

East Carolina Council's Recommended Guidelines for Scouting Activities in Phase 3 of COVID-19

Updated: 3-24-2021

The safety of our Scouts, leaders, families, and staff remains our top priority. This is an ever-changing situation. We thank you for your patience as we move forward.

We have seen what happens when people do not follow safety procedures. **Strict adherence to these procedures must be followed for the safety of all.** It is important to understand the risks and know how to be as safe as possible.

People at increased risk of severe illness from COVID-19, and those who live with them, should not participate. **Everyone should take steps to prevent getting and spreading COVID-19** to protect themselves, their communities, and people who are at increased risk of severe illness. **All those who are eligible to receive a covid-19 vaccine are encouraged to do so.** In general, the more people you interact with, the more closely you interact with them, and the longer that interaction, the higher your risk of getting and spreading COVID-19.

East Carolina Council welcomes the safe reopening of both indoor and outdoor activities. It is expected that recommendations from the state will change frequently as cases and hospitalizations fall and the number of vaccinated North Carolinians increases. It is strongly recommended to check the NCDHHS COVID website and recommendations frequently and follow the most up to date recommendations.

Our Risk Management Committee has reviewed current information available from CDC and the North Carolina Department of Health and Human Services. We are following their guidance. These decisions are made in the best interest of the safety of everyone. More information can be found here: <https://www.nc.gov/covid-19/current-restrictions/faqs-eased-restrictions-under-executive-order-204>

1. **Units and committees may meet virtually or in person.**
2. **Units and committees may meet in person following strict guidance from CDC and the State of North Carolina.**
 - a. Anyone who feels sick or has symptoms of COVID-19 must stay home.
 - b. Meetings or activities outside are best. No more than 100 people at a gathering outside.
 - c. No more than 50 people in any inside meeting.
 - d. Face coverings must be worn when people will be within 6 feet of each other.
 - e. Strive for activities that maintains 6 feet of separation between all participants.
 - f. Provide hand washing or hand sanitizing stations.
3. **Follow the BSA's "Restart Scouting Checklist", including:**
 - a. Communicating with parents and the Chartering Organization.
 - b. Screening upon arrival using the Screening Checklist.
 - c. Sanitizing equipment.
 - d. Wearing masks in any activity in which people are closer than 6 feet.
4. **All East Carolina Council camps are open for unit camping. Continue one person per tent unless family members to reduce the risk of community spread.**

At activities

- Conduct daily symptom checks using the NC Symptom Screening Checklist.
- Avoid staying in buildings as much as possible.
- Maintain 6 feet separation between people.
- Do not shake hands. Greet others with a Scout salute.

- Use hand sanitizer.
- **Wash your hands frequently for at least 20-seconds.** (the length of time to sing the “ABCs” song once or the “Scout Oath” twice).

Unit activities

- Follow all actions above for pre-screening, hand washing, sanitizing surfaces, and separation.
- Keep as small a group as possible. The smaller the better.
- Utilize technology for meetings and activities – group chat, videos, video calls.
- Be creative in activities – perhaps den or patrol activities instead of pack or troop activities.
- Be vigilant washing dishes and utensils thoroughly.
- Avoid sharing food, utensils, and water bottles.

District meetings

- Utilize technology for meetings – group chats or video conference calls.
- Per North Carolina directive, no more than 100 people at a gathering outside or 50 people in any inside meeting.
- Follow all actions for pre-screening, hand washing, sanitizing surfaces, and separation.

Continue Scouting. Look for program and activity ideas at www.eccbsa.org/scouting-at-home/. Scouts are looking for things to do at home. There are several technology options to conduct meetings, Scoutmaster Conferences, Boards of Review, and other activities. Keep Scouting! Scouts join for adventure – let’s find new ways to deliver that adventure!



Restart Scouting Checklist

As always, the safety of our Scouts, volunteers, employees and communities is our top priority. This checklist outlines several minimum guiding protocols that adult leaders/volunteers must consider while working with local and state health departments, local councils, chartered organizations and Scouting families on when and how to resume meetings, service projects, camping and all other official Scouting activities.

If it is not practical to meet these minimal protocols, do not restart in-person activities.

S = Supervision

- Understand local and state guidance on preventing COVID-19 exposure.
- Engage your chartered organization and local council on necessary adjustments.
- Conduct the “before you gather” protocols.

A = Assessment

- Identify participants who fall under the CDC’s group of higher-risk individuals. Notify all participants about the risks of participating since COVID-19 exposure cannot be eliminated.
- Verify that the planned activity, gathering or group sizes are not prohibited by local or state orders.

F = Fitness and Skill

- Review Annual Health and Medical Records and consider using a [pre-event screening](#) for all participants.

E = Equipment and Environment

- Verify that handwashing, hygiene and cleaning supplies are available and used properly.
- Monitor social distancing, interactions and sharing of equipment and food among participants.
- Monitor participants for changing health conditions.
- Use the “as you gather” protocols.

SAFE ≠ Risk-Free

As the response to the pandemic shifts to a state-focused, phased approach, the Boy Scouts of America advises local councils to consult with their local and state health departments, as well as local chartered partners, to implement appropriate protocols to help keep our members, volunteers and employees safe.

Precautions and mitigation strategies are important, but they cannot eliminate the potential for exposure to COVID-19 or any other illness when in-person activities resume.

People with COVID-19 may show no signs or symptoms of illness, but they can spread the virus. Some people may be contagious before their symptoms occur. The fact is that someone with COVID-19 may pass the required health screenings and be allowed into program activities.

The Centers for Disease Control and Prevention (CDC) states that older adults and people of any age who have serious underlying medical conditions are at higher risk for severe illness from COVID-19. If you are in this group, please ensure you have approval from your health care provider prior to resuming in-person Scouting activities.

Every member, volunteer and family must evaluate their unique circumstances and make an informed decision before attending in-person activities.

We hope this information will be helpful as you make that choice.

For updates, please monitor <https://www.scouting.org/coronavirus>

Before you gather:

- Consult** your council and chartered organization to understand community standards and protocols in place.
- Communicate** to all parents and youth that the Boy Scouts of America recommends that no one in the higher-risk category take part in person. Continue to engage virtually.
- Communicate** that anyone who feels sick must [stay home](#). If you become sick or develop symptoms, isolate yourself then go home and seek care.
- Educate and train** all participants on appropriate social distancing, [cleaning and disinfecting](#), [hand hygiene](#) and [respiratory \(cough or sneeze\) etiquette](#) before meeting for the first time. Periodically reinforce the behaviors as needed.
- Before attending**, upon arrival and at least daily for longer events, all participants [should be screened](#) for any of the following new or worsening signs or symptoms of possible COVID-19:
 - **Cough**
 - **Shortness of breath or difficulty breathing**
 - **Chills**
 - **Repeated shaking with chills**
 - **Muscle pain**
 - **Headache**
 - **Sore throat**
 - **Loss of taste or smell**
 - **Diarrhea**
 - **Feeling feverish or having a temperature greater than or equal to 100.0 degrees Fahrenheit**
 - **Known close contact with a person who is lab-confirmed to have COVID-19**
- As appropriate**, participants should have [face coverings](#) available to wear when gathering or when in public areas or venues. Several coverings per person may be needed.
- Communicate** that those who take part in person should avoid contact with higher-risk individuals for 14 days after the event.

As you gather:

- Minimize group sizes.** Small groups of participants who stay together all day every day, remain [6 feet apart](#) and do not share objects are at the lowest risk. Think of a den or patrol that does not mix or gather with other dens or patrols, with supervision that stays with the small group. *Scouting's [Barriers to Abuse](#) always apply.*
- Stay local** to your geographic area and groups for unit activities. If you must travel, limit mixing with others along the way.
- Minimize mixing** with parents or siblings unless they are part of the unit activity. For example, the same parent picks up and drops off youth, and stays in the car. No guests or visitors who have not been through the pre-gathering protocols and screening should take part.
- Have hand sanitizer**, disinfecting wipes, soap and water, or similar disinfectant readily available for use at meetings, activities and campouts.
- Minimize the use** of common areas and shared tools. If unavoidable, they should be thoroughly cleaned and disinfected between uses.
- Develop dining protocols** (including but not limited to):
 - No self-serve buffet meals or common water coolers.
 - Use of disposable utensils, napkins, cups and plates.
 - Clean and disinfect eating and cooking gear after each use.
- Develop tenting protocols** for the group:
 - Minimize use of fans or devices that stir the air.
 - Campers should sleep head-to-toe in bunks or cots spaced as far apart as possible.
 - Individual tents, hammocks and bivys may be considered.
- During program activities:**
 - Equipment that must be shared should be disinfected before and after each use.
 - Where possible, assign activity-related protective equipment for the duration of an event to a single individual (life jacket, gloves, harness).
 - Effective handwashing before and after each program area use.
- In case of an injury or illness**, promptly report the incident, including COVID-19 exposures. Utilize [Incident Reporting Resources](#), including COVID-19 instructions.

When you get home:

- Avoid contact** with higher-risk individuals for 14 days.
 - Monitor** for any signs of illness for 14 days, and
- Communicate** with your unit leadership should you develop symptoms.

Non-Health Care Worker Symptom Screening Checklist

1. Have you had close contact (within 6 feet for at least 15 minutes) in the last 14 days with someone diagnosed with COVID-19, or has any health department or health care provider been in contact with you and advised you to quarantine?
 - Yes
 - No
2. Since you last worked, have you had any of these symptoms?
 - Fever
 - Chills
 - Shortness of breath or difficulty breathing
 - New cough
 - New loss of taste or smell
3. Since you last worked, have you been diagnosed with COVID-19?
 - Yes
 - No

If a worker has been diagnosed with, has symptoms of, or has been exposed to COVID-19, they should go home, stay away from other people, and call their doctor or local health department

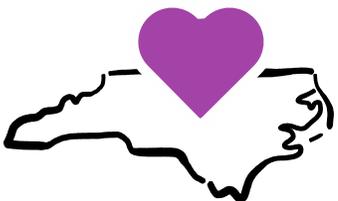
If a worker is diagnosed with COVID-19 based on a test or their symptoms or does not get a COVID-19 test but has had symptoms, they can return to work when they can answer YES to ALL three questions:

- Has it been at least 10 days since you first had symptoms?
- Has it been at least 1 day since you've had a fever (without using fever reducing medicine)?
- Have your other symptoms improved?

If a person has been diagnosed with COVID-19 but does not have symptoms, they can return to work when 10 days have passed since the date of their first positive COVID-19 test, assuming they have not subsequently developed symptoms since their positive test.

If an employee has had a negative COVID-19 test, they can return to work once they have no fever without the use of fever-reducing medicines and have felt well for 24 hours.

If a person has been determined to have been in close contact with someone diagnosed with COVID-19, they can return to work 14 days since the last known contact, unless they test positive. In which case, criteria above would apply. They must complete the full 14 days of quarantine, even if they test negative.



#StayStrongNC

**Staying apart brings us together.
Protect your family and neighbors.**

Learn more at nc.gov/covid19.



NC DEPARTMENT OF
HEALTH AND
HUMAN SERVICES

Last updated: 07/23/2020

Model COVID-19 Pre-Event Medical Screening Checklist

Use this checklist to assist in identifying potential COVID-19 cases before event participation.

Review with each youth and adult participant their current health status, both before departure and upon arrival at the event. **Anyone entering a camp or event – including visitors, vendors, etc. – must be screened.**

Councils should customize with input from their council health supervisor and local health department.

- Yes No Have you or has anyone in your household been in [close contact*](#) in the past 14 days with anyone known or suspected to have COVID-19 or is otherwise sick?
- Yes No Have you or has anyone in your household been in [close contact*](#) with anyone who has been tested for COVID-19 and is waiting for results?
- Yes No Have you or has anyone in your household been sick in the past 14 days, or have you or they been tested for any illness and are waiting for results?
- Yes No Has anyone in your household been exposed to an individual known or suspected to have COVID-19 in the past 14 days?
- Yes No Have you or has anyone you have been in [close contact*](#) with traveled on a cruise ship or internationally or to an area with a known communicable disease outbreak in the past 14 days?

***According to the Centers for Disease Control and Prevention (CDC), “close contact” means:**

- You were within 6 feet of someone who has COVID-19 for a cumulative total of 15 minutes or more over a 24-hour period
- You had direct physical contact with an infected person (hugged or kissed them)
- You shared eating or drinking utensils
- An infected person sneezed, coughed, or otherwise got respiratory droplets on you

If the answer is YES to any one of the five questions above, the participant must stay home.

If all answers above are NO, proceed to the symptoms list below.

Symptoms of COVID-19

*If anyone in your household has **any one** of the following new or worsening signs or symptoms of possible COVID-19, the entire household must stay home.*

- Shortness of breath**
- Cough**
- Fever of 100.0° or greater**
- Flu-like symptoms**
- Repeated shaking with chills**
- Fatigue**
- Muscle or body aches**
- Headache**
- Sore throat**
- Loss of taste or smell**
- Diarrhea**
- Nausea or vomiting**

****Potential Higher-Risk Individuals****

- Yes No Are you in a higher-risk category as defined by the [CDC guidelines](#), including older adults, people with medical conditions, and those with other individual circumstances?

If the answer is “yes,” we recommend that you stay home.

Should you choose to participate, you must have approval from your health care provider.

Guidance for Safe Activities

Everyone should take steps to prevent getting and spreading COVID-19 to protect themselves, their communities, and people who are at increased risk of severe illness.

In general, **the more people you interact with, the more closely you interact with them, and the longer that interaction, the higher your risk of getting and spreading COVID-19.**

1. Do not attend if any you have had any close contact with a COVID-19 positive individual or personal COVID-19 infection in the past two weeks. *Close contact is defined by CDC as someone who was within 6 feet of an infected person for at least 15 minutes starting from 2 days before illness onset (or, for asymptomatic clients, 2 days prior to positive specimen collection) until the time the patient is isolated.*
2. Do not attend if you have had any COVID-19 like symptoms in the past two weeks:
 - Fever or chills
 - Cough
 - Shortness of breath
 - Fatigue
 - Muscle or body aches
 - Headaches
 - New loss of taste or smell
 - Sore throat
 - Congestion
 - Nausea or vomiting
 - Diarrhea
3. Strongly recommend do not attend if you are in a high-risk group.
 - Age>65
 - Chronic Lung Disease – COPD
 - Moderate to severe asthma
 - Smoking
 - Obesity BMI>40
 - Heart disease with complications
 - Compromised immune system
 - Poorly controlled medical conditions including diabetes, renal or liver disease, sickle cell disease
4. **TRANSPORTATION.** Per NC state law, all riders (adults and children eleven years or older) must wear face coverings when they are, or may be, within six (6) feet of another person.

Have an adequate supply of hand sanitizer with at least 60% alcohol for safe use. Separate riders with as much space as the vehicle allows while maintaining safe transportation practices. Consider keeping windows open while the vehicle is in motion to help reduce spread of the virus by increasing air circulation, if appropriate and safe.

5. **CLOTH FACE COVERINGS.** All adults, and children five years or older, must wear a face covering when they are or may be within six (6) feet of another person.
<https://files.nc.gov/covid/documents/guidance/NCDHHS-Interim-Guidance-on-Face-Coverings.pdf>

Individuals should be reminded frequently not to touch the face covering and to wash their hands.

Guidance for Safe Activities

Masks must always be worn except for eating, showering, sleeping, or outdoors and more than six (6) feet from other people.

Keep this guidance in mind when conducting unit activities such as hiking or sitting around a campfire. Sitting close around a campfire and singing songs promotes the spread of the virus.

6. **CLEANING & HYGEINE.** Bring, and frequently use, hand sanitizer. Avoid interacting with other units. Wash hands with soap and water for at least 20 seconds (recite the Scout Oath & Law).
7. **TENTING.** The key is to keep youth and adult campers 6 feet apart. Consider individual tents.
 - a. Scouts can bring their own ideally or use unit tents. Place tents with doors facing opposite directions to maintain social distancing when entering / exiting tents.
 - b. Use hammocks
 - c. Wilderness survival shelters
 - d. If sharing a tent is the only option, hang a barrier (poncho, bed sheet) separating the sides of the tent. Have campers sleep head to toe.
 - e. For youth protection, the buddy system is still in effect.
8. During the event, if you develop any of the symptoms in item #2, notify your leader immediately. The leader should isolate and remove this individual from the event.
9. During the two weeks following the event, if you develop any of the symptoms in item #2, you should notify your health care provider and isolate yourself. If COVID-19 testing is positive or COVID-19 infection is suspected, you should notify East Carolina Council (252) 522-1521.