



FAQs for Killington Rec Camp 2020

What is a 'pod' and how does that change camp?

A pod is a self-contained group of counselors and children that are together for the duration of camp. Our pods will have 10 children and 2 counselors. The state recently increased pod sizes to 25, which will allow two groups to do certain outdoor activities together, however for all indoor activities the pods of 12 will remain apart from other pods. This is all about contact tracing. If there is a positive case we need to be able to identify who was in contact with COVID-19.

To make this effective, children and adults cannot switch pods. For that reason, we cannot allow daily or weekly drop-ins. The minimum amount of time to sign up for camp is 2 weeks.

What is the risk of my child becoming sick with COVID-19?

Based on available evidence, children do not appear to be at higher risk for COVID-19 than adults. While some children and infants have been sick with COVID-19, adults make up most of the known cases to date.

What about kids with asthma?

Children with uncontrolled asthma are vulnerable and need to stay home. Individual kids with well controlled asthma need to talk with their pediatricians and make an informed decision about whether to attend camp.

If a child has a chronic cough or seasonal allergies, a note from the pediatrician must be provided to give the program staff advanced notice. Because a cough and runny nose can be symptoms of COVID-19, children without notes will not be admitted to camp that day. This requirement is about keeping everyone as safe as possible.

How can I protect my child from COVID-19 infection?

You can encourage your child to help stop the spread of COVID-19 by teaching them to do the same things everyone should do to stay healthy.

- Avoid close contact with people who are sick.
- Stay home when you are sick, except to get medical care.
- Cover your coughs and sneezes with a tissue and throw the tissue in the trash.
- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.
- Clean and disinfect frequently touched surfaces and objects (e.g., tables, countertops, light switches, doorknobs, and cabinet handles).



- Launder items, including washable plush toys, as appropriate and in accordance with the manufacturer's instructions. If possible, launder items using the warmest appropriate water setting for the items and dry items completely. Dirty laundry from an ill person can be washed with other people's items.

You can find additional information on preventing COVID-19 at the CDC website.

Are the symptoms of COVID-19 different in children than adults?

No. The symptoms of COVID-19 are similar in children and adults. However, children with confirmed COVID-19 have generally presented with mild symptoms. Reported symptoms in children include cold-like symptoms, such as fever, runny nose, and cough. Vomiting and diarrhea have also been reported. It's not known yet whether some children may be at higher risk for severe illness, for example, children with underlying medical conditions and special healthcare needs. There is much more to be learned about how the disease impacts children.

Are children required to wear masks at camp?

Children are required to bring and wear a cloth facial covering to camp every day. During outdoor water play time and heavy exercise children will not wear their masks.

Wearing cloth face coverings is a public health measure people should take to reduce the spread of COVID-19 in addition to (not instead of) physical distancing, frequent hand cleaning, and other everyday preventive actions. A cloth face covering is not intended to protect the wearer but may prevent the spread of virus from the wearer to others. This would be especially important if someone is infected but does not have symptoms. Medical face masks and N95 respirators are still reserved for healthcare personnel and other first responders, as recommended by current CDC guidance.

What should I if myself or my child are exposed to COVID-19?

If your child/children become sick with COVID-19, notify the Town of Killington Recreation Director Sarah Newell at recdirector@killingtontown.com or 802-422-3932 and do not send your child to camp.

Discourage children and teens from gathering in other public places while school is dismissed to help slow the spread of COVID-19 in the community.

What is multisystem inflammatory syndrome in children (MIS-C) and who is at risk?

CDC is working with state and local health departments to learn more about multisystem inflammatory syndrome in children (MIS-C) associated with COVID-19 and gather more information as quickly as possible about how common it is and who is at risk. As new information becomes available, we will continue to provide information for parents and caregivers as well as healthcare and public health professionals. MIS-C has been described as inflammation (swelling) across multiple body systems, potentially including the heart, lungs, kidneys, brain, skin, eyes, and gastrointestinal organs. Signs and



symptoms of MIS-C include fever and various symptoms such as abdominal pain, vomiting, diarrhea, neck pain, rash, and feeling tired.

If your child has any of these symptoms, other symptoms of COVID-19, or other concerning signs, contact your pediatrician. If your child is showing any emergency warning signs including trouble breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake, bluish lips or face, severe abdominal pain, or other concerning signs, seek emergency care right away.

When not at camp or at school, can my child hang out with their friends?

The key to slowing the spread of COVID-19 is to practice social distancing. While school is out, children should not have in-person playdates with children from other households. If children are playing outside their own homes, it is essential that they remain 6 feet from anyone who is not in their own household.

To help children maintain social connections while social distancing, help your children have supervised phone calls or video chats with their friends.

Make sure children practice everyday preventive behaviors, such as washing their hands often with soap and water. Remember, if children meet outside of school in groups, it can put everyone at risk.

Information about COVID-19 in children is somewhat limited, but current data suggest children with COVID-19 may have only mild symptoms. However, they can still pass this virus onto others who may be at higher risk, including older adults and people who have serious underlying medical conditions.

How do I keep my child and family healthy?

Watch your child for any signs of illness.

If you see any sign of illness consistent with symptoms of COVID-19, particularly fever, cough, or shortness of breath, call your healthcare provider and keep your child at home and away from others as much as possible. Follow CDC's guidance on "What to do if you are sick."

Watch for signs of stress in your child.

Some common changes to watch for include excessive worry or sadness, unhealthy eating or sleeping habits, and difficulty with attention and concentration. For more information, see the "For Parents" section on CDC's website, [Manage Anxiety and Stress](#).

Take time to talk with your child or teen about the COVID-19 outbreak. Answer questions and share facts about COVID-19 in a way that your child or teen can understand.

Go to CDC's [Helping Children Cope with Emergencies](#) or [Talking with Children About COVID-19](#) for more information.

Teach and reinforce everyday preventive actions.

Parents and caretakers play an important role in teaching children to wash their hands. Explain that hand washing can keep them healthy and stop the virus from spreading to others.



Be a good role model—if you wash your hands often, they’re more likely to do the same.

Make handwashing a family activity.

Help your child stay active.

Encourage your child to play outdoors—it’s great for physical and mental health. Take a walk with your child or go on a bike ride.

Use indoor activity breaks (stretch breaks, dance breaks) throughout the day to help your child stay healthy and focused.

Help your child stay socially connected.

Reach out to friends and family via phone or video chats.

Write cards or letters to family members they may not be able to visit.

Some schools and non-profits, such as the Collaborative for Academic, Social, and Emotional Learning and The Yale Center for Emotional Intelligence, have resources for social and emotional learning.

What can I do if my child has difficulties adjusting to new routines and following recommendations?

Helping children understand and follow recommendations, like social distancing and wearing cloth face coverings, can be challenging if your child has intellectual disabilities, sensory issues, or other special healthcare needs.

Keeping children at home and sheltering in place can lower stress created by social distancing and cloth face covering recommendations. Reach out to others for help in running essential errands.

Behavioral techniques can be used to address behavioral challenges and to develop new routines. These include social stories, video modeling, picture schedules, and visual cues. Try rewarding your child in small ways with his or her favorite non-food treat or activities to help switch routines and to follow recommendations.

What does drop-off and pick-up look like?

There are two drop-off locations at Ramshead Lodge. You will pull up to your assigned location and answer a series of health screening questions about yourself and your child. Our staff will then take the temperature of your child. Next, your child will be brought to the entrance, but the parent is not permitted to enter Ramshead. This is to reduce the chance for exposure. Pickup will occur at the same location as drop-off, and again parents will pull their car up and wait for staff to bring their child out to them. For more information about drop-off and pick-up, see the document Camp Guidelines put together by the State of Vermont Department of Health.