

RE: USE OF CAMP ARNOLD DURING COVID-19 PANDEMIC

To Whom It May Concern:

Following this page are several attachments that detail the guidelines, protocols and practices of Camp Arnold through the Covid-19 crisis. It is our desire to not only strive to keep you safe, but to help you feel safe, while you are visiting our camp.

Included is information as well as copies of forms that your group will be asked to use. The "Health and Wellness Questionnaire" collects information for each of your participants regarding their current health status as well as contact information should tracing information be needed by the County Health Department. The "Covid Status Verification" form assures us that your group leader has verified the vaccination or negative test status of all overnight participants.

Also included is our "Liability Release Form" for Challenge Course participation, as well as our current protocols while using the Challenge Course or other Adventure Programming.

You will also find samples of posters that are in use throughout camp by our staff (correct cleaning methods) as well as by guests (reminders on hand washing and good hygiene).

If you have any questions or concerns we would love to answer them for you. We will look forward to serving your group sometime soon.

God bless,

Jeff Potts

Jeff Potts
Director, Camp Arnold
The Salvation Army Northwest Division

253-847-2511 (o)

509-999-1625 (c)

jeff.potts@usw.salvationarmy.org





The Salvation Army Camp Arnold



Doing out best to keep you safe!

We are committed to the safety and wellbeing of all our guests and staff and are providing the following guidance to help keep you safe and healthy while you are our guest.

Here is a list of enhanced sanitation and disinfecting procedures that we have implemented along with guidance for all guests coming to stay at camp. These procedures and practices, designed to help stop the spread of communicable disease, will remain in place at all times as our commitment to community health and safety.

Enhanced Sanitation/disinfecting practices at Camp Arnold:

- All meeting and gathering places will be stocked with disinfecting solution and hand sanitizer ready and available for use.
- All public restrooms will be sanitized and disinfected three times daily.
- We have increased daily frequency of cleaning and sanitizing for all 'High Touch' surfaces.
- Signage will be posted in all living areas and public restrooms relating the importance of good handwashing and proper personal hygiene.

Best Practice for general health and safety:

The CDC (www.cdc.gov/) always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- Wash hands often with warm soapy water for at least 20 seconds.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Keep hands away from eyes, nose, and mouth.
- Stay home if you are not feeling well. Get plenty of rest.
- Stay hydrated by drinking lots of water.

Required Action for all Guests Group use of Camp Arnold:

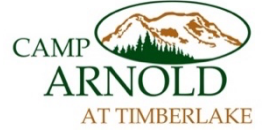
- *Overnight Guests only - All participants will be required to complete, sign and submit a health and wellness questionnaire not longer than five days before arrival at Camp Arnold.
- *Overnight Guests Only - Group leaders must verify and sign a form stating they have checked the vaccination or negative test status of all participants. All guests must either show proof of vaccination or proof of a recent negative test (results no more than 72 hours old).
- All guests will participate in a Health and Safety screening, by Group leaders, upon their arrival at camp .
- All guests will participate in a Health and Safety briefing at the first meal or scheduled meeting.
- Group leaders will be asked to ensure participants wear masks when appropriate and will be asked to bring additional masks and hand sanitizer for use throughout the retreat.
- It is recommended that all participants carry with them a small bottle of hand sanitizer for quick access and regular use during the retreat or conference.
- **Any group participant that exhibits signs and symptoms of illness must remain at home and will not be permitted to stay at camp. Anyone developing symptoms while at camp will be immediately isolated until they can arrange to go home.**

For more information visit the Pierce County Health Department COVID-19 Page:

<https://www.tpchd.org/healthy-people/human-coronavirus>



The Salvation Army Camp Arnold



Covid Status Verification

OVERNIGHT GUEST GROUP INFORMATION

Name/Event: _____

Dates at Camp: _____

Name of Group Leader: _____

(Please Print Legibly)

Phone Number: _____

Email Address: _____

In signing this form I give my assurance that all participants in our event, conference, or retreat at Camp Arnold have been verified to either:

- Have shown me proof of full vaccination status at the time of their arrival at Camp Arnold (two weeks will have elapsed since their final shot)

OR,

- Have shown me proof of a negative test result that is no more than 72 hours old at their time of arrival at Camp Arnold.

Signature of group leader identified above:

Leaders Signature

Date



The Salvation Army Camp Arnold
Health and Wellness Questionnaire



Guest Group

Name/Event: _____

Dates at Camp: _____

Name of Participant: _____
(Please Print Legibly)

Home address: _____

Phone Number: _____

Email Address: _____
(If *minor, email of parents)

Have you recently traveled out of the Country to an area with an active outbreak of Covid-19 or variant?

- Yes**
- No**

Have you had recent contact with any person(s) with a confirmed exposure/case of a communicable disease?

- Yes**
- No**

Are you currently, or have you in the past 24 hours, experiences any of the following symptoms:
Fever of 100.4 or more, Cough, Difficulty breathing; shortness of breath, Severe Illness?

- Yes**
- No**

(Participant Signature & Date)

*(Parent or Guardian Signature & Date)

* Parent/Guardian Signature required for all participants 17 years of age and younger.



Adventure Program Participant Release Form

The Salvation Army **Camp Arnold**
33412 Webster Rd. E., Eatonville, WA. 98328



PARTICIPANT AGREEMENT, ASSUMPTION OF RISK, AND RELEASE OF LIABILITY. THIS IS A LEGAL, BINDING, DOCUMENT.

vaRelease and Assumption of Risk - Please read this Release carefully as it affects your legal rights in the event of accident, iniury, contraction of a communicable disease, infection and illness. By signing this document you are representing that you have read, understood and agree to be bound by the Terms of this Release.

The undersigned participant and parent or guardian acknowledge that The Salvation Army, as part of its Adventure Program at **Camp Arnold, Eatonville, WA, has created a challenge course** designed to enhance the coordination and physical condition of participants as well as teach teamwork skills. The undersigned persons acknowledge further that The Salvation Army has taken reasonable precautions, consistent with universally national standards, to attempt to ensure that the Adventure Program will provide a safe experience for participants. The undersigned also acknowledges that the program requires physical exertion and strenuous effort. As with any activity and/or outdoor activity involving strenuous physical effort, it is not without certain risks. These risks include but are not limited to the hazards of depending on other people for belaying and spotting as well as forces of nature but also of accident, injury, contraction of a communicable disease , infection and/or illness. The undersigned persons also acknowledge that the participant is in good general health and physically fit to participate in the program.

The undersigned persons also acknowledge and agree that neither The Salvation Army nor any facilitator, employee , Officer, Director, agent nor volunteer of The Salvation Army shall be held liable for any occurrence in connection with the Adventure Program that may result in injury, contraction of a communicable disease and/or contraction of a viral or bacterial infection of any type or other damage to the undersigned participant and they therefore Release The Salvation Army, its facilitators and employees from any liability whatsoever for injury, contraction of a communicable disease, infection and /or illness and/or damage to persons or property resulting from his/her participation in the Adventure Program. The undersigned further agrees to indemnify and hold harmless The Salvation Army and all persons associated with it from any claim by the undersigned participant or his/ her family, estate or heirs arising of the participation enrollment and participation in the Adventure Program. The undersigned persons further acknowledge that enrollment in The Salvation Army' s Adventure Program is entirely voluntary, and that in consideration of being able to enroll and participate in a course, the undersigned persons hereby assume all risks related to the course for any injury, contraction of a communicable disease, infection and/or illness and/or contraction of a viral or bacterial infection of any kind and/or damage to persons and/or property that may result while the undersigned participant is enrolled in the course and the undersigned assume all risks connected with participation in the course, whether foreseen or unforeseen.

Policy for Pregnant Women: Women who are pregnant are invited to participate in the Adventure Program. The woman and the facilitator will discuss safety issues of each activity and decide whether the activity compromises the safety of the mother and the unborn child.

Participant is required to sign this document to acknowledge understanding and agreement of the content. If the participant is under 18 years of age, the parent or guardian is required to sign.

Print Name- Participant

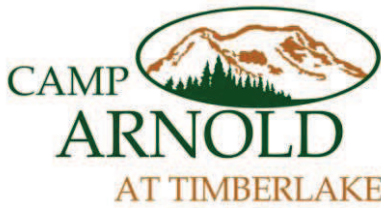
Signature- Participant

Date

Print Name of Parent or Guardian if under 18

Signature of Parent or Guardian if under 18

Date



Owned and Operated by The Salvation Army

33712 Webster Road East
Eatonville, Washington 98328-9662
Phone: (253) 847-2511
FAX: (253) 847-2910

MEDICAL RELEASE AND INFORMATION FORM - CHALLENGE COURSE PARTICIPANTS

A. General Information (Please Print) Name of School, Group or Organization: _____

Name of Participant: _____ Phone: (H) _____

Address: _____ City: _____ State: _____ Zip Code: _____

Male Female Age: _____ Birth Date: (Month) _____ (Day) _____ (Year) _____

B. Medical and Insurance Information

Name of Personal Physician: _____ Phone: _____

Is participant covered by any hospitalization, health or medical insurance? Yes No

Company/Carrier and Policy Number: _____

C. Medical History

List any limiting physical/health conditions that participant has (temporary or permanent). _____

List all medication participant is currently taking. _____

Allergies List all known allergies to medications. _____

Is participant allergic to bee stings? Yes No

If yes, will participant have a sting kit with her/him at Camp Arnold? Yes No

Cardiac Conditions (please check any conditions that apply to participant)

- Family History of Heart Disease
- Heart Murmur or Irregular Heart Beats
- Heart Disease or Heart Attack
- Chest Pains or Shortness of Breath
- Family History of High Blood Pressure
- High Blood Pressure

Conditions of Concern (please check any conditions that apply to participant)

- Asthma If yes, will participant have an inhaler with her/him at Camp Arnold? Yes No
- Epilepsy
- Learning, Emotional or Behavioral Conditions
- Diabetes
- Back, Neck or Knee Problems
- Pregnant
- Any impairment of Sight, Hearing or Speech

If you have checked any of the above, please provide details on each (use the back side of this page).

List any other condition(s) that the staff should be aware of (use the back side of this page).

D. Signature of Student and Parent/Guardian

I hereby understand that all reasonable precautions for my health and safety are taken by Camp Arnold during my participation in The Outdoor School and the Challenge Course Program and that participation in all activities is at my own risk.

I hereby authorize The Salvation Army, acting through any adult officer thereof, into whose care I have been entrusted, to consent to any X-ray examination, anesthetic, medical or surgical diagnosis or treatment and hospital care to be rendered to me under the general or special supervision and the upon advice of a physician and surgeon licensed under the provisions of the State Medical Practice Act or to consent to an X-ray examination, anesthetic, dental or surgical diagnosis or treatment and hospital care to be rendered to said minor by a dentist licensed under the provision of the Dental Practice Act.

Should an accident or emergency occur that renders me unable to communicate or judge correctly, I hereby give permission to the physician selected by present Camp Arnold staff member to hospitalize and/or secure proper treatment for me, except as noted below. I agree to hold only myself liable for these noted exceptions:

Exceptions to treatment/hospitalization (use the back side of this page): _____

Print Name of PARTICIPANT

Signature of PARTICIPANT

Today's Date

Print Name of Parent/Guardian

Signature of Parent/Guardian

Today's Date

EMERGENCY CONTACT PERSON (#1): _____

PHONE: _____

EMERGENCY CONTACT PERSON (#2): _____

PHONE: _____

Covid-19 Protocols and Strategies in Adventure Programming

Below you will find direction for you as a group as well as outlines of practices at Camp Arnold for use of our adventure program areas. Camp Arnold will remain up to date on local, state and industry regulations and advisories in an effort to maintain the highest level of safety in our programs. Camp Arnold will abide by any additional challenge course specific guidelines put into place by the Association for Challenge Course Technology (ACCT) and lean on the expertise of ACCT.

We are excited that you've chosen us to meet the needs of your group. Please ensure that every person that will be participating with your group is provided with this information. Thank you!

Requirements of Groups/Participants

- Please share with us any information regarding your group that you feel is important that we know as we facilitate your experience. If you have specific COVID-19 protocols in place we want to know and understand them prior to your arrival.
- We ask that your group has the basic knowledge of wearing PPE/face covering prior to arrival, if needed we can provide digital resources. We will require all participants and guests to have and wear proper face coverings in accordance with State guidelines. Our staff will reinforce appropriate use of PPE/face covering and Covid-19 protocols at our site but will not conduct any in-depth training.
- Participants coming to Camp Arnold must ensure that they are not showing any [COVID-19 symptoms](#). Any individual who may be sick, or may have had contact with anyone who is sick, should remain home. Camp Arnold staff reserve the right to ask any individual to leave the site if exhibiting [COVID-19 symptoms](#) or not able/not willing to follow all protocols.
- Group sizes and lodging capacities will be aligned with the current standards set by the state of Washington and/or Tacoma Pierce County Health Department.
- General Guidelines:
 - Wash your hands often with soap and water for at least 20 seconds. Our site has access to bathrooms with signage to indicate this information. You may also use an alcohol-based hand sanitizer with at least 60% ethanol or 70% isopropanol. Hand sanitizer will be available on site **but it is highly recommended each individual bring a personal bottle to have and use at all times.**
 - You may be asked to wash or sanitize your hands before and after doing certain adventure activities.
 - Cover coughs or sneezes with a tissue, then throw the tissue in the trash and wash or sanitize hands, if no tissue is available then cough into your elbow crease. Avoid touching eyes, nose, and mouth with your hands. Clean and disinfect shared objects after each use.
 - Be responsible for any personal belongings to avoid sharing germs. No one else should expect others to clean up after them.
 - Maintain appropriate distance between others when possible. Handshaking or physical greetings are discouraged. Please maintain physical distancing at all times.
 - It is recommended to not utilize gloves but instead be vigilant to clean or sanitize hands between activities.

Camp Arnold's Responsibilities

- Will follow all designated requirements already outlined in accordance to Covid-19 protocols.
- Staff will be provided with personal protective equipment (PPE) specific to Covid-19 mitigation.
 - In some instances, staff may take off facial coverings while maintaining safe physical distancing such as when a participant reads lips to communicate due to a hearing impairment.
- Staff will be trained on all necessary mandatory health and safety requirements updated by regulatory agencies.
- Daily health screening – staff will be screened prior to reporting into work each day to verify there are no symptoms as outlined by the CDC. We will require a daily personal temperature checks.
- Frequent cleaning and disinfecting process of facility spaces and equipment or following quarantining timeline of personal tools, practice ropes, props, etc. prior to working with another group.

Programming Strategies and Adaptations

- **Adapting Typical Program Methods:** Our experiences will avoid the typical hands on practice of elements and activities requiring contact, increase the use of other media and visual aids, and remain outdoors as much as possible. The programs will look and feel very different than previous Camp Arnold's programs but the core foundations will still be a piece of the experience.
- **Facilitator Ratios and Group Size Maximums:** Management of group sizes will be essential and therefore we may request reduced participants numbers, work in smaller pockets of people, stagger arrival and departure times, and use station-based work.
- **Physical Distancing:** We will rely more on visual and verbal confirmations as opposed to physical checks, will replace people if possible with weighted bags or other heavy objects to accomplish tasks, and require that skills be performed on one's own body instead of someone else. There may be moments where distancing cannot occur (e.g. doing harness checks, clipping participants to belay ropes, etc.), therefore the cleaning procedures and more importantly wearing a face covering will be essential.
- **Low Elements:** Due to physical distancing requirements many low challenge course elements may be unsuitable for normal use and therefore the few we can modify appropriately we will utilize. We are still continuously assessing other modifications.
- **High Elements:** A couple of our high challenge course elements are unsuitable due to physical distancing. All other high elements are able to be modified and utilized while still remaining in compliance of physical distancing requirements. We are still continuously assessing additional modifications.
- **Belaying:** We will not conduct any Australian or TEAM belay that requires close physical proximity of people. We will solely rely on staff/facilitator belays to ensure we remain in compliance of physical distancing requirements.
- **Helmets:** If we have enough helmets available for each participant during a program, we will issue them one, have them label it, and use only that helmet during the program. However, if not possible for the size of a group, we may eliminate the use of helmets if possible. With the difficulty in cleaning helmets and therefore needing to share them (for larger groups), wearing a helmet may endanger the participant more than not wearing one.
- **Harnesses:** During program sessions each participant will be assigned a specific harness in which they will tag and only they will utilize during a program. We will follow the general manufacturer recommended cleaning guidelines as any additional process may damage or require excessive time commitments or unreasonable costs.

- **Props:** There will be a complete elimination of any shared props in our programming to reduce the possibility of transmission and difficulty of cleaning/sanitizing equipment.
- **Cleaning and Sanitizing Strategy:** We will abide by standards set by the University of Connecticut, the state of Connecticut, and CDC on best mechanisms for cleaning and sanitizing practices. We have identified possible high touch areas and will disinfect those areas as appropriate. We will follow the general manufacturer recommending cleaning of rope course specific equipment.
- **Quarantining Equipment:** We will be quarantining equipment when not in use and minimally a week between participant groups.

Cleaning And Disinfecting Your Facility

Everyday Steps, Steps When Someone is Sick, and Considerations for Employers

How to clean and disinfect

Wear disposable gloves to clean and disinfect.

Clean

- **Clean surfaces using soap and water.** Practice routine cleaning of frequently touched surfaces.



High touch surfaces include:

Tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.



Disinfect

- Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.
- **Recommend use of [EPA-registered household disinfectant](#).** Follow the instructions on the label to ensure safe and effective use of the product.

Many products recommend:

- Keeping surface wet for a period of time (see product label)
- Precautions such as wearing gloves and making sure you have good ventilation during use of the product.

- **Diluted household bleach solutions may also be used** if appropriate for the surface. Check to ensure the product is not past its expiration date. Unexpired household bleach will be effective against coronaviruses when properly diluted.

Follow manufacturer's instructions for application and proper ventilation. Never mix household bleach with ammonia or any other cleanser.

Leave solution on the surface for **at least 1 minute**

To make a bleach solution, mix:

- 5 tablespoons (1/3rd cup) bleach per gallon of water
- OR
- 4 teaspoons bleach per quart of water
- **Alcohol solutions with at least 70% alcohol.**

Soft surfaces

For soft surfaces such as **carpeted floor, rugs, and drapes**

- **Clean the surface using soap and water** or with cleaners appropriate for use on these surfaces.



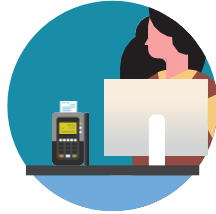
- **Laundry items** (if possible) according to the manufacturer’s instructions. Use the warmest appropriate water setting and dry items completely.

OR

- **Disinfect with an EPA-registered household disinfectant.** [These disinfectants](#) meet EPA’s criteria for use against COVID-19.

Electronics

- For electronics, such as **tablets, touch screens, keyboards, remote controls, and ATM machines**
- Consider putting a **wipeable** cover on electronics.
- **Follow manufacturer’s instruction** for cleaning and disinfecting.
 - If no guidance, **use alcohol-based wipes or sprays containing at least 70% alcohol.** Dry surface thoroughly.



Laundry

For clothing, towels, linens and other items

- **Wear disposable gloves.**
- **Wash hands with soap and water** as soon as you remove the gloves.
- **Do not shake** dirty laundry.
- Launder items according to the manufacturer’s instructions. Use the **warmest appropriate water setting** and dry items completely.
- Dirty laundry from a sick person **can be washed with other people’s items.**
- Clean and **disinfect clothes hampers** according to guidance above for surfaces.



Cleaning and disinfecting your building or facility if someone is sick

- **Close off areas** used by the sick person.
- **Open outside doors and windows** to increase air circulation in the area. **Wait 24 hours** before you clean or disinfect. If 24 hours is not feasible, wait as long as possible.
- Clean and disinfect **all areas used by the sick person**, such as offices, bathrooms, common areas, shared electronic equipment like tablets, touch screens, keyboards, remote controls, and ATM machines.
- If **more than 7 days** since the sick person visited or used the facility, additional cleaning and disinfection is not necessary.
 - Continue routine cleaning and disinfection.



When cleaning

- **Wear disposable gloves and gowns for all tasks in the cleaning process, including handling trash.**
 - Additional personal protective equipment (PPE) might be required based on the cleaning/disinfectant products being used and whether there is a risk of splash.
 - Gloves and gowns should be removed carefully to avoid contamination of the wearer and the surrounding area.
- **Wash your hands often** with soap and water for 20 seconds.
 - Always wash immediately after removing gloves and after contact with a sick person.



- Hand sanitizer: If soap and water are not available and hands are not visibly dirty, an alcohol-based hand sanitizer that contains at least 60% alcohol may be used. However, if hands are visibly dirty, always wash hands with soap and water.
- **Additional key times to wash hands** include:
 - After blowing one's nose, coughing, or sneezing.
 - After using the restroom.
 - Before eating or preparing food.
 - After contact with animals or pets.
 - Before and after providing routine care for another person who needs assistance (e.g., a child).

Additional Considerations for Employers

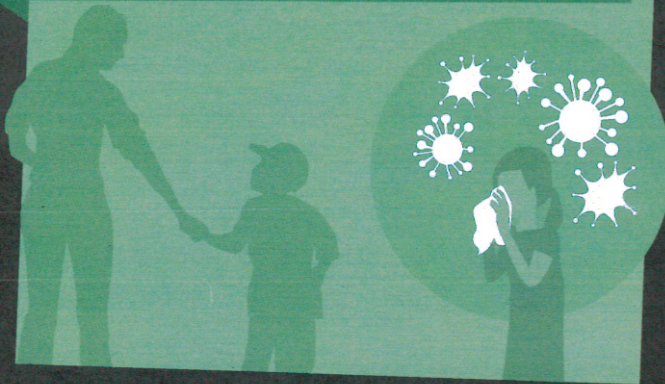


- **Educate workers** performing cleaning, laundry, and trash pick-up to recognize the symptoms of COVID-19.
- Provide instructions **on what to do if they develop symptoms within 14 days** after their last possible exposure to the virus.
- Develop **policies for worker protection and provide training** to all cleaning staff on site prior to providing cleaning tasks.
 - Training should include when to use PPE, what PPE is necessary, how to properly don (put on), use, and doff (take off) PPE, and how to properly dispose of PPE.
- Ensure workers are **trained on the hazards of the cleaning chemicals** used in the workplace in accordance with OSHA's Hazard Communication standard ([29 CFR 1910.1200](#)).
- **Comply** with OSHA's standards on Bloodborne Pathogens ([29 CFR 1910.1030](#)), including proper disposal of regulated waste, and PPE ([29 CFR 1910.132](#))

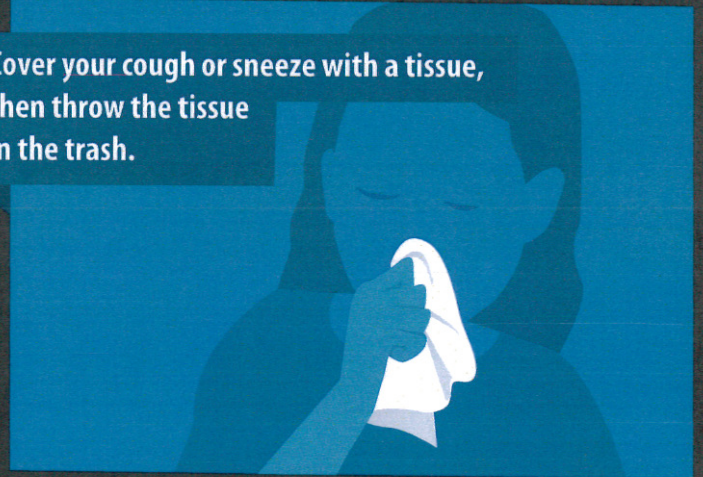
Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Clean and disinfect frequently touched objects and surfaces.



Avoid touching your eyes, nose, and mouth.



When in public, wear a cloth face covering over your nose and mouth.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



cdc.gov/coronavirus



Hands that look clean can still have icky germs!

WASH YOUR HANDS!



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

This material was developed by CDC. The Life is Better with Clean Hands campaign is made possible by a partnership between the CDC Foundation, GOJO, and Staples. HHS/CDC does not endorse commercial products, services, or companies.