



2023 Camp Health and Safety FAQ

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

- We move through the Farm spaces as a group
- We have a ratio of 1 adult: 7 campers
- We require closed toed shoes
- We support campers with sunscreen applications
- We teach safe harvesting procedures
- As an operating Farm, safety is essential for campers and staff. If a child is consistently unable to follow instructions regarding safety expectations, you will be contacted to pick up your child.

Q: My child isn't feeling well. What should I do?

A: For your child's comfort and wellbeing, as well as the safety of our camp counselors and the other children, your child needs to stay home if they have:

- A fever over 100° F – parents will be asked to pick up their child if the child’s temperature is 100° F or higher. Children must be fever free for 24 hours before they can return.
- Conjunctivitis (pink eye) – parents will be asked to pick up their child if there appears to be an unusual amount of discharge from, or irritation to, their child’s eye(s). If it is pink eye, your child may return after being on antibiotics for 24 hours.
- Vomiting – children who vomit will be asked to be picked up by a parent. Before returning to camp children must be symptom free.
- Cold Symptoms: Our programs involve many children and adults working together closely. Please consider keeping your child home from camp if they are exhibiting any of the following symptoms:
 - thick, colored nasal discharge
 - A persistent barking cough
 - Sore throat
 - Watery eyes
 - Congestion

If symptoms persist, the Farm team may ask that the child be picked up (this is determined on a case-by-case basis).

Please notify the Farm as soon as you know that your camper will not be attending Farm Camp. We can be reached at (818) 984-2559 and/or sharone@coastalrootsfarm.org

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

A: Per [COVID19.CA.GOV](https://www.covid19.ca.gov) (May 2023)

- 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.
 - 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](#)

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:

Sharone Oren-Education Manager, Camp and Community Programs

sharone@coastalrootsfarm.org

760-230-6815

Kimberly Tomlinson-Director of Education

kimberly@coastalrootsfarm.org

760-704-8838

Megan Freeman-Education Manager, School and Volunteer Programs

megan@coastalrootsfarm.org

Denise Naylor-Director of Finance and Admin

denise@coastalrootsfarm.org

Javier Guerrero-President and CEO

javier@coastalrootsfarm.org