



Mid-Atlantic Region NatureBridge ESCI Health & Safety Plan (HSP)

Purpose

The NatureBridge Program Health and Safety Plan (HSP) is intended to provide a clear set of guidelines to minimize the risk of communicable diseases and to guide management if illness does occur. NatureBridge staff and Participants (students, teachers, chaperones, conference and wedding guests) will be trained on appropriate elements of the HSP and expected to follow the guidelines provided. These guidelines follow the [Centers for Disease Control and Prevention \(CDC\)](#), [American Camp Association \(ACA\) recommendations for summer camps \(Field Guide for Camps on Implementation of CDC Guidance\)](#), [California Department of Health Guidance for Overnight Camps](#), Washington State guidelines and Virginia guidelines. NatureBridge makes no guarantee that these guidelines will prevent a potential transmission of a communicable disease, including COVID-19. **These guidelines will evolve as new recommendations are issued from federal, state and county public health officials.**

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Pre-Program Training for Communicable Disease

All NatureBridge Staff

- ❑ All NatureBridge staff will be trained on the following:
 - ❑ [COVID-19 symptom](#) identification and transmission prevention including:
 - ❑ Use of face coverings, how to wash hands and use hand sanitizer
 - ❑ How to properly isolate staff or participants in the event of illness
 - ❑ Sick Participant tracking and reporting, including contact tracing procedures
 - ❑ Additional NatureBridge site specific COVID-19 guidelines
- ❑ All NatureBridge education and operations staff will also be trained on:
 - ❑ Social and emotional learning factors while teaching during a pandemic, including how to talk about COVID-19 and illness-related fears with children and adults
 - ❑ General communicable disease identification, prevention and reporting

Pre-Program Screening

These are the crucial things we need staff and Participants to know prior to arriving on a NatureBridge campus.

NatureBridge Staff

- ❑ NatureBridge staff who are working directly with Participants will be required to have a full course of COVID-19 vaccination prior to employment unless they have a medical or religious exemption. Any staff member who is exempted from vaccination will be required to wear a mask and physically distance around staff and participants
- ❑ Staff will self administer a [COVID-19 Pre-Screening Health Questionnaire](#) for the 14 days prior to starting a program
- ❑ NatureBridge will not allow on program any staff member with a [positive diagnosis of COVID-19](#) who has not been asymptomatic for at least 10 days. This means they have not had any COVID symptoms, including but not limited to fever, cough or shortness of breath, for a full 10 day period prior to arriving at a NatureBridge site
- ❑ NatureBridge will not allow on program any staff member with COVID-19 symptoms who has not been asymptomatic for at least 10 days (unless they have a negative COVID-19 tests within the 10 day period)
- ❑ NatureBridge staff members who are in a [higher risk category](#) will work with their supervisor for an alternate work plan

Participants

- ❑ **All Participants are strongly recommended to be fully vaccinated against COVID-19 prior to arrival on program unless they have a medical or religious exemption. Proof of vaccination (vaccination card or medical doctor's note) for each Participant shall be submitted to the school's Group Coordinator prior to program start.** Fully vaccinated means 14 days after the second shot of Moderna/Pfizer vaccines or 14 days after the single shot of Johnson and Johnson vaccine. Exceptions **must be** submitted directly to your school or program contact who will then submit it to NatureBridge for consideration
- ❑ NatureBridge will not allow on program any Participant with a positive diagnosis of COVID-19 who has not been asymptomatic for 10 days. This means they have not had any fever, cough,

shortness of breath or other COVID-associated symptoms for a full 10 day period prior to arriving at a NatureBridge site and that they have evidence of a negative COVID-19 test

- ☐ NatureBridge will not allow on program any Participant with COVID-19 symptoms who has not been asymptomatic for at least 10 days
- ☐ Participants will be asked by school staff before the start of their program about the following. Anyone who answers [yes](#) to question #1 within 14 days of the start of the program cannot attend. Anyone *unvaccinated* who answers yes to question #2 cannot attend:
 - ☐ 1. Have you or any family member had any specific COVID-19 or general illness symptoms in the past 14 days?
 - ☐ 2. Have you had any direct contact with a friend, family member or someone who has had a positive test for COVID-19 or has been sick with COVID-19 symptoms in the past 14 days?
- ☐ **All participants must have a negative COVID-19 test result prior to arrival:**
 - ☐ An NAAT (PCR) must be conducted within 72 hours before arrival
 - ☐ Antigen tests (rapid tests) are also acceptable but must be conducted within 24 hours
 - ☐ Results of the tests must be available prior to entry into the NatureBridge program
- ☐ If you or your family members have any [underlying health issues](#) that make you more at risk with a potential COVID-19 illness, please discuss additional mitigation procedures with NatureBridge administrative staff
- ☐ Participants are required to supply a clean [face covering](#) each day (children older than two years old included). These face coverings will be used for any indoor activity or activities where three feet of separation cannot be maintained. Participants should notify NatureBridge in advance of the program if they are unable to wear a face covering
- ☐ NatureBridge recommends schools and other guests do a temperature pre-check prior to arrival. If any Participant is 100.4 degrees or above, they need to remain at home
- ☐ NatureBridge reserves the right to not allow any Participant on any program if:
 - ☐ Staff deem they pose a communicable disease risk to others
 - ☐ Their state or county are under federal, state or county orders to limit travel due to COVID-19
- ☐ NatureBridge may not operate if campus locations are under federal, state or county shelter-in-place orders due to COVID-19
- ☐ All Participants (or their guardians) will fill out and sign a COVID-19 specific waiver and acknowledgement of risk, as well as the standard NatureBridge registration form prior to the start of the program
- ☐ If communicable disease occurs on program, NatureBridge will initiate its [onsite communicable disease response](#) and inform all Participants

Onsite Prevention

These are the practices NatureBridge staff and Participants take while they are on campus.

Onsite Mitigation: Participant Arrival

- ☐ NatureBridge will attempt to arrange arrivals in an effort to maintain physical distance between Participants. This may include staggered arrival times and one way traffic flows. Detailed arrival directions and instructions will be shared with you prior to arrival
- ☐ NatureBridge staff will conduct an introduction to the site, site rules and COVID-19 mitigation guidelines for each Participant (see Onsite Mitigation below)

Onsite Mitigation: Participants

- ❑ Participants are asked to self-monitor for signs of illness each day. The Site Manager or onsite NatureBridge staff will also monitor for signs of illness. If Participants develop any illness signs or symptoms, they will be temperature checked. If 100.4 degrees or above on more than one reading, they will need to be quarantined and eventually leave campus. Participants may also be asked to quarantine if they have any other signs or symptoms that could be indicative of COVID-19, even without fever
- ❑ Program participants will be trained on proper mitigation methods specifically for COVID-19 and for other communicable diseases, including:
 - ❑ Participants will be shown the [proper way to wash hands](#) and how to use hand sanitizer
 - ❑ Handwashing with soap and water before and after breakfast and dinner, after using restroom facilities, and whenever available during their trail day
 - ❑ Proper hand sanitizer use with at least 60% alcohol before and after lunch or snacks when applicable, any close group activity, and after touching any human made surface or their faces
- ❑ Participants will be trained how to use face coverings:
 - ❑ Participants will use face coverings while inside any building including cabins or dorms (except while sleeping)
 - ❑ National Park Service or county guidelines may require masks outdoors at any time
- ❑ Physical distancing will follow school policies on [distancing](#) as much as possible while on trail or they will wear masks if unable to maintain appropriate distance
 - ❑ In general, NatureBridge will follow 3 feet of physical distancing guidelines while eating in dining halls or sitting during indoor evening programs
 - ❑ NatureBridge will arrange 6 feet of distance between the faces of sleeping Participants
- ❑ Participants will be trained on how to identify and report any illness including specific COVID-19 signs and symptoms in themselves and others
- ❑ Participants will be informed of the following guidelines:
 - ❑ Do not share food, utensils, cups or water bottles
 - ❑ Avoid touching any part of your face including mouth, nose or eyes
 - ❑ Cough and sneeze into your shoulder or tissue (not into hands or elbow)
- ❑ If Participants encounter visitors while in public spaces, they will be instructed to:
 - ❑ Stay at least 6 feet away when possible
 - ❑ Utilize face coverings if closer than six feet
- ❑ All Participants onsite at the time of a positive COVID-19 test will be notified

Onsite Mitigation: Education & Operations Staff

- ❑ All staff will receive communicable disease training, including a copy of the Health and Safety Plan (HSP)
- ❑ Education/operations staff working onsite will be tested for COVID-19 if they experience fever, cough, shortness of breath, other symptoms concerning for COVID-19, or if they have been exposed to COVID-19
- ❑ NatureBridge will not allow on program any staff member with a positive diagnosis of COVID-19 who is not asymptomatic 10 days after the onset of symptoms
- ❑ Group building and educational activities will minimize contact between Participants
- ❑ Operations and education staff may be required to assist facilities in specific cleaning and disinfecting duties (surface cleaning, etc.)
- ❑ If any staff test positive for COVID-19, [contact tracing](#) will be done to notify anyone who has been in direct contact with the staff member

- ☐ People who have been in close contact with someone who has COVID-19 **are not required to quarantine if they have been fully vaccinated against the disease and show no symptoms but they must have a negative COVID-19 test 3 days after exposure**
- ☐ All Participants onsite at the time of a positive COVID-19 test will be notified

Onsite Mitigation: Facilities

Pre campus opening

- ☐ Facilities staff will reopen campus and ventilate buildings in accordance with [Section 4.0 of the Field Guide for Camps on Implementation of CDC Guidance](#) (where applicable)
- ☐ Some NatureBridge facilities do not have heating, ventilating, and cooling (HVAC) systems. Proper ventilation will be accomplished utilizing open windows where appropriate

Facilities staff

- ☐ All staff receive communicable disease training, including a copy of the HSP
- ☐ Facilities staff working onsite will be tested for COVID-19 if they experience fever, cough, shortness of breath, other symptoms concerning for COVID-19, or if they have been exposed to COVID-19, so long as tests are readily available.
- ☐ NatureBridge will not allow on program any staff member with a positive diagnosis of COVID-19 who is not asymptomatic 10 days after the onset of symptoms
- ☐ If any staff test positive for COVID-19, contact tracing will notify anyone who has been in direct contact with the staff member
- ☐ All participants onsite at the time of a positive COVID-19 test, or those who may have been exposed to someone infected with COVID-19, will be notified

Facilities onsite

- ☐ Staff (with the support of Site Managers and/or educators) will disinfect high use surfaces (door/sink handles, tables, railings, faucets and sinks) throughout campus once per day using CDC approved cleaning [procedures](#)
- ☐ Staff will clean the entire campus at the end of each program
- ☐ In the event that a Participant exhibits COVID-19 signs or symptoms:
 - ☐ Utilize available cabins or dorm rooms as isolation rooms for the Participant until they can leave campus.
 - ☐ Inform all Participants onsite of the specific spaces that will be cleaned (Note: If all affected areas can be closed off and have not been used by other Participants, NatureBridge does not need to close the program)
 - ☐ Clean and disinfect any facilities that the sick participant used:
 - ☐ Open all doors and windows immediately
 - ☐ Wait 24 hours before cleaning and disinfecting
 - ☐ Staff will clean the spaces wearing N95 masks and gloves. Staff will disinfect the facilities with [EPA](#) approved cleaners for human coronaviruses
 - ☐ Affected spaces can be used after disinfecting
 - ☐ If it is more than seven days since the participant who is sick visited or used the NatureBridge campus, additional cleaning and disinfection is not necessary
 - ☐ If more quarantine space is needed, staff will work with NPS staff to secure space
- ☐ All campus cleaning and disinfection will be documented on a cleaning checklist

Onsite Mitigation: Kitchens and Dining Halls

Pre campus opening

- ❑ Facilities staff will reopen kitchen, dining hall and dorms/cabins in accordance with [Section 4.0 of the Field Guide for Camps on Implementation of CDC Guidance](#) (where applicable)
- ❑ Some NatureBridge facilities do not have heating, ventilating, and cooling (HVAC) systems. Proper ventilation will be accomplished utilizing open windows where appropriate

Kitchen staff

- ❑ Kitchen staff will wear face coverings and gloves while working inside with other staff or participants or serving food outside to participants
- ❑ Unvaccinated kitchen staff will wear glasses, goggles, or a face shield in addition to a face covering and impermeable aprons while they are doing dishes with the industrial dishwasher (to prevent contaminant splash). Face shields and glasses should be disinfected between uses
- ❑ Kitchen staff working onsite will be tested for COVID-19 if they experience fever, cough, shortness of breath, other symptoms concerning for COVID-19, or if they have been exposed to COVID-19, so long as tests are readily available.
- ❑ NatureBridge will not allow on program any staff member with a positive diagnosis of COVID-19 who is not asymptomatic 10 days after the onset of symptoms
- ❑ If any staff test positive for COVID-19, contact tracing will notify anyone who has been in direct contact with the staff member
- ❑ All participants onsite at the time of a positive COVID-19 test, or those who may have been exposed to someone infected with COVID-19, will be notified

Food service

- ❑ Participants will be physically distanced 3 feet while sitting inside any dining facilities
- ❑ Participants will be required to wear masks when not eating or drinking
- ❑ Lunch will be in trail groups and prepared by an adult utilizing gloves

Onsite Mitigation: Dorms and Cabins

- ❑ Dorms and cabins will be configured to limit bed space to allow Participant's faces to be at least 6 feet apart while sleeping. Dorms will be at 25% capacity
- ❑ Windows will be opened for ventilation (depending on weather conditions)
- ❑ Participants will wear masks inside when not sleeping
- ❑ Participants will be housed together in accordance with their specific school or program's policies
- ❑ C loop cabins at MARE will be set aside for the potential isolation of ill Participants

Onsite Mitigation: Bathhouses

- ❑ Bathhouses will be cleaned and disinfected at the end of each program
- ❑ An adult will monitor bathhouse use to only allow a specified number of Participants at a single time to allow for physical distancing indoors
- ❑ Participants will wear masks in any bathhouse (except while showering or brushing teeth)
- ❑ Participants will be instructed to limit their time inside a bathhouse

Onsite Mitigation: Campfires and Evening Programs

- ❑ Campfires may be physically distanced depending on the campfire site. **Note: NPS fire regulations may prohibit campfires at any time**
 - ❑ If staff facilitate any singing or shouting campfire activities, they will increase the physical distance between themselves and different Participants to at least 10 feet

- ❑ Indoor evening programs will be conducted utilizing masks

Onsite Mitigation: Visitors

- ❑ NatureBridge will only allow staff members who need to shadow for work reasons, parents for medical reasons and school administration
- ❑ Visitors are required be fully vaccinated and submit a vaccination card to NatureBridge staff
- ❑ Visitors need to submit a negative COVID-19 test within 3 days of arrival
- ❑ Visitors need to follow our rules - including masking and physical distancing
- ❑ Visitors cannot stay overnight with us unless they are the actual replacement for a chaperone who needs to leave. Visitors need to arrange their own lodging overnight
- ❑ Visitors can spend the day with one group or join a number of other groups as long as they are maintaining distance. Visitors can eat with the group but should provide their own food

Onsite Communicable Disease Response

These are the crucial practices for NatureBridge staff if they encounter illness. A COVID-19 outbreak concern occurs when 1 or more Participants or staff experience these [specific symptoms](#):

- Fever, chills, cough, shortness of breath or difficulty breathing
- Fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat
- Congestion or runny nose, nausea or vomiting, diarrhea

If a Participant is experiencing ONLY one of these symptoms, they will be evaluated for other illness.

A general illness outbreak concern occurs when three or more Participants or staff experience the same gastrointestinal illness symptoms in the same place. Campus field staff will initiate **Immediate** and **Secondary** actions. NatureBridge Administrators will initiate **Tertiary** actions.

Priority	Actions
Immediate	<ul style="list-style-type: none"><input type="checkbox"/> Isolate ill Participants in the designated room with adult supervision and:<ul style="list-style-type: none"><input type="checkbox"/> Identify separate bathroom facilities for sick Participants<input type="checkbox"/> Prohibit ill Participants from using any common spaces<input type="checkbox"/> Contact guardians for potential transport (if not already contacted)<input type="checkbox"/> Ill Participants with fevers = or >100.4 with one other specific COVID-19 symptom will be sent home after consulting with EMS (as needed)<input type="checkbox"/> Notify facilities staff to thoroughly clean sick rooms, bedding, bathrooms and all affected surfaces using CDC approved illness response guidelines
Secondary	<ul style="list-style-type: none"><input type="checkbox"/> Contact NatureBridge administrative staff<input type="checkbox"/> Campus administrative staff will document incident on Google doc and share with appropriate campus staff and/or NPS staff<ul style="list-style-type: none"><input type="checkbox"/> For a potential COVID-19 transmission, admin staff will notify National Park Service officials to initiate the park pandemic plan<input type="checkbox"/> Alert NatureBridge educators and operations staff to look out for emerging illness - reemphasize handwashing and other illness mitigation guidelines<input type="checkbox"/> Monitor remaining Participants for additional cases of illness; document<input type="checkbox"/> Educators must document illness with Sick Participant Tracking and Incident Report Forms
Tertiary	<ul style="list-style-type: none"><input type="checkbox"/> Campus administrative staff notifies:<ul style="list-style-type: none"><input type="checkbox"/> All onsite groups about suspected or actual COVID-19 illness<ul style="list-style-type: none"><input type="checkbox"/> Inform onsite group leads to contact at home school administrators<input type="checkbox"/> At home school administrators (if group leads have not contacted them)<input type="checkbox"/> US Public Health Service<input type="checkbox"/> County Health and Human Services (in consultation with US Public Health Service or NPS). Typically NPS will contact county public health<input type="checkbox"/> For suspected COVID-19 illness, contact tracing will be initiated by NatureBridge staff<input type="checkbox"/> Campus may close, depending on the actual illness, for 24-48 hours for extra cleaning

Appendix A: Participant Pre-Screen Questionnaire

School programs and/or Group Leaders are recommended to ask Participants the following pre-screen questions:

Recent health status - 10 days prior to the start of your NatureBridge Program*

<p>YES NO</p>	<p>1. Have you or any family members had any of these signs or symptoms of illness in the last 10 days?</p> <ul style="list-style-type: none"> <input type="checkbox"/> Fever, chills, cough, shortness of breath or difficulty breathing <input type="checkbox"/> Fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat <input type="checkbox"/> Congestion or runny nose, nausea or vomiting, diarrhea
<p>YES NO</p>	<p>2. Have you or any family members had close contact** with anyone diagnosed with COVID-19 or with signs/symptoms of illness in the last 10 days?</p> <p>*If anyone answers yes to questions 1 or 2, they must get a PCR test 3-5 days after their exposure or symptoms, submit their negative test result to school staff (who will attest to NatureBridge that they are negative) and be asymptomatic by the start of the program.</p> <p>** <u>Close contact</u> is defined by CDC as someone who was within 6 feet of an infected person (probable or confirmed COVID-19 case) for a cumulative total of 15 minutes or more over a 24-hour period starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated.</p>