



Steve & Shari Sadek Family Camp Interlaken JCC Covid-19 Playbook Summer 2021

Last updated 2/21/2021

Introduction

The information surrounding COVID-19 is constantly changing and evolving, and this Covid-19 playbook is a living document that will constantly change between now and summer 2021.

Camp Interlaken may not look like it does in a typical summer, but we are doing everything to make sure that it feels the same! We believe that the value of bringing our campers and staff together on the shores of Lake Finley, among friends old and new, and participating in a traditional, albeit slightly modified, Jewish overnight camp experience is needed more than ever during this challenging period. **To be successful, there are hundreds of campers and staff relying on each one of us to be committed to Camp's success.**

This playbook organizes COVID-19 best practices published by the [CDC](#) and [American Camp Association \(ACA\)](#), as well as learnings from our own experience in running a number of programs at our JCC including, but not limited to, Youth Summer Programming at Rainbow Day Camp, JCC Student Center, Gan Ami Early Childhood, and our Health Recreation & Fitness programs. This playbook is meant to provide Camp Interlaken JCC families with information about how we are adapting our policies and procedures to mitigate the risk of COVID-19 and minimize the potential spread during Camp. As information changes and evolves, so, too, will this playbook to reflect current information.

In preparation for building our playbook, we consulted with colleagues and professionals in the overnight camp field who operated successfully in 2020. We also carefully reviewed the [CDC's published report](#) on overnight camps that operated in the summer of 2020. This report stressed the importance of a multilayered mitigation strategy, which enabled camps to prevent any secondary spread of the COVID-19 virus using testing, strict cohorting (or pods), and the creating of a stable environment (or camp bubble).

We recognize that regardless of the level of preparation we cannot guarantee that COVID-19 will not be present at Camp Interlaken, but we are confident in our ability to run Camp in a safe and meaningful way. In fact, we are operating as if the virus *will* enter Camp. We intend to run because we believe we can care for campers and staff if they do contract COVID-19, and that we can isolate and stop the virus from spreading if it does enter Camp.

This playbook will address and share how we plan to operate safely this summer. It will include a wide range of topics, including creating and maintaining a safe environment at Camp and an in-depth look at what our program will look like for campers and staff. We strongly recommend reading our COVID-19 Playbook in its entirety, **and for your convenience you can jump to a specific section by clicking the links below:**

[Core Assumptions](#)
[Culture of Compliance](#)
[Creating a Bubble](#)
[Pre-Camp Protocols](#)
[Transportation](#)
[Testing Strategy](#)



Steve & Shari Sadek Family Camp Interlaken JCC Covid-19 Playbook Summer 2021

Last updated 2/21/2021

[Daily Health Screening](#)

[Camp Facility Updates, Sanitization, and Enhanced Hygiene](#)

[Community Structure](#)

[Meals](#)

[Camp Program](#)

[Health & Safety](#)

[Staff Time off](#)

[Communication](#)

[Conclusion](#)

We ask that all parents/guardians review this playbook with their campers.

All staff members must review this playbook during staff orientation.

Core Assumptions

The playbook is based on a set of core assumptions. We recognize that if any of these things change before summer 2021 that our operating principles will likely need to change alongside these common understandings:

1. We believe we can operate safely.

Parents entrust us with that which is most precious to them in the entire world. This trust is a foundation of the partnership we have with all our families and a blessing to us. If at any time throughout the fall, winter, or spring we (staff, medical committee, or Board of Directors) feel we cannot deliver on this most basic promise, keeping everyone safe, we will not hesitate to act accordingly.

2. We believe that we should operate Camp.

There is nothing more important than our *Kehillah*, our community, that spans generations. Together, we will practice *Tikkun Olam*, repairing the world. We will repair the world by providing our future leaders with a respite from the effects of a pandemic impacted world by giving them a safe and health community. We will help them bridge the gap between being socially disconnected and the unifying values of Camp. Our values demand that we run Camp. Jewish overnight camp is an essential social, emotional, spiritual and physical experience for the families we serve.

3. Regulators will allow us to operate.

Camp Interlaken is not only accredited by the American Camp Association, but we also receive an annual operating license as a "Summer Camp" by the Wisconsin Department of Health. We have built and maintained close working relationships with those regulators, and we fully anticipate receiving the "green light" to operate this summer.

4. COVID-19 vaccines will not be widely available to our campers.



Steve & Shari Sadek Family Camp Interlaken JCC Covid-19 Playbook Summer 2021

Last updated 2/21/2021

Based on consultation with medical experts, we do not expect a vaccine to be widely available (if at all) for children under the age of 16. Nor do we anticipate the distribution of vaccines to be even across the geographic markets from which our campers and staff hail from.

5. COVID-19 will remain a public health concern well into the summer.

Numbers of cases, hospitalizations and deaths continue to fluctuate across the country throughout the winter season. National health authorities continue to estimate some return to pre-COVID normalcy in mid- to late-summer. We must operate under the assumption that COVID-19 will still be present in the communities we serve across the world AND that COVID-19 could potentially be present in our camp community too. Our goal is to develop the right protocols for pre-camp screening, onsite testing, and cohort-based programming to prevent large-scale spread, and an ability to handle any cases should one appear. This is not a one-size-fits all approach, but, instead, it should be viewed as a multi-layered system to keep our entire community safe.

6. Testing will be readily available.

We believe that testing (both rapid and standard) will be readily accessible and not cost prohibitive. A major difference between June 2020 and June 2021 will be the availability of PPE and testing supplies. We have already seen rapid tests that are available to us for the summer, and we expect over the next several months for the available supply of accurate rapid tests to increase.

Culture of Compliance

Our goal is to provide the unique Camp Interlaken JCC experience, prioritizing the camper community and family of staff. We are prepared to mitigate the risk of COVID-19, and we are prepared to respond should it impact our community. Using the American Camp Association (ACA) published chart of Non-Pharmaceutical Interventions (NPIs), we will mitigate the risk of COVID-19 both entering Camp and spreading through Camp. Throughout this playbook, we may reference these NPIs and share with you how they impact our plans and protocols for Summer 2021. We expect our staff and campers to comply with Camp Interlaken’s policies. Non-compliance could result in being sent home from Camp per discretion of the Camp Director.

CULTURE OF COMPLIANCE



american **CAMP** association®



Steve & Shari Sadek Family Camp Interlaken JCC

Covid-19 Playbook Summer 2021

Last updated 2/21/2021

Creating a Bubble

Best practices to operating safely during this pandemic include creating as stable of an environment as possible, which means limiting who comes in and out of Camp to the best of our ability. To accomplish that, Camp Interlaken will operate as a closed campus or bubble – once our campers and staff arrive, they will not be allowed to leave. Visitors will not be permitted nor will we be running any camp tours for any prospective families.

Other than healthcare and maintenance staff, the only other outside people who will be allowed into the facility during camp are vendors who provide essential items to camp. These include, but are not limited to propane delivery, food delivery, septic services, and HVAC repair. All such essential vendors, who will not be interacting with any of our campers, will be subject to a health screening and temperature check prior to entering Camp, and they will be required to wear a face mask for the duration of their time on premises.

We are also mindful that for any number of reasons, campers or staff members may need to leave our stable environment to receive additional medical care. In such instances, we will carefully welcome that member back into the community, pending a proper face covering was worn, physical distance was kept, and exposure risk was at a minimum.

Campers or staff needing to leave for reasons other than additional medical care will not be allowed back into the Camp bubble. All circumstances surrounding what takes place while they are gone from Camp will be assessed and an objective determination will be made on a case-by-case basis by the Camp Director and Camp's Medical Committee.

Pre-Camp Protocols

In order to mitigate the risk of COVID-19 entering camp, we ask all campers and staff to take additional safety measures in the two weeks prior to their arrival. These include periods of minimized exposure to anyone outside their household, self-screening, and a COVID test.

SELF-QUARANTINE

All campers and staff must self-quarantine for 14 days prior to their arrival at Camp. For staff, self-quarantine should begin on May 24th (for a June 7th Camp arrival). For campers, self-quarantine should begin on June 8th (for a June 22nd Camp arrival) and July 7th (for a July 21st Camp arrival). During their quarantine, we ask that campers avoid physical contact with anyone outside of their household, unless absolutely necessary. Campers should not participate in indoor sports or other indoor activities like sleepovers or graduation parties.

During the two weeks prior to Camp, we ask other household members to take appropriate social distancing and preventive measures including but not limited to the following:

- Wearing a mask
- Staying 6 feet away from people outside their household
- Washing hands with soap and water frequently
- Utilize curbside store/restaurant delivery services



Steve & Shari Sadek Family Camp Interlaken JCC

Covid-19 Playbook Summer 2021

Last updated 2/21/2021

- Limit non-essential travel

Interlaken staff will undergo a second quarantine which will take place at Camp 14 days prior to campers' arrival.

TEMPERATURE AND SYMPTOM MONITORING

In the 14 days leading up to their camp session, all campers and staff should self-monitor for symptoms related to COVID-19 and check their temperature daily. There will be a temperature and symptom monitoring form to submit prior to Camp that will be reviewed by our camp medical professionals to certify compliance with this policy. We would like to help our campers build habits prior to their arrival so they know what to look for independently while at Camp. We will continue to monitor symptoms during Camp. All campers and staff will be required to be completely symptom-free for at least 24 hours prior to their arrival at Camp without the use of any medication.

NON-ESSENTIAL TRAVEL

All campers and staff should avoid any non-essential travel for the entire quarantine period. If travel outside of the home is absolutely necessary, a face mask should be worn at all times.

COVID-19 TEST

Between 2 – 5 days prior to departing for Camp, all campers and staff must obtain a PCR COVID-19 test and share the results with us prior to their arrival. Only campers and staff who provide proof of a negative molecular PCR COVID-19 test will be permitted to enter Camp. If a camper or staff has tested positive for Covid-19 within the 90 days preceding Camp, please do not test. Please share with Camp the documentation with date showing the positive test result through CampMinder.

Campers and staff can get tested the following ways:

1. A local health department or health care system
2. Using a mail-in testing kit. Interlaken is working with [Vault Health](#) to provide at-home saliva based COVID-19 testing. The testing kit must be ordered ahead of time by visiting [Vault Health's website](#) and ordering a test. Families can submit their invoice to their insurance company for possible reimbursement. Some states (like Wisconsin) receive free testing from Vault. [Click here for more information on Wisconsin and Vault's partnership.](#)

After a COVID-19 test is conducted, the camper or staff should have no contact with anyone outside of their immediate household.

If a member of the Interlaken community exhibits COVID-19 symptoms in the 14 days prior to camp, tests positive for COVID-19 or has COVID-19 symptoms during their intake exam prior to departing for Camp, they will not be permitted to join us at Camp. We will continue to follow the [CDC's recommendations regarding periods of isolation and contagion](#). Based on these guidelines and health department recommendation, a camper who has a positive COVID-19 test within the 14 days before Camp begins can join the Camp community when they have been cleared by the health department.

We understand how much campers love Camp, and we want to share the Interlaken experience with them; it is critical that anyone who exhibits symptoms or tests positive stays home for the safety of the entire Interlaken community.



Steve & Shari Sadek Family Camp Interlaken JCC

Covid-19 Playbook Summer 2021

Last updated 2/21/2021

Transportation

For 2021, we are modifying our regular transportation options for campers to arrive at Camp. **The only Interlaken provided option is to depart out of Milwaukee.** We will not be offering busing from Northbrook, IL, Madison, WI, or Minneapolis, MN. Campers can arrive to Camp via bus, parent drop off, or via flight into the Rhinelander (RHI) airport.

BUS DEPARTURE

The Milwaukee bus will leave from Nicolet High School. For the first two weeks of Camp, each cabin will be a “pod” as they essentially quarantine as a group and travel to activities and meals together while limiting their interactions with other cabins. To ensure we can mitigate the risk of cross-exposure with other cabins, all campers will be traveling to camp BY CABIN on a bus. We do not anticipate that cabins will be required to wear face masks when the campers are on the bus. Approximately one week prior to Camp, Interlaken will communicate with families to let them know when to arrive at bus stop. Departure times will be scheduled and staggered to allow for flights to arrive into Milwaukee as well as for families to travel from Chicago or Madison to Milwaukee.

Upon arrival at the bus stop, campers and parents/guardians should stay inside their vehicles. From outside the vehicle, a staff member will take each camper’s temperature to ensure it is below 100.4 degrees Fahrenheit. Each camper will receive a Rapid Antigen Covid-19 test. They will also be asked the questions listed below before exiting the car. Campers who have a positive Covid-19 Rapid Antigen Test, have a temperature over 100.4 degrees, show COVID-19 symptoms, or have been exposed to COVID-19 in the previous 14 days will not be permitted to travel to Camp.

All luggage should be placed in the trunk of each camper’s vehicle. Interlaken staff members will remove luggage from vehicles and load it onto the bus.

We ask that parents/guardians say goodbye to their camper from inside their vehicle.

Campers should pack a nut-free lunch, snacks, water, face mask, hand sanitizer, and anything non-electronic they would like for the bus ride up to Camp.

PARENT DROP OFF AT CAMP

If interested, parents/guardians can elect to drop their camper(s) off at camp. We will provide exact drop-off times at a later date. Campers should not travel to Camp with individuals who are not members of their household. Exceptions can be made in the case of campers carpooling to camp with other campers who will be in their camp cabin/pod. A staff member will be at Camp’s gate welcoming each camper and family into Camp and directing them towards our maintenance area where we will have a check-in station staffed by members of our health team. There may be a short wait as others check in, so we ask that everyone remains inside their vehicle. Staff will take the camper’s temperature to ensure it is below 100.4 degrees Fahrenheit. Campers who have a temperature over 100.4 degrees, show COVID-19 symptoms, or have been exposed to COVID-19 in the previous 14 days will not be permitted to enter Camp. Campers will be asked the below list of screening questions. Additionally, a Rapid Antigen Covid-19 test will be administered. Upon passing the screening and with a negative test



Steve & Shari Sadek Family Camp Interlaken JCC

Covid-19 Playbook Summer 2021

Last updated 2/21/2021

result, the camper can exit the vehicle, and a staff will help gather their luggage and walk to their cabin to begin their Interlaken experience.

In order to maintain a safe, enclosed environment at Camp, we ask that all others stay in their cars at all times, including to say goodbye to the camper(s). There will not be restroom facilities available to non-campers while at Camp. Each vehicle will exit the maintenance gate to keep traffic flowing smoothly.

FLIGHTS TO RHI

The Rhinelander (RHI) airport is 45 minutes from Camp and has direct flights on Delta from Minneapolis (MSP). Campers can travel to RHI with a layover in MSP, and a camp staff will pick them up from the airport. Once they arrive at Camp, their temperatures will be taken, and they will answer the same screening questions as the campers who arrive by bus or by private vehicle. A Rapid Antigen Covid-19 test will be administered as well. Upon passing the screening and with a negative test result, the camper can exit the vehicle, and a staff will help gather their luggage and walk to their cabin to begin their Interlaken experience.

Campers will be asked the following COVID-19 screening questions prior to being allowed to exit a vehicle and enter the bus or enter Camp:

- Have you come into contact with anyone who has been sick or shown signs or symptoms of COVID-19 in the past 14 days?
- Have you had a fever of 100 or above in the past 14 days?
- Have you recently experienced any loss of taste and smell?
- Have you recently experienced coughing?
- Have you recently experienced any shortness of breath or difficulty breathing?
- Are you experiencing nausea or the feeling that you need to vomit?
- Do you have a sore throat?
- Do you have a headache?
- Do you have any fatigue or body/muscle aches?
- [If all previous questions are answered sufficiently] Are you ready to have an amazing summer at camp?!

TRANSPORTATION HOME FROM CAMP

Following end of session Covid-19 test, our expectation is that we will be able to combine our cohort groups onto buses based on their location. We plan to provide busing to Madison (first session), Milwaukee, Northbrook, Milwaukee Airport & Rhinelander Airport. Parent pickup is also an option. More information will be available in the coming months.

INTERSESSION

Typically, intersession is a time that campers and staff leave Camp and return back to Camp at the start of second session. This year, we have added an additional day to intersession to allow extra time for Camp to be deeply sanitized, for staff to rest, for Camp to reset for second session, and for some additional training for staff before the second session campers arrive. All staff, Ozrim and 8-week campers are required to stay at Camp during intersession. This will help minimize their exposure to Covid-19 before beginning a new session at Camp.



Steve & Shari Sadek Family Camp Interlaken JCC

Covid-19 Playbook Summer 2021

Last updated 2/21/2021

CAMP VEHICLES

All staff members must sanitize high touch areas of vehicles and golf carts before and after use. Interlaken's 14 passenger busses and smaller vehicles will be utilized to travel to and from trip locations. Busses are regularly cleaned and sanitized. Any drivers or trip leaders that are not members of the trip cabin's pod are required to wear an N95 mask while driving with the windows open. Campers and staff will wear masks in the vehicle.

Testing Strategy

Being able to determine whether the virus is present at Camp is a critical component to keeping our stable environment free of COVID-19. We plan on administering a molecular PCR Covid-19 test for the entire camp community on day 5 and a rapid antigen Covid-19 test on day 10.

We will perform rapid antigen tests if anyone in our community presents with symptoms of COVID-19. We will work alongside our medical team and use best practices to determine when to test. At Camp, headaches, sore throats, and other complaints can be regular occurrences and automatically testing everyone when a symptom is present is not a sustainable plan. Anyone for whom it is determined that a COVID-19 test should be administered will be quarantined until the results are known, and their cabin/pod will also isolate away from other pods/groups at Camp.

Camp reserves the right to request that any member of our Camp community who presents with a symptom of COVID-19 be tested to rule out presence of the virus. Best practices indicate that anytime there are two or more symptoms present, where one symptom is a fever, we will require a COVID-19 test to be administered. We will continue to follow best practices and recommendations of the CDC.

VACCINES

At this time, Camp Interlaken cannot mandate that its employees get vaccinated unless the relevant governing body (local, state, or federal) government mandates it. We know that our medical staff will be vaccinated before Camp begins, and we hope that the adults at Camp are also vaccinated before Camp. At Camp Interlaken, the vaccine will be regarded as an additional level of PPE worn by he/she/they who is vaccinated. We will expect that those who are vaccinated comply with all of Camp's Covid-19 policies, and they will receive Covid-19 testing according to the testing strategy of the entire Camp.

Daily Health Screenings

Screenings that ask each member of a pod about symptoms of COVID-19 will be completed daily. These screenings will be completed by the Interlaken Camp Staff after considerable training and orientation from our medical staff during staff training. Anyone reporting a symptom of COVID-19 will be sent to the Health Center for further evaluation.



Steve & Shari Sadek Family Camp Interlaken JCC

Covid-19 Playbook Summer 2021

Last updated 2/21/2021

Camp Facility Updates, Sanitization, and Enhanced Hygiene

- Hepa Air Purifiers will be in each cabin and all public buildings including wash houses (ventilation).
- Each cabin has ceiling fans and windows that will be opened for constant airflow (ventilation).
- We have replaced all our water fountains around Camp with touchless water bottle fillers, and we will not use the drinking fountains this summer.
- Our maintenance team is installing a large handwashing station behind the *chadar ochel* (dining hall) in the center of Camp so that every camper can wash their hands between every activity and before and after meals. All attendees will receive instruction on hygiene measures such as cough and sneeze etiquette and hand hygiene, with the requirement to clean hands with soap and water or hand sanitizer containing a minimum of 60% ethanol or 70% isopropanol.
- Hand sanitizer stations will be at each cabin and inside and outside of public buildings so campers and staff can “sanitize in” and “sanitize out” of each activity area. Pumps of sanitizer will be placed in spaces that don’t have an installed sanitizer station. (hand washing)
- A satellite health triage center has been established to address bumps, bruises, and scrapes to minimize the number of campers going to the health center.
- Electrostatic Sprayers with EPA hospital-grade disinfectant will be used to disinfect wash houses, boats, the *chadar ochel* (dining hall), and the health center multiple times a day. (disinfecting and cleaning)
- Wash houses will be sanitized frequently throughout the day in between deep-cleaning to ensure frequently touched surfaces remain clean.
- Wysi Wash sanitation systems will be used to clean all equipment (sports equipment, lifejackets, paddles, etc.) and public spaces multiple times a day. (disinfecting and cleaning)
- Door knobs, handles and other commonly touched areas will be disinfected regularly.
- Every space that we are using will have its own spray bottle of disinfectant as well. Interlaken uses disinfectants that are on the CDC and EPA lists of approved products to be effective against COVID-19.
- Additional signage will be posted throughout Camp as a reminder of health protocols.

Community Structure

Based on expertise from local, state, and federal health officials, our own JCC’s experience of running successful programs, experience of camps that operated safe and successful 2020 seasons, and industry best practices, we have developed a community structure for the summer designed with our goal in mind of mitigating the risk of and managing the potential spread of Covid-19.

PODS

A pod is like the immediate family; they do not need to wear a mask when around one another. To limit exposure, cabins will become pods. Cabins, or pods, will generally have 10-14 campers and 3-4 staff. We came to these numbers based on the size of the cabins, allowing for comfortable conditions and room between beds, while maximizing safety and maintaining appropriate supervision. Within their cabin, campers will be required to sleep in opposite directions. The head of the camper in the top bunk will be opposite the position of the camper in the bottom bunk (head-to-toe and toe-to-head).



Steve & Shari Sadek Family Camp Interlaken JCC

Covid-19 Playbook Summer 2021

Last updated 2/21/2021

During the first two weeks of camp, while there will be some choice to activities, all activities will be pod-based. All of K'far Noar (10th grade) will be a pod, and the entire Ozrim group will be a pod. Non-cabin staff will also be in their own pods based on where and with whom they live. Our Leadership Team and Administrative Team will also be separated into pods based on their housing, and our executive staff will likely not be podded with anyone to minimize their exposure. Essential staff who support the overall operation of Camp, i.e., Leadership Team, camper care specialists, etc., will only interact with pods outside or in well-ventilated interior settings throughout Camp. All essential staff will ensure physical distancing with members of each pod and will wear a face mask at all times when outside of their living quarters.

COHORT

A cohort is a larger group that may exist in the same space, but they will remain distanced and masked. Cohort groups may exist after the first two weeks have ended at Camp. Once we enter the second half of each session, if testing and preventive measures have been successful, we may provide some programming for larger groups while still maintaining a safe distance between pods and requiring campers and staff to wear masks. A cohort may be the size of an entire grade or a unit: Shoresh (3rd – 5th grade), Tzomaych (6th – 7th grade), Sha'ar (8th – 9th grade), and K'far Noar (10th grade). When/if Camp opens up to masking in cohorts, we will remain in our pod groups with more flexible regulations so that we can continue to contact trace if necessary. We will defer to guidance from the CDC, ACA, our medical committee, and the Vilas County Health department regarding appropriate cohort group sizes.

OUTSIDE, MASKED & DISTANCED (2 OF 3)

The most important philosophy that we have adopted to mitigate the potential spread of Covid-19 at camp is to be two out of three: Outside, Masked & Distanced. For any cross-pod interactions, campers and staff should aim to observe at least two of the three following rules: wear a mask, be outdoors, be physically distanced (at least 6 feet apart). There will be moments when doing all three is not possible. In that event, it is critically important that the other two options are observed. Our staff will be trained to implement these guidelines with their campers.

Not all three options are created equal. Being outdoors is the most important. We will do our best and are planning as much programming outdoors as possible including mealtimes.

MASK WEARING POLICY

All campers and staff will be required to wear a minimum of 2-layered cloth masks inside all buildings except for when they are eating, showering, and when they are inside their cabin with their pod. Additionally, masks will not be required when campers are swimming or if they are the only pod at an activity area that is being facilitated by their counselors.

The general rule at Camp is “if you mix, you mask:” anytime a camper might mix with anyone outside their pod, they must be masked. Campers and staff should plan to carry a drawstring bag to hold an extra mask, hand sanitizer, a water bottle, sunscreen, bug repellent, etc.

Please send 10-15 cloth masks per camper, a box of 50-100 disposable masks, and a mask-lanyard holder for the camper to wear around their neck when/if they remove their mask. Gaiter masks will not be accepted. All masks must be legibly labeled with first and last name. Each camper should bring a



Steve & Shari Sadek Family Camp Interlaken JCC Covid-19 Playbook Summer 2021

Last updated 2/21/2021

zippered lingerie bag to Camp that is legibly labeled for their masks to be washed. We will wash masks weekly by pod.

If the recommendation of the CDC is to double-mask during the summer, Camp will provide a disposable paper mask for each camper each day to wear with their own cloth mask.



SHOWERS AND WASH HOUSES

There will be designated times for each pod to use a specific wash house to shower. Campers should not share bathroom supplies (towels, soap, toothbrushes, etc.). Campers need to bring their own supplies and a container for toiletries to be stored in for the duration of Camp.

Campers and staff will use their designated wash houses to shower, get ready for the day, and get ready for bed. Campers and staff can use any Camp wash house to go to the bathroom while wearing a mask. They must sanitize in, wash their hands after using the bathroom, and sanitize out.

Meals

Camp Interlaken uses a third-party vendor, Wolfoods, to operate food service at Camp. The company operated at a few camps during the summer of 2020, and they will build upon their experience from 2020 to provide safe meal service.

During the first week of Camp, meals will be served to each cabin in a pack-out style. After the first week, meals will be served cafeteria style. We will have staff servers to optimize choice without sacrificing safety. Nosh (our afternoon snack) and evening snack for staff will still be part of our food service. While the variety of options we have had, such as the salad bar, may be limited, we will create



Steve & Shari Sadek Family Camp Interlaken JCC

Covid-19 Playbook Summer 2021

Last updated 2/21/2021

choices and provide for special dietary needs as we have always done. Campers and staff will have access to salad bar and breakfast bar items at each meal, but they will not be served in the traditional salad bar style. Our sunbutter & jelly stations will also be converted, and campers and staff will have the ability to pick from several different types of pre-made sandwiches (SB&J, SB only, Jelly only, different types of bread, etc.).

Meals and time spent in the *chadar ochel* (dining hall) are a special aspect of the Interlaken experience. This will be an area that will likely look noticeably different this summer. Meals will be served with recommended community mitigation strategies. This will include staggered times and utilizing outdoor dining spaces. Campers and staff will be required to bring their water bottles to meals. Windows, fans and an exhaust system will allow appropriate air flow in the *chadar ochel*.

Camp Program

We are prepared and excited to provide a unique Interlaken experience similar to that of summers past, with a full complement of engaging camp activities, skill development, and personal growth while creating opportunities for social interactions. To accomplish this, we will need to make some adjustments in how we deliver our programs. We will remain flexible in our programming and will be prepared to quickly pivot based on the needs and interests of our Camp community.

DAILY SCHEDULE

Campers and staff will continue to enjoy a full daily schedule that includes five (5) activity periods within their pods. To make sure we can provide every camper with the same opportunities they are accustomed to, we will introduce a split schedule for this summer. Campers in *Shoresh* and *Tzomayach* will have a different daily schedule than campers in *Sha'ar* and *K'far Noar*. Length of activity periods will be the same, but they will be staggered to allow us to space out our pods at each program area. As part of these different schedules, both *Sha'ar* and *K'far Noar* will have later wake-up times than *Shoresh* and *Tzomayach*.

CHUGIM

While we typically let campers choose their own individual schedules, during the first two weeks when we are in cabin pods, the pods will be assigned to activities to attend together. At the start of each week, the cabin will fill out an activity request sheet that will be used to design their schedule. We still want to be able to give the campers some say in their cabin's assigned activities. Each schedule will be 3-days long giving our campers the opportunity for some skill development and achievement.

Should we successfully complete our 2-week pod quarantine based on testing results and best available health standards at the time, we will shift to our cohort-based phase, where the campers will be able to choose individual schedules for their activities, which will be grouped by masked cohort.

We are examining how each activity may need to be modified to ensure health and safety of our camp community. Each activity area will have adjusted plans that follow all ACA, CDC, and our medical committee recommendations.

EVENING PROGRAMS



Steve & Shari Sadek Family Camp Interlaken JCC

Covid-19 Playbook Summer 2021

Last updated 2/21/2021

A staple of our program is creative and fun activities that take place after dinner. Evening programs are always with different groups: cabin, unit, all camp, etc. For the first two weeks of Camp, each pod will participate in its own evening programs. However, some programs may be delivered to multiple groups where each pod is able to participate in parallel activities while maintaining proper social distancing. Some of our favorite all-camp programs such as Capture the Flag, Talent Show, Silent Disco, etc., will continue to exist in modified form in and done so in a safe and responsible way that keeps our pods intact.

SHABBAT

Shabbat links us as a Jewish community. Gathering together, dressed up, as we welcome in Shabbat is a highlight for us every summer. This summer will not be any different. *Shoresh* and *Tzomayach* campers will enjoy a delicious Shabbat dinner while *Sha'ar* and *K'far Noar* campers celebrate Shabbat together with Kabbalat Shabbat services in our sacred *Makom Ha Lev* (amphitheater). After dinner, *Shoresh* and *Tzomayach* campers will go to *Makom Ha Lev* for their Kabbalat Shabbat services while *Sha'ar* and *K'far Noar* eat dinner. After, song session and Israeli dancing will commence on the athletic field where each cabin will sing and dance together distanced from all other cabins. On Saturday morning, campers and staff may celebrate Shabbat with alternative services by cabin (ie, Shul in the Pool, Meditation and Yoga, etc.) or Camp may be split into two different services where one group enjoys our sacred *Makom Ha Lev* and the other group enjoys the serenity and peace of celebrating Shabbat at the Girls Campfire Circle.

ALL-CAMP PROGRAMMING

We are still going to offer our signature all-camp programs, like Maccabiah, Yom Ha Finley, and *K'far Takes Over* (KTO). While they will look different, they'll be just as memorable. Between now and the start of Camp, our program staff team will be hard at work to maintain the unique spirit of these experiences while at the same time balancing the required best practices in health and safety.

TRIPS

We may offer low-risk day trips by pod to areas near Camp where physical distancing from the public is possible. Locations include state parks, local beaches, various low-use hiking trails, and local riverways. Each trip will have a tripping specialist who is required to wear a mask and remain physically distant from the cabin unless an emergency arises.

INCLEMENT WEATHER

We intend to spend as much time outside as possible this summer. In light dew (it never rains at Interlaken, it's only heavy dew), regular activities will continue in their normal locations. If weather becomes unsafe or severe, programming will shift to pod-based indoor activities. Pods will rotate from in-cabin or small indoor space activities to larger indoor spaces that may be shared with the cohort while wearing masks and keeping at least a 6ft distance. In the event of an emergency weather situation, safety procedures will override Covid-19 protocols when necessary.

Health & Safety

The Health Center is always an important part of our plan to safely operate each summer. In 2021, our medical staff will continue to provide medical care for our entire camp community, while helping us stay



Steve & Shari Sadek Family Camp Interlaken JCC

Covid-19 Playbook Summer 2021

Last updated 2/21/2021

safe from COVID-19. Our medical team's goal is to deliver high quality care without sacrificing the safety protocols established to protect everyone involved.

In an effort to make sure we can accommodate the proper physical distancing between pods, our camp nurses will greet any camper or staff member outside on the porch, before welcoming them inside. This allows our medical team to assess everyone quickly and then provide them space inside our health center to get the care they need, while keeping our established pods intact.

On the first day of Camp, all campers and staff will receive orientation to learn the process for visiting the Health Center.

HEALTH CARE STAFF

Our medical staff will be living at Camp inside of our bubble. While interacting with any of our campers and staff, our vaccinated medical staff will wear appropriate PPE, such as face masks and shields, at all times, following the protocols and procedures that hospitals and urgent care facilities are using during the pandemic. This will allow them to safely interact with any member of our camp community needing medical care.

CAMP DOCTORS

The Interlaken Medical Team has been traditionally comprised of our camp nurses and a visiting volunteer physician from within our extended camp community. We have increased the number of nurses at Camp from 3 to 5. We will continue to rotate vaccinated Camp Physicians into camp.

MEDICATION DISTRIBUTION

This summer will be no different in our ability to meet the needs of our campers taking regular medications, both prescribed and OTC. CampMeds will be **required** for every camper and Ozo. If CampMeds cannot be used for insurance or specific medication reasons, CampMeds will contact Camp, and a Camp medical committee member will communicate alternative options to parents/guardians. No medication will be allowed to be kept in the cabin, including any over-the-counter medications.

SATELLITE HEALTH CENTER

A satellite health triage center has been established to address bumps, bruises, and scrapes to minimize the number of campers going to the health center. This location will be staffed full time by a member of our medical team.

TREATING INJURIES

The daily adventures at Camp unfortunately result in the occasional injury. Nearly all injuries are minor and do not require any additional medical treatment. To support our staff in cleaning simple scrapes and cuts, first aid kits will be stocked in every program area and cabin, just like in previous summers. Interlaken staff will be trained and encouraged to treat these minor injuries with supplies from the first aid kit, keeping campers together and engaged in program activities as often as possible. Injuries requiring attention from our medical team will continue to take place by our camp nurses – either on site, at our satellite health center, or at the Health Center.

ILLNESSES



Steve & Shari Sadek Family Camp Interlaken JCC

Covid-19 Playbook Summer 2021

Last updated 2/21/2021

Over the course of any camper or staff member's time at Camp, there will be times when they are not feeling 100%. Our medical team is there to return them to full health and back to their cabin group as quickly and as safely as possible. All campers and staff will be assessed based on the symptoms present and an appropriate course of treatment will be determined. Every camper or staff member who reports an illness will have their temperature taken. This is standard practice at any doctor's office or camp health center.

COMMUNICATION WITH PARENTS

Partnering with the parents of our campers is an important part of our medical program at Camp. We will only notify you by phone for any of the following reasons:

- We consider taking your child out of Camp for medical reasons (ER visit, x-rays, etc.)
- Our Camp physician would like to place your camper on any prescription medications
- If your camper will be spending the night in the Health Center
- If our medical staff believes that a change to an existing treatment plan is appropriate

QUARANTINE AND ISOLATION AT CAMP

While we are taking necessary and required precautions prior to everyone's arrival, as well as implementing the best cleaning and sanitation practices available, we need to be prepared for the event that someone at Camp will present with a symptom of COVID-19.

In the event that we need to quarantine a single member of a pod at any point during the summer (due to experiencing COVID-related symptoms or a positive COVID-19 test), they will be quarantined at Camp in our Health Center, where there are private rooms, a bathroom/shower, and laundry available. We have intentionally left two cabins empty to accommodate additional campers or staff who need to be quarantined. Based on guidance from our medical team, the pod where that camper or staff member came from may need to begin isolating as well.

Whenever an entire cabin group/pod is isolating and is completely symptom-free, they will still be able to participate in Camp activities away from other pods. Our program team will adjust schedules as need to ensure that a full days' worth of activities still takes place. During group isolation, meals will be delivered to them at one of our outdoor dining locations or directly to their cabin.

The decision to end any quarantine or isolation will be at the direction of the medical team based on recommendations for doing so by the CDC.

CONFIRMED CASE OF COVID-19

In the event that we confirm a positive case of COVID-19 at Camp, we will continue to follow the quarantine and isolation procedures established while also notifying the family involved, the families of those in that specific camp pod, and the Vilas County Health Department, and the COO and CEO of the Harry & Rose Samson Family JCC.

During a quarantine triggered by a positive case of COVID-19, Camp will administer daily screening for everyone in the "impacted" pod and keep the pod separate from the rest of the Camp for up to 14 days based on recommendations by the CDC and health department. If any symptoms are reported or a



Steve & Shari Sadek Family Camp Interlaken JCC

Covid-19 Playbook Summer 2021

Last updated 2/21/2021

second positive case is confirmed through testing, we will restart our quarantine timeline and repeat the steps taken from the first positive case.

Whenever an entire cabin group/pod is isolating and is completely symptom-free, they will still be able to participate in Camp activities away from other pods. Our program team will adjust schedules as need to ensure that a full days' worth of activities still takes place. During group isolation, meals will be delivered to them at one of our outdoor dining locations or directly to their cabin.

If a camper receives a positive Covid-19 test with 10 days or less left of their session at Camp, they should be picked up by their parents to return home.

COVID-19 SYMPTOMS

Through the resources available to us, we understand that the primary symptoms of COVID-19 may include one or more of these symptoms:

- Fever of greater than 100.4 degrees Fahrenheit
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscles or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. We will continue to update this list as the CDC updates theirs.

HIGHER RISK FOR COMPLICATIONS

If a camper or staff member is at higher risk for COVID-19 complications, we highly recommend they consult their medical provider to assess if it is appropriate for them to attend Camp Interlaken this summer. Those at higher-risk of serious illness from COVID-19 may have conditions that include, but are not limited to:

- Asthma
- Chronic kidney disease undergoing dialysis
- Chronic lung disease
- Diabetes
- Liver disease
- Immuno-compromised
- Immuno-compromised as a result of a condition, such as:
- Bone marrow or organ transplantation
- Cancer treatment
- Immune deficiencies
- Poorly controlled HIV or AIDS
- Prolonged use of corticosteroids and other immune weakening medications
- Smoking
- Serious heart conditions
- Severe obesity (body mass index of 40 or higher)

For a full list of conditions that may cause serious illness, please visit the [CDC Website](https://www.cdc.gov).



Steve & Shari Sadek Family Camp Interlaken JCC

Covid-19 Playbook Summer 2021

Last updated 2/21/2021

Staff Time Off

Per normal camp procedures and ACA standards, staff members will take one day and one night per week off. However, in order to preserve the camp quarantine bubble, their time off will be organized and coordinated by Camp Interlaken to avoid interaction with anyone from the public. This may include coordinated events on camp property or chaperoned trips to areas off-camp property where staff can physically distance from the public. During their time off, staff must continue to observe the “2 of 3” rule – outdoors, masked and distanced at all times as there may be occasions where staff members from different pods are on time off together. Staff are still subject to all COVID-19 protocols on time off, whether in or out of Camp.

Communication

We know that communication is critical to all that we do. It is important to us that we partner with our parents and families to ensure social, emotional and physical well being of all campers. Summer 2021 will be no exception, and here are our initial communication plans.

1. During the offseason, we plan to schedule online “town hall” meetings
 - a. October when we open registration
 - b. February to share playbook
 - c. May to share playbook updates and prepare for summer
 - d. Monthly with our summer staff beginning in November 2020.
2. Parents/guardians will be kept informed throughout each session about COVID-19 testing, isolation and quarantine measures if required, as well as the usual communication throughout the summer (blogs, photos, emails, etc.)
3. If a camper or staff tests positive for COVID-19 while in our care, all parents with campers and staff on site will be notified via email and identify the specific measures we are taking to address the situation.
4. Any parent with campers in close contact with a positive COVID-19 case will be notified directly.
5. Every summer, if a camper needs to be kept overnight in the health center, we notify parents, and this summer will be no different.

Mail, Packages, and Deliveries at Camp

Mail and Camp Stamps (one-way email communication through CampMinder) are strongly encouraged! Packages are not permitted at Camp per our package policy that was introduced in the summer of 2019. Click to view [Interlaken’s package policy](#). We will request that UPS, FedEx, USPS leave any mail or packages outside our gate.

Conclusion

Thank you for taking the threat of COVID-19 seriously. Thank you for quarantining before Camp. Thank you for sharing the new policies and procedures with your campers and making sure they understand them. Thank for you for reading through our playbook. This plan is written to reflect what Camp would look like if it were to run today. We are regularly updating this document to reflect any changes made to policies and best practice recommendations to prevent the spread of COVID-19. Check back frequently for our most current plans.



Steve & Shari Sadek Family Camp Interlaken JCC

Covid-19 Playbook Summer 2021

Last updated 2/21/2021

Lastly, we wanted to say thank you in advance for partnering with us to deliver the best possible experience for our campers and staff. The past year has presented our community with challenges that we have been able to overcome by sticking together at a distance and protecting each other. Thank you for trusting us to be a part of your village. We cannot wait to see your camper on the shores of Lake Finley this summer. Until then, stay safe, sane, and healthy!