

# Kodiak Family Retreats COVID-19 Protocols



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## INTRODUCTION

At Camp Kodiak Inc. the safety of our retreat attendees, staff and their respective families is our top priority. With this in mind we have established a set of protocols for the 2021 summer that will prioritize safety while still ensuring that all attendees still have an amazing summer and gain as much from the Kodiak experience as they can.

The information surrounding the COVID-19 pandemic is forever evolving. Therefore, our plans, protocols and policies must also continuously evolve. This overview will provide you with as much information as possible at the current time. We will continue to update these protocols as needed and share any updates with you

Before we dive into our COVID-19 overview for 2021, we want to take a moment to thank the Kodiak families and staff, both past and present, for their tremendous support through this difficult year. We are so proud and honoured to be a part of this community, and we can't thank you enough for your continued support.

## OUR APPROACH TO COVID-19

Since the cancellation of the 2020 summer last spring we have been working hard to create policies and procedures that will allow us to host a summer program in the summer of 2021. We have learned that there is no single action that one can take to guarantee that an individual will not contract COVID-19, and there is no way to guarantee that someone will not contract COVID-19 even when best practices are employed. Rather, the best approach is to create an environment where transmission is greatly reduced by creating as many barriers for the virus as possible.

You may be familiar with the “**Swiss Cheese Approach**” to preventing the spread of COVID-19. Like Swiss cheese, every prevention measure has a set of holes. However, when you layer these prevention measures on top of one another, there are fewer holes or weaknesses; the block of Swiss cheese is thicker.

In other words, as we employ more preventative measures, the risk of spreading the virus at Kodiak is mitigated. We cannot guarantee that no one will become infected with COVID-19 this summer, but we will utilize multiple strategies that, when layered on top of each other, create fewer holes for the virus to slip through.

## KODIAK ADMINISTRATIVE TEAM

If you have any questions about our policies, or want to chat further about what this summer will look like, please feel free to reach out to any member of our team.

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You can also reach us by phone at (905) 569-7595 or toll-free at (877) 569-7595.

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## SECTION 1: BEFORE COMING TO KODIAK

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### 1.1 SELF-QUARANTINE BEFORE KODIAK

Prior to travelling to Kodiak all retreat attendees and staff must self-quarantine for seven (7) days.

During quarantine, retreat attendees and staff should take preventative measures including, but not limited to, the following:

- Limiting physical contact with anyone outside of the direct household unless absolutely necessary (e.g. attending school is fine, but attending social gatherings is not)
- Wearing a mask when outside of the home
- Utilizing delivery or curbside pickup only for any stores/restaurants
- Limiting non-essential travel
- Consistently using the COVID-19 checklist (sample is attached) to detect any symptoms

#### **Please note:**

The Canadian and/or Ontario Government may have specific quarantine requirements for families travelling from outside of the country or province. These requirements must be fulfilled BEFORE the beginning of your retreat at Kodiak.

(For example, if the government requires a 14-day quarantine when entering Ontario, these 14 days must be completed before the first day of your retreat.)

### 1.2 SCREENING PRIOR TO ARRIVAL AT KODIAK

All retreat attendees and staff must complete a symptom checklist (attached) for one week prior to their Kodiak arrival date.

### 1.3 COVID-19 VACCINATION

Kodiak recommends that staff and retreat attendees obtain a COVID-19 vaccination, unless prevented by supply or availability of the vaccine.

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## SECTION 2: AT KODIAK

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### 2.1 CABIN-BASED COHORTS

Cohorts at Kodiak will consist of only one family group. Cohorts are only allowed to enter their own cabin and are not permitted to enter any other cabin (including the cabin porch).

### 2.2 OUTSIDE, MASKED, DISTANCED

When retreat attendees and staff are interacting with any individuals outside of their cohort, they should aim to be outside, masked and physically distant.

### 2.3 OUTSIDE

We know that being outdoors is possibly the most important protocol to mitigate the spread of COVID-19. Therefore, we will aim for as much of your Kodiak experience to be outside as possible.

### 2.4 MASKS

In order to ensure the safety of all members of our community and mitigate the spread of COVID-19, masks will be required in the following scenarios:

- Inside the dining hall
- Inside the recreation hall
- Inside the Kodiak office
- During any cross-cohort interactions
- At activities run by Kodiak staff members

If there is only one cohort inside any of the above-mentioned buildings, it is up to the discretion of the Kodiak Administrative Team if individuals can be unmasked in that space.

Masks will NOT be required when:

- retreat attendees are inside their own cabins

- cohorts are outdoors and more than 6 feet apart from other cohorts or any Kodiak staff member
- retreat attendees and/or staff are seated at their own table outdoors and eating
- retreat attendees and/or staff are in the lake (swimming, waterskiing, etc.) or on/in a watercraft by themselves.

“Masks” are defined as face coverings that meet the following standards:

- be made of at least 3 layers
  - 2 layers should be tightly woven material fabric, such as cotton or linen
  - the third (middle) layer should be a filter-type fabric, such as non-woven polypropylene fabric
- are large enough to completely and comfortably cover the nose, mouth and chin without gaping
- allow for easy breathing
- fit securely to the head with ties or ear loops
- are comfortable and do not require frequent adjustments
- maintain their shape after washing and drying

Please note: Multiple masks will be required for each attendee as a mask will need to be changed as soon as possible if it becomes damp or dirty. Please remember that with warmer temperatures, being more active, and being around the water you are likely to need multiple masks per day.

## **2.5 HANDWASHING & HAND SANITIZING**

Proper and frequent handwashing is essential when trying to prevent contracting COVID-19.

There will be hand sanitizer at all activity areas and buildings.

Retreat attendees and staff will be expected to wash or sanitize their hands every time they enter and exit a building or program area.

## **2.6 CLEANING AND SANITIZING**

### **2.6.1 CABINS**

Kodiak staff will undergo training on cabin cleaning and disinfecting protocols during their staff training. They will ensure that cabins are thoroughly cleaned and disinfected between retreats.

## **2.6.2 PROGRAM MATERIALS AND EQUIPMENT**

Any materials or equipment that are shared between multiple cohorts (lifejackets, paddles, sports equipment, etc.) will be cleaned regularly. In addition, hand sanitizer will be provided to retreat attendees and staff prior to, and following, any use of shared materials or equipment.

## **2.6.3 DINING HALL**

The dining hall will be thoroughly cleaned and sanitized before and after every meal.

Retreat attendees and staff will be picking up their meals in the dining hall and then proceeding to our outdoor eating area. In the event of inclement weather, Kodiak staff will direct your family to a covered eating area.

During the meal, retreat attendees and staff will remain seated at their own tables. If an individual must visit the dining hall (for seconds, special diets, etc.), they will wear a mask. Movement in the dining hall will be kept to a minimum.

At the conclusion of the meal, retreat attendees and staff will collect their dishes, platters, leftover food and other items from the meal and place them in the designated area of the dining hall for kitchen staff to retrieve.

## **2.7 HEALTH CARE**

During the 2021 summer there will be no certified medical professionals available on site for retreat attendees. We will have many staff with first aid qualifications who will be able to assist attendees with minor concerns. Attendees may request band-aids or other basic medical supplies from any staff member; however it is recommended that they bring these items as well as pain relievers and other regularly-used first aid supplies themselves.



## **2.8 CABINS**

Retreat attendees and staff will not be required to wear a mask inside their own cabin or on their porch.

## **2.9 DAILY HEALTH SCREENINGS**

All retreat attendees and staff will complete a checklist of COVID-19 symptoms and a temperature check within their cohorts on a daily basis.

Additional health screenings may be added at the discretion of Kodiak Directors.

## **2.10 VISITORS TO KODIAK**

To ensure the safety of our community, we will only be allowing registered attendees on Kodiak property this summer. No additional guests will be allowed to visit.

## **SECTION 3: SUSPECTED SYMPTOMS**

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### **3.1 EXHIBITING SYMPTOMS AT KODIAK**

Should a retreat attendee begin to exhibit any symptom of COVID-19 they will be asked to leave the Camp Kodiak site immediately. Kodiak staff will follow up to discuss prorated refunds and/or rescheduling of the retreat.

### **3.2 EXHIBITING SYMPTOMS AND/OR POSITIVE TEST AFTER YOUR RETREAT**

If a retreat attendee or staff member exhibits COVID-19 symptoms or tests positive for COVID-19 within 14 days of leaving camp, please contact the camp immediately. Kodiak office staff will take appropriate measures to contact trace and contact retreat families and/or staff as necessary. As well, the North Bay Parry Sound District Public Health Unit will be made aware of this information.

## KODIAK DAILY SYMPTOM SCREENER (PRIOR TO YOUR RETREAT)

	SUN	MON	TUES	WED	THURS	FRI	SAT
	20	21	22	23	24	25	26
In the last 14 days, have any retreat attendees with travelled outside of Canada?							
Has a doctor, health care provider, or public health unit told you that an attendee should currently be isolating (staying at home)?							
In the last 14 days, has an attendee been identified as a “close contact” of someone who currently has COVID-19?							
In the last 14 days, has an attendee received a COVID Alert exposure notification on their cell phone?							
Is someone an attendee lives with currently experiencing any new COVID-19 symptoms and/or waiting for the results from a COVID-19 test?							
<b>IS AN ATTENDEE CURRENTLY EXPERIENCING NEW OR WORSENING SYMPTOMS:</b>							
Fever (temperature of 37.8C/100F or higher) or chills?							
Cough or barking cough?							
Shortness of breath?							
Decrease or loss of taste or smell?							
Sore throat or difficulty swallowing?							
Runny or stuffy/congested nose?							
Unusual headaches?							
Nausea, vomiting and/or diarrhea?							
Fatigue or muscle aches?							
Daily Temperature							
Completed by:							
Initials							