

# CAMP LONE STAR

LUTHERAN OUTDOORS MINISTRY OF TEXAS

## Guidance for Retreat & Guest Groups

For several months you have been asking questions. You have asked, “when will this be over?”. You have asked, “when will life be normal?”. You have asked, “will my retreat be able to take place?”. Well, we don’t have all the answers, but we do have one: **You are welcome here at Camp Lone Star!** We are so excited and can’t wait to serve you! As you prepare to come, we would like to share some updated items to answer some questions you may have.

A couple things to note:

- Retreat guest and staff safety is of utmost importance to us here at Camp Lone Star. This document outlines many of the procedures we have always been, and will continue to be, committed to. Some procedures were enhanced to reduce risk; and a few are newly implemented in an effort to be a part of the solution to COVID-19. Please take time to read through it to see what we’ve put in place to make camp the safest place possible.
- We need your partnership! You know your medical history best. If you and/or your group are at a [higher risk](#), please consider waiting until a future opportunity to come to Camp Lone Star. Please contact us immediately so we can see if appropriate accommodations can be made.
- You alone know how diligently you have been able to follow the CDC guidelines and executive orders to reduce travel, social distance, and practice good hand hygiene and respiratory etiquette. **If you have tested positive for COVID-19, are showing symptoms, or have had close contact with a person with COVID-19 in the past 14 days**, then please contact your retreat leader and/or the Camp Office so we can help process your cancellation.

## **Is there anything I need to do before arriving at camp for my retreat?**

We want what is best for you and your group’s health, and we know you will partner with us to help create the safest environment possible for our retreat groups and staff during this time. The key to preventing the spread of illness is stopping it from even entering camp. Here’s what we need from you before you arrive:

- **\*\*REQUIRED\*\* Self-Screening Health Questionnaire:** We need your help to mitigate the risk by self-monitoring. We are asking that all retreatants practice safe social distancing, as well as monitor symptoms in the weeks leading up to coming to camp by completing our [Self-Screening Health Questionnaire](#). You will bring this form with you to check-in for your retreat.
- **Teach Proper Etiquette:** Cleanliness will be paramount to our ability to safely serve you and your group during this time. Please take some time to review how to properly [wash your hands](#) and practice proper [respiratory etiquette](#).

## **Is camp supplying Personal Protective Equipment?**

We’ll say it again: retreat guest and staff safety is of utmost importance to us here at Camp Lone Star. As a result, we will make sure to do everything we can to keep you and our staff safe. We encourage all retreatants to bring their own face masks -- either one disposable or cloth mask. Cloth masks may be washed by your retreat host upon request at our laundry facility. If you arrive at camp and realize you forgot a mask, don’t worry! We have a supply of extra disposable masks that you’ll be able to use.

## What will housing look like? Is there a cabin/housing hygiene plan?

While we have always had stringent cleaning and sanitation procedures in place, we are taking additional precautions to keep retreatants safe.

- CDC-approved quad-sanitizing disinfectant used on all high-touch surfaces such as mattresses, bed frames, cabinets, broom handles, doorknobs, light switches, desks, water fountains, bathrooms and showers, and everything else where we are able.
- CDC-approved quad-sanitizing disinfectant used to mop floors and clean carpets.
- After each retreat group departs, a deep cleaning of camp is performed before the next group arrives.
- Hand washing procedures are posted in each cabin bathroom and staff will have hand sanitizer with them.
- Guests in cabins will sleep head to toe in upper and lower bunks.
- We will work with your retreat leader to assess your group's preferences towards social distancing within the cabins. If your group would like to space out more than usual, we are willing to increase the number of rooms/cabins for your group at no additional charge (given we have extra housing available during the time of your retreat).

## What changes have been made to camp activities?

Camp is all about being together and leaning on one another for support. However, during this time, we will be modifying or temporarily discontinuing some of our closer-proximity activities while maintaining an adventurous, fun, and safe experience. As a rule, we will employ the following general procedures for all facilitated program activities:

1. Sanitize all program areas.
2. Sanitize equipment/supplies before and after use.
3. Wash hands or use hand sanitizer before and after activities.
4. Only one retreat group at an activity area at one time.
5. Masks should be worn unless a 6-ft. distance can be maintained. *\*Subject to changes based on State and Local Guidelines.* Check with your host prior to arriving at Camp.

A few specific changes to be aware of include:

### CHALLENGE COURSE

- Due to the nature of close proximity, and in order to ensure safety and adhere to social distancing recommendations, we are not currently using low-rope challenge course elements.
- Group Initiatives and team-building exercises, High Ropes, and the Rock Wall will be conducted with social distancing in mind.
- Only one retreat group at an activity area at one time.
- Any equipment used will be sanitized by camp staff before and after use.
- Retreatants will use hand sanitizer before and after using equipment.

### BATTLEBOW

- Due to the limited number of safety masks we have available, and the sanitization process that needs to take place in order to keep the masks clean, a limited number of people will be allowed to participate in this activity each day. If your group is interested in participating in this activity, please communicate that to your host ahead of time and they will be happy to help.

## Will I have to wear a mask throughout the entirety of my retreat?

All retreatants are required to abide by Texas state and local laws. Currently, this means all guests are required to wear a mask any time they are unable to maintain 6-ft. of distance between individuals not from the same household. All Camp Lone Star staff will wear a face mask and carry a bottle of hand sanitizer at all times when interacting with retreat groups. If your group leader positions your group in a manner that maintains 6-ft. of distance, then we will not require you to wear masks.

## How about meals? What happens in the Dining Hall?

Our Kitchen Team is trained to use enhanced sanitation procedures during mealtimes in order to ensure the cleanest and safest environment possible to protect guests and staff.

- ✓ All hands will be washed prior to entering and upon exiting the Dining Hall.
- ✓ In addition, hand sanitizer dispensers are available to be used prior to entering the serving lines and salad bars.
- ✓ Buffet, Salad & Deli Bar will be served by our Kitchen Staff, wearing gloves and face masks.
- ✓ The number of people seated at a table will be reduced to allow for better spacing during meals. We will communicate with your retreat leader ahead of time to ensure that our dining hall set up will work well for your group.
- ✓ Table and Dining Hall cleaning and sanitization will be done before and after meals by Camp Lone Star Staff, wearing gloves and masks, using an Environmental Protection Agency (EPA) commercial grade disinfectant, Purell FoodService Surface Sanitizer, and Array Comprehensive Cleaner.
- ✓ Each retreat group will have their own designated eating space (Retreat Center Dining Hall, Base Camp Dining Hall, or Ping Pong Room) to allow for spacing between retreat groups.
  - In the event that we have more retreat groups than eating spaces available, we will schedule staggering meal times. If this applies to your group, it will be communicated to your retreat leader ahead of time.
- ✓ In addition, disposable boxes and utensils will always be available in case you would prefer to take your meal to-go for a picnic.

## Is there anything “out of the ordinary” you recommend we bring?

Yes! Camp Lone Star is committed to safety and will have ample supplies for sanitizing, but there are some additional items that will help make sure everyone is safe. In order to decrease the risk of heat exhaustion, we encourage you to bring a **Nalgene or Refillable Water Bottle** to keep with you at all times throughout the day. If you would like to purchase a Camp Lone Star Nalgene from our Trading Post, please visit with your host to schedule a time for the Trading Post to be opened.

While our staff will always have hand sanitizer with them, and additional bottles will be available in various locations throughout camp, we also recommend that you bring an **individual hand sanitizer** with you.

As mentioned in a previous section, we also encourage you to bring your own **face masks** -- either one disposable or cloth mask. Washable masks may be washed by your retreat host upon request at our laundry facility.

As per our usual practice, bed linens and bath towels are provided for our retreat groups staying in Retreat Center or Selah House rooms. However, at this time, we encourage you to bring your own **pillows**

and **blankets** if you are able to do so (these items will still be available upon prior request). This will help reduce the risk of transmission between guests, as well as reduce the amount of laundry for our staff to take care of.

### **A Final Word**

We understand the amount of trust and confidence you are placing in Camp Lone Star to care for your health and the health of your group. This is not a responsibility we are taking lightly. We have been tirelessly working to develop a State Health Department-approved Health and Safety Plan and put in place the necessary precautions to best care for you and your group to make this place the safest camp in Texas. We also desire to be a place of hope and encouragement as we near the other side of this pandemic. We commit to walk alongside you and your group **By Faith** in Jesus. Please don't hesitate to reach out and call our Office (979-968-1657) if you have further questions or concerns.

We are here for you.