

Self-Monitoring for Covid-19

SECTION 1 (Aug 23-17) - Monitor for symptoms from August 16-22, 2021

To ensure the health and safety of students, staff, and faculty attending UBC's FRST351 Fall Camp 2021, we are requiring everyone to self-monitor for possible symptoms of Covid-19 7 days prior to camp, even if you are fully vaccinated:

Please fill out the attached excel spreadsheet each day, making note of any symptoms which could be caused by Covid-19. If possible, please avoid the use of fever reducing medications (i.e. acetometophin/Tylenol or ibuprofen/Advil) as they can mask symptoms of Covid-19.

Please submit your completed self-monitoring form to the TA, [Kate Kitchens](#), the night before attending Fall Camp.

What to do if you have symptoms

If you answered **yes to any symptoms** over the 7-day monitoring period, please call 811 and be tested for Covid-19 immediately. [Self-isolate while waiting for test results](#) and continue to monitor your symptoms over the full 7 days.

If you **test positive**, please follow the [Provincial Health Officer's directions to self-isolate](#). **Do not attend camp**. Instead, email Dr. Lori Daniels (lori.daniels@ubc.ca) immediately to provide medical documentation (i.e. proof of exposure, or positive COVID-19 test) and to make alternative learning arrangements so you can earn the required FRST351 course credits. Alternates include online assignments and a mid-fall weekend field trip; camp fees will be partially refunded (minus the cost of the alternate field trip).

If your **test results are not returned by Aug 23** at 7am, please email Dr. Lori Daniels (lori.daniels@ubc.ca). We will arrange for you be transported to camp once a negative test result is achieved and you are well.

If you **test negative, but are unwell, do not attend camp**. Instead, email Dr. Lori Daniels (lori.daniels@ubc.ca) immediately to provide medical documentation and to make alternative learning arrangements so you can earn the required FRST351 course credits. Alternates include online assignments and a mid-fall weekend field trip; camp fees will be partially refunded (minus the cost of the alternate field trip).

If you **test negative** and are no longer exhibiting symptoms that could be due to COVID-19, email Dr. Lori Daniels (lori.daniels@ubc.ca) with proof of a negative test. In order to attend Fall Camp in person you must submit proof of your negative test if you display any symptoms that could be caused by Covid-19 during the 7 days prior to camp. If your symptoms worsen, or new symptoms appear, please seek medical attention and get tested again.

Covid-19 Symptoms or Exposure at Camp

As a precaution, we have developed a safety plan that includes contingencies in case any student, staff, or faculty member develops symptoms of COVID-19 while at camp.

If anyone becomes symptomatic, we request everyone's cooperation to minimize exposures. If you become unwell at camp, please inform Dr. Lori Daniels, immediately. Special self-isolation rooms have been designated at the Loon Lake camp to minimize potential COVID-19 impacts on others. All other individuals will be asked to wear masks and to limit interactions except with members of their crew. Unwell individuals be transported by a staff member to the nearest medical centre for a COVID-19 test and provided transportation to return home until well. If anyone tests positive during Camp, we will undergo contact tracing and testing as needed, following guidance from medical professionals.

A copy of the safety plan will be shared with students at camp or in advance by request from Dr. Lori Daniels (lori.daniels@ubc.ca).