

# Health & Safety Protocol Agreement Spring camps in Liddes St. Bernard

Valid from 04<sup>th</sup> of April till 08<sup>th</sup> of May, 2021

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## General information

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This protection concept is based on the "General regulations for cultural, leisure and sports camps" developed by the Federal Office of Sport (BASPO) in cooperation with the Federal Office of Public Health (FOPH), the Federal Office of Social Insurance (BSV) and the Federal Office of Culture (BAK), as well as on the «New frame conditions for Sports» of the BASPO. In addition, the measures and framework conditions of the regulations of the canton (Valais) were taken into account.

The children's and youth associations and their offers, especially the camps, are important in making a significant contribution to the holistic development of children and young people. The present concept is intended to enable friLingue camps being held under the current circumstances, while simultaneously ensuring that the federal requirements for protection against the corona virus are being met.

This protection concept was developed by the friLingue GmbH. It serves as a standard for the local vacation camps. The camp leader of the respective camp location is responsible for implementing the protection concept to the best of their knowledge. Its control is the responsibility of the competent authorities.

### Starting position:

- Camps with young people and children are generally possible provided a protection concept is adhered to.
- In addition to the protection concept, cantonal regulations and directives apply.

### Principles:

Every camp leader consistently implements these general conditions for their camp. The camp leader is responsible for compliance with these general conditions. It is crucial that the applicable framework conditions for the vacation camps and their activities are communicated completely, repeatedly and clearly before and during the camp to all those involved (camp leaders, teachers, participants, parents, kitchen). This is the only way that the camp participants can comply with the measures.

The following basic rules apply:

- 1. Join the camp free of symptoms**
- 2. Keep your distance from the camp leaders and teachers**
- 3. Compliance with the hygiene rules of the FOPH**
- 4. Contact details and max. number of participants (contact tracing)**
- 5. Persistent groups**
- 6. Designation of responsible persons**

friLingue GmbH always follows the current situation (e.g. new legal measures) and derives the necessary implementations from it. They regularly inform the camp leader via email, referring to the FOPH (Federal Office of Public Health).

## 1 Covid-19 Symptoms

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### a) Symptoms before the start of the camp

**Participants and leaders with symptoms of illness are not allowed to participate in the camp.** Please stay at home and isolate yourself. Follow your doctor's instructions.

**In the event of illness, the camp can be moved to any date within the next 24 months at no additional cost.**

### b) Risk groups

According to the FOPH, the following people belong to this group (appendix to «Ordinance 2 on measures to combat the coronavirus (COVID-19)»):

- People aged 65 and over
- Pregnant women
- Adults with pre-existing conditions (e.g. high blood pressure, cardiovascular diseases, diabetes, chronic respiratory diseases, cancer, diseases and therapies that weaken the immune system, degree III obesity).

**Participating in the friLingue language camps is voluntary. The decision to participate lies with the participants or their parents. In consultation with the doctor, the parents of children with pre-existing conditions decide how the person at risk can participate in the camp.** Teachers or camp leaders that belong to a risk group decide in consultation with their doctor whether / how the participation in the camp is possible.

### c) (Suspected) Case of illness in the camp

If a participant, camp leader, teacher or kitchen staff starts showing symptoms during the camp, the following measures will be taken:

- The person with symptoms must wear a hygiene mask and be isolated.
- They must be examined and tested by a doctor immediately.
- Until the test result is available, the person must wear a hygiene mask and be isolated. This means that they sleep alone in a tent or room and keep at least 1.5m distance from other people at all times.
- In the event of a suspected case, the cantonal crisis department is informed. They support the camp management in any communication with parents and in planning further action.
- If the test result is positive, the cantonal contact tracing decides which contact persons must be quarantined.
- After a positive test result, the camp management immediately informs all parents about the situation.

### d) (Suspected) Case of illness after the camp

Participants and camp staff with symptoms showing up after the camp, stay at home or isolate themselves. They get in touch with their family doctor and follow the instructions given. All participants, camp leaders, teachers, kitchen staff and any visitors are promptly informed in case of a positive test result. The cantonal crisis department will be informed as soon as people are tested.

## 2 Keep the distance

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**Mask requirement applies in all interior facilities for all persons (participants & camp management) over 12 years**, except during meals, in the showers and in the bedrooms at night. Mask requirements also apply during lessons! The following applies:

- The distance rule (1.5 meter minimum distance) applies to all participants and camp staff from the age of 12, both to each other and to the participants.
- Participants and camp staff born in 2001 or younger do not have to adhere to any distance rules outside / during sports activities. The mask does not need to be worn during these activities.
- It is ensured that the distance (1.5 meters) is maintained outside wherever possible and that the activities are adapted (e.g. hiking instead of basketball).
- Children under the age of 12 do not have to wear a mask - not even in the interior.
- **For safety reasons, a temperature measurement is carried out for all participants and staff members / supervisors - each time before breakfast.**

### a) Arrival and Departure

The use of individual means of transport (private transport, etc.) is preferred. When traveling by public transport, a group ticket is reserved in advance. Any recommendations made by the transport company at the time of travel will be taken into account. The published rules of conduct for public transport are observed (mask required from 12 years of age, make sure to wear it correctly with covered mouth, nose and chin). The following applies:

- Only one person is present on arrival / departure. All other family members wait in the car or outside in front of the group house.
- The minimum safety distance must be maintained between parents and staff members at all times.
- If possible, a staggered arrival and departure is organized so that not all parents arrive at the same time. If this is not possible, a «queue» with distance markings should be provided.
- On arrival, a body temperature measurement is carried out for all participants and their accompanying persons. If the temperature is increased, the affected person will be sent home immediately.

**Note on the accompanied train ride:** We ask all participants to wear a protective mask when traveling by train (accompanied train ride). Care is taken to ensure that it is worn correctly (mouth, nose and chin covered).

### b) Sleeping arrangements

In the chalet, but especially in the bedrooms, there are strict rules that must be observed. This also applies to the children who stay with the host families.

#### **Rules for the children and adolescents:**

- The protective mask may only be removed after the children and young people have entered the bed.
- Children are only allowed to enter those bedrooms in which they themselves sleep (!)
- If possible, the sleeping area will be redesigned / organized so that there is enough space between the individual participants to maintain the minimum distance.
- The material and personal items are used and stored in compliance with hygiene regulations.

#### **Rules for the camp management and supervisors (from 20 years):**

- 4 m<sup>2</sup> per person in the bedrooms (1 to 2 beds) for people aged 20 and over (max. 4 people). It is ensured that the majority of the teachers and supervisors spend the night in an external building.
- The protective mask may only be removed when the person is in bed.
- People are only allowed to enter those bedrooms in which they sleep themselves (!)
- The material and personal items are used and stored in compliance with hygiene regulations.

### c) Meals

When eating meals, keep the distance between leaders (and the various groups). Specifically, this means:

- The participants and camp leaders do not eat at the same table. The camp leaders keep the minimum safety distance between themselves.
- The number of people aged 20 and over is limited to 4 people per table.
- The mask is only put down when everyone at the table has their plates in front of them. Immediately after eating, the mask is put on again.
- Personal cups or personal drinking bottles are used for the drinks.
- The distribution of food is prepared on the basis of the table groups. The persons responsible for preparing and serving the meal take the necessary precautions to comply with hygiene measures (washing hands, wearing the mask, etc.)
- The kitchen is only entered by the kitchen team.
- **There is no self-service food available for the participants.**

## 3 Compliance with the hygiene rules

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Sanitary regulations and rules for the cleaning of the rooms are set up and communicated clearly to the camp staff as well as the participants.

### a) Wash your hands thoroughly – before and after each activity

Participants wash their hands before and after each activity. Specifically, this means:

- Before and after class
- Before and after eating
- Before and after the activity (workshops, excursions)
- Before and after using the toilet

You can also wash your hands with water and soap or disinfectant at any time during an activity. This applies to indoor and outdoor activities. Disposable kitchen towels are used to dry hands after washing.

### b) Sanitary materials

In addition to water, soap and disinfectants, protective masks are available in the storage pharmacy. These are used, for example, when traveling by public transport or when isolating a person with symptoms.

**The participants should bring enough protective masks (or a good reusable mask) and change them regularly.**

### c) Toilets

The toilets, shower rooms and the kitchen are cleaned thoroughly (several times) every day. Frequently touched surfaces such as tables, storage surfaces, door handles, faucet handles, light switches are regularly cleaned or disinfected according to their use. Rooms are regularly ventilated (at least four times a day for 10 minutes).

At the weekend, the entire chalet is cleaned thoroughly and disinfected with special cleaning agents. The bed linen is washed and all rooms are ventilated for several hours.

### d) Cleaning arrangements

The toilets, bathrooms and the kitchen are cleaned thoroughly several times a day. Frequently touched items such as tables, storage surfaces, door handles, faucets, light switches are regularly cleaned or disinfected depending on their use. Rooms are regularly ventilated (at least four times a day for 10 minutes).

### e) Catering/Kitchen

Particular attention must be paid to hygiene in the camp kitchen. The kitchen is not a public space and is only used for cooking or cleaning up. It is important to ensure that neither food from the same plate nor (used) cutlery or glasses are shared. There is no self-service food available for the participants. For this reason, there is no self-service when serving food. When shopping, the hygiene measures must be observed and the distance rules must be observed. The members of the cooking team wear a protective mask while working in the kitchen. Tables and chairs must be cleaned with detergent after each use.

### f) Materials

The caregivers give priority to activities for which as little material as possible is required.

- Avoid passing on materials between different people.
- Handing over materials between camp leaders should be avoided as much as possible; in any case, the material must be disinfected beforehand.
- Increased attention is paid to the cleaning and storage of the material.
- Frequently used materials are disinfected at least once a day.

### g) Compliance with the camphouse regulations

Group houses have their own protection concepts. These are also checked before the camp begins and the specifications are observed. The landlord can provide further information.

## 4 Contact details and maximum number of participants

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A maximum of 50 people including camp management and accompanying persons take part in the camp. **A maximum of 5 people aged 20 and over, including supervisors, are allowed in the closed rooms.** The teachers and supervisors stay in separate accommodation. Of course, there will always be a supervisor (camp leader) on site. The participants are never unattended - whether in the camp house or during the activities outside.

In order to be able to trace the chain of infection in the event of an infection, a list of the attending participants and managers, including accompanying persons and the kitchen, is kept. It must be possible to show this list at the request of the cantonal health authority.

## 5 Permanent group

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During the week the camp consists of a constant group. In the event of a corona infection, subgroups make it easier to track infections and reduce the number of possible quarantine cases.

### a) Group changes on weekends

From Saturday to Sunday there is always a group change, as the participants generally only stay in the camp for one or two weeks. Specifically, this means that participants leave on Saturday and new participants arrive on Sunday. In order to prevent potential transmission, the camp house will be thoroughly cleaned and disinfected on Saturday (see Chapter 3 d). It is also ensured that the "newcomers" are divided into new rooms and not into existing groups.

### b) Visits to public places

**In the public area outdoors, participants under 20 years of age may be more than the number stipulated in the federal ordinance (15 people), provided that it is a supervised leisure activity; the number of people aged 20 and over must not exceed 15, including supervisors.**

Most of the camp program takes place on the camp site and in nature. When doing activities in public spaces, it is important to ensure that the distance to other groups of people is guaranteed. Activities in heavily frequented public places should be avoided if possible. In addition, public transport should be avoided if possible during the camp.

If two groups meet by chance, the rules of distance must be observed and lingering in the same location must be avoided.

### c) Visits to the camp

External visits are minimized or avoided as far as possible. There is an attendance list of all people present. The distance rules and hygiene regulations also apply to external visitors.

## **6 Responsibility for the on-site implementation of the Health & Safety Protocol**

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The responsibility for the on-site implementation of the Health & Safety Protocol lies with friLingue GmbH. A person is appointed for this purpose (e.g. the camp leader). This person is supported by an assistant if possible.

They are involved in the following tasks:

- Discussion of the protection concept and its implementation in the camp team
- General information for parents on the implementation of the protection concept
- Checking the list of participants and camp staff (including any visitors)
- Consultation with the camphouse owners and management

The camp leaders are responsible for the implementation of the Health & Safety Protocol and the compliance with the sanitary measures during the camp period.

- Planning and implementation of activities in compliance with the sanitary measures.
- Age-appropriate communication to the participants about the implementation of the sanitary measures.
- Ensuring that hands can be washed outdoors, organising water and soap and monitoring implementation before/after each activity.

### **Contact details of the responsible persons:**

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We as friLingue GmbH bear a social responsibility. All employees have a high degree of personal responsibility for the implementation of the Health & Safety Protocol.

## 7 Suspected case of COVID-19 - Scenario

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### a) Possible Symptoms

These symptoms are common with COVID-19 infection:

- Fever
- Dry cough
- Tiredness

Rare symptoms:

- Pain in the limbs
- Sore throat
- Diarrhea
- Conjunctivitis
- Headaches
- Loss of taste or smell
- Discoloration of your fingers or toes, or a rash

Severe symptoms:

- Difficulty breathing or shortness of breath
- Chest pain or pressure
- Loss of speech or movement

### b) (Suspected) Case of COVID-19 in the camp

Should symptoms of illness be detected in a participant or camp leader during the camp:

- The person must immediately wear a hygiene mask and be isolated.
- If the person is a participant, a single teacher (not the main camp leader) will take care of the isolated child. The child wears a mask until the parents or legal guardians come to collect him/her. The camp staff is also isolated from the group until the child is picked up.
- In case of a suspected case of COVID-19, the friLingue office and management will be informed immediately. They support the camp management and decide on the further procedure.
- After mutual agreement with the office and the general management, the emergency contact of the child under care or of the camp leader is informed immediately.
- They must contact the family doctor directly to arrange a prompt appointment for the testing.
- The parents or legal guardians must pick up the participant immediately. If a camp leader falls ill, it will be decided together whether he/she must be picked up by his/her emergency contact or whether he/she can manage the journey home by him/herself in accordance with the protection guidelines.
- friLingue will provide the necessary masks for the journey home for all participants.
- At home, the FOPH's instructions on isolation must be followed and the test carried out by the family doctor as soon as possible.
- Further communication and information to all those involved in the camp is ensured by friLingue.
- If the test result is positive, the cantonal doctor will decide which contact persons of an infected person have to be quarantined.

### c) (Suspected) Case of illness after the camp

Participants and camp leaders with symptoms of illness after the camp stay at home or go into isolation. They call their family doctor and follow their instructions. In the event of a positive test result, friLingue will provide the list of participants and camp leaders present to the responsible authorities upon request.