

# CAMP HEALTH & WELLNESS FORECAST

## The SWC COVID-19 Weather Report for All Camp & Cohorts



### Forecast: Cumulonimbus

#### What that Means

- Big issues on the horizon
- Need to hunker down and wait out the possible storm
- Be exceptionally cautious
- Not good hiking or riding weather

#### Precautions to Take:

- Wear masks indoors with your living unit cohort & everywhere else
- Do not interact with others outside of your cohort; including in lodge/ in dining tents
- Be diligent about maintaining 6 feet of physical distance between cohort members at all times, both indoors and outside (masks not required outside with cohort unless you cannot maintain appropriate physical distance)
- Monitor for symptoms daily using Camp COVID Symptoms Checklist

### Forecast: Cirrus

#### What that Means

- Moisture in the upper atmosphere, there could be a storm building in the near future
- Pay attention to the sky and any changes in the weather
- Hike and ride as planned, know your route and options for more rapid return

#### Precautions to Take:

- Masks are NOT required indoors with your living unit cohort; always wear masks indoors with other community members
- Interaction with others outside of your cohort must maintain physical distance; in buildings, at Vespers, on the trail, in the dining spaces
- Interactions with individuals occurring with less than 6 feet of physical distance (riding in vans, engaging with trip leaders) requires masks



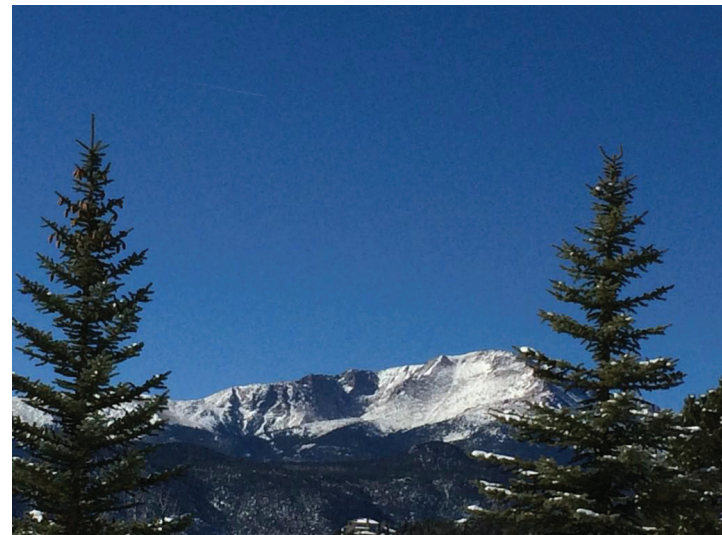
### Forecast: Colorado Bluebird Day

#### What that Means

- Beautiful day; lots of sunshine & cool breezes
- Weather changes quickly in Colorado; so always pay attention to what is going on around you

#### Precautions to Take:

- Have your mask with you at all times
- Pack and dress appropriately for all activities; bring/wear layers
- Apply sunscreen regularly throughout the day
- Stay hydrated, fueled and rested
- Be prepared for any unexpected weather changes
- Wash and/or sanitize your hands regularly



Take each day at camp as it comes. Camp, like the weather, is always changing and adapting. If we are all prepared for weather changes and have the right gear and flexible mindset...every day will feel bluebird sky fun, free and COVID clear!