

Communicable Disease Plans for Camp Belknap Families

Updated 4/13/26

Our focus is to strive to operate Camp Belknap safely in our residential community setting that has 290 campers and 100 in staff that sleep, eat and play together while still maintaining our mission. The plans for prevention of illness and requirements may be updated with the help of the Belknap medical advisory group if we see increase in transmission of any communicable illness in camp or if there are changes to state/licensing guidance, CDC, and/or American Camp Association guidelines. You will be notified via email if there are any updates prior to your camper arrival. Thank you for your continued support and flexibility. Please see plans below.

Also, please note that what may be appropriate for school entry is not always appropriate for camp because we are sleeping and eating all meals together and living in very small and rustic quarters.

1. Pre-Arrival Expectations: The key to a healthy camp is arriving to camp healthy.

Belknap summers, particularly the last several years, have been successful because camper families were careful prior to arrival. We encourage you to continue to engage in low-risk activities and communicate with camp ahead of time to help keep us all safe.

2. If your camper has had any of the following in the 2 weeks prior to attending camp, we ask that you notify and have a conversation with the health staff at (603) 569-3475 or email adminCB@campbelknap.org prior to arriving (and do not come to camp without approval):

- **Any illness symptoms in last 10 days including** fever, fatigue, headache, cough, sore throat, congestion (not related to allergies), difficulty breathing, loss of taste, loss of smell, nausea, constipation, diarrhea, rash. We want to discuss and determine when appropriate to enter camp.
- **COVID/FLU or other positive communicable disease test within 10 days of arrival at camp.**
- **Exposed to someone in the same household who has COVID/FLU/etc. within 5 days prior to arrival at camp.**
- **Has started on an antibiotic/new treatment.**

PLEASE BE AWARE: If we determine your child is sick on the first day of the session, we will request you take him home until symptoms improved/resolved and no longer contagious.

Testing Prior to camp arrival- If your camper does have illness symptoms in the 10 days prior, we recommend you test at home – whether that be a COVID home test or going to an urgent clinic for other testing such as Flu or strep. Testing at home in the week prior may be a gentler way to discover the news of a positive illness than on check-in day.

If your camper will still be contagious at home at the start of camp, we can work closely with your family to determine late arrival or a different time/session in the summer for your camper to attend.

3. **Vaccination:** Belknap highly recommends campers receive up-to-date vaccination. Please see the health camp medical forms for vaccinations that are required by the state of NH for attendance at camp. Or click here to view the New Hampshire DHHS schedule. <https://www.dhhs.nh.gov/sites/g/files/ehbemt476/files/documents2/han-child-immunization-schedule.pdf>.

As of 2026, we are aware that the CDC and Federal Department of Health and Human Services (HHS) recommended changes to the child and adolescent immunization schedule. However, Belknap is regulated by the state of NH Department of Health and Human services. DHHS of NH advised us on January 6, 2026 that they are NOT changing their recommended immunization schedule and are following the evidence-based recommendations of the American Academy of Pediatrics (AAP) and the American Academy of Family Physicians (AAFP) rather than the CDC. In short, there will be no change to the immunizations expected of Belknap campers. Please be assured that Belknap will continue to be aligned with the best available evidence and the organizations that regulate and provide standards of care.

4. **COVID/FLU/STREP/OTHER testing:** At this time, Belknap will not do arrival (check in day) or screening testing for all campers. However, testing will be completed by health staff if symptoms are present.
5. **Check-In:** Check-in will include health screening (list of questions) and lice check. Belknap health team may choose to use COVID antigen testing or other appropriate testing with a particular camper if arriving with symptoms.
6. **Late Arrivals:** In order to maintain the health of camp, late arrivals will be accepted only on case-by-case pre-approved by the health team.
7. **Symptomatic and Positive Illness at camp:**

Because we all live and sleep closely, illness in general can spread quickly through camp. If a camper is not feeling well during camp he can report to the health center during sick call. The health team will help determine if and when care, rest and testing (such as strep test) is needed. If symptoms appear contagious camper will reside in health center until no longer contagious (such as 24 hours after starting an antibiotic for strep) or may require a pickup if extended illness. Typically, if the camper will need much more than 48 hours in the health center we will work with family for them to return home for recovery.

Specifically COVID : Any camper that tests positive for COVID at camp will be sent home to complete the contagious phase. We request a camper be picked up within same day of diagnosis. We will work closely with your family to determine return to camp or return to different session if symptoms arose near the start of the session.

Of note, if there is a Positive COVID case in the cabin: The other campers that are in the same cabin as a camper who is identified as positive (close contacts) will stay at camp. If symptoms are identified in a camper, he will be antigen tested on site. Remaining campers (close contacts) *may* be required to wear a mask in indoor settings.