



100 Elk Outdoor Center

COVID-19 HANDBOOK

Spring 2022

Updated on 01.04.2022

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General Guidelines

- Masks are required indoors - please have all students provide their own masks and the school should have extra masks for their students.
 - Unmasked times
 - At the assigned dining table while eating
 - In cabin - showering, sleeping
- Each cabin will be considered a cohort, will live together and eat meals at the same table together.
- Each activity group will be assigned 1-2 100 Elk staff who will be their group leaders.
- There will be additional 100 Elk activity staff at rotations that need more than 1-2 100 Elk staff.
- All 100 Elk staff will be masked indoors and will have the option to mask outdoors if the school or staff member prefers.
- It is required that chaperones or teachers let the 100 Elk directors know right away if any participant is unwell, shows covid symptoms or has tested positive while at 100 Elk.

Expectations

Welcome to 100 Elk! We're excited to see you!

- We know you're excited too, but please, do not hug anyone upon arrival and avoid physical contact until you are in your cabin with your cohort.
- See below for instructions on how to interact with others and in public spaces.

If you are within your cohort (who you live with*), you may:

- Elbow touch, foot tap, or hip bump.
- Be within 6 feet and not wear a mask.
- Hug or handshake, but please check with the other person before doing so.
- Please don't share water bottles, lunches or face coverings.

If you are not within your cohort:

- You must maintain 6 feet of distance or wear a face covering.
- You cannot hug, shake hands, sit on someone's lap or have physical contact of any other kind.

**There will be exceptions to these rules for some programs.*

Lodge Protocols (Valerie and Chuckwagon):

We will have a lodge manager who will be managing the flow and helping everyone remember the lodge requirements.

- Everyone must wash hands for 20 seconds or use hand sanitizer before entering the lodge.
- Cohorts will enter the lodge together and get their food (no social distancing among the cohort required).
- Tables will be 6 feet apart, only eat at assigned tables.
- Spacing between cohorts once in the lodge must be maintained (no visiting other cohort tables).
- Food will be served “cafeteria” style by cohort and seconds will be available by cohort once all cohorts have gotten their first serving.
- The cereal bar will be available by cohort during seconds. The hot drink bar will only be available to adults.
- Fresh cups, bowls, plates, etc. required for each trip to the food and beverage areas.
- Unfortunately, we cannot:
 - Share silverware or cups,
 - Visit other tables, or
 - Linger at the cereal dispenser, bathrooms or tables.

Lodge Bathrooms:

- Wash hands after using the bathroom.
- We are encouraging everyone to use the restroom in their cabins before coming to the lodge.
- If students need to use the restrooms in the lodge they will need to raise their hands to be dismissed when there is no line.

Isolation, Quarantining, and Testing Protocols

- If a participant shows any covid symptoms the 100 Elk director and trip coordinator need to be informed.
- If necessary we will move the participant/s who are showing symptoms into isolation and arrangements for pick up should be initiated.
 - This would also initiate a quarantine for their cohort (cabin).

- 100 Elk will provide information or support the school in acquiring a covid test. (At home tests are a quick option, but not always accurate. We can help coordinate a PCR test in Buena Vista).
 - 100 Elk will maintain the most up to date information on local testing.
- If a test comes back positive then all participants who are in the contact trace of that participant should be make arrangements for pick up.
- 100 Elk staff will follow a similar protocol when needed.

Best Practices

These aren't requirements, but this is what we have found helpful and the most useful when running successful covid free 100 Elk programs.

- Please choose chaperones who will be ok with following our basic covid protocols while at 100 Elk.
- If possible please advise participants to be cautious if traveling before their 100 Elk program.
- Test students, chaperones and teachers before leaving the school (within 24 hours of the 100 Elk program if possible).
- Mask on the bus while traveling to and from 100 Elk.
- The school should send some at-home covid tests to be used for the participants if the need arises.