

COVID-19 Document for Camps

Disclaimer

This document will be subject to change from time to time – please check the version and date stamp before use.

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Introduction

Camps provide a tailor-made solution to the mental and physical health problems associated with social isolation. There is no better way to reconnect with friends, fellow students and others than through the shared camp experience. Research shows that camps for young people can help decrease anxiety, increase efficacy, and improve connection with peers and with schools – all valuable outcomes as we reintegrate students into schools and the wider community.

Camps make a significant contribution to the life of children and adults alike, as such Log Cabin Camp is committed to providing a fun and safe environment for all campers, staff, and guests.

This practical guidance and advice document has been prepared to help manage the risk of coronavirus (COVID-19) transmission during and immediately following the COVID-19 pandemic. It is not exhaustive in its scope and will be updated as new information comes to light and as lockdown stages, social isolation measures and government health advice change.

It has been collated using information previously published by a variety of sources both here in Australia and overseas.

Log Cabin Camp acknowledges these sources, which are listed at the conclusion of the document.

Log Cabin Camp notes that Department of Education and Training (DET) directives relating to camps and excursions are different in each state, and that independent schools may choose to take a different approach to that directed by a DET. DET directives will be governed by advice from various state Departments of Health.

We also note that directives that apply to schools may not apply to community groups, who will be governed by the various federal and state mandates relating to social distancing, group sizes, travel restrictions and vaccination status.

The Victorian Government removed Pandemic Orders in October 2022. As such many 'rules' have changed to 'recommendations'.

¹ Outdoor Youth Programs Research Alliance – www.oypra.org.au

What are the symptoms of COVID-19?

A coronavirus infection can cause mild to severe respiratory illness. The most common coronavirus (COVID-19) symptoms reported are:

- fever
- breathing difficulties and breathlessness
- cough
- sore throat
- runny nose
- fatigue or tiredness.

COVID-19 is most likely to spread from person-to-person through:

- Current evidence suggests that the virus spreads mainly between people who are in close contact with each other, for example at a conversational distance.
- The virus can also spread in poorly ventilated and/or crowded indoor settings, where people tend to spend longer periods of time.
- People may also become infected when touching their eyes, nose or mouth after touching surfaces or objects that have been contaminated by the virus.

If you develop a fever, cough, sore throat, runny nose, tiredness, and shortness of breath, you should immediately get tested for covid. You can use either a rapid antigen test (RAT) or a Polymerase chain reaction (PCR Test). You must remain isolated in your home while awaiting PCR Test results, and if you receive a positive result from either a PCR test or RAT you must remain at home until the department of health and human services informs you that you are no longer required to isolate.

Contact your doctor if you need medical care. Your doctor will liaise with public health authorities to manage your care.

For more information about the transmission and symptoms of COVID-19, see

https://www.coronavirus.vic.gov.au/symptoms-and-risks

Camp Management Responsibilities to Staff

Due to working in close proximity to other people and the potential to come in contact with potentially contaminated surfaces, steps must be taken to reduce the risks of exposure for camp staff.

Log Cabin Camp management has a duty to provide and maintain, so far as is reasonably practicable, a working environment that is safe and without risks to the health of employees. This includes preventing, and where prevention is not possible, reducing, risks to health and safety associated with potential exposure to COVID-19. As such Log Cabin Camp has provided COVID-19 training through an endorsed government body for all staff and continues to keep staff update with current government advice and requirements/restrictions.

Log Cabin Camp follows the same government mandates that are issued for Victorian schools. Staff and are strongly recommended to ensure they keep up-to-date with all recommended and available COVID-19 vaccinations as vaccinations are the best way to protect individuals, families and school communities from the severe effects of COVID-19 and reduce the spread of the virus.

Vaccination is no longer mandatory for staff or visitors in any Victorian school, including specialist schools. As the pandemic orders end, the shift is to public health recommendations and individual responsibility. Health and safety obligations remain

Legal Duties

Log Cabin Camp acknowledges that it has a duty of care under the various Occupational Health and Safety (OH & S) and Workplace Health and Safety (WHS) Acts, which include that, so far as is reasonably practicable we will:

- Provide and maintain a working environment that is safe and without risks to the health of employees and independent contractors.
- Provide adequate facilities for the welfare of employees and independent contractors.
- Provide such information, instruction, training or supervision to employees and independent contractors as is necessary to enable those persons to perform their work in a way that is safe and minimises risks to health.
- Monitor the health of their employees.
- Monitor conditions at any workplace under their management and control.
- Provide information concerning health and safety to employees, including (where applicable) in languages other than English.
- Ensure that persons other than their employees are not exposed to risks to their health or safety arising from the conduct of the employer's undertaking.
- Consult with employees on matters related to health or safety that directly affect or are likely to directly affect them.

Regardless of whether or not they are an "employer" for the purposes of the relevant Act, a person with management or control of a workplace must and will ensure, so far as is reasonably practicable, that the workplace and the means of entering and leaving it are safe and without risks to health.

Employees also have duties under the relevant Act, which includes that they must:

- Take reasonable care for their own health and safety and that of persons who may be affected by their acts or omissions at a workplace.
- Co-operate with their employer with respect to any action taken by the employer to comply with a requirement imposed by or under the Act.

Identifying Risks at Camps

Management will identify the level of risk to the health of employees from exposure to COVID-19 at their workplace.

This will be done in consultation with employees, so far as is reasonably practicable.

Some activities that may pose a risk of exposure to COVID-19 include:

- work that requires employees to be in close contact with others, especially indoors.
- using shared tools or equipment,
- sharing facilities such as bathrooms, kitchens, and communal break areas.

Controlling Risks

Management has a duty to provide and maintain, and will so far as is reasonably practicable, a working environment that is safe and without risks to the health of employees. This includes preventing, and where prevention is not possible, reducing risks to health or safety associated with potential exposure to COVID-19.

Management will provide information and brief all employees and contract staff, including catering and cleaning staff, on relevant information and procedures to prevent the spread of coronavirus to people in the camp setting.

Screening Staff and Groups

Log Cabin Camp requests all schools and community groups to screen all campers prior to coming on camp, we request that no one should come on camp if they have COVID-19 or are awaiting a COVID-19 test results, in order to minimise the introduction of COVID-19 to a camp. These are detailed in the Risk Register component of this document, below.

Schools are responsible for this non-mandatory testing campers and teachers before camp and during camp if campers develop symptoms.

Information for guests and staff at camp

- 1. For parents of children attending camp if your child is sick, please do not send them to camp. Keep them at home and away from others to help minimise the spread of COVID-19 or any other virus.
- 2. For children on camp tell your teacher or a camp staff member if you are feeling sick.
- 3. The greatest risk of transmission in the camp environment is between adults. It is requested that camp staff, accompanying teachers and other adults should maintain physical distancing 1.5m between themselves and each other at camp wherever possible and staying outdoors as soon as possible, only if that does not affect safety of campers, leaders and Log Cabin Camp staff.

Maintaining Personal Hygiene

Ensure that you:

- Teach and reinforce washing of hands
- Teach and reinforce covering coughs and sneezes among participants and staff.
- Have adequate supplies to support healthy hygiene behaviours, including soap, hand sanitizer with at least 60 percent alcohol (for staff and older children who can safely use hand sanitizer), and tissues.
- Display hygiene information in prominent locations (kitchens, dining rooms, bathrooms, sleeping areas, camp entrances.
- Ensure that rubbish bins have touch-free lids.
- Implement an appropriate waste management system.
- Ensure all employees and participants follow good hygiene practices, including washing hands frequently with soap and water for at least 20 seconds, covering coughs and sneezes, or coughing into their elbow or shoulder and avoiding touching eyes, nose or mouth.

Cleaning and Disinfection

Thorough and regular cleaning will continue to be carried out in all, communal and meal break areas, shared facilities (eg bathrooms and kitchens), shared equipment and high touch surfaces.

Ensure that ventilation systems operate properly and increase circulation of outdoor air as much as possible by opening windows and doors, using fans, and other methods. Do not open windows and

doors if doing so poses a safety or health risk (for example, allowing pollens in or exacerbating asthma symptoms) to children using the facility.

Physical Distancing – Indoors

An indoor gathering refers to a gathering within a single enclosed area (i.e. an area, room or premises that is or are substantially enclosed by a roof and walls, regardless of whether the roof or walls or any part of them are permanent, temporary, open or closed).

Density restrictions do not apply to school groups.

Self-catered and adult user groups:

For self-catered and adult user groups, Log Cabin Camp will facilitate restrictions as per the recommendations of the Victorian government which are subject to change.

School User Groups:

Log Cabin Camp will support School user groups and will follow the policies of the school

Where it is not possible to undertake work tasks or deliver activities and maintain physical distancing (eg in the camp kitchen), other control measures will be implemented. For example:

- Encouraging non-contact greetings.
- Minimise the number of 'person to person' interactions that need to be completed within 1.5 metres.
- Minimise the number of individuals involved in activities that need to occur within 1.5 metres of each other.
- Provide personal protective equipment (PPE) (eg gloves, masks, glasses). Subject to change with changes in government restrictions.
- Where possible, conducting briefings or debriefings outdoors or in environments with enhanced ventilation.
- Where possible, arranging furniture to leave as much space as possible between participants.

Kitchen / mealtimes

As per the recommendations to venues from the Victorian government around serving food to guests all kitchen staff will adhere to procedures prior to starting work, during their shift and when finishing and preparing to go home to family.

The guidelines and procedures kitchen staff will teach and reinforce with assistance from user group teachers and leaders are as follows:

- Teach and reinforce washing hands
- Teach and reinforce covering coughs and sneezes among participants and staff.
- Wash hands prior to and after eating
- Ensure hygiene information in prominent locations is clearly visible (kitchens, entrance to dining rooms)
- Use PPE when serving food (if applicable)
- Guests to clear own plates and staff to wash in line with HACCP (Australian Health Protection Principal Committee standards)
- Ensure that rubbish bins have touch-free lids

Follow and reinforce to fellow staff to follow the appropriate waste management system.

Physical Distancing - Outdoors /activities

Activities are predominately carried out outside, therefore the risk is relatively low. Plan the activity program to avoid the shared use of equipment or close contact wherever possible

First Aid

- As per the hire agreement and the OH and S policies and procedures of the camp, any first aid treatment is the responsibility of the designated first aider of the user group. However, in the case where a Log Cabin Camp staff member needs to provide first aid on a camper or a fellow staff member; the standard precautions will be adopted, for example gloves and an apron to use when dealing with blood or body fluids/substances.
- Always ask for consent and wash hands with soap and water or use a hand sanitiser before and after providing first aid.

What do to if a Staff Member or Participant is Suspected of Having COVID-19

Log Cabin Camp will follow the advice of the department of health and human services in regards as to how to proceed if there if a suspected or confirmed case of COVID-19

A 'suspected' case means a person who displays any <u>COVID-19 symptoms who has not yet tested positive</u> for COVID-19.

The staff member, student or visitor who is symptomatic should be referred to the Department of Education guidelines at that time.

Managing a confirmed case of COVID-19 at camp

The Department of Health recommends that a person who tests positive to COVID-19 report that result to their employer, school and household.

Where a student or staff member is identified as a positive case, the following steps should be taken:

- 1. Parents/carers/schools should follow the recommendations from the Department of Education regarding a positive student/staff case.
- 2. We request that that schools advise us if they have a COVID-19 positive case on camp.
- 3. <u>Staff of the camp</u> should report the result of a positive result to the camp. Staff who report a positive result are recommended to isolate for a minimum of 5 days and not attend camp during that period.
- 4. There is no longer a requirement for camp to inform the camp community of a positive case associated with the camp.

Camps must treat health information, including positive COVID-19 test results, in accordance with the Camps' Privacy Policy. COVID-19 diagnoses are not to be shared or discussed unless the individual (or their parent/carer) provides consent, or unless camps are legally obliged or authorised to do so.

Log Cabin Camp COVID-19 risk register

Location: Log Cabin Camp **Date:** 17/11/2022

Hazard	harm that the	What is the likelihood that the harm would occur?	What is the level of risk?	What controls are currently in place?	Are further controls required?	Person/s Responsible	Date Due	Date Complete	Maintenance and review
Guests attend venue whilst COVID-19 positive	guests becoming	coming to camp while COVID-19 positive, is Moderate and increasing as restrictions ease and the state moves toward a vaccinated economy and variants	High, as state has removed restrictions and the virus spreads through the population. Majority of population being fully vaccinated, and RAT test readily available will decrease severity in most cases. consequences may be severe on rare occasion.			User group coordinator camp host, program coordinator office manager and assistant	07/06/2021 and ongoing		18/09/2021 Reviewed on 28/10/2021 Next review due on 01/02/2022 Reviewed on 7/02/2022 Reviewed on 22/08/2022 Reviewed on 17/11/2022
Staff or Guests attend Log Cabin Camp while COVID- 19 positive	Other staff or guests becoming infected COVID- 19 (could result in serious illness or death).	coming to camp while COVID-19 positive, is	High, as state removed restrictions and the virus spreads through the population. Majority of population being fully vaccinated,	Staff have been briefed on symptoms of COVID-19 RAT Test available for staff members use if they have any symptoms. Staff not required to attend work if feeling unwell Guidance from Safe Work Australia and public health authority, referencing school cleaning guidelines as issued by relevant Department of Education.		All Staff	07/6/2021 And ongoing	07/6/21.	Reviewed on 28/10/2021 Next review due on 01/02/2022 Reviewed on 7/02/2022 Reviewed on

		variants	severity in most cases. consequences	The employee should notify the DHHS and make them aware if they had a positive result. The employee should also need to contact anyone who they have spent time with that would be considered close contacts under the current requirements. Staff don't have contact with delivery drivers, all paperwork is completed electronically. Soap and water for hand washing and paper towel or air dryer for hand drying is available in bathrooms, break rooms and kitchen. Alcohol based hand sanitiser is also available in all staff areas including bathrooms, break rooms. Break times are staggered to minimise the number of staff using the break room at one time. Work with employees to develop and implement a workplace COVID Safe Plan.					22/08/2022 Reviewed on 17/11/2022
Hazard		What is the likelihood that the harm would occur?	What is the level of risk?	What controls are currently in place?	Are further controls required?	Person/s Responsible	Date Due	Date Complete	Maintenance and review
delivery drivers and Contractors	Other staff or guests becoming infected COVID-19 (could result in serious illness or death).	drivers and contractors provided with instructions regarding being COVID-19 safe. All staff and contractors to fully vaccinated	High, as state removed restrictions and the virus spreads through the population. Majority of population being fully vaccinated, and RAT test readily available will decrease severity in most cases. consequences may be severe	Contactless delivery of all goods where possible. Social distancing procedures in place and minimal contact between delivery drivers and staff	Information on procedures shared with relevant parties	Christine Laidlaw And Kitchen staff	07/6/2021 And ongoing	07/06/21	07/06/21 18/09/2021 Reviewed on 28/10/2021 Next review due on 01/02/2022 Reviewed on 10/02/2022 Reviewed on 22/08/2022 Reviewed on 17/11/2022

			on rare occasion.						
Spread of COVID-19 within the venue	Staff and / or guests may	High, as state removes	High, as state removed	Cleaning and disinfecting in accordance with guidance from Safe Work Australia and public health authority		Christine Laidlaw and Cleaning staff,	07/6/2021 And	07/06/2021	07/06/21
	become infected	restrictions and the virus	restrictions and the virus	referencing school cleaning guidelines as issued by the relevant Department of Education.		user group leaders and guests	ongoing		18/09/2021
	(could result in serious illness or death).	spreads through the population.	spreads through the population.	Hand washing facilities are provided and kept clean, properly stocked and in good working order.					Reviewed on 28/10/2021
	,	Majority of population	Majority of population	Waste bins provided in accommodation and communal					Next review due on
		being fully vaccinated,	being fully vaccinated,	areas emptied regularly					01/02/2022
		and RAT tests readily available will	readily	Physical distancing – where appropriate and practical. Posters with hand washing instructions are prominent					Reviewed on 10/02/2022
		decrease severity in	decrease severity in	in all public areas, toilets, and bathrooms.					Reviewed on 22/08/2022
		most cases.	most cases. consequences may be severe on rare occasion.	Staff break times are staggered to minimise the number of staff using break room at one time.					Reviewed on 17/11/2022
Hazard		What is the likelihood that the harm would occur?	What is the level of risk?	What controls are currently in place?	Are further controls required?	Person/s Responsible	Date Due	Date Complete	Maintenance and review
	Other students could become infected.	High, as state removed restrictions and the virus	High, as state removed restrictions and the virus	Most schools recommending RAT testing if symptomatic and students who test positive on camp recommended to be collected by parents or follow Schools COVID Case Management tool per Department	to be made aware of COVID Safe procedures	User group coordinator camp host, program coordinator	07/6/2021 and ongoing	07/06/2021 and ongoing	09/1/2021 18/9/2021
		spreads through the	spreads through the	of Education guidelines.	and be aware of responsibilities.	office manager and assistant and venue			Reviewed on 28/10/2021
		population. Majority of population being fully	population. Majority of population being fully	Students who display symptoms during camp will be assessed by the school per the current Department of Education guidelines.	Brief all groups on policy as part of communication	guests			Next review due on 01/02/2022
		vaccinated,	vaccinated,	All guests to bring own bed linen, including pillow					

	readily available will decrease severity in most cases.	readily available will decrease severity in most cases. consequences may be severe on rare occasion	Mattress covers are cleaned with disinfectant between each user group.					Reviewed on 10/02/2022 Reviewed on 22/08/2022 Reviewed on 17/11/2022
Infection due to sleeping arrangements – teachers/carers infected and become a 'cl' household contact' requiring the to isolate.	restrictions and the virus spreads through the population. Majority of population being fully vaccinated, and RAT tests readily available will decrease severity in most cases. Where possible teachers are	removed restrictions and the virus spreads through the population. Majority of population being fully vaccinated, and RAT tests readily available will		induction	User group coordinator camp host, program coordinator office manager and assistant and venue guests	and	and ongoing	09/1/2021 18/9/2021 Reviewed on 28/10/2021 Next review due on 01/02/2022 Reviewed on 10/02/2022 Reviewed on 22/08/2022 Reviewed 17/11/2022

Hazard	harm that the	What is the likelihood that the harm would occur?	What is the level of risk?	What controls are currently in place?	Are further controls required?	Person/s Responsible	Date Due	Date Complete	Maintenance and review
Spread of infection due to serving of food	guests become infected	Low, as all staff are trained in safe food handling procedures, and fully vaccinated	Moderate	All food is appropriately covered. All food served by venue staff who have access to appropriate PPE. Guests will clear own plates and bring to scullery for staff to clean. All plates, cutlery, etc cleaned in appropriate manner to meet HACCP standards in commercial dishwasher/sanitiser or are enviro-friendly disposable	Brief all schools on procedures prior to mealtimes Ensure that groups had washed their hands prior to entering the dining hall	User group coordinator camp host, program coordinator kitchen staff and venue guests	and	07/06/2021 and ongoing	09/1/2021 18/9/2021 18/9/2021 Reviewed on 28/10/2021 Next review due on 01/02/2022 Reviewed on 10/02/2022 Reviewed on 22/08/2022 Reviewed on 17/11/2022
Social Distancing in Dining Room	Other guests become infected	higher than being in a classroom	Moderate, no higher than being in a classroom together	Teachers/carers to have separate seating with appropriate social distancing provided if applicable. Students to sit as are per the Policy of the user group. Room density limits don't apply to school groups.	Brief all groups on procedures during induction	User group coordinator camp host, program coordinator kitchen staff and venue guests	and	07/06/2021 and ongoing	09/1/2021 18/9/2021 18/9/2021 Reviewed on 28/10/2021 Next review due on 01/02/2022 10/02/2022 Reviewed on 22/08/2022

									Reviewed on 17/11/2022
Social Distancing in lounge and seating areas	Other guests become infected		higher than	Teachers/carers recommended to apply social distancing measures. Students to sit as are per the Policy of the user group	coord camp coord	rdinator p host, program rdinator nen staff and ue	and	07/06/2021 and ongoing	09/1/2021
Transmission of COVID-19 via use of outdoor equipment	Other guests become infected	suggests that COVID-19 is unlikely to live on surfaces for	suggests that COVID-19 is unlikely to live on surfaces for an extended	Evidence suggests that the risk of spreading COVID-19 from use of shared equipment is very low.	coord camp coord kitch		1 and	07/06/2021 and ongoing	

Hazard		What is the likelihood that the harm would occur?	What is the level of risk?	What controls are currently in place?	Are further controls required?	Person/s Responsible	Date Due		Maintenance and review
Persistent use of latex gloves	New or aggravated latex sensitivity	gloves will not be latex based		Staff are provided with non-latex gloves or remove gloves when not necessary. Campers to provide allergy information prior to coming on camp and appropriate steps will be taken if there is a camper on site with a known allergy to latex	Ensure latex free gloves are available	Christine Laidlaw And Cleaning staff	07/6/2021 and ongoing	and ongoing	09/1/2021 18/9/2021 Reviewed on 28/10/2021 Next review due on 01/02/2022 Reviewed on 14/02/2022 Reviewed on 22/08/2022 Reviewed on 17/11/2022
Persistent use of hand sanitiser	Dermatitis or other skin irritation	hand sanitiser regularly	Low- Moderate, effected individuals may have a significant reaction	Staff are encouraged to wash hands with soap and water for 20 secs where possible as an alternative to hand sanitiser in non-medical situations	Ask staff if they have a history of dermatitis or allergy to alcohol	Christine Laidlaw, Camp staff	07/6/2021 and ongoing	and ongoing	09/1/2021 18/9/2021 Reviewed on 28/10/2021 Next review due on 01/02/2022 Reviewed on 22/08/2022 Reviewed on 17/11/2022

Transmission on	Social distancing		Low-	Bus companies will be following a strict COVID-19	Students are to follow	User group			09/1/2021
Buses	is not required	Moderate	Moderate	cleaning schedule between each user group. Masks are	guidelines as	coordinator	and	and ongoing	
	on Buses public transport.		with potential to become	no longer mandated on public transport, but still recommended when if occupants cannot physically	recommended by Department of	Bus driver	ongoing		18/9/2021
	School are		serious	distance.	Education				Reviewed on
	exempt								28/10/2021
									Next review
									due on
									01/02/2022
									Reviewed on
									14/02/2022
									Reviewed on
									22/08/2022
									Reviewed on
									17/11/2022
Activity harnessing	Unable to social	Low – since	Low-moderate	Staff are encouraged to wash hands with soap and	Where possible student	s Camp staff,	07/6/2021	07/06/2021	09/1/2021
	distance and in	activities will	with potential	water for 20 secs where possible as an alternative to	to get in own harness	teachers/leaders	and	and ongoing	
	close contact while checking		to become serious.	hand sanitiser in non-medical situations.	with limited help, Staff to intervene if campers	and participants	ongoing		18/9/2021
	safety of		scrious.	Staff practicing good hygiene and required to be fully	need assistance or				Reviewed on
	harnesses,		Staff	vaccinated by the 29 th of November 2021	unsafe/incorrectly				28/10/2021
	increased risk of		Vaccinated	Vaccinated by the 25° of November 2021	fitted. Being outside				20/10/2021
	spread of		and practicing		reduces the risk				Next review
	COVID-19		good hygiene						due on
			and social						01/02/2022
			distancing						
			where possible.						Reviewed on
			possible.						14/02/2022
									Reviewed on
									22/08/2022
									Reviewed on
									17/11/2022

Acknowledgements / references

International Camping Fellowship – CDC Guidelines for Camps USA

https://www.worksafe.vic.gov.au/managing-risk-COVID-19-exposure-construction-industry

https://ais.gov.au/ data/assets/pdf file/0008/730376/35845 AIS-Framework-for-rebooting-sport FA.pdf

https://www.health.gov.au/news/australian-health-protection-principal-committee-ahppc-advice-on-reducing-the-potential-risk-of-COVID-19-transmission-in-schools-24-april-2020

https://www.health.gov.au/sites/default/files/documents/2020/03/coronavirus-COVID-19-what-you-need-to-know 7.pdf

Australian Camps Association Member Resources - COVID 19