

# 2023 COVID protocols



Hello Campers!

We are so excited that we'll be seeing all of you LIVE & IN-PERSON very soon at 'Camp' Camp 2023! We're reaching out now to alert everyone who is confirmed to join us this summer about the COVID protocols & policies that will be in place, so that you can plan appropriately.

We ask everyone to please recognize that, while in most of the country it may feel like COVID is "over," the COVID virus *is* indeed still present and still ever-evolving and contagious. As a diverse, international, multi-generational community, we must remain vigilant to allow all community members feel safe and enjoy/share in our unique best-time-ever week in Maine.

We appreciated everyone's understanding and diligence last summer allowing us to experience Camp safely in a world where COVID is a reality. The fact that we only had two cases of COVID materialize during the week was amazing! However, we also need to acknowledge the fact that, after we all let our guard down a bit towards the end of the week, we had a number of Campers who reported testing positive upon departure or once they got home.

We have therefore relaxed our protocols slightly from last summer, keeping last year's experience, current COVID case rates across the country, and current CDC recommendations in mind. We may adjust the protocols outlined below between now and the start of Camp as facts and recommendations from healthcare providers dictate and will keep you posted if we feel any significant adjustments are warranted.

For those returning Campers who were not with us last summer, Camp will probably look and feel different than you may remember, especially in the first day or so. We're hoping the protocols outlined below (which, yes, includes some masking) will help to reduce the risk of breakthrough cases so that we can maintain the highest level of safety during the week and no one has to cut short their week at Camp.

Like all of Camp's other long-standing rules & regulations, **by registering to join us this summer, you are agreeing to abide by these COVID guidelines & protocols**, whether or not you agree with them. We feel strongly they are necessary to be able to produce 'Camp' Camp in as safe a manner as possible in a world where COVID is an ongoing reality.

- **We are requiring proof of vaccination from all Campers & Staff**, as well as our "subcontractors" (i.e., the band for Monday night's Barn Dance), so everyone on site will be fully vaccinated.
  - **We do encourage those of you who have not had the most recent bivalent COVID booster/s to arrange to receive that ASAP so your protection is at full efficacy by the time Camp rolls around.** This is especially important if you've only had the initial set of two COVID vaccines and nothing more recent. Maine is generally an area of low vaccination rates with tourists from all over, so any additional protection benefits us all.
- **Please secure some home COVID tests** if you don't already have them.

- We respectfully request that everyone take a test prior to leaving home for 'Camp' Camp just to ensure you aren't asymptotically carrying the virus with you.
  - While we'll have some rapid home tests available, it'll help us out if you bring an extra box or two of tests to Camp with you. (More on that in a bit...)
  - Unfortunately, the federal government discontinued their free COVID tests back in May; however, most local pharmacies should carry them and some insurance plans will cover them.
  - The FDA has issued updated advice regarding home COVID tests, including extending the expiration dates on select brands. [Check out the FDA's updated advice on COVID tests](#) before using or discarding any you might already have at home.
- **We strongly encourage everyone do their best to get all your shopping, errands, etc. for Camp done a week or so before you leave for Camp so that you are minimizing contact with others in the week prior to Camp.**
    - We don't expect you to completely isolate or stay home from work, etc., but please use wise, best-practices the week prior to your departure to help limit exposure and risk of infection: wear a mask when shopping or in other public indoor venues, wash your hands frequently, etc.
  - **For those of you who are travelling to Maine by air, bus, or train, we strongly recommend that you wear a mask (preferably an [N-95 mask](#)) when travelling to 'Camp' Camp**, especially on your plane, bus, or train and in crowded airports, bus/train stations, hotel lobbies, etc. Wash your hands frequently. Wipe down frequently touched public areas with disinfectant wipes. Socially distance as much as possible.
  - **For those driving to Camp, limit contact and exposure when stopping for gas and bathroom/food breaks during your drive:** wear masks indoors, socially distance as much as possible, get food to go and eat outdoors or in your car, wash your hands.
  - Please remember that the first 24-48 hours after travelling is the period when your immune system is being assaulted by all of the pathogens that everyone around you is bringing with them from their travels.

Therefore, while masks are not required in the state of Maine at this time, out of respect for immune-compromised Campers & Staff and erring on the side of caution when so many people will be traveling by air, etc. to get to Maine, **'Camp' Camp will be requiring that everyone wear a mask in all community spaces (e.g., Camp vans from Portland and in the Main Lodge, cabins/bathrooms, activity areas, etc.) until the start of the Barn Dance on Monday evening, August 21.**

- If you're outside and able to socially distance, masks will not be required. However, this mask requirement will apply to Staff arrival day on Saturday, August 19 and Registration on Sunday, August 20 as those days are full of close contact (all those hugs!) Even outdoors, this can mean a higher risk of transmission.
- Like last year, we'll be eating meals outside at the picnic tables (which will again be tented this summer) instead of in the Main Lodge as we did pre-COVID. We also anticipate once again moving Registration and other activities that usually happen in the Main Lodge to outdoor locations (at least early in the week) as much as possible, weather permitting.

- **It is strongly recommended that everyone who travels to Camp by air, bus, or train then take a home COVID test at Camp on Monday, August 21 before dinner** (i.e., about 24 hours after your arrival to Camp).
  - While it is prudent for everyone to do so, we're most concerned here with those who will have had the most exposure during their travels.
  - Remember those extra COVID tests we suggested you toss in your suitcase in an earlier bullet point? They'll come in handy here.
- In the spirit of 'Camp' Camp's amazing LGBTQ+ community — one built on love, respect, and inclusivity — **you are, of course, welcome to wear a mask throughout the week (except when sleeping, swimming, or in select activity areas where a mask may impede your safety) if/when/where you feel the need.** Your Camp community will unequivocally support you in your decision to take charge of your own health and comfort.
  - We will have no shaming or mocking of Campers who make the informed decision to mask as they feel necessary.
  - We would also hope that if you are in an area (including cabins) where most folx are masking up that you'll be respectful and do the same.
- **We will again be foregoing any Sightseeing or other off-site trips this summer (other than some possible off-site hikes) and strongly recommend all Campers remain on-site during the week. If you do find it necessary to go off-site while at Camp, we ask that you please wear a mask while interacting with the public.** Keeping 'Camp' Camp in the tightest bubble possible is simply a best-practice for which we really need to aim.
  - Drivers will still be doing errands regularly (and will be required to wear masks while doing so), so they will still be able to pick up those items you may have forgotten. Please, however, do your best to anticipate all your needs for your week at Camp prior to your arrival.

**Hopefully, when everyone abides by the above protocols and acts out of an abundance of caution in the week leading up to Camp, we'll have a COVID-free week at 'Camp' Camp!**

Should you not feel well and begin displaying COVID symptoms while at Camp:

1. A member of our Risk Management staff (Risk Manager or Nurse) will administer a rapid COVID test.
2. You'll be required to relocate to one of our designated isolation cabins.
3. Since rapid tests can present a high instance of false negatives, we'll also provide transportation to the local Walgreen's for a more-reliable PCR test no matter the result of your home test. This PCR test is usually free or covered by your insurance, and results usually come back in 24 hours.
4. If your PCR results come back negative, you'll be allowed to return to your cabin to enjoy the rest of your week at Camp.
5. If the results of the PCR test confirm a positive result, you'll need to leave Camp in an effort to reduce the chance of transmission to any other Campers.
6. You'll be allowed to stay in an isolation cabin until you've secured off-site accommodations for your quarantine period. We'll help you get to where you need to go.
7. While in isolation, meals will be delivered to your cabin as you may not enter any community space or participate in any Camp activities.

**If you're concerned about COVID interrupting your week at 'Camp' Camp, we do recommend you secure travel insurance** that includes coverage for COVID-related cancellations, quarantine accommodation coverage, etc. Though we have not verified or personally experienced any of the policies noted here, this link offers several options for securing COVID-related coverage: [www.traveloffpath.com/covid-19-travel-insurance-everything-you-need-to-know/](http://www.traveloffpath.com/covid-19-travel-insurance-everything-you-need-to-know/)

If you have any questions or concerns about the above, please feel free to [e-mail us](#). Otherwise, we look forward to seeing you very soon!

Regards,

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Owner/Director

**Robin Benton, RN** *(she/her/hers)*  
Risk Manager

**Michelle Rediker** *(she/her/hers)*  
Assistant Director