

Section 06: Emergency Wilderness Situations and First Aid

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**Camp Fitch YMCA
Adventure Programs**

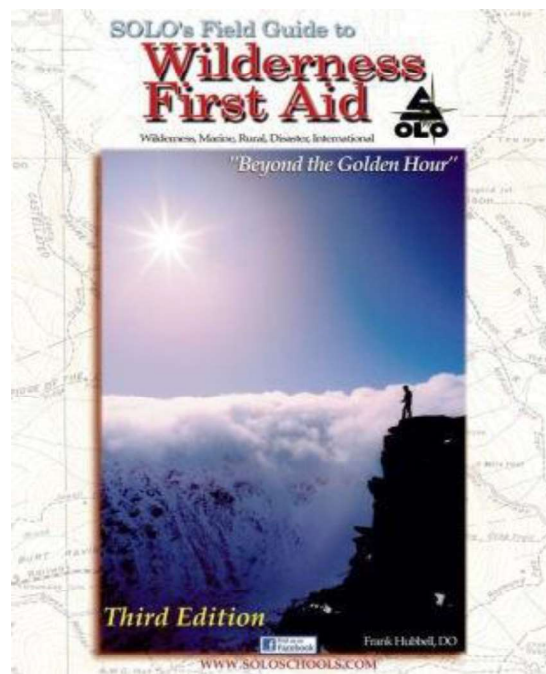


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The following are summarized/ adopted policies and procedures taken and adapted from the general Summer Camp handbook, wilderness emergency medicine experts and other adventure trip programs across the nation. The following policies and procedures outlined cannot fully protect staff or children from all possible threats and death. These policies and procedures are outlined to give the trip the best chance of survival.

The Adventure Programs Director and select Trip Leaders and Captains are trained in these Wilderness First Aid practices and procedures. The following is a brief summary of what to do in certain situations that come up often in the adventure trip setting for a summer camp.

Most of all wilderness first aid procedures are based on *SOLO's Field Guide to Wilderness First Aid* third, fourth, and fifth edition by Frank Hubbell, DO



Emergency Situations

The following procedures are outlined to help the Trip Leader make the best decision when out on a trip. In every situation, use common sense as well to determine the best course of action. Not every situation can be covered in writing. Leading wilderness trips calls on staff to be prepared for any and everything.



Genuine Preparedness

It is good practice for adventure trip leading staff to prepare properly for the type of activity they are about to embark on. This includes making sure campers are adequately dressed for the activity, have the proper footwear, and have been told all basic, need-to-know information through a proper ground school for the activity. Adventure staff also need to consider camper medications. Do they need to be brought with them? Do any campers have any allergies? Is an epi-pen ready? Fuel in terms of food and water needs to be considered when starting the activity. Lastly, the Trip Captain or Director should always check the weather forecast and plan the day accordingly.

Medical Treatment Documentation Procedure

Trip leading staff are responsible for documenting all medical treatment. This includes any first aid given. Documentation of this should be written on the back of the campers' medical form (copy given to Trip Leaders) that lists all their medical information. See Medical Form at the end of this section. Also, additional medicine given should be written on the back of the prescription medicine sheet for the trip.

Medical Evacuation (Sickness or Light Injury)

If there is an injury that is non-life threatening, take your time! Assess the situation and make sure the group is in good spirits. Always confer with other Trip Leaders on what to do. The following process does not necessarily have to go in order:

1. Contact Trip Director or Camp Fitch YMCA
2. Treat injury or sickness the best you can.
 - If things get better and no evacuation is necessary, continue trip as normal
3. Consider all evacuation routes, choose best one
4. Drive to doctors' office, Camp Fitch YMCA (if close), or Urgent Care
 - Follow rule of 3 procedure and public eye procedure

Medical Evacuation (Hospital Run)

If there is a life-threatening situation in the backcountry and you are miles away from EMS (beyond the golden hour) perform the following:

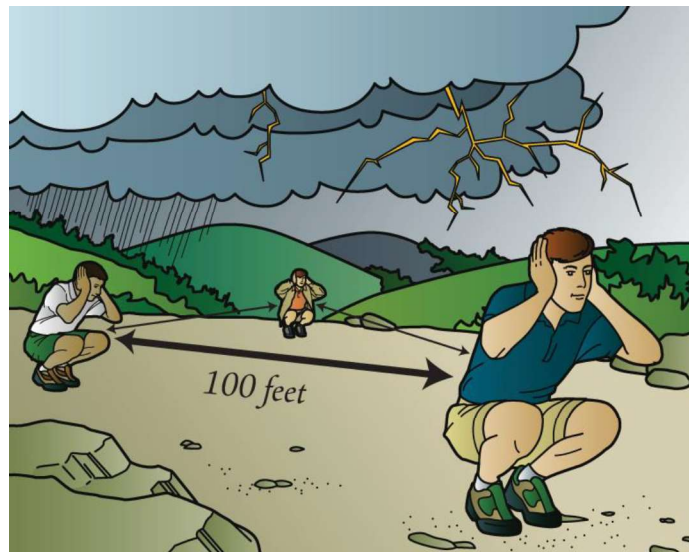
1. Call 911 inform them of your position (use GPS unit if need be)
 - This would be a time where it would be appropriate to leave the group with two other campers to find better cell reception (on a ridge). See proper SPOT usage under “Life Threatening Emergency”.
2. Call Camp Fitch YMCA and Trip Director
3. Keep rest of the group calm, assist camper best way possible
4. Get ready for transport
 - If there is no suspected head, back, or spinal injury try to get to the nearest trailhead or road crossing. If that is not possible, try to get to an upper field and away from rocky terrain.
5. Keep campers’ vitals and record onto SOAP note
6. Wait for EMS at the location that best benefits you as the first responder.
 - If it is not severely life threatening, try to get to bus or vehicle to drive to hospital if able to.
7. Other adventure staff should stay with the rest of the group.
 - Follow rule of 3 procedure and camper sickness and public eye procedure.



Electrical Storms

Thunderstorms involving heavy lightning can take place suddenly, especially in high altitudes. Trips such as Sweet Carolina and Grayson Highlands are at high risk due to the altitude and narrow mountain passes. In the event there is an electrical storm the following procedure should take place:

1. Find Shelter
 - a. Buildings or picnic pavilions
 - b. Under a ledge or in a cave (if not wet inside and not in opening)
 - c. 45-degree angle away from a tree or group of trees
 - d. Low lying area away
2. If backpacking, sit on sleeping pads and avoid roots. If canoeing, stay away from metal paddles. Remain standing or sit in non-metal canoes. Space out, 100 feet away from each other.
3. Wait the storm out
 - a. Hunch down and keep ankles together.
4. If storm continues and it begins to get dark:
 - a. set up camp where you are (Backpacking)
 - b. If canoeing, call for pick up and get canoes to the road.
 - c. If climbing, head back to vehicle in breaks between intense periods, leave all metal to be retrieved later.



Lost Camper Procedure

The following is a serious procedure and should be on every adventure staff member's mind if they have not seen a camper for any certain period of time. This procedure applies to all activities and locations.

1. Find out the last place and time the person was seen.
 - a. Send runners (1 Trip Leader and 3 campers) to the place the person was last seen. Designate this place as PLS (Place Last Scene) and mark the point with an item (backpack, bandana, etc.)
 - b. If the lost camper is not at PLS, the Trip Leader and 3 campers search the immediate area for 5 minutes.
 - c. If camper is not found, the Trip Leader leaves the 3 campers at PLS and returns to group.
2. Once the Trip Leader arrives back to the group, take the entire group to PLS.
 - a. One Trip Leader then needs to blow a long whistle blast every 2 minutes. Keep doing this for 30 minutes.
 - b. Interview any hikers passing by to see if they have seen your missing group member.
3. While step 2 is going on, send one Trip Leader and two campers to go as a group searching any side trails or creeks you may have passed. This group should search the entire time the whistle blasts are going on (30 minutes). Multiple groups of three (1 staff and 2 campers) can be sent out if there is one staff and two campers remaining at PLS.
 - a. The Trip Coordinator may go out by themselves looking at other point of interests (Example: climb Sites or caves)
 - b. In a public setting, go up any roads or walk near any activity areas (ACE Resort).
4. After 30 minutes of searching, the Trip Leaders should report back to PLS and call Camp Fitch YMCA, the Trip Captain or Director (if not present), and appropriate emergency services.
 - a. The crew of 1 Trip Leader, 2 campers may continue to search but the rest of the group needs to stay at PLS with at least one staff member.
 - b. Again, Interview anyone you find to be in the area.
 - c. If the search goes into the night, make camp at the nearest campsite to PLS or stealth camp at PLS.
5. Assist emergency personnel with search when they arrive.
6. Postpone trip activities until the camper is found or emergency personnel encourage you to leave the area. Running out of food or moving the group out of unsafe weather conditions could be another reason to leave the area.



Active Shooter

In the case of encountering a non-emergency personnel with a firearm, adventure staff should continue to the next campsite on the trail. If a person at a campground is openly carrying around a firearm, call or physically go to the campground or state park office; usually firearms are prohibited. Let Park Rangers or State Police handle the situation.

Do not offer to help strangers at campgrounds with setting up tents, backing up vehicles, or investigating any drug related smells. Usually, the stranger asking means no harm but avoiding trying to get caught. Call the campground, Park Rangers, or State Police. Never put the safety of the group in jeopardy.

In a real situation of an active shooter being present, follow the suggested guidelines:

Wilderness Locations

1. Run
 - a. Try to get away from the shooter, get off the main trail and run up a side trail.
2. Hide
 - a. Find a place off the trail to hide; examples are giant boulders.
 - b. Don't hide near a cliff or overhang that provides no alternate escape path.
3. Fight
 - a. As a last resort, fight the shooter; throw rocks and objects from a distance and use backpacks as shields. If climbing, use ropes to set up traps or alter climbing gear to fashion weapons.

Campgrounds and Public Spaces

1. Run
 - a. Try to get away from the shooter, get away from any main area. Take the group to another campsite or remote area of the state park or resort.
2. Hide
 - a. If you can safely get back to the vehicle, drive away.
 - b. Take the group to a remote part of the area and hide.
 - c. Try to find a building that can be locked from the inside like an activity shed or bathroom structure.
 - d. Look for resort or campground staff offering safe places to hide such as offices or maintenance buildings.
3. Fight
 - a. As a last resort fight the shooter.

If the situation calls for it, split the group up. An adventure trips staff should be with each subgroup of campers. Also make sure all cell phones are silent. If someone has access to the SPOTx device, press the SOS button. As a last resort, separate, but come up with a meeting plan.

Cell Phone Policy

Campers are not allowed to carry cell phones on any trip. Parents may try to sneak phones into camper's bags. If a camper phone is found after the trip has left camp property, a staff member should take the phone and keep somewhere in the camp vehicle for safe keeping. Phones that are found before the trip leaves camp property should stay at the lodge the children are sleeping at.

Trip Leaders may carry cell phones as a backup emergency device and play music while in a vehicle. Trip Leaders may not use cell phones during trip activities and must remain hidden; out-of-sight of campers. Trip Captains and Directors may use cell phones openly to communicate with Camp Fitch, make food orders, and have for directions while out on the road.



Music in the Backcountry

Music from any cell phone or media device is not to be played while a wilderness activity is in process. This takes away from the natural setting and lessens the 'Wow of God' moments that could happen. However, there might be exceptions to playing music; in this case a Trip Leader needs to ask permission from a Trip Captain. Examples of when music may be permitted is at a campground while cooking and at a climb site when no other groups are present. This policy exists because adventure trips spends a fair amount of time on the road, music is encouraged while in transit rather than in the wilderness.

Primary Text System

The SPOTx device taken on adventure trips serves as the primary emergency contact. For more information about that device, see the very next section below.

Secondary Text System

Acting as a backup to the SPOTx, Trip Leaders will set up a group text/chat and should text throughout the day the Trip Captain assigned to their trip, the Adventure Programs Director, and the Executive Director. Parents and guardians of the adventure trip campers of the trip should be in this group chat as well. It is the Trip Leader(s)' responsibility to have parents write down what phone number they want to be reached at when the parent drops thier child off when the trip begins.

3 Times to text are:

- Before starting an activity
- When you have ended the activity
- When you reach the next location or make camp for the night

What to include in those texts:

- Text Body
- Trip Name
- Time
- Initials of Trip Leader sending text

Example:

Just got out of the cave!
Grayson Highlands
1:42pm
JP

The reason why you list the four things is to keep everyone updated with what is going on. If the Adventure Programs Director or Executive Director has not heard anything throughout the entire day, they will start to get overly concerned about the trip. Listing the trip name after the body also helps distinguish from different trips if there are more than one running that week. The initial at the bottom lets the people know who sent it. Different people have different writing styles.

The time listed also gives an idea of when the text was written. In a wilderness location you might be able to send a text, but parents may not get that text until a delay of time later. Listing the time also helps with any emergency wilderness situation in that rescue crews will know exactly the time the text was sent.

Brad Powell, Adventure Programs Director: 270-202-4129
Tom Parker, Executieve Director: 814-844-6360

Working the SPOT Device

The SPOT device is a global positioning system (GPS) that is able to pinpoint a user's exact location and share that location on a web-based program where others can access. This device is used during all adventure trips and is able to provide information back to Camp Fitch YMCA, resulting in way better communication than cellular phones.

The main use of the SPOT is to send out the basic messages outlined in the cell phone policy but also gives a GPS location indicating where a group is making camp for the night. It also has the ability to access all emergency services with one push of the S.O.S. button. Here is how to use the device:

Using the Check In Option

The most common option to be used is the check in option. Trip Leaders are to use this when stopping for breaks while hiking and before performing a chore or activity in the backcountry such as purifying water or swimming.

Sending Mass Messages

- Highlight the group to send to: “[year] Camp Fitch Bunch”
- Check the boxes of location and map
- Select a pre-selected message from the dropdown folder
- Hit Send.



Tracking the Group

- This service is used while in transit (vehicle, hiking, paddling).
- Hold down the footprint button for 10 seconds until it turns green.
- When you are done traveling, hold again for 10 seconds to turn tracking off.

People Receiving Spotx Messages

Every time a message is sent, it goes to the following contacts:

- Brad Powell (Work Cell) 814-844-6355
- Brad Powell (Personal Cell) 270-202-4129
- Tom Parker (Executive Director) 814-844-6360
- Tommy McCumber (Maintenance) 440-265-1776
- Kristen Costa (Business Office) 814-208-8381
- Cherie Graham (Business Office) 814-403-0637
- Joe Wolnik (Summer Camp Dir.) 814-844-6351
- Brandy Duda (School Year Programs Dir.) 814-844-6358
- FLT@campfitchymca.org
- PLT@campfitchymca.org

Non-life Threatening Emergency

- Send a mass message using a pre-selected script.
- If it is something specific and a cell phone call cannot be made to the Adventure Programs Director, text on the Spotx using the keypad.



Life Threatening Emergency

- Undo the protective cover of S.O.S. button.
- Press and hold S.O.S. button for 10 seconds.
- When a message from Spotx appears asking if you really need help, text all known information.
- Spot emergency number is 1-254-543-1278
- In an emergency mark current site at PLS and go get help as if you were following the *Lost Camper Procedure*.
- Place a group of three at the place where help will arrive. The group escorts emergency services to the PLS location.
- Listen for helicopters or sirens approaching.

*Special Note- The user can send any form of text message by using the keypad. To send and receive messages costs about \$1.00 per message. However, during emergencies- when S.O.S. button is pressed, texting is free.

Camp Fitch's Response in an Adventure Trip Emergency

In the event of an emergency on an adventure trip, traditional Camp Fitch YMCA located in North Springfield, Pennsylvania will begin the process of assisting the best they can with the emergency at an off-site location. The Adventure Programs Director or Trip Captain will be the main point of contact and be the 'boots on the ground' at the off-site location.

- **Step 1, Alert**
 - ② The first person on the contact team (present on Camp Fitch YMCA property) to see an emergency text, confirms with another member on the contact team to see if they also see the text that came through.
 - ② A person on the contact team then attempts to call the Adventure Programs Director to find out more information. If a call will not go through, send a text
 - ② A person on the contact team volunteers to take the lead and is ready to call 911 during step 2.
- **Step 2, Dispatching Help**
 - ② During this step, someone on the contact team goes online to findmespot.com and enters the credentials listed below in the next sub section.
 - ② Finding the group's exact GPS coordinates, someone on the contact team contacts 911 or local authorities.
 - ② If the situation is a broken-down vehicle, the Maintenance Director will try to help the group out by finding the nearest repair shop or calling a tow service.
 - ② If the situation requires another vehicle to be brought to the group, a staff member is called on to extract the trip from a location and pick up the campers. In this situation a

Trip Captain or Trip Leader not assigned to a trip should be ready to go at a moment's notice.

- **Step 3, Parent Contact**

- ☐ After help has been sent and enough information is gathered, all parents of campers involved in the emergency are contacted. This is to let them know about the situation. Some things that might be shared are listed below. It is recommended that someone in the business office make these phone calls.

- Lost Camper after an initial search is made and only if search prolonged to where local authorities have responded.
- Vehicle Accident after learning the condition of the group.
- Camper with life threatening injury and what hospital they are going to.

- **Step 4, Talking to the media**

- ☐ After the emergency has concluded, media may try to reach out to the camp to find out more information. If the situation occurs, the Executive Director is the only person that may talk with the media

Accessing the Group's Location on the Internet

To see exactly where the group is you can go to findmespot.com and login with the credentials below:

Username: Fitch1
Password: Pennultimate1

From here, click on maps. When you are on the maps tab, you can select 'live' to see where the group is now (if the group still has the Spotx powered on), and you can click on one hour or 24 hours to see the entire day's movement.

Statement to Media Groups

If anything were to go horribly wrong during a trip, the policy is for trips staff not to talk with media personnel. Trip Leaders may only talk to authorities (State and local police) and rescue squads, EMT's and help assist their efforts, staying within their wilderness first aid training duty-to-act. All media will be handled by upper management back at Camp Fitch YMCA. Examples include missing campers, bus fire, criminal involvement, and death.



Wilderness First Aid Basics

The following surveys and notes are the primary basis for all wilderness first aid basic practices. Adventure staff that are properly trained should be the ones who lead the charge when taking care of a camper in the wilderness. All other Trip Leaders should know and are expected to know the following below regardless of having a wilderness medicine certification.

Level of Consciousness

- **A** Awake and Conscious?
 - A + O x 4?
 - Name
 - Where they are (Place)
 - What time is it (Time)
 - What are they doing or did to lead up (Activity)
- **V** Verbal, Do they respond to you talking?
- **P** Pain, do they flinch when you touch them?
- **U** Unresponsive, no one's home

Primary Survey

First determine if the scene is safe. Do not approach a victim if it is unsafe. Second, determine if the group is safe. Do not put the whole group at harm if it is unsafe to help.

- | | |
|-----------------------|--|
| A. Airway | Do they have an open airway? |
| B. Breathing | Are they breathing, can you feel their breath? |
| C. Circulation | Do they have a pulse? |
| D. Deformity | Are there any deformities? Anything broken? |
| E. Environment | Can they stay where they are? |

Secondary Survey

Head-to-Toe exam is done after primary survey has been done. Continue to talk to victim, just in case they can hear you. You are primarily looking for bleeding, fractures, and suspected spinal injuries.

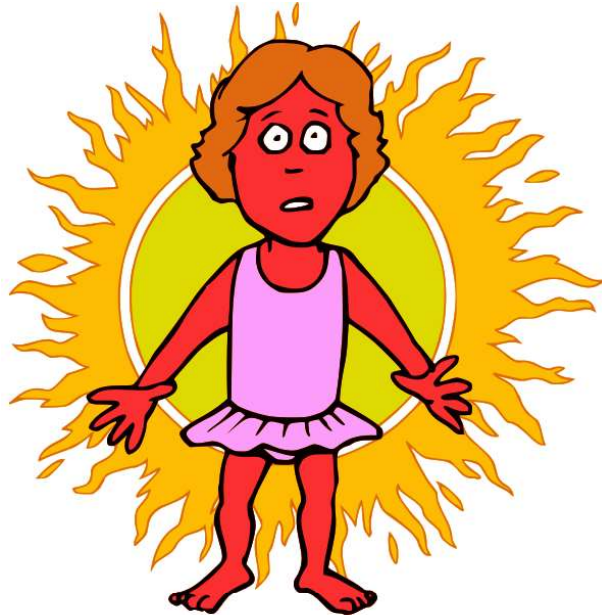
- Head
- Neck
- Chest/ Shoulders
- Abdomen/ Stomach
- Pelvis
- Legs (upper and lower)
- Feet
- Arms
- Back

AMPLE History

More than likely this information should be listed on the campers' medical form. If for some reason it is not, please ask for the following:

- **Allergies**
- **Medications**
- **Previous Injury or Illness**
- **Last Input and Output (food and waste)**
- **Events Leading up to Crisis**





Sunscreen Usage

Use of sunscreen is highly important in the prevention of sunburn and sun cancer. Each Trip Leader is responsible for giving campers sunscreen before and during their activity. If a Trip Leader runs out of sunscreen, they can refill it from the vehicle or back at Camp Fitch YMCA. If while on a trip, campers get severely burned due to a Trip Leader's lack of remembrance to tell campers to put sunscreen on, that Trip Leader may be subject to immediate dismissal.

First Aid

During every adventure trip that leaves Camp Fitch YMCA property, different first aid kits are made readily available. Every vehicle has a first aid kit with ample supplies to restock other first aid kits and provide housing for other materials that cannot fit in other first aid kits. Trip Leaders are expected to carry individual first aid kits with the basic essentials. Every individual trip has a medical pouch that contains more supplies than a personal first aid kit and less supplies than the vehicle first aid kit.

General First Aid Supplies

- Alcohol-free cleansing wipes
- Aloe Vera (vehicle only)
- Ankle Wrap
- Antiseptic cream
- Athletes Foot Cream
- Band Aids in multiple sizes
- Bee Sting relief
- Benadryl
- Black permanent marker
- Burn cream
- Calamine Lotion (vehicle only)
- Cough medicine (vehicle only)
- Dramamine (vehicle only)
- Eye dressings
- Gauze Pads in multiple sizes
- Hand Sanitizer
- Hydrocortisone cream/wipes
- Ibuprofen
- Laxatives
- Nail Clippers
- Midol
- Pepto Bismol (vehicle only)
- Poison ivy relief
- Rolled bandages
- Safety pins
- Sam Splint
- Scissors/ Safety Sheers
- Sticky tape
- Sunscreen
- Tampons and other female hygiene products
- Thermometer (vehicle only)
- Triangle Bandage
- Tweezers
- Tylenol
- Whistle
- Vaseline

General First Aid Situations and Remedies

- **Abdominal Pain**
 - Nausea or mid-epigastric pain, without vomiting or diarrhea
 - Give antacid of choice (Pepto Bismol)
 - With vomiting or diarrhea
 - Treat fever with Tylenol. Do not give Ibuprofen. See MD
- **Abrasions, Scratches and Cuts**
 - Cleanse with alcohol-free pad and cover with band aid. Use antibiotic ointment if available.
- **Allergy Symptoms**
 - May give Benadryl every 6 hours or Claritin every 24 hours.
- **Anaphylaxis**
 - If there is swelling in the neck, tongue, or respiratory region and victim is having trouble breathing, loss of consciousness or obvious shock
 - Administer epinephrine via epi pen
 - Initiate EMS system
 - If swelling goes down, monitor and give Benadryl (if this can be done before epi pen injection the better)
- **Animal Bites**
 - Cleanse with soap and water. Determine tetanus status, report to law enforcement.
- **Asthma**
 - Administer two puffs every 10-20 minutes up to five times for wheezing and shortness of breath.
- **Athletes Foot**
 - Apply Tinactin or Clotrimazole 1% to areas affected.
- **Bleeding**
 - Apply sterile pressure dressing until stops. Do not apply tourniquet.
- **Braces/ Dental**
 - If braces break during a trip to where a wire is cutting the inside of the mouth, clip metal piece off with nail clippers and pad side of mouth with gauze.
- **Bruises and Contusions**
 - Apply cold compresses. Treat pain symptomatically.
- **Burns**
 - Place body part burned in cold water (river or stream). If nothing is available pour water on a sterile dressing and loosely wrap around the affected area. Apply burn cream and continue to monitor area. Use shake and ready ice packets when available.

- **Constipation**
 - If no bowel movement in 48 hours, give laxative. Encourage fruit and vegetables.
- **Coughing**
 - Cough medicine
- **Diarrhea**
 - Increase fluid/liquid intake. Avoid milk products. Let camper eat B.R.A.T. diet (bananas, rice, applesauce, tea)
- **Earache**
 - Give Tylenol, monitor status, if worsens see doctor.
- **Eye Injury**
 - Place dressing over injured eye and bandage over both eyes to hinder eye movement.
 - Do not remove impaled objects.
 - Medical Evacuation to Hospital.
- **Eye (Foreign Body)**
 - Irrigate with eye wash or purified water.
 - Attempt to remove object with moistened cotton swab or cloth.
- **Fever**
 - Give Tylenol or Ibuprofen.
- **Fractures/ Broken Bone**
 - Splint any suspected fracture, Evacuation
 - If bone is sticking out of skin, pull traction.
- **Head Injury (Concussion)**
 - If accompanied by headache, drowsiness, disorientation, nausea, vomiting, irregular pulse, bleeding, or fluid from ears or is unconscious
 - Transport to Hospital (Medical Evacuation)
 - If mild injury, monitor every 30 minutes and have camper sit out of activity the rest of the day and potentially the next. Evacuate if symptoms worsen.
- **Heat Exhaustion**
 - Due to extreme heat, person begins to show signs of weakness, dizziness, headache, and nausea
 - Have camper lay/sit down and rest with lowered head. Give fluids (water, Gatorade, vitamin water, etc.)
- **Heat Stroke**
 - Potentially life-threatening, skin flushed and dry
 - Move to a cool area, sit down in river or creek if possible.
 - Remove or loosen clothing, wet clothes with water bottle.
 - Lay the person down with head slightly elevated.
 - Force fluids (water, Gatorade, vitamin water).
 - Have seen by Medical Doctor.

- **Hypothermia**
 - Remove from cold environment and get wet clothes off.
 - Warm up with dry clothes, sleeping bag.
 - Put inside a tent or wrap in tarp.
 - Provide warm liquids to drink.
- **Insect Bites**
 - Check for history of allergic reactions to bee stings/ insect bites
 - Remove stinger if present and apply ice or cool dressing to reduce discomfort
 - Apply bee sting relief
- **Jock Itch**
 - Apply Tinactin or Clotrimazole 1% to affected area.
- **Lacerations**
 - Cleanse wound with soap and water. Apply antibiotic ointment.
 - Determine tetanus status
- **Nausea**
 - Pepto Bismol
- **Pediculosis (Head Lice)**
 - See MD or nurse back at camp. Wash all helmets upon return. If still on trip, leave in sun to dry after cleansing the best way possible.
- **Poison Ivy, Oak, Sumac**
 - Prevent with Ivy wipes (preventative wipes) for campers who are subject to it.
 - Wash all exposed areas with soap and water
 - Wash all clothes that it might be on
 - Use Calamine Lotion or poison ivy relief in first aid kit
- **Rash**
 - Monitor progress of it
 - Give Benadryl
 - May apply hydrocortisone cream to affected area.

- **Seizures**
 - If feverish, sponge with cool water.
 - Protect person from harming themselves.
 - Position in recover position or on side to reduce risk of aspiration.
 - Medical Evacuation
- **Shock**
 - Initiate EMS immediately.
 - Elevate feet except when suspected head injury.
 - Obtain and keep monitoring vital signs until help arrives.
- **Sore Throat**
 - Take temperature.
 - Keep comfortable by encouraging liquids.
 - Treat symptoms of pain, nasal congestion, and cough.
- **Splinters**
 - Remove if protruding or superficial. Use tweezers and safety pins if needed.
- **Sprains/ Strains**
 - Assess for possible fracture. Ice on and off.
 - Give Tylenol or Ibuprofen
 - RICE
 - Rest
 - ICE
 - Compression
 - Elevation
- **Sunburn**
 - Prevent by constant use of sunscreen.
 - Treat with Aloe Vera.

Operating Adventure Trips During a Pandemic

A Covid-19 Protocol



The following policies were put into place in the operating summer season of 2021. In case of another outbreak of coronavirus, flu, or other nationwide pandemic- please follow the same guidelines. This will give the adventure trips program and opportunity to run.

Pre-Trip Arrival

- Campers are strongly encouraged, but not required, to quarantine the week before their trip.
- Campers should try to obtain a negative Covid-19 test 72 hours (about 3 days) before camp arrival.
- All clothing and personal items should be packed into 1-2 large tubercle containers. Shoes and backpacks can be left out and put with the gear that campers check out at the beginning of their trip.

Arrival

- Adventure Trip campers will check in directly at Beecher Cabin.
- A nurse or member of the health team will greet the camper and their parents first. The nurse will then perform the following:
 - Temperature Checks
 - Traditional Camp Screening
 - Pre-check for ticks and head lice
 - Review of all medications and health concerns
- A Trip Coordinator will then meet the parents and campers and review the following:
 - Rafting and other activity waivers
 - Contact Information during trip and last-minute changes to logistics
 - This is the last time the parents can opt of the trip and receive a refund. Changes in trip itinerary or safety protocols due to state mandates could influence this if the parent does not agree. Ex: We can no longer raft.

Sleeping in Cabins

Sleeping in Beecher Cabin may happen on Sunday (before the trip departs) and Friday (the day the trip returns). The same applies during the ten-day trips, just on different days. During these periods the following should happen:

- Bathrooms will be cleaned before and after campers arrive at/depart the cabin.
- Campers and Trip Leaders are separated by gender on opposite sides of the cabin.
- Face Masks are to be used while in the building, except when sleeping.
- Each camper will get their own bunk.
- Each camper bunk will be separated by an empty bunk.
- Each camper, with a separate bunk in between them, will be staggered bottom-top and head-to-toe.

Gear

Every camper will be given their own personal gear. All gear must fit into their own designated tuber ware container. Campers will be given their own:

- One person tent with footprint or tarp
- Hammock and straps
- Sleeping pad
- Helmets for different activities (whitewater, caving, rock climbing)
- PFD
- Climbing harness

Vehicle Travel

During travel these might help limit contact and spread of disease:

- The driver and all passengers must wear a mask during transport. A custom Tubie or individual headwear device that was made for the trip could act as a second barrier over top of a mask but cannot be used for the initial face covering.
- Every vehicle will carry a maximum of six people. A driver, back-up driver, and four campers. For vans, this means the middle seat(s) will not be used.
 - The same passengers will use the same van and seat during the whole trip.
- Depending on weather conditions, windows should be down, allowing air flow.
- If a camper does not have to use the bathroom, they should not enter the facility but must still exit the vehicle like in the standard policy while the driver pumps gas. In this situation, a Trip Leader should wait outside with the camper (the driver pumping gas is the third person in this situation).
- If no one needs to use the bathroom, have one Trip Leader enter the facility to purchase snacks for the campers with the camp credit card (campers or parents could pay back at the end of the trip).
- Try to purchase all snacks and drinks that are sealed (no slushies, fountain drinks, or self-serve food items).

Camping in the Backcountry

- Every camper will sleep in their own assigned one-person tent.
 - Campers can hammock camp under clear weather due to Trip Leader discretion.
- Water should be purified into a designated group bottle that is not used for drinking. That bottle is then used to “waterfall pour” into camper water bottles.
 - If overnight backpacking is not done, campers should carry extra water during their hike. Trip Leaders should carry extra store-bought plastic water bottles.
- Hands will be washed before meals in the backcountry with soap and water. This will be performed away from streams and campsites following “Leave No Trace” standards.
 - Hand sanitizer will be given out during frequent breaks- just like sunblock breaks.
- Face masks will be worn when staying 10 feet away is not an option (caving and climbing).
- Each camper will be served food by a Trip Leader.
- Each camper and Trip Leader must wear a face mask and gloves while cooking meals.

White Water Rafting and Other Guided Adventures

- Reservations will be made to where each raft has four campers and one trip leader. This should also reflect the same vehicle that people are traveling in.
- The Trip Director (vaccinated) should be the only person to interact with rafting staff via turning in waivers, making payments, greeting them, etc.
- All campers and staff should limit their interaction and maximize their distance with other vacationers, families and other summer camps.

Temperature Record Keeping

Temperatures will be taken in the morning before the days' activity and at night before bedtime. Temperatures will be recorded on the same document as "medicine given" form.

Camper Return, Parent Pick-Up

- Parents' temperatures will be taken upon arrival. They will not be permitted to enter Beecher Cabin.
 - Campers will have bags packed and out on the back porch.
- All camper gear will be thoroughly cleaned and hung to dry upon arrival back from trip.
 - New gear will be used for the next trip. Gear used on previous trips will sit for a week to further reduce the risk.



Evacuation Plan for Possible Case/ Outbreak

Lake Erie Legacy Trip (formerly Pennultimate)

- Because this trip runs day trips and returns to Camp Fitch each night, a camper with symptoms will be isolated from the rest of the group and be sent to a health professional on-site. Parents will be contacted to pick them up immediately at Camp Fitch YMCA.

Mountain Momma Trip (West Virginia)

- If a camper develops symptoms, they will be isolated at the campground of ACE Adventure Resort. Two staff will stay behind from the day's activities and supervise the child at the campground. ACE staff will be informed of what bathroom facility(s) were used by Camp Fitch up to that point. Parents will then be contacted to pick up the child as soon as possible at ACE Adventure Resort, Oak Hill, WV. If this cannot be done, two Camp Fitch YMCA staff will drive down and pick the child up.

All other trips (Greater than 4 hours away)

- If a child develops covid-like symptoms on any other trips, the entire trip will return to Camp Fitch YMCA and all reservations for the rest of that trip will be cancelled. Parents will be notified for immediate pick-up upon return and will be given a refund based on the number of days that were left on the trip.

