- If a sibling tests positive for COVID-19, exposed siblings should:
- Wear a mask indoors for 5 days
- Monitor symptoms daily
- Stay home if any symptoms appear

Prevention at Camp

We reduce the spread of COVID-19 by:

- Encouraging frequent handwashing and hand sanitizer use
- Disinfecting high-touch surfaces and shared equipment
- Promoting cough/sneeze etiquette (into elbows or tissues)
- Keeping windows open and using outdoor spaces whenever possible
- Encouraging masking for those returning from illness or exposure

What You Can Do at Home

- Monitor your child daily for symptoms
- Keep your child home if they feel sick or have a fever
- Test your child if exposed to COVID-19
- Notify us if your child tests positive so we can monitor the group
- Encourage up-to-date COVID-19 vaccination
- Working together, we can keep our camp community healthy, safe, and fun for everyone.