

*This document is an addition to the “Things to note before the camp” -document for the summer 2020. Please note that some of the guidelines for summer 2020 may vary from the ordinary guidelines.*

## **Guidelines for Prometheus camps regarding summer 2020.**

*Following these precautions reduces the risk of infection at Prometheus camps making the camps as safe as possible.*

- *The Finnish government has decided on May 4th 2020 to alter the restrictions regarding gatherings from a maximum of 10 persons to a maximum of 50 persons starting from June 1st 2020. Apart from the cancelled camps of the first week of June in 2020, all other camps will be arranged as long as government officials so allow. Our camp activity has been shown to have a positive effect on the wellbeing of young participants, which is especially important during the ongoing pandemic situation. Our camps have a maximum of 17 campers, 7 camp counselors and 2 camp cooks, approximately equaling the size of a school class. We will take into account measures aiming to reduce the risk of infection as well as instructions given by government officials. The following guidelines are based on the recommendations presented by the Finnish Institute for Health and Welfare and the Ministry of Education and Culture. We will update our guidelines in accordance with the developing situation. The camp counselors and cooks will also be given separate and more specific instructions to ensure safety at the camps.*

### **1. One is not allowed to the camp if ill**

The coronavirus causes a sudden respiratory infection. Symptoms may include cough, sore throat, shortness of breath, muscle pain, stomach ache and headache.

No young person or adult should arrive to the campsite if showing any symptoms of falling ill.

Enrolment for the camp must be cancelled if a camper, camp counselor or cook is showing any symptoms of respiratory infection or if they have had a respiratory infection just before the camp. Cancellation of the enrolment is also recommended for anyone living in a household in which someone has either had symptoms of a respiratory infection or has had a respiratory infection diagnosed just before the camp. The best way to protect campers is to only have participants, who have not been exposed to the infection. One should not be showing signs of illness at least 3 days before the camp.

## **Cancellation of the camp**

Our terms of cancellation have been changed in accordance with the pandemic situation so that cancellations made by the beginning of the camp will only charge the camper a 60 euro cancellation fee to cover administrative costs. Persons, who have fallen ill as well as persons at higher risk for the coronavirus may apply for a release from the cancellation fee against a medical certificate. In the event of a camper failing to arrive at the camp, they will be charged the camp fee in full.

In the event of the pandemic situation in Finland getting worse and the official instructions by the Finnish government changing, one should be prepared for the cancellation of the camp even at a short notice, in which case the camp fee will be returned (apart from the optional membership fee already paid for before the camp).

## **2. In the event of a camper, camp counselor or cook falling ill during the camp**

In the event of a camper, camp counselor or cook falling ill during the camp, the person showing symptoms will immediately be isolated in a separate space to wait. Close contact with the infected person is to be avoided by keeping a distance. Local health centres will be contacted regarding infected persons and the authorities' instructions will be followed. If a camper gets infected, both their guardian and the local health centre will be contacted. A participant who has fallen ill during the camp will be sent home as soon as possible and the participant may seek health services together with their guardian. Guardians of other participants will also be informed about a possible infection at the camp.

## **3. In the event of a diagnosed case of coronavirus during or after the camp**

It is the responsibility of either the municipality's or the healthcare district's doctor in charge of infectious diseases to investigate the spread of the infection. If a camper, camp counselor or cook is diagnosed with a coronavirus infection, others possibly exposed to the infection will be examined as well. The persons exposed to the infection will be traced and placed into quarantine for 14 days. In the event of a diagnosed case of coronavirus at the camp, the camp will be discontinued and the campers will be instructed to be in touch with their municipality's healthcare district.

## 4. Persons at higher risk for coronavirus

A camper at higher risk for the coronavirus, or their guardian is responsible for determining whether the camper is able to participate in the camp. The matter may also be discussed with a doctor. Healthcare districts have compiled more detailed instructions for children and young people with higher risk of infection.

## 5. Unnecessary physical contact to be avoided

The coronavirus is primarily transmitted via droplet infection. Situations with direct physical contact between individuals are to be avoided.

1. Arriving to and leaving the camp
  - No handshaking upon arrival or departure from the camp
  - The traditional ending ceremony on the last day of the camp will not be organised this year. The counselors may choose to organise the ceremony in a digital format, on a video platform for the guardians to see.
2. Accommodation
  - Accommodation will be organised as spaciouly as allowed by the campsite facilities.
3. Sauna and showering
  - Going to the sauna and showering will be conducted gradually, with smaller groups at a time. As before, everyone is entitled to shower and go to the sauna privately.
4. Dining
  - Proper hand hygiene must be practised before and after meals.
  - The camp's food supplies are if possible to be delivered to the campsite using a courier service or other means, ensuring the camp cook won't need to exit the campsite at any time of the week to enter a store. The cooks are given specific instructions to guarantee the proper hygiene of meals.
5. Camp programme
  - The camp programme is to be arranged with less physical contact than usual. Social and emotional connection and intimacy are still encouraged, while simultaneously practising physical distancing.
6. Outside visitors
  - Additional people, such as visitors linked to the camp's programme or journalists are not to be invited to the campsite. Possible visits are to be conducted using digital platforms.

## 6. Proper hand and coughing hygiene prevents infections

The coronavirus is primarily transmitted via droplet infection. Practising proper hand and coughing hygiene prevents the spread of further infections.

- Campers, counselors and cooks all wash their hands after using the restroom, before and after meals, when entering the building and always after coughing or sneezing or when the hands are visibly dirty.
- Proper hand washing technique and etiquette will be instructed from the beginning of the camp and directions will be hung in all hand washing facilities. Cleanliness will be further strengthened through the use of hand sanitizer.
- Hands will be dried using disposable paper towels or using one's own, personal hand towels.
- In the event of no hand washing facilities available, hand sanitizer will be used and made easily available.
- Participants of the camp will be instructed to avoid touching the nose, eyes and mouth area excessively unless having practised proper hand hygiene immediately prior.
- On the occasion of coughing or sneezing the mouth is to be covered with a single-use tissue, which will be disposed of right after. If a tissue is not available, one must cough or sneeze into their elbow, after which they will need to wash their hands.
- Should a person fall ill during the camp, campsites are equipped with disposable respirator masks.

## 7. Cleaning

The coronavirus may also be transmitted via contact with contaminated surfaces, although the virus does not survive for long periods of time in airways or surfaces amid changing temperatures. Infections transmitted via contact with contaminated surfaces or objects have not been widely diagnosed. Cleaning of facilities will be conducted using a mild, alkaline detergent. Cleaning of sanitary facilities, e.g. restrooms may be enhanced through the use of disinfectant.

- Surfaces with frequent contact, such as door handles, armrests, table tops, light switches and water taps are to be wiped with disinfectant at least once a day.
- Shared use of utensils and objects such as pens, scissors and other craft materials is to be avoided or alternatively, they are to be cleansed between users.
- Participants are recommended to bring their own stationery and craft materials. Shared use of utensils and objects not easy to wash or disinfect is to be avoided.

## 8. Other things to note

For more information about the special arrangements for summer 2020, please consult [korona@protu.fi](mailto:korona@protu.fi)

More real-time updates on the coronavirus from the Finnish Institute for Health and Welfare's website:

<https://thl.fi/en/web/infectious-diseases/what-s-new/coronavirus-covid-19-latest-updates>

The Ministry of Education and Culture on the coronavirus:

<https://minedu.fi/en/the-impact-of-coronavirus-on-education-and-culture>

Hand washing guide by the WHO:

[https://www.who.int/gpsc/5may/How\\_To\\_HandWash\\_Poster.pdf](https://www.who.int/gpsc/5may/How_To_HandWash_Poster.pdf)