

2021 Camper and Parent Guide

**NEW COVID-19
EDITION**

Please read thoroughly

MT HOOD
KIWANIS
CAMP





WELCOME!

Dear Campers, Parents, Guardians, and Care Providers,

Thank you for choosing Mt. Hood Kiwanis Camp for yourself or your loved one's summer camp experience. We have been providing a residential Summer Camp on our campsite along the Little Zig Zag River since 1933. We lease our 22-acre site from the US Forest Service and partner with them in the preservation of this delicate ecosystem.

The Montavilla Kiwanis Club of Portland founded the camp for the purpose of serving disadvantaged youth. The camp became an independent non-profit corporation in 1950. By 1957 the focus changed and the camp began primarily serving individuals with developmental disabilities.

In a typical year, MHKC serves over 500 campers a summer through different programming options. Due to Covid-19, this year will look a little different but will still offer the same fun-filled adventures.

On the following pages, you will find information about your camper's time at Mt. Hood Kiwanis Camp for a safe and healthy experience during Covid-19. Please read the information thoroughly and feel free to contact us with any questions.

Thank you, once again, for selecting Mt. Hood Kiwanis Camp for yourself or your loved one(s).

Sincerely,

Kayla Plessinger
Programs Director
Kayla@mhkc.org
971-230-2931

Savannah Buck
Assist. Programs Director
Savannah@mhkc.org
971-230-2922

Kathy Werschkul
Program Administrative
Coordinator
Kathy@mhkc.org
971-230-2923

Dave McDonald
Executive Director
Dave@mhkc.org
971-230-2920



ACA ACCREDITATION

Mt. Hood Kiwanis Camp's Summer Program has been accredited for MANY years by the American Camp Association (ACA). We were most recently re-accredited after a thorough review process during summer camp 2017. This accreditation assures our camper families that MHKC's practices have been measured against national standards and industry best practices.

2021 REGISTRATION

Registration for Summer Camp occurs on the second Monday in January of every year. This year landing on **January 11th, 2021**. Applications will open up at **8:00 AM**.

- Applications are **no longer** time-stamped and **will not** be on a first-come, first-served basis.
- Campers will all be placed on the waitlist and be enrolled into Camp at ***random** through an electronic randomizing system.
 - *Due to the pandemic, we are unable to adhere to the priority registration from last summer.
- Enrollment will occur not only when it is safe to do so, but when Multnomah and the majority of other counties enter Phase 2 of Oregon's Reopening Plan.

STEP 1: APPLICATION

Apply online using the link on the **home** page of our website. MHKC uses an online registration system called **CampMinder (CampInTouch)**.

- You will be asked to enter basic information to create an account. If you already have an account, please login using your past login information.
- This system is how you will access your camper's application, forms, and financial information.
- Always remember your log-in email and password as CampMinder is where all required forms will be accessible.
- Once you complete the application form, you will receive an email confirming the application was *submitted.

*Submitting the application only indicates your intent to enroll – it does **NOT** confirm enrollment.

STEP 2: WAITLIST AND FORMS

All applicants will immediately be placed on the waitlist. All required forms will be visible on your CampMinder (CampInTouch) account after the applicant is placed on the Waitlist.

Please take this time to complete all the required forms as soon as possible. Full submission of forms does not guarantee an enrollment spot into Camp.

STEP 3: ENROLLMENT

Enrollment will occur not only when it is safe to do so, but when Multnomah and the majority of other counties enter Phase 2 of Oregon's Reopening Plan. Eligible applications will be chosen at **random** through an electronic randomizing system. Though MHKC Staff will make every effort to accommodate the first or second choice of weeks stated on your application, it is not guaranteed.

- If your application is randomly chosen, you will receive an email update confirming enrollment into Camp.
- If your application is not randomly chosen, you will remain on the waitlist.
 - If an enrolled camper drops out, the empty spot will be filled at random from the waitlist.

Depending on Oregon's Re-opening Phases, the time leading up to this process could take weeks to months. We appreciate your patience during this time.

STEP 4: FEES AND TUITION

Once you receive the enrollment confirmation email, you will be emailed a bill for your Enrollment Processing Fee, Activity Fee (if applicable), and Tuition with the specific due dates.

- Tuition can be paid in full, broken up into a payment plan, or by an Agency or Brokerage. Campers will not be able to attend camp if there is any outstanding balance.

*Due dates, payment plans, and fee schedules will be announced after campers have been enrolled.

2021 COVID ELIGIBILITY

For full eligibility requirements see the **Eligibility Standards PDF** at www.mhkc.org.

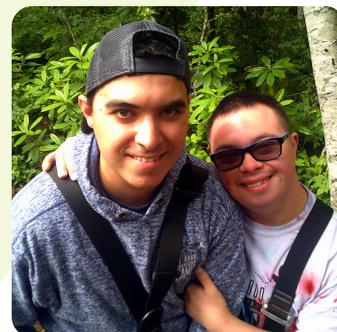
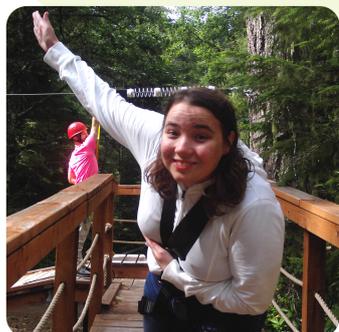
Campers interested in attending Mt. Hood Kiwanis Camp must:

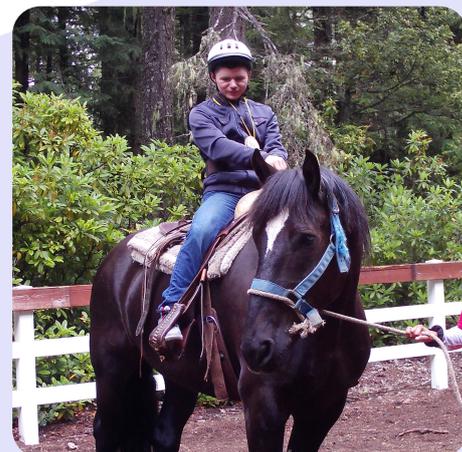
- Have a diagnosed developmental disability.
- Be program age-eligible by the first day of Camp.
- Be able to benefit from Camp physically, mentally, emotionally, and/or socially.
- Show a desire and willingness to participate in Camp activities.
- Be free from an excessive history of violence towards self, others, or property.
- Be able to function with a 1-2:1 ratio or more.
- Be able to participate without 1:1 nursing care, 24-hour nursing care, or Caregiver*.
- Be able to participate without life-sustaining equipment.
- Be able to participate without the need for constant supervision by a behaviorally (OIS) trained staff member.
- Be able to sleep through the night in a dorm-style setting.
- Be able to wear a mask at all times with the exception of actively eating, drinking, swimming, or sleeping.
- Be able to remain with their group and listen to the directions of volunteers/staff.
- Be free from illness, fever, open sores, rashes, communicable diseases, and Covid-19 symptoms when they arrive at camp.
- Have no outstanding financial balances.

In addition to the above criteria, campers interested in participating in an Off-Site Program, (Tent & Travel, or the Lakeside Program) must...

- Be approved by the Programs Director and already have participated in one year of Camp.
- Must be able to wear a mask at all times with the exception of actively eating, drinking, swimming, or sleeping.
- Be able to walk long distances.
- Have little to no behavioral support needs.
- Have minimal personal care needs.
- Be able to function with a 2:1 ratio or more.
- Be able to remain with the group and follow directions.
- Have no medical conditions requiring supervision by a registered nurse.

*In a typical year, Caregivers are welcome to attend with Campers. Due to limited space MHKC is unable to accommodate Caregivers at this time.





GENERAL INFORMATION

Celebrating our 88th year, Mt. Hood Kiwanis Camp offers a traditional overnight camp experience for children and adults with developmental disabilities. Located on 22 acres on picturesque Mt. Hood between Government Camp and Rhododendron, Oregon, MHKC is committed to providing recreational opportunities through quality adaptive programming, small camper to counselor ratio groups, and highly trained and experienced staff.

Campers get to explore many activities while at camp including:

- Horseback riding
- Hiking
- Zipline
- Climbing wall
- High adventure elements
 - Flying Squirrel, Rockwall, Stream Crossing
- Swimming
- Fishing
- Arts and Crafts
- Recreation
- Cookouts
- Campfires
- Adaptive Biking
- White water rafting*
- Outdoor living skills*
- And other activities

* programs require pre-approval

SUMMER CAMP PROGRAMS

All Genders, ages 12+

MAIN CAMP

Campers sleep, eat, and spend their time at camp doing activities at our main campsite, except for one offsite trip to go canoeing at Trillium Lake. These campers are assigned to a group and cabin by gender. Main camp is able to accommodate individuals with personal care, behavioral, or medical needs. Camper to counselor ratio – 1-2:1. Cost: \$1067.75.

OFF- SITE PROGRAMS*

TENT & TRAVEL

Campers sleep, eat, and spend the majority of their time doing activities at our main campsite. Campers take additional trips off-site during the week to do activities like white water rafting and canoeing. Campers sleep in platform tents on property. We aim to maintain our camper to counselor ratio – 3:1. Co-ed. Cost: \$1,167.75.

LAKESIDE CAMP* (Available weeks 5-8)

Campers sleep, eat, and spend a majority of their activity time at Trillium Lake canoeing and hiking. They sleep in tents and spend meals and evenings around their campfire at Trillium Lake. Campers assist in making their own meals and take various hikes. These campers come to main camp to participate in some of our camp activities such as horseback riding and the adventure course. This program is geared towards campers who want a greater level of independence at camp, but who want to have a slower pace than our other Off-Site programs. We aim to maintain our camper to counselor ratio – 3:1. Co-ed. For campers ages 18+. Cost: \$1,167.75

MAIN CAMP	TENT & TRAVEL	LAKESIDE
Sunday - Thursday 5 days, 4 nights	Sunday - Thursday 5 days, 4 nights	Sunday - Thursday 5 days, 4 nights
Weekly 6/20-8/12	Weekly 6/20-8/12	Weekly 7/18-8/12
Ages 12+	Ages 12+	Ages 18+
Sleep in Cabins	Sleep in Platform and/or Camping Tents	Sleep in Camping Tents
\$1067.75 per week	\$1167.75 per week	\$1167.75 per week
1.5:1 camper to staff ratio	2.5:1 camper to staff ratio	2.5:1 camper to staff ratio
Pre-Approval Required		

*These programs require a high level of mobility, little to no behavioral needs, minimal personal care needs, and controlled medical needs. Must be able to participate in a 2.5:1 ratio, remain with the group, and follow directions.

CAMP IS PEOPLE



STAFF

Every summer MHKC trains and employs qualified and dedicated individuals who serve as our staff members. Many of our staff members return and offer many years of Camp experience. Our staff all have a love and desire for working with individuals with disabilities. Each camper group will consist of 3-5 staff members (1 Group Lead and 2-4 other Staff Members). Staff ratio differs depending on the Camp program. Aside from each group, additional staff will facilitate each program area to ensure safety, participation, and structure.

BEHAVIOR SUPPORT

Each week we employ a staff member for Behavior Support. Our Behavior Support staff works closely with campers who need more support transitioning into the Camp environment. Behavior Support is on hand during check-in to gather information about any support needs. They are also available through the first few days of each week. Please send any Behavioral Support Plans (BSP) at the time of applying to Kathy at kathy@mhkc.org.

HIGH-SCHOOL, COLLEGE, AND UNIVERSITY PARTNERS*

***Due to Covid-19, there will be NO counselors. Our school partnerships have made the decision to move to online classes and withdrawing from in-person programs.**

In a typical Camp year, we have approximately 300 high school, college, and university students who serve as our Counselors. Our students come from local High Schools such as Jesuit High School, as well as students from Clackamas Community College, Pacific University, Portland State University, and more. While our high school students fulfill community service requirements as Jr. Counselors, our college and university students receive credits towards graduation. MHKC opens the door for students to learn about disability awareness, communication methods, behavior management, problem-solving, teamwork, and advocacy. In a typical year, with our student counselors, we are able to offer a 1:1 Camper to Counselor ratio in our Main Camp program and a 2:1 ratio in our Off-site Programs.



SPEECH-LANGUAGE PATHOLOGIST (SLP)

We employ a licensed/certified Speech-Language Pathologist (SLP) during the camp week. Our SLP helps with our campers' communication and mealtime needs, as well as educate our staff and volunteers on how to best support those campers. Our SLP is available during check-in to gather information on your camper's communication and mealtime needs. We have many SLP tools such as written schedules, picture schedules, dry erase communication boards, clock timers, and picture flip key chains. We also see many campers each summer who need their meals adapted. Each dining area will be equipped with blenders, food processor, clothing protectors, etc, for as-needed meal preparation. **Please bring any other special dining accommodations (utensils, plates, cups, thickeners) with you to Camp along with any Communication Devices.**

WHILE AT CAMP

TRANSPORTATION

Mt. Hood Kiwanis Camp does not provide transportation to and from Camp.

Campers are required to find their own ride by an individual who knows them and their care needs.

GUESTS AND VISITORS

There will be **NO** guests or visitors on property during Camp, with the exception of check-in and check-out. This is to limit exposure and to make Camp as safe as possible. There will **NOT** be an open BBQ and Skit Night for 2021.

CHECK-IN: SUNDAY

Full detailed Check-In and Check-Out procedures will be sent out at a later date.

Each Camper will be assigned a specific time for *check-in. When you arrive at Camp at your assigned time, you will be directed through each area of check-in. Stations will consist of visiting the Nurse, Speech-Language Pathologist, Behavior Support, and reviewing specific forms.

CHECK-OUT: THURSDAY

Check-out is a fast-paced organized process. Campers will be called to the check-out area when their approved pick-up *person arrives. Campers will have already packed their belongings and will be ready to go. Before leaving, double-check that all bags and bedding are in the vehicle!

***Only one person may accompany the camper during the check-in/out process.**



MAIL AND PACKAGES

Campers love hearing from home during their time at camp. Letters and packages are welcome! Mail is distributed daily. There are three easy ways to communicate with your camper during the week.

1.) Send a letter, postcard, or package through USPS* please address the mail as follows:

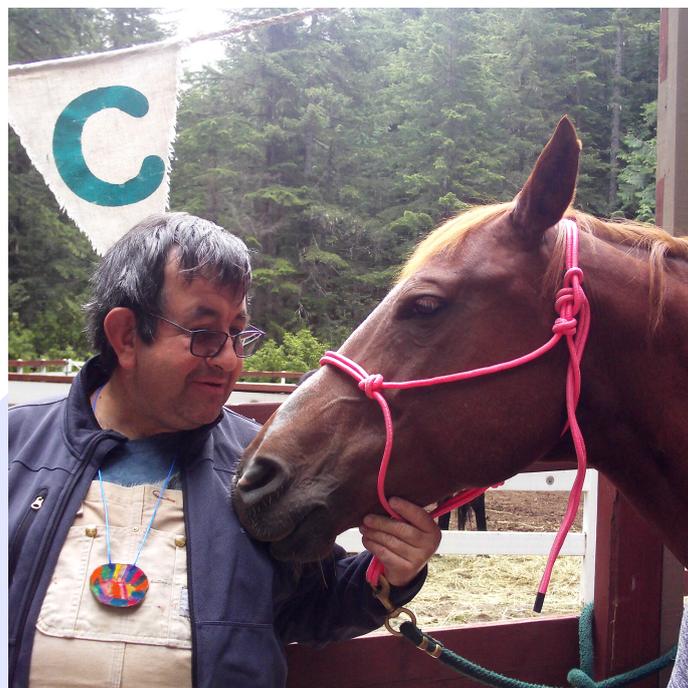
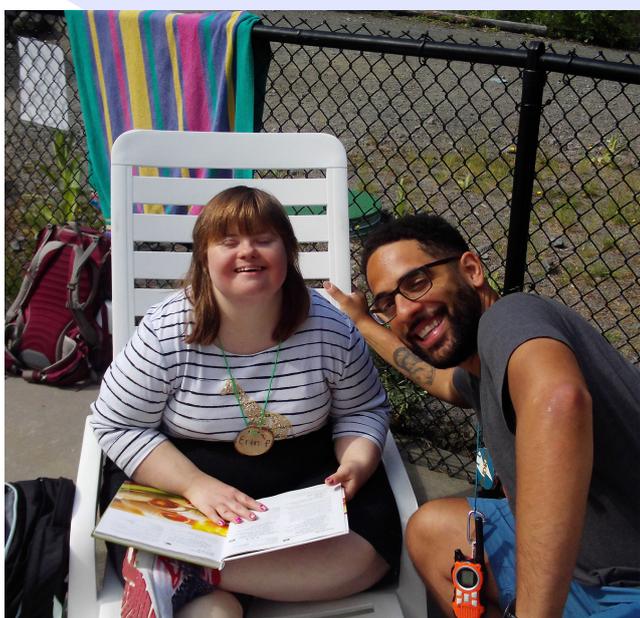
Mt. Hood Kiwanis Camp
Camper's Name, Group Letter (if known)
P.O. Box 206
Rhododendron, OR 97049

*Typically, mail that is sent while your camper is at Camp will NOT arrive in time for your camper to receive it. Sending mail prior to the camp week works best.

2.) During Check-In, drop off your letters/postcards/packages to the Supervisor in your camper's group.

3.) Log on to your MHKC CampInTouch account, purchase "Camp Stamps" and send an email letter to your camper. The Camp Director will print and distribute these daily.

If you send (or drop off) multiple letters/postcards please notate which days you would like your camper to receive which letter/postcard.



COMMUNICATION

Parent(s)/guardian(s) may contact Camp to get a report on how their camper is doing from the Programs Director or Assistant Programs Director at 503-272-3288. Our Directors are in and out of the office regularly providing care and support. They will get back to you as soon as they are able. If you attempt to call either the Portland or Camp Offices on weekends you will be prompted to leave a voice message and your call may not be returned until Monday. Voicemails are not checked on weekends.

Campers do not have free access to a Camp telephone. In the event a camper requests to make a phone call, permission to do so is granted at our Directors' discretion.

We suggest you do NOT send your camper with a cell phone. Cell phones can be very distracting for all individuals and take away from the Camp experience. Cell phones are not allowed to be utilized for the majority of the day. MHKC is not liable for lost, stolen, broken, or destroyed items.

All campers at MHKC are encouraged to complete a Camp journal during their week. This helps campers reminisce about their summer and allows parents and guardians to get a small glimpse into their camper's week.

LIVING ARRANGEMENTS

Groups will live in pods and follow their group schedule. These pods are designed for groups to have their own space, bathroom, and dining area away from other groups to minimize exposure in accordance with the State of Oregon and the Department of Human Services (DHS) guidelines. Areas of each building will be marked and labeled as to which group inhabits the area and will not be allowed in other areas.

Main Camp campers will stay in housing around Camp. Two groups will be in Hemlock Dorm, two groups in Cy Lodge, and one group in Lower Fanning. All campers are housed with their assigned camper group (5-6 campers in a group). Each group will also have their own bathroom/showers that will not be utilized by any other group.

Staff will be on Night Duty where they sleep near the camper rooms during the night. The staff are not awake throughout the night but are there if someone needs assistance. Campers in the Tent and Travel program share platform tents divided by gender at Upper Barlow - 1/4 of a mile from camp. Campers in our Lakeside program share traditional tents divided by gender at Trillium Lake campground - ~10 miles away.

All attempts are made to place friends in the same camper group. Please be sure to list these requests on your camper's application. Not all requests can be guaranteed.

All housing locations in Camp have attached bathroom facilities with multiples of sinks, showers, and toilets. Due to our busy and full camp schedule, campers may not take showers on a daily basis. All Main Camp and Off-Site programs are encouraged to take a minimum of two showers during their stay. If your camper needs showers on a more regular basis, please speak with your camper's CS or ACS upon arrival.

FOOD AT CAMP

Each group will have its own designated dining area away from other groups in accordance with the State of Oregon and the Department of Human Services (DHS) guidelines. During meal times, all food will be served by designated staff members wearing proper protective equipment. Campers will sit together with their groups for all meals with respect to distancing. Along with three main meals, snacks will be available throughout the day.

Our kitchen team works hard to accommodate the most common camper dietary needs. If your camper has strict dietary needs, please speak with the Programs Director. If we are unable to accommodate your camper's dietary needs you may bring prepared food for them. We have a standard-size refrigerator in each dining area. If your camper is a particularly picky eater, please bring food to supplement your camper's diet.

Our Camp Nurses help facilitate dietary needs and carbohydrate counting for campers with diabetes. If your camper needs strict carb counting please contact us.

For questions contact our Programs Director, Kayla at Kayla@mhkc.org.

DIETARY ACCOMMODATIONS

The following are some of the dietary needs for which we can make some accommodation:

- Gluten-Free*
- Dairy-Free*
- Egg-Free*
- Pork-Free
- Vegetarian
- Vegan
- Pureed diets
- Thickened diets

* Campers with these food needs are asked to bring along food and snacks to supplement their diet.

* We are not a gluten free kitchen.

PACKING FOR CAMP

Campers spend a great deal of time outside. It's important to prepare for any weather. Even on those 85+ degree days, it gets fairly cool at night.

Please see the "What to Bring" PDF on our website for the complete packing list!

*PACKING LIST

Clothing

- Face Masks (2/day)
- Underwear (5 pairs)
- Tennis Shoes (1)
- Sturdy shoes/boots for hiking
- T-Shirts (4)
- Long Sleeve Shirts (2)
- Sweatshirt/Hoodie (2)
- Socks (5)
- Jeans/Long Pants (2)
- Shorts (2)
- Swimsuit (1)
- Raincoat/Coat
- Water Shoes/Sandals
- Pajamas (2)

Toiletries

- Sunscreen
- Insect Repellent
- Shampoo/Conditioner
- Soap or Body Wash
- Toothbrush/toothpaste
- Deodorant
- Attends
- Hygiene Products

Adaptive Equipment

- Communication Device
- Eating Utensils
- Hearing Aids
- Ear Plugs
- Noise-Cancelling Headphones

Linens

- Sleeping Bag
- Pillow
- Blanket
- Extra bedding (if needed)
- Bath Towel
- Swim Towel
- Wash Cloth

General

- Sunglasses
- Water Bottle
- Flashlight
- Camera
- Hat
- Bag for dirty laundry

***All items MUST be labeled with Campers name or initials.**



LAUNDRY

Laundry at Camp is only done as needed, for soiled clothing and linens. Please be sure you are sending enough clothing for the entire week at camp. Laundry soiled Wednesday night or Thursday morning will not be laundered prior to pick-up due to time restraints.

ADAPTIVE EQUIPMENT

If your camper requires any adaptive equipment, please label it and bring it to Camp. MHKC cannot support individuals in the highest degree without the use of needed adaptive equipment.

Adaptive equipment may include:

- Eating Utensils
- C-PAP
- Hearing Aids
- Communication Devices
 - boards, books, etc.
- earplugs
- noise-canceling
- headphones
- mobility braces, etc.

LOST AND FOUND

We make every effort to return lost and found items while your camper is in Camp. Please label items plainly with your camper's first and last name (or initials) to help staff identify the owner of the lost and found items. Unclaimed items will be brought to the Camp entrance during Thursday pick up. Please check to see if any of the unclaimed items are your campers. Items that come back to the Portland office will be held for 60 days and then donated to a local charity. During that period, lost and found items can be mailed home at the camper's expense. MHKC is not responsible for lost, stolen, or damaged articles/belongings.



HEALTH AT CAMP

Camper health is one of our top priorities. We employ several Registered Nurses every year who are on property 24-hours a day to ensure the health and welfare of our Camp Community. Our nurses perform tasks that include, but are not limited to, administering medications, taking care of basic health and first aid needs, and serving as Camp's first professional line of care in an emergency.

On the first day of Camp, Campers will check-in with their group's assigned Nurse. This time will be used to complete the pre-screening process, review health history, and medications. For full details, refer to the Check-In information on page 7.

Our nurses stay in communication with the camper's parent(s)/guardian(s)/caregiver(s) if there is a concern about the camper's health during the week. To remain at Camp, all campers must be able to maintain a general level of health and wellness. Sometimes a camper becomes ill and must be sent home to aid in their own health and those at Camp. A camper may also be sent home if they are not eating or drinking enough or if they are refusing to take their medication. See Page 16 for more details.

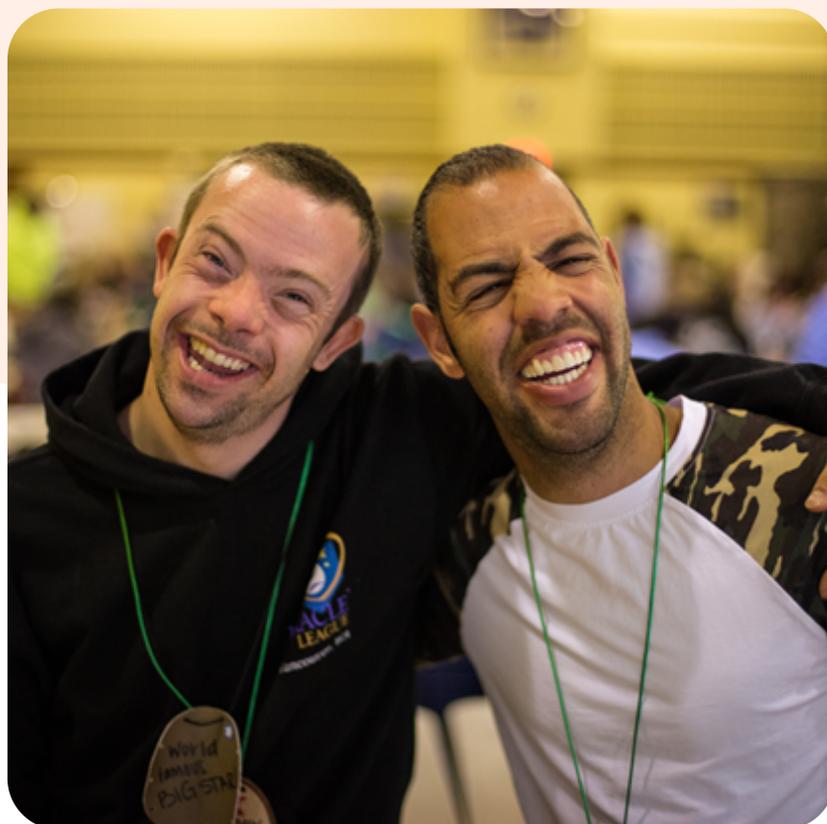
In such instances, the parent(s)/guardian(s)/caregiver(s) are called and will need to pick them up early. It is important that you or the emergency contact are within 3 hours of Camp. Please inform the listed emergency contact that this could be a possibility.

HEALTH CARE PAPERWORK

Completed Health History and Physician's Exam are required for every camper.

The **Health History** is completed online and is filled out by the parent(s)/ guardian(s)/ caregiver(s) of the camper. The Health History form gives pertinent medical history on the camper; e.g. allergies, dietary needs, medications, prior physical health history, mental health history, and recent life changes. The Health History Form must be filled out in its entirety each year.

The **Physician's Exam** must be filled out by a Licensed Medical Provider no more than 12 months prior to the camper attending camp. This form gives us information from the camper's primary Medical Provider.



All forms are available in your CampInTouch account once your camper is on the Waitlist and/or Enrolled. Once Enrolled, failure to complete this paperwork by the posted said due dates will result in your camper being moved back to the Waitlist.

MEDICATIONS

Our Camp Nurses only administer medication, vitamins, or supplements prescribed by a doctor. This includes ALL medications at Camp, whether prescription or over-the-counter (including vitamins and supplements):

Important: Due to State and Federal regulations, NO MHKC staff member or volunteer (nursing or otherwise) can be delegated to administer Marijuana (Cannabis) products, either medically prescribed or recreationally.

- MUST have a current doctor's order (a current and accurate pharmacy label suffices).
- All prescription medication must be in original pharmacy packaging with the current dosage and medication information on the printed labels. Bubble packed medication is accepted and encouraged.
- All over-the-counter medication (including vitamins and supplements) must arrive in the original bottle and Camp Nurses must have a doctor's order to administer. Bubble packed medication is accepted and encouraged.

Be certain ALL doctor's orders are CURRENT before bringing medication to Camp or our nurses will be UNABLE to administer the medication until a current order is received.

For questions about Marijuana (Cannabis) products medications, doctor's orders prior to Camp, please contact the Operations Director, Allan Cushing at Allan@mhkc.org or 971.230.2929.



MHKC AND COVID-19 DETAILS

HOW PHASED REOPENING GUIDES PROGRAMS

- Just as the state has provided guidelines for phased reopening in restaurants, gyms, grocery stores, and all other businesses, so too have they put guidelines on how organizational camps can operate.
- These reopening guidelines are the minimum requirements placed on businesses. Any organization can voluntarily place more restrictive guidelines upon themselves.
- With this in mind, Oregon and Washington DHS have placed additional guidelines on service providers for each phase of Oregon and Washington's reopening plans.
- MHKC must adhere to these expanded guidelines when participants are utilizing service hours, like relief care.

OREGON STATE GUIDELINES

PHASE 1:

- Phase 1 is where Clackamas County currently finds itself.
- Phase 1 only allows service providers the ability to work 1:1 with participants. This means that we will not be able to operate in large or small groups.
- Phase 1 caused the cancellation of Summer Camp 2020 and would do so again in 2021.

PHASE 2:

- In Phase 2, DHS and ODDS have approved groups or "pods" of up to 10 total people. This includes staff, volunteers, and campers in each group.
- Pods must be isolated from one another.
- All individuals at Camp must wear a mask at all times. Face shields alone are not approved by DHS as acceptable face coverings.
 - These masks must be switched daily, at a minimum.
- The dining hall has had its capacity cut to 25%. This means the dining hall can only have 47 people in it at any one time.
- All meals will be served by staff. We will no longer be able to have family-style meals. Those serving meals must wear gloves, along with their mask.
- In addition to Clackamas County needing to be in phase 2, the county in which your camper resides must also be in phase 2 to attend camp.
- There will be an increase in sanitization practices.
- Everyone must complete a daily health screening.
- These are just some of the additional guidelines that we must follow in order for campers to attend in-person programs again.

PHASE 3:

- At this time, Phase 3 means all restrictions could be lifted.

WASHINGTON STATE GUIDELINES

- Unfortunately, we do not yet have a clear picture of how Washington's and Oregon's reopening plans will work with one another, in terms of camper utilizing service hours to access camp programs.
- We are actively working with Washington DHS and ODDS on what guidelines they will have in place for campers coming from out of the state of Oregon utilizing services in Oregon.
- We will update you all as soon as we know more!



INCREASED SANITATION PROCEDURES

- All staff, volunteers, and campers must wear a mask at all times unless actively eating, drinking, swimming, or sleeping.
- Masks must be changed daily or sooner, as needed.
- Camp utilizes Hypochlorous Acid (HOCl) and electrostatic sprayers to sanitize facilities and activity areas.
- The following is a minimum frequency for sanitization of camp facilities and program areas:
 - Program areas/equipment: After each group or use (area dependent)
 - Bunk areas/assigned bathrooms: Twice Daily
 - Bathhouse: After each group
 - Meal areas: After Each Meal
- All meals will be served by staff wearing appropriate masks and gloves
 - No family style or buffet style meals for 2021

NEW HEALTH POLICIES & PROCEDURES

- In 2021, we will be using an abundance of caution.
- All staff, volunteers, and campers will complete a daily health screening.
- If campers present with any of the following symptoms they will be immediately isolated, examined by nursing staff, and may be grounds for going home:
 - Headaches
 - Sore throat
 - Cough
 - Trouble breathing/shortness of breath
 - Stomach Pain/Vomiting
 - Diarrhea
 - Fever of 100 degrees (or higher)
- If anyone answers “yes” to any of the daily screening questions, they will be immediately isolated into one of our designated quarantine areas and examined by our nursing staff.
 - The group will be placed on a modified program schedule that will have them participate in activities that do not interact with program staff until cleared by nursing staff.
 - After being examined, the nursing staff may deem if it is safe for the participant to return to activities.
- If the camper is deemed able to return, the camper may return to the group and the group can return to a normal activity schedule.
- If the camper is deemed unable to return to activities, their emergency contacts will be called and an emergency contact must pick up the camper immediately.
 - While waiting for their emergency contact, the camper will remain isolated from the rest of the camp in one of MHKC’s designated quarantine areas.
 - Every camper **MUST** have an emergency contact within a **maximum of three hours away from Camp** and must be available for the entirety of the camper’s experience at a moment’s notice.
 - The group will remain on a modified schedule until the nursing staff is able to examine the remaining group member. The nursing staff, in cooperation with the Programs Director, will make a recommendation as to whether or not the entire group or entire Camp should be sent home.
 - MHKC may make a recommendation that the camper sent home receive a COVID-19 test and that those results be shared with the MHKC Programs Director.
- If a staff member, volunteer, or camper presents with any symptoms prior to their arrival to camp, they will not be permitted to enter the grounds.
 - If any of the above individuals have had symptoms immediately prior to attending camp they must be seven days from when symptoms began AND 72 hours symptom-free without intervention (i.e. managing a fever with Tylenol) before being allowed on site.
- In the event of a suspected illness outbreak (e.g. Norovirus, Pink Eye, or COVID-19) all campers, volunteers, and staff may be sent home.
- If a staff member or volunteer is sent home due to illness, they may not return to work until after producing a negative COVID-19 test from a licensed healthcare professional.

OUR PROMISE

- MHKC will continue to be in contact with local, state, and federal agencies to continually evaluate ongoing trends and adhering to all guidelines.
- Our goal, as it is every year, is to provide safe and empowering programs for our campers.
- We will only host in-person programs once it is safe to do so and in accordance with all governing and partnering agencies.
- We are committed to keeping you informed every step of the way.

QUESTIONS?

- If you have any questions, please contact the Operations Director, Allan Cushing at allan@mhkc.org or 971-230-2929



Mt. Hood Kiwanis Camp thanks you for your patience and understanding as we navigate through the changes and adventures of 2021!