



HEALTHY CAMPERS: An Overview of Frost Valley YMCA's Communicable Disease Prevention Practices

At Frost Valley YMCA, the safety and health of our campers, guests, staff, and volunteers – as well as the communities in which we all live – is our greatest priority. We take the spread of communicable illnesses very seriously. This is a comprehensive (although not exhaustive!) list of the proactive steps we take to keep everyone healthy.

Hand Hygiene:

- Handwashing stations are located at both entrances of our dining hall
- Hand sanitizer is available at over a dozen high traffic areas throughout camp
- Visual reminders to wash hands and how to properly do so are posted throughout camp
- All staff are required to attend a once-annual training on proper handwashing, which uses best practices from the Centers for Disease Control

Staff Training and Education:

- In addition to other trainings required by certain positions, all of our staff complete a mandatory, once-annual training on the prevention of bloodborne pathogens
- Staff regularly receive reminders and literature about how to prevent the spread of illness (a copy of our tip sheet is available upon request)
- Staff are instructed to stay home if experiencing symptoms of any kind and to consult with a medical professional before returning to work

Housekeeping:

- Between each group stay or camp session, our housekeeping department uses a hydrogen-peroxide-based solution to clean each lodge, which includes wiping down mattresses, doorknobs, sinks, toilets, and other surfaces
- When the wellness center is made aware of an illness, the patient's lodge undergoes an additional cleaning with the use of bleach. We will relocate an incoming group if necessary.
- Specially trained staff use a bleach-based solution to clean bio-hazard spills.
- Housekeeping staff clean the dining hall between each mealtime

Agency Partners:

- We follow all regulations from the Ulster County Department of Health, which does regular inspections. Beyond meeting their standards, we regularly partner with them to understand the latest developments in communicable disease concerns and other matters of safety.
- We are accredited by the American Camp Association, and also work exceptionally close with this agency to exceed the highest standards in the camp industry.
- We have a longstanding partnership with doctors and nurses from the Children's Hospital at Montefiore, and we frequently work with them whenever health concerns arise for any reason.



HEALTHY CAMPERS: An Overview of Frost Valley YMCA's Communicable Disease Prevention Practices

Other Practices:

- We have a state-of-the-art wellness center that is staffed 24/7 whenever guests are on camp. We employ nurses, EMTs, and other medical professionals and our wellness center has treatment and quarantine rooms.
- All of our dining hall staff are ServSafe® certified, to ensure the highest standards in the prevention of foodborne illnesses
- During times of heightened concern (i.e. flu season), additional reminders and precautions are often implemented, even going as far as deep cleaning the lodges with a bleach solution between guest stays and camper sessions and doing the same to the Dining Hall and bathrooms 3-4 times daily, giving particular attention to door handles, crash bars, light switches, etc.
- Incoming groups and campers are asked to stay home if sick and to join us only with clearance from a physician
- Individuals who become sick while at camp may be dismissed if necessary and asked to return only with clearance from a physician.
- We follow the department of health requirements for vaccinations of our campers and staff
- We innovate! One example is at our salad bars. Rather than offering one set of tongs for each food item, every guest is instructed to take their own set to avoid the sharing of utensils and avoid the spread of germs. After a guest is done at the salad bar, they place their tongs in a bin to be washed in our dish room.
- Where possible the head of each bunkbed is 30" apart or campers are instructed to sleep head-to-toe for the greatest distance between heads (an American Camp Association standard)

While this list is comprehensive, it is not exhaustive. There are many small actions we take every day to keep our guests healthy and safe. Please contact us if you have questions or suggestions.

Frost Valley YMCA

2000 Frost Valley Road
Claryville, NY 12725
845-985-2291
info@frostvalley.org