

# Club Kodiak Family Retreats COVID-19 Protocols



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## INTRODUCTION

At Camp and Club Kodiak we are committed to providing a summer of fun, friends and success for all of our attendees. The safety of our attendees, staff and their respective families is our top priority. With this in mind we have established a set of protocols for the 2021 summer that will prioritize safety while still ensuring that our attendees have an amazing summer and gain as much from the Kodiak experience as they can.

The information surrounding the COVID-19 pandemic is forever evolving. Therefore our plans, protocols and policies must also continuously evolve. This overview will provide you with as much information as possible at the current time. We will continue to update these protocols as needed, and share any updates with you

Before we dive into our COVID-19 overview for 2021, we want to take a moment to thank the Kodiak families, both past and present, for their tremendous support through this difficult year. We are so proud and honoured to be a part of this community and we can't thank you enough for your continued support.

## OUR APPROACH TO COVID-19

Since the cancellation of the 2020 summer last spring we have been working hard to create policies and procedures that will allow us to host a summer program in 2021. We have learned that there is no single action that one can take to guarantee that an individual will not contract COVID-19, and there is no way to guarantee that someone will not contract COVID-19 even when best practices are employed. Rather, the best approach is to create an environment where the chance of transmission is greatly reduced by creating as many barriers for the virus as possible.

You may be familiar with the “**Swiss Cheese Approach**” to prevent the spread of COVID-19. Like Swiss cheese, every prevention measure has a set of holes. However, when you layer these prevention measures on top of one another, there are fewer holes or weaknesses and the swiss cheese is thicker.

In other words, as we employ more preventative measures, the risk of spreading the virus is mitigated. We cannot guarantee that no one will become infected with COVID-19 this summer, but we will utilize multiple strategies that, when layered on top of each other, create fewer holes for the virus to slip through.

## KODIAK ADMINISTRATIVE TEAM

If you have any questions about our policies, or want to chat further about what this summer will look like, please feel free to reach out to any member of our team.

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## **SECTION 1: BEFORE COMING TO CLUB**

### **1.1 SELF-QUARANTINE BEFORE CLUB**

Prior to travelling to Club all attendees and staff must self-quarantine for seven (7) days.

During quarantine attendees and staff should take preventative measures including, but not limited to, the following:

- Limiting physical contact with anyone outside of the direct household unless absolutely necessary (e.g., attending school is fine, but attending social gatherings is not)
- Wearing a mask when outside of the home
- Utilizing delivery or curbside pickup for any stores/restaurants rather than going inside
- Limiting non-essential travel
- Consistently using the COVID-19 checklist (sample checklist is attached) to detect any symptoms

#### **Please note:**

The Canadian and/or Ontario Government may have specific quarantine requirements for families travelling from outside of the province or country. These requirements must be fulfilled BEFORE the beginning of your retreat at Kodiak. (For example, if the government requires a 14-day quarantine when entering Ontario, these 14 days must be completed before the first day of your retreat.)

### **1.2 SCREENING PRIOR TO ARRIVAL**

All retreat attendees and staff must complete a symptom checklist (attached) for one week prior to their Kodiak arrival date.

### **1.3 COVID-19 VACCINATION**

Kodiak recommends that staff and retreat attendees obtain a COVID-19 vaccination, unless prevented by supply or availability of the vaccine.

## SECTION 2: AT CLUB KODIAK

### 2.1 COTTAGE-BASED COHORTS

Cottage cohorts will primarily consist of one family per cottage. There is, however, an opportunity for individuals to create their own cottage cohort for their retreat at Club Kodiak. All of the individuals who are going to become part of a specific cottage cohort must quarantine individually, or only with the other members of the cottage cohort, for two weeks prior to arrival at Club Kodiak. Upon arrival at Club, members of your cohort are only able to enter their own cottage and are not permitted to enter any other cottage (including the cottage porch).

PLEASE NOTE: If ANYONE in a cottage cohort displays any symptoms of COVID-19, the ENTIRE cottage cohort will need to leave the Club Kodiak site immediately.

### 2.2 OUTSIDE, MASKED, DISTANCED

When attendees and staff are interacting with any individuals outside of their cohort, they should aim to be outside, masked and physically distant.

### 2.3 OUTSIDE

We know that being outdoors is possibly the most important protocol to mitigate the spread of COVID-19. Therefore we will aim for as much of your time as possible to be spent outside while at Club Kodiak.

### 2.4 MASKS

In order to ensure the safety of all members of our community, and mitigate the spread of COVID-19, masks will be required in the following scenarios:

- Inside the office
- Inside the Club House
- During any cross-cohort interactions

Masks will NOT be required when:

- Attendees are inside their own cottage with other members of the same cohort
- Cohorts are outdoors and more than 6 feet apart from others

“Masks” are defined as face coverings that meet the following standards:

- made of at least 3 layers

- 2 layers should be tightly woven fabric material, such as cotton or linen
- the third (middle) layer should be a filter-type fabric, such as non-woven polypropylene fabric
- large enough to completely and comfortably cover the nose, mouth and chin without gaping
- allow for easy breathing
- fit securely to the head with ties or ear loops
- comfortable and not require frequent adjustments
- maintain their shape after washing and drying

Please note: Multiple masks will be required for each attendee as a mask will need to be changed as soon as possible if it becomes damp or dirty.

## **2.5 HANDWASHING & HAND SANITIZING**

During any summer at Club, handwashing is important! The importance of proper and frequent handwashing is even greater when trying to prevent contracting COVID-19. Handwashing with soap and running water will be prioritized at key points during the day (prior to meals, prior to leaving the cottage, etc.). Hand sanitizer will be carried by every staff member to be used in addition to handwashing with soap and running water. There will also be hand sanitizer at all activity areas and buildings. Attendees and staff will be expected to wash or sanitize their hands every time they enter and exit a building or program area.

## **2.6 CLEANING AND SANITIZING**

### **2.6.1 COTTAGES**

Club staff will undergo training on cottage cleaning and sanitizing protocols during pre-camp staff training. They will ensure that cottages are thoroughly cleaned and sanitized between retreats.

Retreat attendees will be instructed on cleaning and sanitizing protocols upon arrival at camp. It will be the responsibility of the attendees living in each cottage to clean and sanitize their cottage during their stay.

### **2.6.2 PROGRAM MATERIALS AND EQUIPMENT**

Any materials or equipment that are shared between multiple cohorts (lifejackets, paddles, sports equipment, etc.) will be sanitized regularly. In addition, hand sanitizer will be provided to attendees and staff prior to, and following, any use of shared materials or equipment.

## **2.7 HEALTH CARE**

During the 2021 summer there will be no certified medical professional available on site for retreat attendees. Attendees may request bandaids or other basic medical supplies from any staff member, however they are recommended to bring these supplies themselves.

## **2.8 COTTAGES**

Attendees and staff will not be required to wear a mask within their own cottage or on their porch with other members of their cottage cohort.

All staff and attendees should sleep in an orientation so that their heads are as far apart as possible - a toe-to-toe orientation whenever possible and a head-to-toe orientation otherwise.

## **2.9 DAILY HEALTH SCREENINGS**

All attendees and staff will complete a daily screening of COVID-19 symptoms and a temperature check within their cohorts.

Additional health screenings may be added at the discretion of Club Kodiak or Camp Kodiak administrative staff.

## **2.10 VISITORS**

To ensure the safety of our community, we will only be allowing registered attendees on Club Kodiak property this summer. No additional guests will be allowed to visit.



## **SECTION 3: SUSPECTED SYMPTOMS**

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### **3.1 EXHIBITING SYMPTOMS AT CLUB**

Should a retreat attendee begin to exhibit symptoms of COVID-19 they and their entire cottage cohort will be asked to leave the Club Kodiak site immediately. Kodiak staff will follow up to discuss prorated refunds and/or rescheduling of the retreat.

### **3.2 EXHIBITING SYMPTOMS AND/OR POSITIVE TEST AFTER YOUR RETREAT**

If a retreat attendee or staff member exhibits COVID-19 symptoms or tests positive for COVID-19 within 14 days of leaving the Club Kodiak property, please contact us immediately. Club office staff will take appropriate measures to contact trace and contact retreat families and/or staff as necessary.