



Health and Safety at YMCA Camp Elphinstone

The health and safety of your child is our first priority. We comply with various health and safety regulations and industry standards to ensure that we offer a safe environment.

Our YMCA Camp Elphinstone location boasts:

- Nationally certified lifeguards to supervise our waterfronts.
- A well-equipped Wellness Centre with staff trained to handle emergencies, including a full-time Wellness Director.
- A nearby medical clinic for other emergencies.
- A kitchen that not only offers nutritious and well-balanced meals but also ensures dietary concerns are addressed. Our kitchen is regularly inspected by the regional health authority and our cooks are FOODSAFE certified.
- A high ropes course and climbing tower built, inspected and operated according to the standards of the Association of Challenge Course Technology.
- BC Camps Association accreditation.

Please note that the YMCA does not guarantee a nut-free facility. If your child has a nut allergy, please contact us.

Communicable Disease Prevention:

This guidance applies to staff, volunteers, participants, clients, families, and contractors. People returning from international travel may be subject to additional, individual requirements as set by the Federal Government.

Principles

1. Everyone is to self-monitor their health

- Staff, campers, families, and guests should not attend or visit camp if they are experiencing symptom(s) of illness, such as fever, vomiting, diarrhea, coughing, muscle aches, sore throat, etc. until they have been resolved in accordance with the guidance from the BC Centre for Disease Control at bccdc.ca.
- Please stay away until your symptoms are resolved AND you are feeling well or otherwise advised by a healthcare provider. If you are unsure or concerned about your symptoms, connect with your health care provider or call 8-1-1.
- During camp, campers who are experiencing symptoms related to a communicable disease and identified as needing to isolate must be picked up immediately from camp.
- Appropriate infection control precautions will be taken while the camper is preparing to leave the premises, including the use of appropriate hand hygiene and cleaning/disinfection of surfaces soiled with bodily fluids. They may use a mask if they are experiencing

respiratory symptoms.

2. Personal Hygiene

All campers and staff/volunteers are to:

- Perform regular hand washing/sanitizing, including after using the washroom, doing cleaning activities or garbage removal, after sneezing into your hand, and before and after preparing food. Refer to the [Clean Your Hands](#) poster.
- Follow routine practices for possible exposure to blood or body fluids.

3. Respiratory Etiquette

- Cough/sneeze into your elbow sleeve or a disposable tissue. Throw away used tissues and immediately perform hand hygiene.
- Refrain from touching eyes, nose, or mouth with unwashed hands.
- Refrain from sharing any food, drinks, or unwashed utensils.

4. Cleaning

Cleaning of shared surfaces is completed at a minimum of once per day, and many frequently shared areas are cleaned more often as needed.

5. Get vaccinated

While the YMCA encourages everyone to follow the BC Centre for Disease Control recommendations for protection against any disease appropriate to your age, work, or personal circumstances, COVID-19 vaccinations are not mandatory for participants and families.

6. Face coverings/masks

Face coverings/masks are not required, but may still be worn by choice for anyone older than 2 years of age. Please be respectful of this personal choice.

7. Ventilation and Air Exchange

All mechanical heating, ventilation and air conditioning (HVAC) systems are designed, operated, and maintained as per standards and specifications for ongoing comfort, and they are working properly. Windows may be opened when the weather permits if it does not impact the functioning of ventilation systems.

8. Getting outside

Respiratory illness is more easily spread between people who are in close contact as respiratory droplets or aerosols can move between people more efficiently. Getting outside offers the ability to spread out, while the breeze can disperse and dilute infectious particles.

Campers Leaving Camp:

Campers meeting the below criteria will be required to self-isolate and be picked up from camp for a minimum of 48 hours and up to 5 days:

- Any camper with two or more symptoms related to COVID-19 not otherwise explained by pre-existing conditions or circumstances.
- Any camper with a fever.

If your camper becomes ill at camp, it is expected that a family member or emergency contact be available to pick the camper up from camp within 12 hours of initial contact with camp. We do not provide COVID-19 tests at camp, nor do we accept negative tests as proof to return to camp.

Campers Returning to Camp:

Campers who have been sent home for communicable disease symptoms may return to camp after 48 hours from the time they depart camp if they meet the below criteria:

- Their symptoms have improved.
- They no longer have a fever.
- They feel well enough to return to regular camp programming.

Updated January 11, 2024