



2022-2023 Camp Health and Safety FAQ

Q: How does Coastal Roots Farm maintain health and safety standards during Seasonal and After School Farm Camps?

A: The Farm takes health and safety very seriously. As an organization, we take many precautions to ensure cleanliness amongst staff and visitors. These precautions include:

- Regularly sanitizing high-touch surfaces and materials
- Hand washing before and after eating, harvesting and engaging with animals on the Farm
- Following state and local guidelines about mask wearing
- Requiring all Coastal Roots Farm staff members to be vaccinated against COVID-19
- Ensuring Coastal Roots Farm Camp staff are First Aid and CPR certified

Q: My child woke up with a cold. What should I do?

A: Please keep your child at home if they are not feeling well. Please notify the Farm as soon as you know that your camper will not be attending Farm Camp. We can be reached at (760)-479-6505 and/or sharone@coastalrootsfarm.org

Q: My child had a known COVID-19 exposure. What should we do?

A: Per [CDC Guidelines](#) (November 2022)

- For close contacts in the general public with no symptoms, regardless of vaccination status (No Quarantine):
 - Test within 3-5 days after last exposure to someone with COVID-19
 - Close contacts should follow guidance for face covering for total of 10 days, especially in indoor settings and when near those at higher risk for severe COVID-19.

- Strongly encourage to get vaccinated or boosted
- Watch closely for symptoms of COVID-19 such as a fever, cough or shortness of breath.
- If symptoms develop or test result is positive, stay home and follow the [Home Isolation Instructions](#)

In the case of potential COVID-19 exposure or symptom-related illness of staff, campers, or family member, all camp families will be notified via email and names will be kept confidential.

Q: What happens at Farm Camp when it rains?

A: At the Farm, there is no such thing as bad weather, only bad clothing! We believe playing outside in all weather is an important part of child development. Campers are asked to wear:

- Close-toed shoes
- A hat for sun and weather protection
- Appropriate outerwear (ex: raincoat, warm jacket, etc)
- Long pants (recommended year-round)

Although we are advocates for outdoor play in all weather, there are a few situations when Farm Camp will be cancelled to ensure safety.

Parents will be notified and Farm Camp may be cancelled when:

- Wind gusts exceed 15 mph
- Thunder and lightning occur
- Other natural disasters including wildfires, earthquakes and more occur

Q: Will my child have the opportunity to eat and drink water during Farm Camp?

A: Campers will be burning a lot of energy at Farm Camp! We ask that campers bring a reusable water bottle every day to ensure sufficient hydration. Campers will have access to unlimited clean drinking water during all of Farm Camp. Because campers will be spending the entire day outdoors on the Farm, they may be hungrier than usual. We provide multiple opportunities throughout the day for campers to eat.

Please send the following:

- A reusable water bottle
- A healthy snack from home
- A filling lunch from home (**Seasonal Farm Camp only**)

In addition to the snack from home, all campers will be able to participate in a daily Harvest Snack. This farm-fresh snack is harvested and prepared by the campers on the Farm. Please ensure all health and dietary needs are shared in the Camp Registration form as well as with your child's camp counselor.

For Additional Questions and Concerns:

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