

# Camp Ballibay 2021

## Staff Arrival Manual

### What's changing due to Covid-19?

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Our goal is to have as close as possible to “normal camp,” but obviously there will need to be some changes to reduce as much as possible the risk of Covid-19 transmission. As we've discussed with most of you, we are not attempting to *eliminate* risk, we are *mitigating* risk to create a presumptively Covid-safe situation while preserving as much as possible the joys of camp and the much-needed social interaction and feeling of freedom that we all want after this maddening year. We have been in discussions with a number of camp parents who are doctors, public health professionals, and researchers on the front lines of Covid, including one of the Nation's major Covid researchers, who is also a camp dad. These folks have generously been instrumental in forming our Covid plan, and support it enthusiastically.

Our plan is as follows:

1. **Ballibay will be a quarantine campus this summer.** Staffers will not leave the campus\* from their arrival day until contract completion, *even if you have been vaccinated*. This will be challenging for some of you, and we are taking every measure to make sure that there are varied and engaging time-off activities and accommodations for you so that your time off on campus really feels like time off. It is also worth noting that Ballibay has a huge campus: the camp only uses about 1/3 of the actual property, the rest of which contains hiking trails, a lake, wildlife, and lots to explore and enjoy that feels removed from the everyday of camp. We'll have staff movies, staff dances, staff jams; the art, dance, and music facilities will be open to staff on time off, and there will be a café/salon in the directors' home for relaxation several evenings a week.
2. **The test before camp:** We require a *PCR Covid test* taken as close to 48 hours before arrival as possible, *even if you have been vaccinated*. Staff must show a negative result on this test to arrive at camp. If you live within the continental US, our Covid testing partner, Grapefruit Health, will send a test to your home; you can provide insurance information or opt to pay for the test. *See the Grapefruit Health instruction page in this packet for details.*  
**The critical period:** It is essential that the highest level of Covid safety be insured in the 48 hours between your test and your arrival at camp. This is the window of time in which the most risk is introduced. For those of you flying to camp, it is essential that you take every precaution: double mask, social distance, and limit potential exposure in every way possible, *even if you have been vaccinated*.
3. **The camp's test:** We will administer a PCR Covid test as close as possible to 48 hours after your arrival. Within 24 hours after the test, we will receive results.
4. **Until the camp's test results come back:** We will double-mask and social-distance in cabin pods, *even if you have been vaccinated*. See details below.
5. **If the camp's test reveals a positive:** If you test positive, we will ask you to leave the camp, or remain at the camp in isolation, until your infection is gone and you can provide a negative PCR test. Isolation does not mean staying inside: we have a huge campus, and you can remain isolated from other campers and staff while enjoying nature. We will keep your camper's cabin in podded quarantine for another two days, and then re-test the cabin group.
6. **Wearable Thermometers:** All campers and staff will wear color-coded thermometer “dots” each day of their stay. This will provide a visual cue to elevated temperatures. Of course, it's summer, so there will be short-term peaks in temperature for all campers and staff; but an elevated temp over several hours will be considered a “risk,” see the next item.
7. **Risk Testing:** If we feel there is a risk of a Covid infection, due to an elevated temperature or another factor, we will apply both a PCR test *and* a Rapid Test to rule out Covid.
8. **Quarantine at home:** If possible, we ask that you quarantine at home for one week before your arrival at camp. We know this is not possible for all staffers, but: *if it is possible for you to do this, please do*. Each and every moment that we can spend reducing the risk of introducing Covid to camp is a critical moment.

**About double-masking:** We need for every staff person to provide several cloth “top masks.” This is the “fun” mask: it can have decoration, text, whatever floats your boats. We will provide standard paper “under masks” to be worn under this cloth mask during the first three days of each session.

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\* Staffers will be able to take walks and go running on the dirt roads around the camp, but must “sign out” at the office and provide an expected return time. Staffers may not walk to nearby towns or businesses: the goal is to have zero contact with anyone outside our quarantine bubble.

## Required: Medication Packing

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If you are a cabin counselor, or living in the same building with children), *before you arrive at camp you will need to pre-pack any medications, vitamins, or supplements you will be taking*

You can pack them into individual pill pouches such as these: <https://ballibay.family/PillPouch> or blister packs such as these: <https://ballibay.family/BlisterPack>

*This is required by law in Pennsylvania.*

You need to pack for the whole summer; so, if you take medications twice daily (for instance: morning and night), you'll arrive at camp with 126 pre-packed, labelled pill pouches (9 weeks x 7 days x 2 times a day). Please be sure to budget time for this.

Each pouch needs to be labelled in permanent marker with your name and the time of day it is to be taken. If you take the same thing every day, there is no need to add a day or date; however, if you have a medication that changes from day to day or over the course of a month, *label each pouch with either the day of the week or the exact date it is to be administered.*

Your pre-packed meds will be stored securely and distributed to you at the proper time daily (usually during meals) by the camp health staff.

If you have PRN (as needed) medications, these do not need to be individually packed; they will be held by the camp health staff and distributed to you as needed (typically right after breakfast or right after dinner; but also at any time of the day if it is important).

Even if you only take vitamins or supplements, this is required. *No medications or pills of any type may be kept in the cabin areas.*

## Required: Staff Medical Form & Infectious Disease Waiver/Agreement

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Please be sure to send your medical form and infectious disease waiver/agreement to camp *before you arrive*. This medical form does not require a doctor's visit or signature, but please fill it out thoroughly. We must have a signed copy of the Infectious Disease Waiver and Agreement at the camp *before your arrival*.

Mail to: 1660 Ballibay Road, Wyalusing, PA 18853 or email: [office@ballibayCamps.com](mailto:office@ballibayCamps.com)

## Required: Hearing Protection

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If you are a rock counselor or instrumental/vocal music counselor, or if you plan on using the rock studios on your time off, you must pack high quality hearing protection for any work you do in the rock area (instrumental/vocal music counselors will often be coaching brass sections, string sections, keyboardists, and occasionally vocalists in the rock program, so you will likely spend some time in rock band rehearsals). Each rock studio is equipped with a Sound Pressure Level (SPL) meter, and when the volume of a rehearsal rises past a certain threshold, all participants must wear hearing protection if they wish to remain at the rehearsal.

Something like this is recommended: <https://ballibay.family/EarPeace>

## Internet Access

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We do have internet access at camp, but as it is satellite internet its speed is weather-dependent, and occasionally it will go down for 6-12 hours at a time. Rain is almost certain to knock it out, but also high atmospheric conditions that are not visible can cause slowdowns and outages. So, if you do not have an ATT or T-Mobile phone that generates a Wi-Fi hotspot, you may want to consider getting a prepaid ATT SIM card for your phone, tablet, or hotspot: <https://ballibay.family/att> - and if you don't have a hotspot, ATT offers several compatible ones: <https://ballibay.family/hotspot>

## Download before you come!

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Since we will be in quarantine, and the internet access is somewhat intermittent, you'll want to bring all your favorite media with you. Be sure to download movies, music, audiobooks, games, etc... before you leave for camp. Staffers will want to keep as much bandwidth as possible on nights off for Zoom and Skype, so streaming and downloading at camp should be kept to a minimum out of consideration for those who are using the internet to stay in touch with friends and family.

## New Cabin Naming

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Out of respect for our many nonbinary campers and staff, we've re-named our cabin areas. What has historically been known as the "girls' area" is now referred to as the "Up the Hill" cabin area, and cabins are numbered U1, U2, U3, etc... instead of G1, G2, G3. Similarly, the "Down the Hill" cabin area is the new name for the living area where most kids and staff use he/him pronouns, and the cabins are now D1, D2, D3, etc...

## Visitors

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Most unfortunately, we will not be able to allow *any* visits to camp this summer due to our Covid protocols.

## Post-camp Work

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There are a few positions available for post-camp cleanup and shut-down week (affectionately called “post-grunge”) after the campers leave in August. If you are interested in adding this to your contract, please get in touch with Sarah.

## During the Orientation • Cabin Pods • “Cabin Activity Times”

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During the first 3 days of camp, until we get the camp’s PCR test results back, we will double-mask and social-distance in cabin pods. This means that, for these three days, you will only interact closely with your own cabin of kids (if you are a cabin counselor). If you do not live in a cabin, you will only interact closely with your roommate(s). You *do not* need to mask or social distance in the cabin, in an activity you are doing with your cabin, or when sitting at your table in the dining hall (you will be sitting with kids from your own cabin for the first three days).

This will be challenging for you and the kids: You and your campers will not be able to interact outside of this “cabin pod” for the first three days of camp. During this time we will have a somewhat modified version of our “orientation” – a tour of the camp, informal auditions, and a chance to learn about all of the camp programs and meet all of you – all while remaining socially distanced. Orientation is not what *real* Ballibay is like: once we un-mask in a Covid-negative campus-wide quarantine bubble, you will assume your planned staff position, kids will be able to choose their own daily schedule, and everyone will move about the campus freely.

During these three days your “time off” will happen during the day, and it will be either solitary or with your co-counselors or roommate, as you will need to maintain social distance from the rest of the staff.

You will be meeting the other cabins as they come through your activity areas during the “tour” portion of orientation; you will be masked and social-distanced during these sessions.

If you are a cabin counselor, you and your co-counselor(s) will have several orientation sessions each day with your own cabin. During these “cabin activity times,” the cabin will divide itself up based on interest, and each counselor will pursue a 3-day project with their group.

So, for instance, if your cabin’s counselors are a theater director, an art counselor, and film/video counselor, the kids in your cabin would choose to participate in either a 3-day theater project, art project, or film/video project. When your “cabin activity time” comes each day, the cabin group will separate into three spaces and pursue these projects as a group. Then, later in the session, after we un-mask and are having camp as usual, there will be an opportunity for each cabin to present its projects, either as a “5:00 Special” or a “One-minute at 2:35” (these are two daily informal performance/presentation opportunities that the whole camp gathers for).

As an example, the theater counselor might produce three one-minute plays with your cabin during orientation “cabin activity times.” Later in the session (within 2 weeks) you’d arrange to perform at least one of these as a “one-minute at 2:35,” or perform all three of them as part of a 5:00 special (5:00 specials are up to 25 minutes of performance).

The art counselor might do a cabin mural project. The whole camp would get to see it at a “one-minute at 2:35,” and it could become a permanent installation in the cabin (or elsewhere on campus).

The film/video counselor might shoot a short film with the kids in the cabin. Camper films are typically presented at the “Ice Cream Social” on the last night of each session.

Also, if you are in an older cabin, there might be a group of kids who want to do an independent project, like an *a cappella* song, an instrumental piece, or even a rock band. This is great, too, and we can accommodate those kids with a rehearsal space, instruments, etc...

So, you can start thinking now about what kind of 3-day project (4-5 hours of actual work time spread out over 3 days) you might want to do with a group of kids from your cabin. You don’t have to decide on anything now – most of you will have 2 weeks together at camp before the campers arrive – but it’s great to start gathering ideas for this now. This is a totally new idea for the camp, and emerged from our thinking about how to make this extended orientation due to Covid a time that the kids can actually get involved in a project.

Please feel free to contact us to discuss.

# Grapefruit Health PCR Covid-19 Test Instructions

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We require a PCR Covid test taken as close as possible to 48 hours before your arrival. You must show a negative result on this test to arrive at camp. If you live in the continental US, our Covid testing partner, Grapefruit Health, will send a test to your home and provide the results directly to us; you can provide insurance information or opt to pay for the test, see below.

## Who is Grapefruit?

Grapefruit Health is a group of physicians, researchers, and scientists who work with camps to mitigate COVID risk. Grapefruit team members have overseen more than one million COVID tests since the beginning of the pandemic, and can bring these tests to you with no out-of-pocket cost.

## How does this work?

If you live in the continental US and wish to receive a home test from Grapefruit (to be administered as close as possible to 48 hours before your arrival at camp) *you do not need to do anything at this moment*. We will share your contact information with Grapefruit, and they will email you in the coming weeks to sign up for pre-arrival testing and collect your insurance information. The camp will share your contact information with Grapefruit.

If you wish to make other arrangements for your pre-arrival Covid test, please let us know, and we will not share your information with Grapefruit. Please let us know your plan for testing in this case.

After signing up through Grapefruit's online portal and receiving a test kit in the mail, you'll schedule a brief telemedicine visit with one of Grapefruit's board-certified doctors. They will walk you through everything and get your test kit and sample processed in time for camp arrival.

If you do not provide insurance information, or otherwise prefer to pay for the test out-of-pocket, you will still receive the test, and can still submit it to Grapefruit and receive a result, but will not have telemedicine guidance. The cost will be recorded as a cash draw from your salary account (approximately \$125).

If you do not receive an email from Grapefruit within three weeks, you can contact them at: [info@grapefruithealth.net](mailto:info@grapefruithealth.net) or 732-284-9495.

Any updates to this information will be posted here: <http://grapefruit.ballibay.com/>