



Cuyamaca Outdoor School 2021-22

COVID-19 FAQ

Q: Will Cuyamaca Outdoor School reopen this year?

A: Yes! Camp Cuyamaca plans to start welcoming campers this fall, just in time to celebrate our 75th anniversary! We will host a much smaller number of students than usual each week to allow for physical distancing. To promote the highest level of safety possible for all participants and staff, we will follow the most current federal, state, and local school and overnight camp guidelines, as well as San Diego County Office of Education COVID-19 procedures.

Q: Are masks required?

A: Yes. **Appropriate face coverings are required indoors** for all students, teachers, and staff – regardless of vaccination status – except when eating or drinking or for adults when working in a room alone with the door closed. Those who are exempted from the guidance must wear a non-restrictive alternative if their condition permits it (see [CDPH face mask guidance](#)). Overnight, students will be with their cabin den cohorts and will **not** wear face coverings when sleeping. Outdoors, face coverings are optional except during the Monday Campfire and the Thursday Talent Show activities, both of which will take place outdoors at our large amphitheater, weather-permitting. Students must bring their own appropriate face coverings. Wearing masks indoors and during specific outdoor activities is required to attend camp.

Q: Is a COVID-19 test required before attending Cuyamaca Outdoor School?

A: Yes. All students must provide proof of a negative COVID-19 test before arrival at camp, **except** in the following cases:

- Student can provide proof of full vaccination status.
- Student can provide a lab confirmed positive COVID-19 test in the last 90 days.

COVID-19 tests may include:

- PCR test taken within 72 hours before arrival at camp (usually 10:30 a.m. to 11 a.m. on a Monday)
- Rapid antigen test taken within 24 hours of arrival at camp (usually 10:30 a.m. to 11 a.m. on a Monday)

Home COVID-19 tests are not accepted.

Before departing school, school staff will collect each student's proof of a negative COVID-19 PCR or antigen test; **proof of vaccination status (copy of vaccination card) or proof of lab confirmed positive test in the last 90 days (copy of lab report)** to bring to the Cuyamaca Outdoor School Health Center upon arrival at camp.

Proof of a negative COVID-19 PCR or antigen test includes either:

1. Legible, printed copy of the email from the testing facility/laboratory
- OR
2. Legible photocopy of negative result from the testing facility/laboratory

Any student who does not have proof of a negative COVID-19 PCR or antigen test, **full vaccination status or proof of COVID-19 in last 90 days** may not attend camp until such time as they can provide that proof.

Q: Will students and staff be screened for symptoms?

A: Yes. Before leaving school, school staff will screen each student. Cuyamaca staff will screen students again upon arrival at camp. Screening includes a temperature check using a touch-free thermometer and verbally verifying that they do not have any COVID-19-related symptoms and have not been in close contact with anyone with COVID-19. Each day at camp students will be discreetly screened for COVID-19-related symptoms each morning in the cabin before activities begin (temperature check and verbal verification that they do not have any COVID-19-related symptoms). Visiting classroom teachers and staff are required to self-screen daily at the start of their shift/workday.

Q: Are staff vaccinated against COVID-19?

A: The COVID-19 vaccine is not mandated for school staff at SDCOE. Per the Aug. 11 California public health order, unvaccinated or partially vaccinated school staff, or those who do not submit proof of vaccination, WILL BE required to get a weekly COVID-19 test. All schools must be in compliance by Oct. 15. As SDCOE employees, Cuyamaca Outdoor School staff will follow these guidelines and will be working toward compliance.

Q: How will students be grouped?

A: Each student will be assigned to a cabin group and a hiking group. Students from the same school will be housed in the same cabin whenever possible. Each cabin has four large sleeping rooms we call dens that will house approximately nine students (half of the capacity), all from the same school when possible. Each den will be considered a cohort. One girls' cabin and one boys' cabin make up a village – Cuyamaca has three villages.

Cabin groups, with physical distancing between den cohorts when practicable, will participate together in cabin teambuilding activities, evening activities, and meals, and of course students will sleep in their assigned dens. For daytime activities such as nature explorations, the all-day adventure, crafts, WRAP, night hike, and other outdoor activities, students from the same den cohort or a combination of den cohorts from the same school within the same cabin or village (as determined by current COVID-19 case rates) will be assigned to hiking groups of approximately 12-14 students.

Q: What are the sleeping arrangements?

A: In their cabins, students will share a room (we call them dens) with approximately eight other students. Whenever possible, the students assigned to a den will all be from the same school and will be considered a cohort. Each den has nine bunk beds. Every student will be assigned to their own bunk bed - alternating top and bottom bunks - to ensure the most distance possible between students while sleeping. Air filters will be in continuous operation, and windows will be left open, weather permitting.

An adult cabin leader is assigned to each cabin for the week. The cabin leader spends the night in the “adult den” in the cabin – slightly apart from the student dens but open to the cabin and readily accessible by any student at any time – for overnight student supervision and emergency response.

Teachers will be assigned to a room in one of our teacher quads. Whenever possible, each teacher will be assigned to their own room. If we have more teachers than individual rooms available, teachers will share a room with a teacher of the same gender from their own school, and an air filter will be provided. They may open windows for fresh air exchange as they see fit.

Q: Are there air purifiers indoors?

A: Each cabin will have four 1500CFM air purifiers (one per den) that will be in continuous operation while camp is in session. Weather permitting, windows will be opened to promote fresh air exchange. We will have air purifiers in common rooms, such as the dining hall, office, and Health Center, as well.

Q: Will activities be modified or changed due to COVID-19?

A: We are modifying many program logistics and scheduling components to provide the safest environment possible. These changes will provide the opportunity for students to participate in more teambuilding activities and be outdoors even more than before! Student activities will still include meeting new people and making new friends, eating yummy meals, and participating in nature exploration hikes, an all-day adventure hike, crafts, the campfire activity, a night hike, and the talent show, among others.

Q: Will students eat family-style meals?

A: No. To promote the highest level of safety possible, students will eat cafeteria-style breakfast and dinner in the dining hall with their cabin cohort, seated by dens. Each cabin, along with the opposite-gender cabin in their village, will be assigned a set of tables where students will be seated by den with space for physical distancing. Each village -- consisting of one boys' cabin and one girls' cabin -- will have its own mealtime. The dining hall will be cleaned between the three village mealtimes. Students will eat lunch with their cabin group outside, weather-permitting.

Q: Will the camp be cleaned regularly?

A: Yes. Our maintenance and custodial staff will follow a schedule to frequently and regularly clean shared restrooms and other shared spaces around the camp. Daytime program staff will follow a schedule to frequently and regularly clean commonly touched surfaces in the cabins. Overnight cabin staff will clean and disinfect cabin bathrooms and other commonly touched surfaces each night. The dining hall will be cleaned between each meal service, and the kitchen is frequently and regularly cleaned.

The entire camp is thoroughly cleaned and disinfected over the weekend in preparation for the incoming schools.

Q: Should students bring their own hand sanitizer?

A: Students do not have to bring their own hand sanitizer but may if they choose to. Hand sanitizer stations will be widely available around camp, including at the entrance to every building and inside the cabins and some other buildings. Program staff will carry hand sanitizer during outdoor activities. Students will be reminded to wash their hands each time they return to the cabin after an activity and before and after meals.

Q: What other items should students bring for a week at Cuyamaca Outdoor School?

A: In addition to the items on the [Student Packing List](#) on our website (www.sdcoe.net/cos), students should bring two clean, school-appropriate face coverings (masks) for each day of camp.

Q: What happens if a student gets sick or exhibits COVID-19 related symptoms?

A: If a student feels ill or exhibits any COVID-19 related symptom/s, the student will be isolated in our dedicated isolation space with appropriate adult supervision and careful monitoring by our Health Center staff. The student's teacher at camp will be notified, and with parent/guardian permission, we will administer a COVID-19 test (self-administered nasal swab) to rule out COVID-19. However, even with a negative COVID-19 test, **current guidance requires us to send home immediately any child who is ill or who exhibits any COVID-19 related symptoms.**

If your child becomes sick, exhibits COVID symptoms, and/or tests positive for COVID-19 while at camp, you must pick up your child regardless of the time of day or night. If you do not drive or do not own a vehicle, have a plan in place for another family member or close family friend to be available to pick up your child. Please be sure to list that person's name and phone number in the emergency contact section on your child's Student Registration and Health Form. Once home, the student should isolate according to the Safety Measures for K-12

Schools section of the [CDPH COVID-19 Public Health Guidance for K-12 Schools in California, 2021-22 School Year](#).

If your child isn't feeling well before the trip, **do not** send them to camp.

Q: What happens if a student or adult at camp tests positive for COVID-19?

A: Any positive COVID-19 case will be reported to the health department right away, contact tracing will begin, and the person who tested positive must be isolated. We keep records of who is assigned to which cabin, den, and bed to expedite the contact tracing process if someone tests positive for COVID-19.

This means that any student who tests positive for COVID-19 will be isolated (with appropriate adult supervision) and their parent/guardian must pick them up immediately. Once home, they should follow the isolation guidelines in the Safety Measures for K-12 Schools section of the [CDPH COVID-19 Public Health Guidance for K-12 Schools in California, 2021-22 School Year](#).

Any adult who tests positive for COVID-19 will be sent home to [isolate](#) for the duration recommended by CDPH and contact tracing will begin as soon as possible.

Any student who was in close contact (within 6 feet for 15 minutes or more over a 24-hour period) with someone who has tested positive for COVID-19 must be sent home from camp. Once home, students should quarantine according to the Safety Measures for K-12 Schools section of the [CDPH COVID-19 Public Health Guidance for K-12 Schools in California, 2021-22 School Year](#). This may include being able to return for in-person instruction at school if they meet certain requirements.

Notifications will be made via phone call from Cuyamaca or through the school's notification system.

Q: Could our trip to Cuyamaca Outdoor School be cancelled due to COVID-19?

A: We certainly hope this doesn't happen, but it is a possibility due to so many unknowns regarding the constantly evolving COVID-19 virus. If a school has to cancel its trip, or if Cuyamaca Outdoor School has to cancel a school's trip due to COVID-19 or any other safety reason, Cuyamaca Outdoor School will offer "Virtually Camp Cuyamaca: An Outdoor School Experience" to affected schools; we will not charge for in-person camp if camp is cancelled by either party. Virtual camp includes two to three hours of academic and other camp content per day over the course of five days and includes virtual lessons, hand-on activities that encourage students to get outside, and live virtual sessions with Cuyamaca staff throughout the virtual camp week.

Q: What if my child is nervous about coming to camp, especially with the risk of COVID-19?

A: Talk with your child about what it was like to return to school in-person and how that experience may be similar or different than coming to camp. Ask older siblings to share their Camp Cuyamaca experiences. Review these FAQs with them and reassure them that, just like at school, many safety measures are being put in place to keep students as safe as possible.

Q: What if my child gets homesick?

A: Preparation is key. Talk to your child about the trip beforehand to help them prepare mentally. Build up their confidence by practicing sleeping in a sleeping bag, taking two-minute showers, and changing clothes with a towel wrapped around them. Avoid talking about how much you will miss them and share your enthusiasm for their upcoming trip. Reassure them that they are strong and capable and that you trust them and love them.

If they do become homesick, the expert Cuyamaca staff will support them with care and empathy to help them through it. However, if they complain of a physical ailment such as a stomachache or headache, we are required to send them home.