



Thorne Nature Experience

COVID-19 Health Policies and Procedures

(Last updated: 5/25/2022. This document will be reviewed and updated throughout the COVID-19 pandemic to ensure compliance with all Boulder County Public Health and Colorado State Child Care Licensing guidelines.)

CONTACT INFORMATION

If you have any questions or concerns related to Thorne's COVID-19 Health Policies and Procedures or need to report possible symptoms or exposure to COVID-19 before, during, or immediately following a Thorne program, please contact the Program Director for your Thorne program.

Summer Camp

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School Year

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INTRODUCTION

The health and safety of our participants and staff continues to be Thorne's top priority. The following policies and procedures are designed to help prevent the spread of the COVID-19 virus while also ensuring joyful engagement in Thorne's programs.

Thorne's COVID-19 Health Policies and Procedures will be the governing health policy throughout the COVID-19 pandemic. Thorne's standard illness policy will be used as indicated in the CDPHE COVID-19 guidance.

Thorne's COVID-19 health policies and procedures were originally developed with guidance from Boulder County Public Health & Environment (BCPHE), CO Department of Public Health & Environment (CDPHE), CO State Emergency Operations Center, Colorado Office of Early Childhood - Department of Human Services (CDHS), the Center for Disease Control (CDC), and the American Camp Association. Thorne will continue to follow CDPHE and local health department guidelines throughout the pandemic to adapt policies and procedures related to COVID-19. Thorne will refer to CDPHE guidelines and will consult with Boulder County Public Health as needed when making decisions related to program policies, closures, exclusion, isolation, quarantine, and general health and wellness. See the [CDPHE Cases and Outbreaks in Child Care and Schools](#) guidance for more information on specific protocols.

If you have any questions, please contact us at info@thornenature.org, (303) 499-3647, or contact the Program Director for your Thorne program.

Resources:

[Boulder County Covid Updates](#)

[CDPHE School Guidance- Summary of most recent changes](#) (Feb 28, 2022)

[How sick is too sick?](#) (March 2022)

[At-home Covid 19 symptoms screening tool](#) (March 2022)

Updates on current COVID-19 Guidance from the CDPHE and CDC

Transitioning to a routine disease control model for COVID-19 in K-12 settings

**The content below is taken from the [CDPHE page "Practical guide for operationalizing CDC's school guidance"](#)*

Background: As the youngest Coloradans become eligible for vaccines and COVID-19 surveillance indicators such as case rates, percent positivity, and hospitalization rates decrease and stabilize at low levels, schools may choose to transition away from a case-investigation response model to a more typical routine disease control model for disease

control in schools. Such a model focuses more on response to clusters of cases, outbreaks, and evidence of ongoing transmission in schools, and less on individual case investigation, contact tracing, and quarantining of staff and students following school exposures. A routine disease control model for COVID-19 more closely aligns COVID-19 efforts with public health [response strategies used for other infectious diseases](#) in schools. CDPHE’s suggested implementation date for this transition is February 28, 2022.

To avoid an increase in outbreaks and greater disruption to schools, transitioning to a routine disease control model should ideally occur once local transmission risk falls below a [high or medium level](#) and stabilizes.

COVID-19 Community Level

[Check current level here](#) on CDC COVID-19 by County Tracker

What Prevention Steps Should You Take Based on Your COVID-19 Community Level?

**this image is from this [CDC reference website](#). The links do not function.*

Low	Medium	High
<ul style="list-style-type: none"> Stay up to date with COVID-19 vaccines Get tested if you have symptoms 	<ul style="list-style-type: none"> If you are at high risk for severe illness, talk to your healthcare provider about whether you need to wear a mask and take other precautions Stay up to date with COVID-19 vaccines Get tested if you have symptoms 	<ul style="list-style-type: none"> Wear a mask indoors in public Stay up to date with COVID-19 vaccines Get tested if you have symptoms Additional precautions may be needed for people at high risk for severe illness
<p>People may choose to mask at any time. People with symptoms, a positive test, or exposure to someone with COVID-19 should wear a mask. Masks are recommended in indoor public transportation settings and may be required in other places by local or state authorities.</p>		

GENERAL POLICIES AND PROCEDURES

Pre-Program

Pre-Program Communication

Two weeks prior to the start of a program, parents/caregivers will be emailed Thorne’s COVID-19 Health Policies and Procedures, Thorne’s standard illness policy, and Thorne’s COVID-19 [Pre-Program Screening Questions](#).

Pre-Program Risk Assessment

Important: Do not bring your child to any Thorne program if they have symptoms of illness, including but not limited to COVID-19, that are not their consistent normal baseline as indicated by a doctor's diagnosis, such as seasonal allergies OR if they are unvaccinated and have been exposed to someone with COVID-19. See below for more detail on communication with Thorne staff and returning to camp.

To ensure the safety and well-being of all participants and their families, Thorne encourages all participants and the members of their direct family to follow state and local orders and recommendations related to COVID-19. If a participant or direct family member has for any reason not been in compliance with local orders or recommendations for the two weeks prior to or during a Thorne program, please contact the Director of your Thorne program (contact information is on page 1-2 and in program addendum) so that we can assess risks and minimize the potential for spreading COVID-19 to other Thorne participants and their families.

The following additional resources may be useful in helping your family to develop its own plan to stay as safe as possible from catching or spreading COVID-19:

[COVID-19 Risk Assessment Tool](#)

[Boulder County Public Health COVID-19 Resources](#)

[Colorado COVID-19 Website](#)

Vaccination

Thorne and the healthcare community strongly recommends, but does not require, that any participant or staff member ages 5 and up receive a COVID-19 vaccination prior to camp. Proof of vaccination status will not be required unless a participant or staff member have been exposed to COVID-19, are asymptomatic, and wish to continue the program. See [Isolation and Quarantine Guidelines](#) below for more information about how and when it is necessary to provide proof of vaccination status.

For more information on vaccines please visit: [Learn about COVID-19 vaccines](#)

Each Day Before the Program

- ***Parents/caregivers will be asked to read through the pre-program screening questions*** Parents/caregivers are required to keep the participant home if they are sick, starting to feel sick, or if they have a fever. If a participant has any Covid-19 symptoms, they must stay home.
 - Please refer to the CDPHE "[At Home COVID-19 Symptom Screening Tool for Parents and Staff](#)" and the "[How Sick is Too Sick](#)" document if you have any question about if your child should be kept home from the program.

- If a participant does not attend a program because of an illness, parents/caregivers must notify your instructor, field coordinator, or Director of your Thorne program (contact information is on page 1-2 and in program addendum). In the message, please include the participant's first and last name, a detailed list of symptoms, and onset time of illness.

General reminders and techniques to reduce exposure prior to camp day:

- Do not bring your child to camp if they are experiencing symptoms of illness, including but not limited to COVID-19 symptoms
- Parents/caregivers should apply sunscreen to the participant within 30 minutes of drop-off each day to minimize the need for teacher/participant contact.
- Participants should use the restroom at home prior to arrival to the program to limit use of shared restrooms at the beginning of the day.

Arrival At Program

Daily health check for participants, staff, and volunteers:

- Upon arrival, parents or caregivers must sign-in the Thorne participants via the paper sign-in form. This is standard CO licensing requirement.
- On this form, there is an added section to answer Yes or No in regard to indicate if participant has any of the stated Covid-19 symptoms.
- Participants who answer YES to **any** of the health screening questions will be required to go home. Thorne Staff will refer to CDPHE guidelines, communicate with CDPHE for further guidance if necessary, and follow up within 24 hours on next steps. See **COVID-19 Illness Policy** below.

During the Program

- Health Precautions
 - All participants are taught the process to sneeze and cough into the fold of their arms
 - Staff will teach and remind participants to avoid touching their eyes, nose, and mouth.
 - Thorne participants will bring individual lunches and snacks and will not share food.
- Hand washing/sanitizing
 - Hand washing or use of hand sanitizer for all staff and participants will occur as follows:
 - Upon the start of each program,
 - Before and after snack and lunch,
 - Before and after using shared learning materials,
 - After an "unguarded" sneeze or cough within 6 feet of group,
 - After using the restroom,
 - When sinks are not available, Thorne staff will have spray bottles of clean water, biodegradable soap, and hand sanitizer available throughout the day. Frequent hand washing will be encouraged.

- All participants will be taught the correct “20-second” protocol for hand washing.
- Hand washing with soap and water is the preferred method; however, hand sanitizer is a backup to hand washing.
- Restrooms
 - High touch surfaces in restrooms at Thorne facilities will be cleaned and sanitized regularly
 - Programs may use public restrooms.
 - Participants will wash hands thoroughly after using the restroom.

COVID-19 Illness Policy

- If a participant does not attend a program because of an illness, parents/caregivers must immediately notify you instructor, field coordinator, or Director of your Thorne program (contact information is on page 1-2 and in program addendum). In the message, please include the participant’s first and last name, a detailed list of symptoms, and symptom onset date and time.
- If a participant becomes ill during the program day, Thorne will follow the CDPHE COVID-19 guidance: [Addressing Symptoms at School](#). If COVID-19 is suspected, the participant will be asked to wear a mask and be isolated from other participants until a parent/caregiver or emergency contact can retrieve them. Staff will have extra face coverings to protect themselves and participants in case a participant starts displaying symptoms of COVID-19.
 - Note: Thorne will not have COVID-19 Rapid Tests available at camp sites to administer “point-of-care testing” or “test-to-stay” as referenced in external resources.
- Depending on the circumstances of the illness, CDPHE and Thorne will determine if a communication and action plan is needed and such plan will be put into action.
- Thorne will exclude participants, staff, and volunteers who have COVID-19 related symptoms or COVID-19 exposure from attendance until they are cleared to return to programming. Thorne will follow the CDPHE and CDC guidance and will communicate the next steps that need to be taken with participant’s families, staff, and volunteers.
 - If a COVID-19 test was required for a child, the parent/caregiver must provide a copy of the child’s negative COVID-19 test in order to return to the program. If an alternative diagnosis was required, the parent/caregiver must provide a note from a medical provider that shows an alternative diagnosis and clearance for participation.
 - In the event a child or staff member tests positive for any other respiratory pathogen (e.g. influenza, RSV, etc.) this will not be used to “rule out” infection with COVID-19. Patients presenting with respiratory illness are tested for COVID-19 in addition to other respiratory pathogens.

Exposure and Positive COVID-19 Test Result: Isolation and Quarantine

**the information about isolation and quarantine and the timeline that Thorne will follow come directly from the [CDPHE Guidelines](#)*

COVID-19 Exposure and Quarantine:

- If you have been exposed to someone (had close contact*) who has COVID-19, you may need to quarantine. Quarantine means staying away from other people for a certain amount of time to make sure you don't spread the virus. Even if you don't feel any symptoms, you might be contagious after exposure to COVID-19.
 - ***Close Contact** as [defined by the CDC](#), is *someone who was less than 6 feet away from an infected person (laboratory-confirmed or a clinical diagnosis) for a cumulative total of 15 minutes or more over a 24-hour period (for example, three individual 5-minute exposures for a total of 15 minutes). An infected person can spread SARS-CoV-2 starting 2 days before they have any symptoms (or, for asymptomatic people, 2 days before the positive specimen collection date).*
- People **who don't need** to quarantine after exposure include:
 - People who are up to date with all recommended vaccine doses.
 - People who have tested positive for COVID-19 (with a viral test, not an antibody test) within the past 90 days.
 - If you were exposed but you don't need to quarantine, you should still wear a well-fitted mask around others for 10 days and avoid high risk people and settings. If you do not develop symptoms, get tested five days after exposure unless you had a positive viral test in the 90 days prior to exposure. Watch yourself for symptoms for 10 days after exposure. If you start to feel symptoms in the 10 days after exposure, get tested immediately and start isolating.
- If you have been exposed to COVID-19 and wish to continue the program based on vaccination or a positive COVID test within the last 90 days, proof of vaccination or test must be provided to the Summer Camp Director.
- People **who need** to quarantine after exposure include:
 - People who are not vaccinated, including children under 5 who are yet to have access to vaccines. (unless they have tested positive for COVID-19 in the last 90 days as indicated above)
 - People who are not up to date with recommended vaccine doses, including third doses when eligible.
- If you need to quarantine, you should stay home for five days after you were exposed to COVID-19. Your first day of quarantine is the first full day following your exposure. Wear a well-fitted mask around others in your home if you aren't able to remain completely separate during quarantine. You should wear a well-fitted mask around other people at home and in

public for five more days after that. If you can't quarantine, you'll have to wear a well-fitted mask around others for 10 days after exposure. People who are unable to wear a mask around others, including children under the age of 2 years and people of any age with certain disabilities, should quarantine for a full 10 days.

- Get tested on day five after your exposure. Watch yourself for symptoms for 10 days after exposure. If you start to feel symptoms, get tested immediately and start isolating. Avoid contact with people who are at high risk and high risk settings for at least 10 days after exposure. Do not go to places where you are unable to wear a mask. Avoid eating around others at home and at work for at least 10 days after exposure.

- **COVID-19 Positive and Isolation**

- If you have tested positive for COVID-19, you should isolate. If you have symptoms of COVID-19 and are waiting for your test results, or you have symptoms and have not been tested yet, you should also isolate. Isolation means staying at home and away from other people until you are likely no longer contagious.
- How Long to Isolate
 - It depends on how you are feeling. For some people, isolation should last five full days, followed by five more days of precautions.
 - You can stop isolating after five full days if:
 - You tested positive, but don't have any symptoms.
 - You had mild symptoms, you are starting to feel better, and you don't have a fever.
 - Your first day of isolation is the first full day after you started feeling symptoms or tested positive.
 - Testing is not required to stop isolation. If you have access to a test and want to test, the best approach is to use an antigen test (such as a rapid at-home test) toward the end of the five-day isolation period if you do not have symptoms or are fever-free and your symptoms are improving. If your result is positive, you should continue to isolate until after day 10. If the result is negative, you can stop isolating after 5 days.
- If families have questions about where to get tested for COVID-19, they should contact their insurance company or refer to [BCPHE's website](#) for more information.
- If families are concerned about discomfort during the COVID-19 test, the health department recommends looking for a testing center that uses Anterior Nares Swabs. These swabs are smaller and may be gentler for children.

- Order free rapid tests for your family in advance of symptoms here: <https://www.covid.gov/tests>
- In the event that a participant, staff, or volunteer tests positive for COVID-19, Thorne staff will report the positive to CDPHE and request additional guidance on isolation/quarantine procedures and program closures.
- Thorne has a backup, substitute system for staff who have COVID-19 related symptoms and cannot work.
- For all illnesses that do not have symptoms associated with COVID-19, families should refer to the CDPHE [How Sick is Too Sick](#) document and Thorne's Standard Illness policy.

Face Coverings and Social Distancing

When Boulder County community level is:

LOW or **MEDIUM**

- Campers, Staff, or Volunteers may choose to wear a mask based on their own risk tolerance, but Thorne programs do not require the use of masks in outdoors, indoors, or on BVSD buses.
- Mask will be required indoors, on BVSD buses, and when in close proximity to others outdoors if a participant is asymptomatic and between days 6-10 when returning from isolation when COVID positive or from quarantine if exposed and unvaccinated.
- Masks may become required during Community Levels LOW and MEDIUM if indicated by the BCPHE or CDPHE for an exposure or outbreak in Thorne's programs.

HIGH

- Campers, Staff, or Volunteers will be required to wear a mask indoors and when on BVSD transportation. Masks will not be required when outdoors with sufficient space for movement.
- Mask will be required indoors, on BVSD buses, and when in close proximity to others outdoors if a participant is asymptomatic and between days 6-10 when returning from isolation when COVID positive or from quarantine if exposed and unvaccinated.

Other notes on masks:

- It is recommended that a child have a mask in their bag for each camp day. They can remain in their bag under Community Levels **LOW** or **MEDIUM** and will only be used if a child becomes ill during the camp day and is required to isolate until they can be picked up. If the child does not carry a mask with them and they become ill during the day, one will be provided to them by a Thorne staff member.
- During community levels **HIGH**, campers will be required to bring a mask to camp.

- Any parent/caregiver who wants Thorne staff to ensure that their child wear a face covering most or all of the time or not be allowed in close contact with other participants not wearing a face covering should contact the Director of their program (contact information is on page 1-2 and in program addendum), and any agreements made between the Director and parent will be confirmed in writing by the Director to the parent by e-mail.

Grouping of Participants

- Under Community Levels **LOW** or **MEDIUM** Thorne will NOT always segment participants into specific groups when outdoors. While groups are generally separate through the day, Thorne instructors will occasionally hold camp wide activities and gatherings in large open spaces where groups will intermingle. All campers and staff will also be together on buses to and from field trip sites 4-5 times a camp session.
- Under Community Level **HIGH** groups will limit intermingling with other groups in order to reduce risk of spreading COVID-19, except in the instance where intermingling of groups is needed in order to as best as possible ensure the safety of participants (i.e. during a weather emergency or in response to the injury of a participant).
 - During bus transportation during Community Level **HIGH** participants will be masked and windows will be open, if possible, to reduce exposure.

Indoor Spaces

Thorne will operate programs outdoors as much as possible, but there are days and/or times of the day when program participants will be indoors. During times of unsafe weather, which could include storms or extreme heat or cold weather, we will operate indoors. We also may go indoors for bathroom use and handwashing. Some Thorne programs use indoor spaces more than others do. See program specific policies and procedures for more information on the use indoor spaces for each individual program.

For mask wearing protocols when indoors, please see Thorne's policy regarding Community Levels **LOW**, **MEDIUM**, and **HIGH** above.

THORNE'S STANDARD ILLNESS POLICY

If an employee is ill, Thorne asks them to stay home until 24 hours after they are symptom free and fever free. This protects the health of the participants and adults in the program. When an employee shows signs of a severe or communicable illness, they will be asked to go home and a substitute teacher will fill in. In case of a known communicable illness, staff will report to the local health department pursuant to regulations of the State Department of Public Health and Environment and contact all employees and parents/caregivers of participants in care.

If a participant is ill, Thorne asks parents/caregivers to keep them home until 24 hours after participants are symptom free and fever free. This is so that participants can get better and it protects the health of the other participants and adults in the program. When a participant shows signs of a severe or communicable illness, they will be separated from other participants, the parent/caregiver notified, and a doctor or medical facility consulted as needed regarding treatment. In case of a known communicable illness, staff will report to the local health department pursuant to regulations of the State Department of Public Health and Environment and contact all parents/caregivers of participants in care.

If a participant says that they are feeling ill during program hours and they do not have any symptoms of COVID-19, they will be given the option to lay down on a nap pad to see if it passes. If after 10-20 minutes they are still feeling ill or if there are clear symptoms of illness, parents will be called to pick up their participant.

See the CDPHE [How Sick is too Sick?](#) document for more information.

If you have any questions, please contact us at info@thornenature.org or (303) 499-3647.