

GSACPC COVID-19 Response Plan

Phase One Protocols Guide

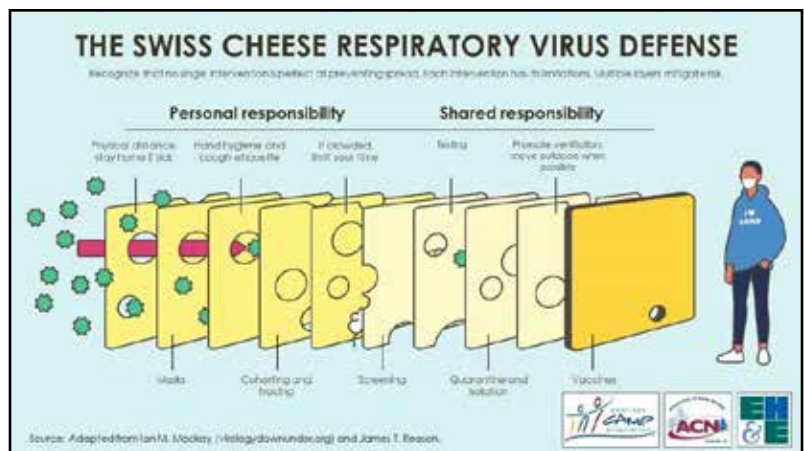
As we continue to broaden the options for Girl Scouting activities amid this pandemic, we must remain aware of the best practices and recommendations to minimize the risk to ourselves, those we are responsible for, and those connected to us who are especially vulnerable. Note:

- [CDC guidelines](#) highly recommend that persons age 16 and older become [COVID-19 vaccinated](#) in addition to these interventions.
- All recommended guidelines help mitigate risk; there are no guarantees risk of infection will be eliminated.
- We trust each family to choose what level of participation at which they are comfortable.

General Guidance for Activities/Outings

Create a Culture of Compliance

The American Camp Association (ACA) surveyed camps that operated in-person during the 2020 summer season. The results showed that a culture of compliance was instrumental in the health and wellness of the camp community and that following all recommendations is the best practice. These are called non-pharmaceutical interventions (NPI's), and our Council recommends them across all activities as appropriate.



Standard Practice for All Girl Scout Activities

- Groups should not exceed 35 people with appropriate space.
- Outdoor space is the best. If indoors, there is appropriate space and ventilation/airflow (e.g., windows and doors open) relative to the group size.
- Family consent required for participation
- Complete [pre-activity symptom screening](#)

- Sanitize/clean spaces/equipment before, during, and after
- All attendees [wear appropriate masks/face coverings](#)
- Physical distancing in effect

Prescreening

- Prior to in-person troop meetings and activities, all participants should [complete a self-screening](#) to ensure they are healthy and verify they have not knowingly been in contact with someone exhibiting COVID-19 symptoms.

Additional Precautions Prior to Travel and Overnights

- Minimize contact with members outside of the household for 14 days before travel/overnight trips.
- Conduct a pre-screening health check for 14 consecutive days.
- Watch for signs/symptoms of head lice and bed bugs.
- Parents/guardians understand the risk of traveling/overnighting if anyone in the household is immune-compromised.
- Understand that if a participant develops symptoms consistent with COVID-19 on the trip or overnight, they'll either need to isolate or return home. This may incur additional expense. *See travel recommendations below.*
- Understand that if a participant in the group shows symptoms or is exposed to a contagious disease (ex : COVID-19) they need to inform the Girl Scout Volunteers and facility/trip coordinators immediately.
- Avoid going *into* places if possible, as the virus spreads best in enclosed spaces.
- Ask that members of your household also practice responsible behaviors (physical distancing, wearing a face covering, etc.).

Testing and Vaccination

- We strongly recommend taking a COVID-19 PCR test 48-72 hours before a troop trip or camp session.
 - Anyone with a current positive COVID-19 test will need to quarantine for 14 days or free of symptoms.
 - Test options in AZ can be found at www.azdhs.gov.
 - After the test, observe a strict quarantine with no interactions with anyone outside of or your household until the result is available.
- We recommend everyone age 16 and older become COVID-19 vaccinated prior to taking trips/overnight excursions.

Travel To Activity

Travel via Automobile

- ❑ Follow local government travel guidelines. Travel may be restricted or require anyone traveling out of state and into AZ quarantine for 14 days. AZ Travel restrictions can be accessed at: [visitarizona.com](https://www.visitarizona.com)
- ❑ Maximize ventilation in the vehicle when traveling with a group/carpooling.
- ❑ Make minimal stops in route.
 - When making pit stops and going inside an establishment, wear a mask/face covering and ensure physical distancing is practiced.
 - Wash hands thoroughly and sanitize hands upon returning to the car.
- ❑ Pack food, snacks, and beverages ahead for the trip.
 - If you need to stop for a meal, drive-thru or curbside restaurants are most appropriate.
 - Avoid sit-down, indoor restaurants.
- ❑ If a group member exhibits COVID-like symptoms and needs to quarantine, travel by automobile is recommended.

Travel via Airplane

- ❑ If traveling to the airport with someone other than a household member (i.e. in a taxi, Uber, or Lyft), a face covering should always be worn by driver and passengers, and please keep the car window down to increase ventilation if possible.
- ❑ Face coverings must always be worn while in the airport terminal and on the airplane.

To keep interaction with the public to a minimum, we recommend that you pack food and a refillable water bottle for your travel.

- ❑ If you need to utilize walk-up restaurants in the terminal, please keep appropriate distance from others.
- ❑ When eating, it will be necessary to remove face coverings, so please ensure that you are at an appropriate distance from others (at least 6ft, preferably further).
- ❑ Wash hands and sanitize whenever possible.
- ❑ If a group member exhibits COVID-like symptoms, travel via airplane is not recommended, and they should quarantine before resuming traveling if possible.

Sleeping Quarters

- ❑ Adequate ventilation needs to be provided for all indoor spaces (this may include setting AC's to use fresh air, open windows, open shades, ceiling and/or floor fans operating).
- ❑ Participants need to sleep head-to-toe on separate bunks with a minimum distance of 4 feet.
- ❑ Do not share items with others, including (but not limited to) utensils, cups, mugs, water bottles, toiletries, razors, and any other personal items.

Food Service

- It is best to prepare meals with great care in cleaning and sanitizing before and after.
- If you must eat out, drive-through, delivery, take-out, and curbside pickup establishments and eating outdoors is highly encouraged.

Two of Three Rule

- Consider implementing the “Two of Three Rule,” that we have at summer camp. This means all participants must have at least two of the following three things in effect at all times: (1) being outside; (2) wear a mask/face covering; and (3) physically distanced (of at least 6 feet.)

Face Coverings

- All participants must be prepared to wear a [CDC-approved face-covering/mask](#).
- The CDC recommends that people wear masks in public settings, while on public and mass transportation, at events and gatherings, and anywhere they will be around other people.
- Choose a Face Covering with the following:



Have two or more layers of washable, breathable fabric; wear a cloth mask over a disposable mask of at least two or more layers (do not combine two disposable masks). Choose a mask that has a nose wire along the top of the mask to help it fit snugly and prevent air leaking from the mask.



Completely cover your nose and mouth; ensure no air is flowing from the areas near your eyes or from the sides of the mask. If the mask has a good fit, you will feel warm air come through the front of the mask and may see the mask material move in and out with each breath.



Fit snugly against the sides of your face and don't have gaps.

- Participants responsible for supplying and wearing at least one face mask per day of activity/trip that follows the CDC guidelines.
- If possible, face coverings can be collected and laundered.

Sanitizing & Staying Healthy

- Sanitize frequently to stay healthy. This includes:
 - Washing hands, A LOT
 - before and after every meal
 - before and after activities

- Sanitizing all surfaces and shared equipment
 - Hand sanitizing liquid available throughout all activities and meetings
- Minimize touching faces, eyes, nose, and mouth.
 - Frequent, diligent, and thorough cleaning of vehicles, facilities (especially cooking spaces and bathrooms) and equipment. Girls can take part in regular cleaning/kapers.

Health Checks

- Everyone should conduct daily health checks while on multi-day trips.

Report to the leaders any health issues or concerns that may be indicative of COVID-19 or other communicable illness, including (but not limited to) fever (> 100° F), sore throat, persistent cough, difficulty breathing, shortness of breath, headache, nausea, vomit, diarrhea, abdominal cramping, fatigue, or impaired ability to smell or taste food.

Potential OR Suspected Cases of COVID-19

- Anyone exhibiting signs and symptoms of COVID-19 must be immediately isolated.
- Decide next steps given the circumstances. In most cases, having the individual return home is the best course of action.
- Have a plan in place before the trip and ensure all parents and guardians understand. Keep in mind the length and distance of a trip increase the challenge faced if someone develops signs and symptoms
- If you have a confirmed case, please contact the Council's emergency line (602.531.5935) so we can communicate with affected families.

Return Home Considerations

- Make arrangements to protect anyone in the group members' households.
- Minimize contact with members outside of household/community for 14 days after the trip.
- Continue to self-monitor health after activities/trips/camp sessions/excursions. Contact the Council if you develop any signs/symptoms and test positive for COVID-19 after a Girl Scout outing.

Honesty, transparency, and cooperation are essential for maintaining our collective health. Everyone must be able to trust their group/troop mates to make good choices for the health and benefit of the entire community. There may be times when someone accidentally forgets to wear a face-covering or forgets to be distanced. If that occurs and someone kindly reminds that person to wear a face-covering or stand further away, remember it is for the health and safety of all. Try your best not to be offended by being reminded.

Remember that Girl Scouts are in this together – we are living our promise and law by respecting authority and taking care of one another.