



## Required COVID-19 PCR Testing to Attend Sleep Away Camp

Dear Parents:

The safest camp sessions start with healthy participants and we know this begins at home. To help us minimize illness at camp and adhere to current COVID-19 guidelines and best practices, **the Girl Scout Council of the Nation's Capital will require ALL Campers who attend our Sleep Away Camps to show proof of a negative PCR/Molecular COVID test prior to incoming day.**

- The test must be administered no more than SEVEN calendar days prior to the start of camp.
- Campers who are attending consecutive Girl Scout Council of the Nation's Capital Sleep Away Camps do not need to re-test between sessions.
- Tests will NOT be required for Girl Scout Council Nation's Capital Day Camps.
- Test results must be loaded onto Camp Doc. (more information to follow)

In addition to receiving a COVID PCR test, it is also imperative the families implement prevention strategies 14 days prior to your camper's arrival. Prevention strategies are actions put in place to reduce the risk of spreading COVID-19. Per CDC and State Guidelines correct use of these strategies can lower the risk of transmission in your child and our camp communities.

### Help Safeguard Health at Camp

During the 14-day prescreening process record household symptoms and minimize exposure by:

- Limiting travel on public transportation such as cruise ships, buses, trains, or planes.\*
- Avoiding transportation hubs such as metro stations and airports.
- Avoiding large social gatherings, mass gatherings, and crowds such as weddings, funerals, parties, restaurants, movie theaters, shopping malls, sporting events, concerts, parades, etc.
- Practicing the 3 w's when in public
  - W – Washing hand regularly for 20 seconds.
  - W – Wearing a double layer mask.
  - W – Watch your distance, maintain good physical distance from non-family members.

\*We are not currently RESTRICTING out of state travel prior to the start of camp. However, families who have out of state travel plans less than 14 days prior to the start of camp, are encouraged to return a minimum of 5 to 7 days prior to the start of your camper's session and follow all state travel guidelines. If unable to return, a COVID test must be obtained at your vacation location. A pre-screening record template will be shared in May.

**Symptom Screening:** COVID-19 has a wide range of symptoms, including:

- Fever (temperature 100.4 °F or higher)
- Sore throat or new cough

- Diarrhea, vomiting, or stomachache
- New onset of severe headache, especially with a fever
- Chills
- Nasal congestion or runny nose
- New loss of taste or smell
- Shortness of breath or difficulty breathing
- Tiredness and fatigue
- Muscle or body aches
- Poor appetite

### **Where can I find a testing center?**

The links below have been provided as a resource for our camper families. You are not required to use a testing site on this list, the only requirement is that the test takes place no more than seven calendar days prior to your campers' arrival and that it be a PCR/Molecular test. There are also several FREE testing sites listed. However, if acquiring a COVID test creates a financial hardship for your family, and you are unable to locate a free testing site, please contact our Customer Care Department at [customercare@gscnc.org](mailto:customercare@gscnc.org). It is advisable that you identify your testing location early.

- Maryland: <https://coronavirus.maryland.gov/>
- Virginia: <https://www.vdh.virginia.gov/coronavirus/covid-19-testing/covid-19-testing-sites/>
- West Virginia: <https://dhhr.wv.gov/COVID-19/pages/testing.aspx>
- District of Columbia: <https://coronavirus.dc.gov/testing>

In addition to requiring a negative COVID test, we are also implementing several additional COVID mitigation practices. Please refer to our website at [Summer Sleep-Away Camps | GSCNC](#) for a complete list of ongoing updates.

We will also continue to post on each camp's Facebook page. If you have any questions, please contact our Customer Care Department at [customercare@gscnc.org](mailto:customercare@gscnc.org)

Sincerely,  
Denise Viau  
Camping Services Manager  
Girl Scouts Nation's Capital

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