



# 2023 SPRING- CUB SCOUT FAMILY CAMPING WEEKEND

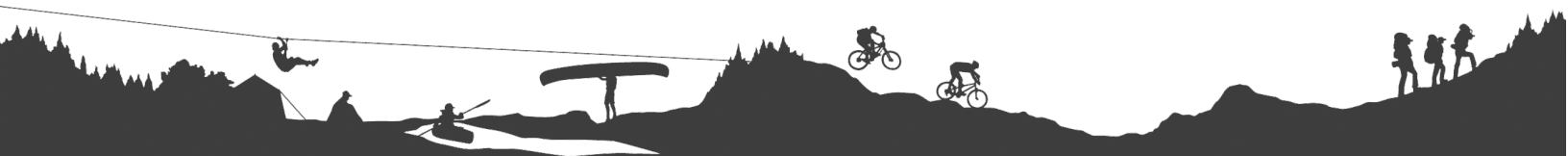
APRIL 28 - 30, 2023

## LEADERS GUIDE

(LAST UPDATED 1/21/23)

TIDEWATER COUNCIL, BSA  
1032 HEATHERWOOD DRIVE  
VIRGINIA BEACH, VA 23455  
[WWW.TIDEWATERBSA.COM](http://WWW.TIDEWATERBSA.COM)

PIPSICO SCOUT RESERVATION  
57 PIPSICO ROAD  
SPRING GROVE, VA 23881  
[WWW.PIPSICOBSA.COM](http://WWW.PIPSICOBSA.COM)



# 2023 SPRING CUB FAMILY CAMPING WEEKEND

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# 2023 SPRING CUB FAMILY CAMPING WEEKEND

## FAMILY CAMP INFORMATION

**When** April 28 - 30, 2023 (Saturday – Sunday)

Be Prepared. There is no rain/snow date for events. All units should prepare for foul weather.

**What** An opportunity to get away from the busy buzz of the city for the weekend and enjoy some time in the great outdoors with the family at Pipsico Scout Reservation.

**Where** Pipsico Scout Reservation  
57 Pipsico Road  
Spring Grove, VA 23881

**Contact**

Rick McIlrath  
Event Chairman  
757-285-8891  
Email: [rickmc79@gmail.com](mailto:rickmc79@gmail.com)

Richard Becker  
Staff Adviser  
757-497-2688  
Email: [richard.becker@scouting.org](mailto:richard.becker@scouting.org)



**Register** Register/ Pay online by [CLICKING HERE](#). *If you have trouble registering, view these 3 min. videos: [PART 1](#) - [PART 2](#).* You may also Register online and process your payment in person at the Council Office using your unit's Council Store Account. Payment must be received within 7 days of booking or your registration will be canceled. Transactions and reservations are not complete until check-out is done with payment posted. Prior to arriving at the event, please finish the registration process by entering the names of all participants, both your and adult attending the event (this allows for fast check-in).

Online registration for attendance will begin on February 13<sup>th</sup> at 10 AM.

**Cost** **\$24** per Scout, **\$12** per adult when paid in full before April 11, 2023

**\$34** per Scout, **\$22** per adult when paying on or after April 11, 2023

**NO REGISTRATIONS WILL BE ACCEPTED AFTER APRIL 18, 2023**

**THERE WILL BE NO ON-SITE REGISTRATION.**

**Refunds & Reductions**

Refund requests must be made on Tidewater Council's Refund Application prior to the event and are subject to a 15% surcharge processing fee. Funds will be returned to the payee/unit via their store account or by check. Refunds will be granted **only** in the case of documented illness or family emergency. **NO Refunds** can be given if notified **within 14 days of the event** as pre-paid expenses will already have been incurred. No refunds for partial attendance will be granted.

Registrants must pay for slots immediately upon registration. Reductions in registrations can **ONLY** be made up to **14 days before the event**, *unless* the event sells out. Should the event sell out, the unit will be financially responsible for the full reservation. This is to limit over-booking on popular events. Those receiving "over-sold" slots from other units will be camped with the unit who initially purchased the slot. Requesting a reduction can **ONLY** be completed by submitting a Council Refund Application to the event contacts and is subject to a 15% processing fee.

# 2023 SPRING CUB FAMILY CAMPING WEEKEND

## INTRODUCTION

This Cub Scout Family Camping Weekend is an opportunity to get away from the busy buzz of the city for the weekend and enjoy some time in the great outdoors at Pipsico Scout Reservation.

There will be a variety of activities to include Archery and BB's for those expert marksmen (or aspiring marksman) as well as two different types of rocket stations. The program schedule is jam packed with activities; however, if a Scout tires out or a program doesn't interest you, feel free to do your own thing. Please try not to arrive late to sessions as safety briefings must start on time.

No food will be provided this weekend. Campers have the benefit of creating a thrilling menu of steak and crab legs, or keeping it simple. Regardless, be prepared to clean up what you bring. Water is available in all sites, and dumpsters are located at the entrance to camp for any waste. Please check the program schedule when planning your meals to ensure you have enough time to prepare, eat, and tidy up.

**\*\*FOR 2023\*\*** - Scouts and siblings registering as participants will be enrolled in Cub Carnival! This program will feature midway games for participants along with BB's and Archery. Half of the youth will attend the carnival in the morning while the other half goes to shooting sports, then switch for the afternoon. Cotton candy and snow cones will also be making an appearance! **ONLY youth registering as PARTICIPANTS will be able to participate in this station and the other activity stations (limited to the first 200 youth). Non-participants are welcome to attend, however will not be permitted to be in activity groups.**

For updates please refer to the Pipsico website at <http://PipsicoBSA.com> click on the "Special Events" link at the top of the page.



# 2023 SPRING CUB FAMILY CAMPING WEEKEND

## TENTATIVE PROGRAM SCHEDULE

### Friday

5 PM-8:15 PM

Optional Check-in (for Friday night campers)\*

(\*yellow gates are closed after 8:30 PM to block vehicle access for youth safety after dark)

**DO NOT ARRIVE PRIOR TO 5 PM AS YOU WILL NOT HAVE ACCESS TO THE PROPERTY**

### Saturday

7:00 - 8:30 AM

Breakfast Time

8:00 - 8:30 AM

Optional Check-in (for Saturday arrivals)

8:45 AM

Flag Raising & Session Assignments

(\*yellow gates are closed to block vehicle access for youth safety)

9:00 - 10:30 AM

Session #1

10:45 AM - 12:15 PM

Session #2

12:15 -1:45 PM

Lunch Time/ Siesta (In Campsites)

2:00 - 3:30 PM

Session #3

3:45 - 5:15 PM

Session #4

5:20 - 7:15 PM

Dinner Time (In Campsites)

7:30 – 8:30 PM

Recommended Evening Campfire Time (By Individual Pack)

10:00 PM

**Lights Out (Uber Quiet, No Noise, It's Sleepy Time)**

### Sunday

8:00 - 10:00AM

Check-out (Clean up your areas and have a safe trip home!)

**\* For the safety of the ~450 people walking on the roads, vehicles are strictly prohibited from driving in camp during Program 10:00 AM – 6:00 PM. If you are leaving Saturday you must wait until after 6:00 if you must drive to your site to load gear. Pull carts are available at the Burton Center anytime.**

# 2023 SPRING CUB FAMILY CAMPING WEEKEND

## GENERAL EVENT INFORMATION:

### CHECK-IN

If you choose to camp Friday evening, check-in will be conducted from **5:00 PM till 8:30 PM** on Friday evening adjacent to the Burton Center (Located within Camp Lions, a sub camp of Pipsico Scout Reservation). Please look for the registration tent located adjacent to the parking area. **Do not arrive early**, there will be no one to check you in, you may **NOT** enter the campsites prior to check-in.

If you plan to arrive on Saturday, please show up prepared for program and complete your registration between 7:30 AM & 8:00 AM and be ready for the 8:45 AM flag raising ceremony. Saturday registration will be held inside the Burton Center building adjacent to the parking lot.

For the safety of scouts walking through camp, only vehicles pulling trailers will be allowed in camp. The trailer must be unhooked and parked in the designated area adjacent to your campsite. No trailers are to be parked past the wooden post located inside the campsites. Tow vehicles are to be **immediately** moved to the front parking lot. All other vehicles are to stay in the parking lots and any addition gear or scouts will have to hike in or can utilize one of the FEW available carts located at the Burton Center. Your cooperation is greatly appreciated.

### CHECK OUT

Contingents may check-out after the conclusion of program on Saturday evening or stay until Sunday morning. **For camper safety, during program sessions absolutely no vehicles will be allowed into camp for packing up campsites.** Please come to the Burton Center (camp office) to check out and have your camping area checked for cleanliness. Please ensure that your camping area is left better than what you found it (Leave No Trace) and that your latrines have been swept clean and toilet lids are down. If your group plans to leave on Sunday, you **MUST** be checked out by 10:30 AM. There will not be patches for this event.

### MEALS

All meals will be provided and prepared by the individual participants/ Family/ Units. **NO MEALS ARE PROVIDED FOR THIS EVENT.** Units will need to provide and prepare meals in their respective campsites.

### ADULT LEADERSHIP

Boy Scouts of America volunteers will staff these events. The BSA is a volunteer run program. Every Pack that participates in the event is expected to provide some form of contribution to the success of that event and activities conducted. Staff positions are available for direct program support as well as logistical support. Please inform the event staff at check-in (or in advance at [wkndevents@pipsicobsa.com](mailto:wkndevents@pipsicobsa.com)) of the names and contact information for those volunteers in your unit who may help contribute to the event's success.

### CAMP RULES

- The Scout Oath and Law
- The Guide to Safe Scouting
- Leave No Trace
- NO fireworks, pets, firearms, or TV's
- Scouts are not permitted to roam through campsites during scheduled activities.
- Scouts are not permitted to leave the boundaries of the campground.

### CAMPSITES/CAMPING

Campers need to provide their own tents and beddings. All Pipsico tents and cots will be in storage. Sites will be assigned based on registration date and family size.

### TRADING POST

The Trading Post will be open during this event. Feel free to bring some extra spending money for your retail therapy. MasterCard and Visa are accepted for transactions over \$10.

# 2023 SPRING CUB FAMILY CAMPING WEEKEND

## WATER AND BATH FACILITIES

Drinking water is available within every campsite and most program areas. We recommend that Scouts carry their own reusable water bottle during Saturday's activities. Hot showers (Both male and female) are available at the Westside Showerhouse by Site 9. Primary bathroom facilities are latrines inside of each campsite and "enclosed" toilet facilities are available (both male and female) at the pool, at the Westside Showerhouse, the front of the Reservation in the Gregson Center, and at the Burton Center in Base Camp (Camp Lions).

## MEDICAL MATTERS-

### MEDICALS

According to BSA Policy, all Scouts and leaders should complete an Annual Health and Medical Record form (parts A&B only) for all Scouting activities. This is just the health history form (excluding the physician's portion). **IT IS THE RESPONSIBILITY OF THE UNIT** to obtain and maintain copies of these forms for members of their unit for all activities they conduct. Medical forms will NOT be turned in at check-in. The official BSA form is located here: [http://www.Scouting.org/filestore/HealthSafety/pdf/680-001\\_AB.pdf](http://www.Scouting.org/filestore/HealthSafety/pdf/680-001_AB.pdf).

### MEDICAL TREATMENT

All units should bring a unit first aid kit and treat injuries within their capabilities. Units must report all injuries and other medical situations to the camp staff at the Health Lodge, even those they treat themselves. Qualified medical personnel will be on duty at the Health Lodge. If necessary, the camp staff will contact emergency medical services and ambulance services using 911. Unit leaders are expected to control all medications within their units.

### PRESCRIPTION MEDICATIONS

All prescription drugs are kept and administered by the unit. It is to be kept in a secured location out of the reach of the children. If medication requires refrigeration, it can be checked in with the Health Officer at check-in. Provide a list of medication, dosage (Medical part B) and to whom you are administering medication to when you check in with the Health Officer. By law, medications must be in a container with a typed label from the pharmacy. Medications shall be given only in accordance with the label. Handwritten changes will not be accepted.

## EMERGENCY PROCEDURES

Pipsico Scout Reservation maintains emergency procedures to meet, and in some cases, exceed the standards set by the Boy Scouts of America. It is essential for everyone's safety that every member of your unit fully understands that these procedures exist - their life, your life, or someone else's life could depend on it. Please be sure to follow only instructions delivered by the staff chain of command. Likewise, if an emergency arises, or is brought to your attention, please notify the nearest staff member immediately so that we may launch the appropriate procedures. Do not attempt to resolve an emergency situation alone. Notify the nearest staff member. **In the event that an emergency arises, an alarm will sound** from the program administration building (Burton Center). When this alarm is heard, **all units and participants are required to assemble at Awesome Field** in front of the flag poles and await further instruction.

## YOUTH PROTECTION POLICIES

Leaders are asked to review the Guide to Safe Scouting before attending camp and ensure compliance by their unit with policies, particularly in respect of youth protection. Key portions of the youth protection policies found in the Guide to Safe Scouting are reproduced below.

Adult leaders must respect the privacy of youth members and protect their own privacy at all times. Except in emergencies, adults and youth may not enter each other's designated sleeping and shower areas. Two registered adult leaders 21 years of age or over are required to attend this event. At least one (1) female adult over the age of 21 is required whenever female youth are present. No Scout may share a tent with an adult who is not his own parent or guardian. Separate tenting arrangements must be provided for male and female youth. Youth sharing tents must be no more than two years apart in age.

# 2023 SPRING CUB FAMILY CAMPING WEEKEND

## GENERAL POLICIES-

### ALCOHOLIC BEVERAGES & DRUGS

Alcohol and illegal drugs are prohibited. All prescription drugs are kept and administered by an adult within the unit. (See the Prescription Medications section above.)

### CELL PHONE POLICY

We would request that Scouts not to take cell phones to program sessions or, at the very least, to turn them off during sessions. Use of cell phones during program sessions is inconsiderate to other participants and, in some cases can be extremely dangerous (Scouts participating in shooting sport activities, should not be distracted by a ringing phone).

### FIRES, STOVES, TENTS & OPEN FLAMES

Fires will be authorized depending on the status of State and County fire prohibitions in effect for the weekend of the event. The staff will update units on the current fire policy at check-in. All fires are permitted ONLY in the designated fire rings at each camp site or in unit provided above-the-ground fire barrels. Lanterns can be used in the campsites if elevated off of the ground. All units should plan to cook using propane stoves or fully contained charcoal grills elevated off of the ground or in established fire-rings. Dutch oven or charcoal cooking will be allowed if the charcoal is raised off the ground or contained in an established fire-ring or fire barrel. Do not dig into the ground to form fire pits. Units must post water buckets or a fire extinguisher in the fire area. Cutting of live trees, shrubs, or vegetation is prohibited. Wood is available in the Ax Yard. **We prohibit bringing wood from off property.**

For safety reasons, there are to be **no open flames in tents**. This ban on open flames in tents includes a ban on the use of matches, candles, kerosene, propane or liquid lanterns in tents. Lighting in tents is to be provided by battery-powered lanterns or flashlights only. It is, however, acceptable to use a lantern under a dining fly. All cooking fires, campfires and stoves are to be attended while they are burning. Fires are only to be built in designated areas and must be extinguished so that they are cold to the touch when unattended.

### INITIATIONS, HAZING & MILITARY TRAINING

Corporal punishment, hazing, initiation of any sort, and military training and drill are not permitted in the Boy Scouts of America.

### LIQUID FUELS

Adult leaders only may use stoves and lanterns requiring liquid fuel. Extra fuel must be turned over to the Quartermaster for safekeeping in locked storage.

### MONEY & VALUABLES

Each family must decide how much spending money a Scout should take to camp. Each Scout is, however, responsible for the safeguarding of his money and personal property. It is recommended that expensive cameras, watches, and personal entertainment devices be left at home. Regardless, all items should be clearly marked, with the boy's name and unit number.

### PETS

No pets are allowed in camp. Please ensure that anyone planning to visit you or your unit during the weekend is also aware of this rule. Service animal use **MUST** be coordinated with staff prior to arrival.

### RESTRICTED AREAS

The following areas are off limits to all campers: The ranger's home and maintenance areas, camp staff living areas, the kitchen and food storage areas (except for authorized adult volunteers,) any program area where staff is not present, and the cliffs along the James River. Scouts may visit the waterfront for beach combing or fishing only when staff is present or when accompanied by an adult leader.

# 2023 SPRING CUB FAMILY CAMPING WEEKEND

## SMOKING & VAPING

Anyone under 21 years old is prohibited from using tobacco in any form while at camp. Adults who smoke must do so out of sight of any youth members. Smoking is prohibited in any tent or building. Cigarette butts must be field stripped and placed in a trash receptacle. This includes E-cigarettes and Vaping products.

## TAPS/LIGHTS OUT

A Scout is courteous. All scouts should be in their designated campsites at 10:30 PM to Wind-down the day's activities. Taps is at 11 PM. Unit leaders must ensure that fires and lanterns are out and that all their youth have retreated to their tents and are quiet.

## TRAILERS

If your unit plans on bringing a trailer, please provide this information on the registration form. Specific campsites have been designated for unit use when a unit has a trailer. The requesting unit is permitted to have one trailer in the designated area at the perimeter of their campsite until checkout.

## TRASH DISPOSAL

Participants should practice Leave No Trace principles to the maximum extent practicable. If you packed it in - you pack it out! All units are expected to police their camping area and remove all trash to the dumpsters located behind the dining hall or at the front of camp near the barn. Trash that will not fit in the dumpsters becomes the responsibility of the unit to remove from the campground. Do not pile trash next to the dumpsters. If the dumpsters are full at time of checkout then units **MUST** pack out their trash and dispose of it properly.

## VEHICLES IN CAMP

Since safety is our number one priority, vehicles are not permitted past the Burton Center parking lot unless authorized by the event staff for unit gear drop off. Any vehicle that is authorized to drive beyond the Burton Center must remain on the main road. Absolutely no vehicles are permitted on grass or in campsites. Likewise, no vehicles authorized in camp may block the loading dock at the rear of the Dining Hall. Vehicle owners, and operators, who drive beyond the Burton Center parking lot do so at their own risk. Tidewater Council will not accept responsibility for any vehicle damage within camp.

No other motorized vehicles (golf carts, etc.) will be allowed in camp at any time except for use by designated camp staff. If the need arises for a vehicle to be in camp, approval **MUST** first be obtained from the Camp Ranger (Evan Sommerfeld) or the VP of Camping Operations (Wes Parker). Special arrangements will be available for special needs visitors, Scouts and Scouters as requested.

## WEAPONS, KNIVES, FULL AXES, FIREWORKS, & FIREARMS

Pipsico provides all necessary and appropriate equipment for our shooting programs. Personal firearms, ammunition, bows and arrows are not permitted in camp. Also, no water guns are permitted at camp.

Pocketknives may be carried by adult leaders and any Scout who has earned the Totin' Chip or Whittling Chip. Fireworks & firearms of any kind are prohibited in camp. Law Enforcement Officers (LEO's), please notify the council prior to camp of any special requirements by your department.

# 2023 SPRING CUB FAMILY CAMPING WEEKEND

## APPENDIX A: EVENT EVALUATION FORM

Please rate the following on a scale of 1-5 (5 being the best)

Location (site & facilities):                    1        2        3        4        5

Guide Book (overall):                            1        2        3        4        5

    Did it help prepare you for this weekend?    1        2        3        4        5

    Was it available in time?                    1        2        3        4        5

(1: Way too Late, 5: Right when I needed it.)

    Was any information missing? Please elaborate: \_\_\_\_\_

Staff (overall):                                    1        2        3        4        5

Ease of registration:                            1        2        3        4        5

Was the staff responsive?                    1        2        3        4        5

Activities (overall):                            1        2        3        4        5

What did we do well?

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What could have been done better?

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What would you like to see added? (Suggestion to better this event)

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Would you like to help plan the next Cub Scout Family Camp?

\_\_\_\_ Yes, count me in.    \_\_\_\_ Don't know, call me when it's time.    \_\_\_\_ I might be able to help out in a limited capacity.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_ Unit: \_\_\_\_\_

Suggestions: (What did we do wrong? What did we get right? How can we improve for next year?) (Continue on reverse, if required.)

# 2023 SPRING CUB FAMILY CAMPING WEEKEND

## APPENDIX B: HOW TO GET TO CAMP

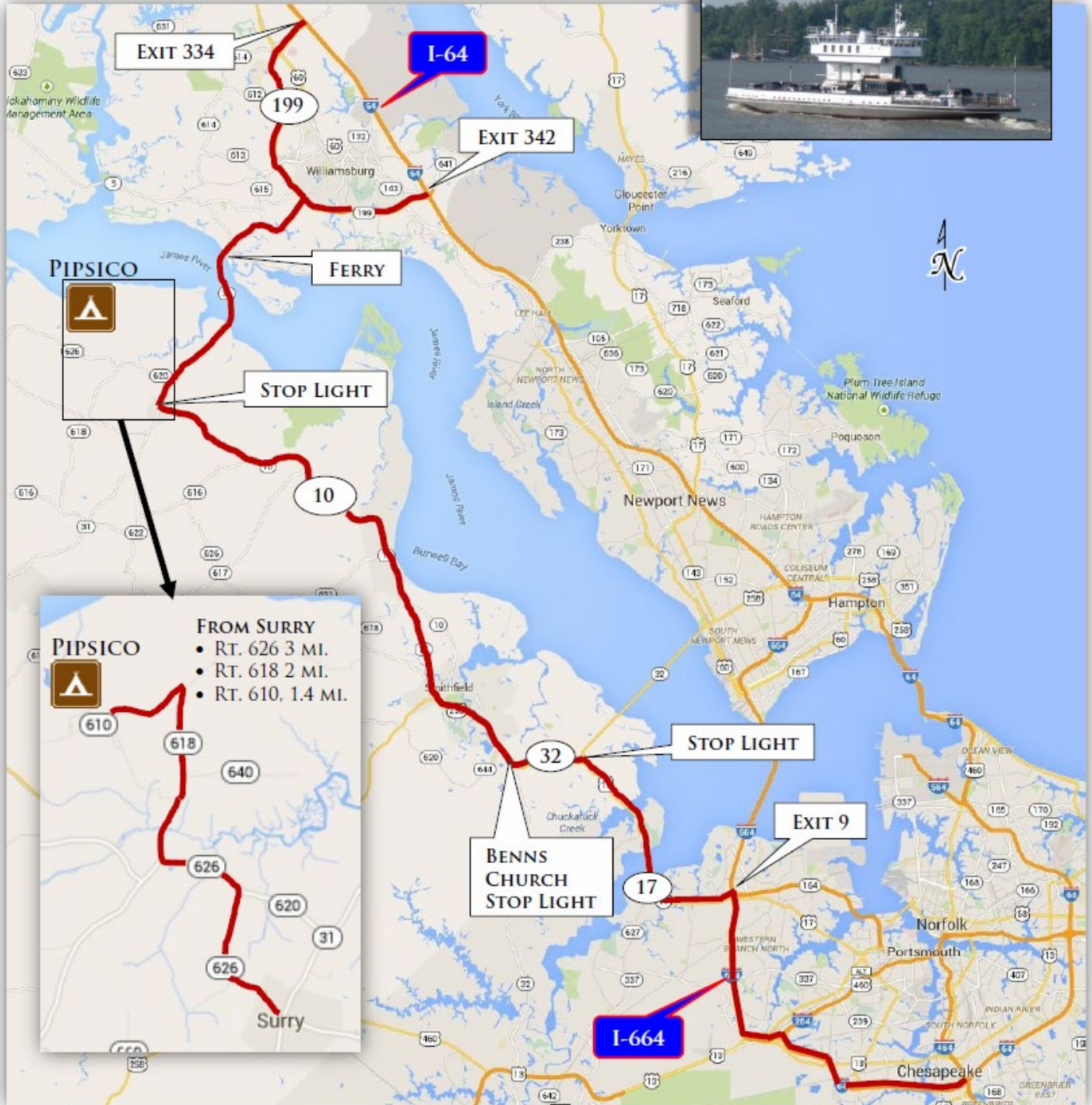
Pipsico is located at **57 Pipsico Road Spring Grove, Virginia, 23881**, midway between Norfolk and Richmond.

Pipsico is centrally located to a host of attractions including the first permanent English settlement at Jamestown, just a short distance away via the nearby ferry.

Many other fascinating historical sites from the first 250 years of American history are within easy driving distance (an hour or so). Among these are Colonial Williamsburg, numerous restored colonial plantations, the Revolutionary War battlefield at Yorktown, and Civil War battlefields around Richmond and Petersburg.

For those who want more modern adventure, local amusement parks include Busch Gardens and Water Country USA. A short drive from camp brings visitors to the naval base in Norfolk, the Atlantic Ocean beaches and boardwalk at Virginia Beach, and much more.

Detailed Directions can be found online: <http://pipsicobsa.com/resource-bank/>



# 2023 SPRING CUB FAMILY CAMPING WEEKEND

## APPENDIX C: PIPSICO'S COVID-19 POLICIES AND HELP SHEET

### **ALL Families MUST Read the Following Pages!!**

#### FACE COVERINGS AND PHYSICAL CONTACT:

Recommended for when indoors. It is recommended that campers and staff bring a supply of face mask to wear when social distancing of six feet is not conducive to the activity (For example, gaga pit) and while inside camp buildings (for example while not seated in the dining hall). Check-in/out and program activities will be modified in such a way to minimize the need for physical contact.

#### HANDWASHING:

All campers and staff will be expected to wash their hands before and after program areas. Program areas and facilities that do not have water sources will be furnished with adequate supplies of hand sanitizer. Signage will be posted throughout camp to provide public health reminders regarding hygiene. Handwashing stations are in all campsites, and it's important for handwashing to be a practice within family units.

#### CAMP STORE:

Face coverings are recommended to be worn by guests inside regardless of vaccination status. Physical distancing is encouraged to be maintained by customers inside and capacity will be reduced and monitored. Exterior lighting will change colors to notify campers if the store is open, closed, or at capacity.

#### PHYSICAL DISTANCING SUGGESTIONS:

1. Six feet of space should be observed when interacting with other guests outside of your family unit OR staff.
2. A mask is recommended whenever interacting with staff or guests outside of your family unit.
3. Do not enter any buildings unless specifically open for program.
4. If interacting closely with individuals outside your immediate family/ unit, it is recommended to limit these interactions to outdoor areas of the property.

#### SUGGESTIONS FOR SOCIALLY DISTANCED ACTIVITIES (WHEN NOT IN AN ORGANIZED PROGRAM):

- Bring your own fishing poles and fish from the shore at the James River or off our fishing pier into our fully stocked lake
- Bring your own fun outdoor family games such as Corn Hole, Can Jam, Spike Ball and Wall Ball
- Explore the wondrous woods around us on our 916-acre property
- Stargazing
- Bring s'mores supplies for your campfire



#### A HEALTHY CAMP BEGINS AND ENDS AT HOME!

A healthy camp really does start at home. Here are some things you can do to help your child have a great camp experience.

1. If your child is showing signs of illness such as running a temperature, throwing up, has diarrhea, nasal drainage and/or coughing/sneezing, keep the child home and contact the camp director. This greatly reduces the spread of illness at camp but also supports your child's recovery.
2. Teach your child to sneeze/cough in his/her sleeve and to wash his/her hands often, especially before eating and after toileting. If you really want to achieve impact, teach your child to accompany hand washing with another behavior.
3. Send a reusable water bottle. Instruct your child to use it and refill it frequently during their camp stay. Staying hydrated is important to a healthy camp experience, something your child can assess by noting the color of their urine ("pee"); go for light yellow.



# 2023 SPRING CUB FAMILY CAMPING WEEKEND

## **Please use the below Medical Screening Checklist PRIOR to Camp:**

- Yes  No Have you or has anyone in your household been in [close contact\\*](#) in the past 14 days with anyone known or suspected to have COVID-19 or is otherwise sick? <sup>1</sup>
- Yes  No Have you or has anyone in your household been in [close contact\\*](#) with anyone who has been tested for COVID-19 and is waiting for results? <sup>1</sup>
- Yes  No Have you or has anyone in your household been sick in the past 14 days, or have you or they been tested for any illness and are waiting for results? <sup>1</sup>
- Yes  No Has anyone in your household been exposed to an individual known or suspected to have COVID-19 in the past 14 days or within the past 10 days **without** a negative COVID-19 test result **at least 5 days after exposure?**<sup>1</sup>
- Yes  No Have you or has anyone you have been in [close contact\\*](#) with traveled on a cruise ship or internationally or to an area with a known communicable disease outbreak in the past 14 days?

<sup>1</sup> - Healthcare workers/ first responders who wear approved and properly fitted Personal Protective Equipment (PPE) while treating patients should follow their employer's guidelines when answering these questions.

**\*According to the Centers for Disease Control and Prevention (CDC), "close contact" means:**

- You were within 6 feet of someone who has COVID-19 for a cumulative total of 15 minutes or more over a 24-hour period
- You had direct physical contact with an infected person (hugged or kissed them)
- You shared eating or drinking utensils
- An infected person sneezed, coughed, or otherwise got respiratory droplets on you

**If the answer is YES to any one of the five questions above, and you have not either been diagnosed and recovered within 90 days or fully vaccinated for at least two weeks, the participant must stay home. If all answers above are NO, proceed to the symptoms list below.**

### **Symptoms of COVID-19**

If anyone in your household has **any one** of the following new or worsening signs or symptoms of possible COVID-19, **the entire household must stay home.**

- Shortness of breath
- Cough
- Fever of 100.0° or greater
- Flu-like symptoms
- Repeated shaking with chills
- Fatigue
- Muscle or body aches
- Headache
- Sore throat
- Loss of taste or smell
- Diarrhea
- Nausea or vomiting

### ***\*Potential Higher-Risk Individuals\****

- Yes  No Are you in a higher-risk category as defined by the [CDC guidelines](#), including older adults, people with medical conditions, and those with other individual circumstances?

**If the answer is "yes," we recommend that you stay home.**