

Dear Grandparents and Family Campers -

I hope this letter finds you doing well. We are excited for the approach of camp and that - little by little - daily life is slowly inching back toward what we might call "normal." Of course, the COVID-19 pandemic is still with us and so some things will continue to look different at Camp Metigoshe again this summer - but our staff has been working diligently to make sure that your camp experience will remain a familiar, fun and faith-filled time!

I wanted to be sure to provide you with an overview of some of the things that have been updated to better fit our 2021 camp context - many of them are carryover modifications that we also used last year. If you have any questions after reading this list, don't hesitate to be in touch. My contact information is at the end of this email.

Of course, this is not an exhaustive list, but it should give a good overview of some of our camp modifications for this summer.

- Our staff is being trained to implement a wide variety of health and safety enhancements for the camp season. We have spent countless hours reviewing CDC, North Dakota State Dept. of Health, and American Camp Association (ACA) recommendations and guidance documents. We have also been in regular conversation with our First District Health representative, RN Lynn Johnson (our camp nurse) and Dr. Brian Selland (our camp physician).
- A wide variety of enhanced cleaning and sanitizing protocols will remain in place for the summer.
- Before coming to camp, we will ask you to screen your health - including a daily temperature check - for 14 days. A form will be emailed for you to use, please bring it to check-in. If you forget the form, a modified version will be available.
- Each camper will have a daily temperature check while at camp.
- Check-in at the start of the week will be "vehicle-based," with all registration and health checks done as camper families make their way through the camp loop. Family and Grandparent campers will receive special instructions in the weeks ahead of your arrival to camp, as your registration looks slightly different to the rest of camp.
- The camp Trading Post will have clothing and merchandise available to purchase. There will be an option to purchase camp merchandise online; merchandise will be ready for your camper when they arrive at camp.
  - When possible, the Trading Post will be open for families at pick-up on Fridays.
- Day-to-day programming will look very familiar, but much more of the camp program will be done in small-group settings (2 cabins with ~14 campers and 2 staff). Frequently, "programs" (all Trailblazers, or all Family Campers, etc.) will do things together with appropriate physical distancing. Programs will almost never overlap with another program this year.
  - Grandparents and Family Camps will be their own program group. Because housing does not happen in "cabin groups," smaller groups - when needed will be by family.

- Meals will be eaten in shifts, by program - with time enough between to ensure appropriate sanitation.
- There are times during the week when our camp staff will be required to wear face masks. We will also require that all campers - youth and adult - bring face coverings.
  - Bandanas and neck gaiters are not acceptable options.
- During every year, much of camp programming takes place outdoors. For 2021, it is recommended that as much programming as possible be outside - so we are well prepared for this!
- We will only sing while outdoors again this summer. Morning Koiny worship and Campfire will therefore be outdoors as much as possible. On days when we cannot be outside, worship will be modified and we won't be able to sing at those times.
- If you have any pre-existing medical conditions, please seek advice from your primary care physician for a recommendation on whether or not you should attend Camp in 2021. This is especially important for Grandparent campers over the age of 65 based on CDC recommendations.
- We are holding ourselves to the highest standards in an effort to create as safe a camp environment as possible. At the same time, it is important to recognize that in spite of our greatest efforts we cannot guarantee that your child will not be exposed to COVID-19 while at Camp Metigoshe.

I know this is a lot of information to digest. Again, don't hesitate to contact Jon or Katie with any questions or concerns - our contact information is listed below. We hope that you are still looking forward to spending time with us at Camp Metigoshe this summer. If you determine that time at camp just isn't the right choice for this summer, we understand. If your camper is unable to attend because they have contracted COVID19 or is required to quarantine from a close contact, please be in contact with our offices in order to plan a refund or reschedule for later in the summer.

Anchored in Christ,

Rev. Jon Halvorson  
 Executive Director  
 701-263-4788  
[executive@metigosheministries.com](mailto:executive@metigosheministries.com)

Katie Vogel  
 Program Director  
 701-263-4936  
[program@metigosheministries.com](mailto:program@metigosheministries.com)