

Health & Safety Protocol Agreement

Summer camps 2021

Valid from 27th of June till 21st of August, 2021

General information

This protection concept is based on the "General regulations for cultural, leisure and sports camps" developed by the Federal Office of Sport (BASPO) in cooperation with the Federal Office of Public Health (FOPH), the Federal Office of Social Insurance (BSV) and the Federal Office of Culture (BAK), as well as on the «New frame conditions for Sports» of the BASPO. In addition, the measures and framework conditions of the respective cantons in which the summer camps take place were taken into account.

The children's and youth associations and their offers, especially the camps, are important in making a significant contribution to the holistic development of children and young people. The present concept is intended to enable friLingue camps being held under the current circumstances, while simultaneously ensuring that the federal requirements for protection against the corona virus are being met.

This protection concept was developed by the friLingue GmbH. It serves as a standard for the local vacation camps. The camp leader of the respective camp location is responsible for implementing the protection concept to the best of their knowledge. Its control is the responsibility of the competent authorities.

Starting position:

- Camps with young people and children are generally possible provided a protection concept is adhered to.
- In addition to the protection concept, cantonal regulations and directives apply.

Principles:

The responsibility for compliance with the existing measures lies with a person defined in advance (e.g. camp leader). The measures must be fully, repeatedly and clearly communicated to all those involved (leaders, participants, parents, kitchen) before and during the camp. Only in this way can everyone support and comply with the measures.

The protection concept is based on the following basic rules, which correspond to the individual chapters:

1. Healthy, symptom-free and tested in the friLingue camps

2. Keep your distance and wear a face mask

- Distance between leaders and between leaders and children
- Mask requirement in public spaces + public transport from 12 years - inside and outside
- Recording of contact details (contact tracing)

3. Compliance with hygiene rules

4. Contact details and maximum number of participants

- Born in 2001 and younger: No restriction
- Born in 2000 and older: a maximum of 50 people in management positions

5. Permanent group

6. Responsibility for the on-site implementation of the Health & Safety Protocol

friLingue GmbH always follows the current situation (e.g. new legal measures) and derives the necessary implementations from it. They regularly inform the camp leader via email, referring to the FOPH (Federal Office of Public Health).

IMPORTANT: Please fill out the form on the last page and send it together with the camp contract by mail or scan to the following address: contract@frilingue.ch

1 Healthy, symptom-free and tested in the friLingue camps

a) Symptoms before the start of the camp

Participants and leaders with symptoms of illness are not allowed to participate in the camp. Please stay at home and isolate yourself. Follow your doctor's instructions.

In the event of illness, the camp can be moved to any date within the next 24 months at no additional cost.

b) Risk groups

Participating in the friLingue language camps is voluntary. The decision to participate lies with the participants or their parents. In consultation with the doctor, the parents of children with pre-existing conditions decide how the person at risk can participate in the camp. Teachers or camp leaders that belong to a risk group decide in consultation with their doctor whether / how the participation in the camp is possible.

c) Corona test before the start of the camp

All participants, leaders and accompanying persons can be contacted according to the urgent recommendation Test for Corona shortly before the start of the camps. Everything should be only the participants with negative results can attend the camps. **The parents together with the participants are responsible that your child (s) is / are tested. Upon arrival at the camp location, confirmation of the negative test result will be requested!**

- **Type of test:** *The federal framework guidelines recommend newly pooled saliva PCR tests or rapid antigen tests. friLingue supports this if organizationally possible. In principle, however, a self-test is also better than traveling to the camp without being tested!*
- **Time:** *The test should be carried out promptly at the camp, ideally 48 hours or less beforehand.*
- **Recovered or fully vaccinated people:** *These are exempt from the urgent test recommendation for 6 months if they can provide a medical certificate or vaccination certificate.*

d) (Suspected) Case of illness in the camp

If a participant, camp leader, teacher or kitchen staff starts showing [symptoms](#) during the camp, the following measures will be taken:

- The person with symptoms must wear a hygiene mask and be isolated.
- They must be examined and tested by a doctor immediately.
- Until the test result is available, the person must wear a hygiene mask and be isolated. This means that they sleep alone in a tent or room and keep at least 1.5m distance from other people at all times.
- In the event of a suspected case, the cantonal crisis department is informed. They support the camp management in any communication with parents and in planning further action.
- If the test result is positive, the cantonal contact tracing decides which contact persons must be quarantined.
- After a positive test result, the camp management immediately informs all parents about the situation.

e) (Suspected) Case of illness after the camp

If a participant or a staff member shows symptoms of illness after the camp, the following measures are taken:

- Participants and leaders with symptoms of illness after the camp stay at home or go into isolation.
- You call your family doctor and follow their instructions for an examination or test.
- The responsible person (e.g. camp leader) informs the cantonal crisis hotline after a positive test result. The crisis hotline supports the responsible person in communicating with the participants and / or the parents and in planning the procedure.
- The cantonal contact tracing (in the canton of residence of the affected person who tested positive) decides and informs those people who have to go into quarantine.

2 Keep your distance and wear a face mask

Mask requirement applies in all interior facilities for all persons (participants & camp management) over 12 years, except during meals, in the showers and in the bedrooms at night. Mask requirements also apply during lessons! The following applies:

- The distance rule (1.5 meter minimum distance) applies to all participants and camp staff from the age of 12, both to each other and to the participants.
- Participants and camp staff born in 2001 or younger do not have to adhere to any distance rules outside / during sports activities. The mask does not need to be worn during these activities.
- It is ensured that the distance (1.5 meters) is maintained outside wherever possible and that the activities are adapted (e.g. hiking instead of basketball).
- Children under the age of 12 do not have to wear a mask - not even in the interior.
- **For safety reasons, a temperature measurement is carried out for all participants and staff members / supervisors - each time before breakfast.**

a) Arrival and Departure

The use of individual means of transport (private transport, etc.) is preferred. When traveling by public transport, a group ticket is reserved in advance. Any recommendations made by the transport company at the time of travel will be taken into account. The published rules of conduct for public transport are observed (mask required from 12 years of age, make sure to wear it correctly with covered mouth, nose and chin). The following applies:

- Only one person is present on arrival / departure. All other family members wait in the car or outside in front of the group house.
- The minimum safety distance must be maintained between parents and staff members at all times.
- If possible, a staggered arrival and departure is organized so that not all parents arrive at the same time. If this is not possible, a «queue» with distance markings should be provided.
- On arrival, a body temperature measurement is carried out for all participants and their accompanying persons. If the temperature is increased, the affected person will be sent home immediately.

Note on the accompanied train ride: We ask all participants to wear a protective mask when traveling by train (accompanied train ride). Care is taken to ensure that it is worn correctly (mouth, nose and chin covered).

b) Sleeping arrangements

In the chalet, but especially in the bedrooms, there are strict rules that must be observed. This also applies to the children who stay with the host families.

Rules for the children and adolescents:

- The protective mask may only be removed after the children and young people have entered the bed.
- Children are only allowed to enter those bedrooms in which they themselves sleep (!)
- If possible, the sleeping area will be redesigned / organized so that there is enough space between the individual participants to maintain the minimum distance.
- The material and personal items are used and stored in compliance with hygiene regulations.

Rules for the camp management and supervisors (from 20 years):

- 4 m² per person in the bedrooms (1 to 2 beds) for people aged 20 and over (max. 4 people). It is ensured that the majority of the teachers and supervisors spend the night in an external building.
- The protective mask may only be removed when the person is in bed.
- People are only allowed to enter those bedrooms in which they sleep themselves (!)
- The material and personal items are used and stored in compliance with hygiene regulations.

c) Meals

When eating meals, keep the distance between leaders (and the various groups). Specifically, this means:

- The participants and camp leaders do not eat at the same table. The camp leaders keep the minimum safety distance between themselves.
- The number of people aged 20 and over is limited to 4 people per table.
- The mask is only put down when everyone at the table has their plates in front of them. Immediately after eating, the mask is put on again.
- Personal cups or personal drinking bottles are used for the drinks.
- The distribution of food is prepared on the basis of the table groups. The persons responsible for preparing and serving the meal take the necessary precautions to comply with hygiene measures (washing hands, wearing the mask, etc.)
- The kitchen is only entered by the kitchen team.
- **There is no self-service food available for the participants.**

3 Compliance with the hygiene rules

Sanitary regulations and rules for the cleaning of the rooms are set up and communicated clearly to the camp staff as well as the participants.

a) Wash your hands thoroughly – before and after each activity

Participants wash their hands before and after each activity. Specifically, this means:

- Before and after class
- Before and after eating
- Before and after the activity (workshops, excursions)
- Before and after using the toilet

You can also wash your hands with water and soap or disinfectant at any time during an activity. This applies to indoor and outdoor activities. Disposable kitchen towels are used to dry hands after washing.

b) Sanitary materials

In addition to water, soap and disinfectants, protective masks are available in the storage pharmacy. These are used, for example, in isolating a person with symptoms. If possible and available, self-tests in the camp pharmacy are also useful.

The participants should bring enough protective masks (or a good reusable mask) and change them regularly.

c) Toilets

The toilets, shower rooms and the kitchen are cleaned thoroughly (several times) every day. Frequently touched surfaces such as tables, storage surfaces, door handles, faucet handles, light switches are regularly cleaned or disinfected according to their use. Rooms are regularly ventilated (at least four times a day for 10 minutes).

At the weekend, the entire chalet is cleaned thoroughly and disinfected with special cleaning agents. The bed linen is washed and all rooms are ventilated for several hours.

d) Cleaning arrangements

The toilets, bathrooms and the kitchen are cleaned thoroughly several times a day. Frequently touched items such as tables, storage surfaces, door handles, faucets, light switches are regularly cleaned or disinfected depending on their use. Rooms are regularly ventilated (at least four times a day for 10 minutes).

During the weekend, the entire camp is cleaned thoroughly and disinfected with special cleaning agents. The bed linen is washed and aired for several hours.

e) Catering/Kitchen

Particular attention must be paid to hygiene in the camp kitchen. The kitchen is not a public space and is only used for cooking or cleaning up. It is important to ensure that neither food from the same plate nor (used) cutlery or glasses are shared. There is no self-service food available for the participants. For this reason, there is no self-service when serving food. When shopping, the hygiene measures must be observed and the distance rules must be observed. The members of the cooking team wear a protective mask while working in the kitchen. Tables and chairs must be cleaned with detergent after each use.

f) Materials

The caregivers give priority to activities for which as little material as possible is required.

- Avoid passing on materials between different people.
- Handing over materials between camp leaders should be avoided as much as possible; in any case, the material must be disinfected beforehand.
- Increased attention is paid to the cleaning and storage of the material.
- Frequently used materials are disinfected at least once a day.

g) Compliance with the camphouse regulations

Group houses have their own protection concepts. These are also checked before the camp begins and the specifications are observed. The landlord can provide further information.

4 Contact details and maximum number of participants

A maximum of 100 people including camp management and participants at the camp in Liddes St. Bernhard, Estavayer and Siviez (Camp Super Nendaz) take part. The camp in Schwarzsee has a maximum of 200 people, with the camp being divided into two groups. As many participants (including those born in 2000 and older) are allowed to take part in the camps as are necessary to look after and accompany the children and young people. Persons without function are not allowed to participate. A maximum of 50 people from the age of 20 will take part in the camps.

In order to be able to trace the chain of infection in the event of an infection, a list of the attending participants and staff members, including the kitchen staff members, is kept. It must be possible to show this list at the request of the cantonal health authority.

5 Permanent group

During the week the camp consists of a constant group. In the event of a corona infection, subgroups make it easier to track infections and reduce the number of possible quarantine cases.

a) Group changes on weekends

From Saturday to Sunday there is always a group change, as the participants generally only stay in the camp for one or two weeks. Specifically, this means that participants leave on Saturday and new participants arrive on Sunday. In order to prevent potential transmission, the camp house will be thoroughly cleaned and disinfected on Saturday (see Chapter 3 d). It is also ensured that the "newcomers" are divided into new rooms and not into existing groups.

b) Visits to public places

Most of the camp program takes place on the camp site and in nature. When doing activities in public spaces, it is important to ensure that the distance to other groups of people is guaranteed. Activities in heavily frequented public places should be avoided if possible. In addition, public transport should be avoided if possible during the camp.

If two groups meet by chance, the rules of distance must be observed and lingering in the same location must be avoided. **Excursions in public places are carried out with a maximum of 50 people.**

c) Visits to the camp

External visits are minimized or avoided as far as possible. There is an attendance list of all people present. The distance rules and hygiene regulations also apply to external visitors. Visitors should also test themselves before the visit.

6 Responsibility for the on-site implementation of the Health & Safety Protocol

The responsibility for the on-site implementation of the Health & Safety Protocol lies with friLingue GmbH. A person is appointed for this purpose (e.g. the camp leader). This person is supported by an assistant if possible.

They are involved in the following tasks:

- Discussion of the protection concept and its implementation in the camp team
- General information for parents on the implementation of the protection concept
- Checking the list of participants and camp staff (including any visitors)
- Consultation with the camphouse owners and management

The camp leaders are responsible for the implementation of the Health & Safety Protocol and the compliance with the sanitary measures during the camp period.

- Planning and implementation of activities in compliance with the sanitary measures.
- Age-appropriate communication to the participants about the implementation of the sanitary measures.
- Ensuring that hands can be washed outdoors, organising water and soap and monitoring implementation before/after each activity.

Contact details of the responsible persons:

Ljubisa Ilicic (CEO)
Stefan Stolwijk (camp leader)

Available around the clock at:
+41 76 634 41 93 (private)
+41 26 321 34 34 (office phone)

lu@frilingue.ch
stefan@ski-hostel.com
info@frilingue.com

Address Camp Liddes St.Bernard:

Relais de Dranse
Route de la Dranse 2
1945 Liddes

Address Camp Estavayer:

L'Abri-Côtier
Chemin de la grande Gouille 1
1470 Estavayer-le-Lac

Address Camp Schwarzsee:

Campus Schwarzsee
Seestrasse 119
1716 Schwarzsee

Address Camp Super Nendaz:

Les Louerettes
Route de Siviez 29
1997 Siviez

We as friLingue GmbH bear a social responsibility. All employees have a high degree of personal responsibility for the implementation of the Health & Safety Protocol.

FORM TO FILL OUT

Please fill out the form and send it together with the camp contract by mail or scan to the following address: contract@frilingue.ch

1. Details of a contact person who could pick up the child in case of an emergency during the camp:

First name _____

Family name _____

Address _____

Zip/Place _____

Country _____

Phone number _____

E-Mail _____

2. You hereby confirm that you and your child/children have read the health & safety protocol agreement and agree to it:

I have carefully read the health & safety protocol and agree with it.

The participation in the friLingue Summer camp is voluntary. The decision to participate and to get involved lies with the participants or their parents.

3. With signing this document you confirm that you will test your child/children before their arrival to the camp. Ideally 48h or less before. The federal framework recommends newly pooled saliva PCR tests or rapid antigen tests. A confirmation of the negative test result will be requested upon arrival at the camp location!

IMPORTANT: Recovered or fully vaccinated persons: These are exempt from the urgent test recommendation for 6 months if they can provide a medical certificate or vaccination certificate.

Date/Place _____

Signature parents _____

Signature child(ren) _____

Many thanks for your trust in us! If you have any questions about the protection concept, please do not hesitate to contact us by phone **+41 (0)26 321 34 34** or by e-mail **info@frilingue.com**.