

Public Health Recommendations for Day Camp & Youth Cultural Camp Services in Nunavik

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Context

Children benefit from attending school, daycare and camps. It supports their global development. For some children, attending camp is a shelter from vulnerable households. Consequences of closing services for children and youth will be broad and long lasting.

COVID-19 infection **in children** is less risky for them than many infections commonly transmitted in the region, such as bronchiolitis, or the FLU – some studies suggest that children are less likely to transmit COVID than adults, although more literature is needed to fully understand how the virus is transmitted.

Children themselves bare consequences of lockdown, with very little benefit to their own health. As a region fighting to heal from intergenerational trauma, the importance of the wellbeing of children cannot be understated.

Objectives

- Prevent the spread of COVID-19 to to many families through camp
- Allow protection of vulnerable children
- Allow children to experience enriching activities (educational and traditional)
- Allow parents to resume work



Follow hand hygiene and respiratory hygiene/cough etiquette

- Promote hand hygiene measures by making the necessary material available (running water, soap, alcohol-based sanitizers, contactless trash cans, disposable paper towels, etc.).
- Promote the practice of respiratory hygiene/cough etiquette:
 - Cover your mouth and nose when coughing or sneezing, using tissues or the bend of the elbow, and wash hands afterwards.
 - Use single-use paper handkerchiefs (tissues).
 - Immediately throw used tissues into the trash and wash your hands.
 - Ideally, use contactless trashcans.
 - Do not touch your mouth or eyes with your hands
- Avoid physical contact such as handshakes, kisses and hugs.

Model physical distancing measures


Monitors should model good behaviors. Allow for children to stay with their groups – with the same monitors. Limit activities where groups are mixed together. The idea is to limit the number of children and monitors exposed, should a child or a monitor be infected.

Gatherings

- Form subgroups (by age group).
- Subgroups must be stable over time. (limit transfer a child, including monitors, from one subgroup to another.)
- Pre- and post-camp service: review activities and put them into several different rooms.

Review administration procedures

- Keep all attendance lists so that possible contacts between children and monitors can be traced adequately
- Restrict children from entering the office



Reduce the number of children in the dining room by staggering meal times

- Divide meals into two or three service periods.
- Reduce the number of tables and chairs in order to have the right number of children per service.

Ensure that frequently touched objects and surfaces are cleaned and disinfected

To limit contamination, the frequency of cleaning and disinfection must be increased. Shared objects (e.g. water cooler, art and crafts supplies, balls etc.), sanitary facilities, common areas and other surfaces should be disinfected at set times, safely using the housekeeping and disinfection products normally used.

- Limit the use of any equipment that is not washable or made of fabric (soft toys, costumes, etc.).
- Monitors are required to wash their hands before handing out equipment.
- Provide monitors with a list of games.
- Create boxes of predefined games.
- Service before and after camp: review activities proposed and remove anything that cannot be disinfected

Ensure sufficient ventilation, be outdoors whenever possible.

Favor outdoor activities

- Modify activities so that they can be done outside.
- Modify the bank of games so that games are held outdoors.



Adapt interior spaces

- Make changes to certain rooms and buildings so that children can be received there.
- Arrange furniture to provide space between items.
- In locker rooms, use one locker out of every two.
- Identify seats in the cafeteria: groups should always occupy the same seats.

Reserve specific rooms in case of bad weather

- In advance, determine what activities are possible on the various locations in the event of rain and establish a rain schedule per group.
- Prepare a bank of contactless activities that can be used in the event of rain (freeze dance, charades, lip sync contest, improv, etc.)

Wherever possible, have meals eaten outside

- Add more picnic tables.
- Increase the number of places where children can take meals.
- Delimit eating spaces with clearly visible markings.
- Provide easily washable plastic tablecloths for picnic tables, or use folding plastic tables that can be cleaned more easily.
- Favour cold meals and limit the handling of food and of cups, plates and utensils by multiple people.

If someone is sick

- Set aside a place for children or monitors presenting with symptoms of COVID-19 (fever, cough, shortness of breath, loss of smell or taste) so that they can be isolated.
- Contact the COVID-19 info-line and follow instructions.

- Bring disinfectant and disinfect your camp regularly.
- Youth are not permitted to enter other cabins or tents than their own.
- Meals eaten inside must have separate times for each sub-group. There should be no meals eaten inside in large groups.
- All indoor activities should be with children who are in the same cabin/tent for the duration of camp.
- If someone in the group starts to develop symptoms of COVID-19 (fever, cough, loss of smell or taste), contact the COVID-19 info-line and follow instructions.

Travelling by charter plane or helicopter

- It is recommended to limit the number of people in the charter to eight people maximum by plane and four people maximum by helicopter per trip.
- Plane and helicopter passengers are required to wear a mask during the entire duration of the flight (non-medical mask or face covering, as requested by Transport Canada)
- Plane and helicopter passengers will be required to answer a short, pre-screening questionnaire to be sure they are not sick on the day of the flight.

Travelling by Boat

- Boats are small living space and it will be difficult to ensure social distancing. Limit the number of people on the boat. There is not a maximum of people since it would depend on the size of the boat.
- If possible, regroup youth sleeping in the same cabin/tent during the camp on the same boats

Overnight

- If possible, limit the number of participants in each camp/tent
- Always keep the same group in the camp/tent and keep this group for other activities where physical distancing is difficult to respect (meal time, sharing circle)
- If possible, regroup people from same households in the same camp or tent



For general information related to COVID-19, contact 1-833-301-0296, chat with the NRBHSS Facebook page through Messenger or consult the webpage <https://nrbhss.ca/en/coronavirus>

You can also refer to “Guide for operating day camps in COVID-19 context” from

<https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/gradual-resumption-activities-covid19-related-pause/#c59465>

Useful Links:

<https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/>

https://nrbhss.ca/sites/default/files/covid19/Coronavirus_recommandations_EN.pdf

