

COVID-19 Policy for Encampment 2021

Camp Fretterd Military Reservation
5600 Rue Saint Lo Dr, Reisterstown, MD 21136

CAP COVID Regulation May 2021

PHASE 3 effective 18 May 2021

NB: Baltimore County is currently aligned with the state of Maryland's reopening actions and face covering requirements.

NB: Flights will be considered as "cohorts" as defined in CAP's COVID requirements

RECOMMENDATION

Face Coverings (Single-use Face Coverings shall be properly discarded in trash receptacles)

Face coverings will still be required:

1. In vehicles and aircraft masks are required.
2. Indoors where interaction with others (If same flights and maintain social distance of 3' masks are not required).

Exceptions by CDC

Does not require persons to wear Face Coverings:

- while consuming food or beverages;
- engaging in physical activities where the use of a Face Covering is likely to pose a bona fide safety risk.
- to the extent it is necessary to observe the person's entire face to verify such person's identity for bona fide security purposes.
- if, due to a bona fide disability or medical condition, it would be unsafe for the person to do so.
- to the extent wearing a Face Covering would impede communication by or with persons who have a hearing impairment or other disability, where the ability to see the mouth is essential for communication.
- to the extent wearing a Face Covering would make it impossible to receive services requiring access to the face, mouth, or head.

Social Distancing

NB: Social distancing, means keeping a safe space between yourself and other people

- Indoors and outdoors social distancing for same flight is 3' and for other flights members is 6'.

Washing Your Hands

1. Frequently washing your hands with soap and water for at least 20 seconds.
2. Washing your hands often, especially when you are likely to get and spread germs:
 - **Before** and **after** Touching your eyes, nose, or mouth.
 - **Before** and **after** Touching your mask.
 - **Before** and **after** Entering and leaving a public place.
 - **Before** and **after** Touching an item or surface that may be frequently touched by other
 - **Before, during, and after** preparing food.
 - **Before** and **after** eating food.
 - **Before** and **after** caring for someone at home who is sick with vomiting or diarrhea.
 - **Before** and **after** treating a cut or wound.

- **After** using the toilet.
- **After** blowing your nose, coughing, or sneezing.
- **After** touching garbage.

Hand sanitizer (contains at least 60% alcohol)

Sanitizers can quickly reduce the number of germs on hands in many situations.

However:

- Sanitizers do **not** get rid of all types of germs.
- Hand sanitizers may not be as effective when hands are visibly dirty or greasy.
- Hand sanitizers might not remove harmful chemicals from hands like pesticides and heavy metals.

CAP's COVID Encampments Regulations
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The requirements of phase 3 include.

Indoor: (Maintain CDC and state requirements on gathering numbers)

- Indoors social distancing for own flight is 3' and for other flights members is 6'.
- If same flights and maintain social distance of 3' masks are not required.

Barracks:

- Flights must be separated in barracks.
- We can use both top and bottom bunks for flights (Beds should be at least 3' apart but 6' is possible).
- Maintain air flow as much as possible.

Meals:

- Flights should maintain social distancing during meals.
- Masks are not worn while eating but flights are at least 6' apart.
- Masks are to be worn in line waiting for food.

Outdoors:

- Masks are not required while operating as a flight. If social distancing is 6'+ also not required.

Activities: (Maintain state guidance on cloth face coverings and gathering limitations)

- Overnight activities permitted with proper risk management.

PT:

- Masks not worn but flights must maintain 6' social distancing.

Transportation and Orientation Flights:

- In vehicles and aircraft masks are required.
- Continue to clean vehicle and aircraft per guidelines.
- Social distancing will be maintained when possible.

Handwashing is one of the best ways to protect yourself and your family from getting sick. Learn when and how you should wash your hands to stay healthy.

- **Frequently washing your hands with soap and water for at least 20 seconds.**
- **Should wash your hands with soap and water for at least 20 seconds or use a hand sanitizer with at least 60% alcohol to clean hands BEFORE and AFTER:**
 - Touching your eyes, nose, or mouth.
 - Touching your mask.
 - Entering and leaving a public place.
 - Touching an item or surface that may be frequently touched by other people, such as door handles, tables,...

To practice social or physical distancing:

1. Stay at least 6 feet (about 2 arm lengths) from other people who are not from your flight.
2. Should be practiced in combination with other everyday preventive actions including wearing masks, avoiding touching your face with unwashed hands, and frequently washing your hands.

To practice washing your hands: (Follow these five steps every time)

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.

To Use Hand Sanitizer:

- Apply the gel product to the palm of one hand.
- Rub your hands together.
- Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.