

Pre-Camp PCR Testing

As you know, we are *(exceptions below) requiring campers to arrive on Opening Day with a negative PCR (molecular) Covid-19 test result to show our medical staff. The test will need to be taken within 5 days of arriving at camp. This means that the sample must be taken no sooner than May 25th for Early June, June 1st for June Camp, June 24th for Main Camp, or August 2nd for August Camp.

You can get this PCR test in your hometown through any health care provider or mail-in option of your choosing.

If you choose to do a mail-in option, we have 2 suggestions for you:

- **Lower Nasal Swab Test with Precision Health.** This is a home lower nasal swab PCR test for \$100, which can be billed to insurance. They provide a YouTube tutorial to walk you through the test. A kit from them is going to be automatically mailed to your home two weeks prior to your session even if you do not plan to use it for your pre-camp test. **NOTE: Please scan the QR code and fill in your information so that the company has it for our Day 5 on-site test.** Precision is who camp is using for our Day 5 tests and they will bill your insurance for it if they already have your info. If you choose not to submit the QR code information, camp will simply bill the \$100 to your account and you can attempt to file with your insurance after the fact.
- **Saliva Test with Vault Health** can be ordered here: <https://www.vaulthealth.com/covid/consumer> This is a home saliva PCR test for \$119 (you could attempt to file with your insurance after the fact). They provide a “live” RN online to walk you through the test.

*Exceptions: If your camper has had Covid in the 90 days before arrival at camp (but not within two weeks), you will not need the pre-camp PCR test. Instead, we will need a letter from their healthcare provider documenting the positive test date and stating the individual is cleared to end isolation.

Also, if your camper is fully vaccinated, you will not need the pre-camp PCR test, but we will require proof of full vaccination (two weeks post second dose).

Pre-Camp Health Log

Attached you will find the 10-day health log that we referred to earlier in the "Mondamin – Green Cove Covid Plan" from March. As with the PCR test, you will need to show this to our medical staff on Opening Day.

The success of this 10-day period relies on your buy in to limiting contact. This will include limiting unnecessary travel and we will ask that you and your child refrain from any gatherings that could increase Covid exposure (ie. do not attend other activities such as parties, get-

together with friends or family, end of year programs, indoor sports, or other outings). It is essential that campers coming from school, educational opportunities, or outdoor sports practices, adhere to public health guidance around mask wearing and physical distancing when taking part in activities outside of the home.

A Note About Masks...

A few parents have asked for clarification about masks. We are asking you to send 10 multi-layered washable face coverings with your campers full name on them. Please make sure the face coverings are well fitting and stay in place during physical activity. We highly recommend lanyards to help keep track of these. For “Buffs” to be acceptable they must be folded with multiple layers.

Thank you for the team effort and as always please let us know if you have any questions.

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