



Lifetime Activities Cupertino Tennis and Activities Camp Readiness Guide and FAQ

Lifetime Activities has updated our procedures to include considerations for the COVID-19 virus. Our procedures are informed by Public Health, Department of Social Services and County Office of Education orders and guidance.

Please arrive during your assigned drop-off window with your paperwork before admittance. Staff will greet you and your child and will answer any questions you might have.

- Parents and children must wear masks during the drop-off and pick-up procedure.
- Please fill out all required documents prior to arrival to help speed up check-in and allow for a contactless experience
- Students should sanitize hands immediately after drop off

If someone other than the primary parent or guardian will be doing drop off or pick up please notify the camp director so they may record who that person is. Additional drop-off and pickup details including your drop-off window will be sent to each camper by email prior to start.

Check-in Process

- All students (1/2 day and ALL DAY) will check in by the back gate of Court 1 (the stadium court). We will have signage and orange cones and at least one assistant staff directing parents where to go.
- Parents will guide their students every day through the back of Gate 1 and down the walkway to the tables where the check-in process will happen.
- We will email parents to come in at staggered times to ensure it doesn't get overly crowded.
- Social Distance at all times! We will have BLUE marked X's 6 feet apart for students and parents to stand as they wait to be checked in. After check-in is complete, the student will be told what court they will be assigned to and what letter position on the court to report to.
- After the health check students will get their name tags complete with coach, court and station assignment

Check-out Process

Parents will pick up their students through the same way they did check-in. They'll enter through the back gate of Court 1 and from there we'll call students out and they will be escorted out through the Teen Center gate by their parents.

Health and Safety Check Procedures

Health Check Expectations before arriving to camp

- Parents please take your child's temperature prior to leaving for camp. If your child has a fever or is sick, please do not bring them to the program. If your child has a fever or is

sick, we can accept your child into program after they no longer experience symptoms and it has been 10 days since symptoms first appeared and at least 72 hours without a fever without using fever reducing medication.

Health Check Protocol upon arrival at camp

Each staff member and parent/guardian will be asked these health questions prior to starting work or being admitted to camp. We will provide a daily form to complete with signature from parent or guardian.

Staff will perform a forehead temperature check on the child and ask the following questions before admitting the child into camp:

- Do you live with anyone or have you had close contact (prolonged or coughed on, for example) with anyone who has been diagnosed with COVID-19 within the last 14 days?
- Do you have a fever, cough and/or shortness of breath? For children, fever is 100.4 degrees for forehead thermometer, 99 degrees or higher with armpit thermometer or 99.5 with oral thermometer.
 - Children with a temperature of above 100.4 will not be admitted into camp
- Are there any other signs of communicable illness such as a cold or flu including Diarrhea, vomiting, difficulty breathing, uncontrolled coughing, unusually tired, persistent crying, etc?
- Parent guardian must agree to come pick up their child if any symptoms are exhibited at program.
- Parents are encouraged to review the County's Guidelines on "What to do if you are sick" <https://www.sccgov.org/sites/covid19/Pages/learn-what-to-do.aspx#sick>

We ask that parents/guardians not group up around the camp facility. All patrons are asked to practice social distancing when on-site.

FAQ

Q: What are the details of the camp and how can I register?

A: Camp are offered in 3 week blocks.

- Weekday camps Monday-Friday; June 15 to July 3 and July 6 to July 24, July 27 to August 14
- Weekend camps Saturday and Sunday June 20 to July 5 and July 11 to July 26, August 1 to August 16
- We offer Morning Tennis from 9am-12pm and All-Day Tennis and Activities Camp from 9am-3:45pm. **You may register online at www.reg4rec.org Registration closes 3 days prior to the start of camp (exception for June 15-July 3 camp; registration will close on Sunday 6/14 at 8am). Unfortunately, we cannot accept in-person registrations at this time.**
- Per county guidelines, your child may only attend 1 camp at time and must take a 2-week break from attending any camp after the conclusion of the current camp.

Q: How many children will be in each group?

A: Per Santa Clara County and State guidelines the camp will include stable groups of up to 12 children and their instructor(s). Additionally, Lifetime Activities has implemented a maximum of 4 players per court for tennis play during camp. Designated instructor(s) will be assigned to lead a stable group of up to 12 students throughout the camp experience. If an instructor is out sick, a trained substitute will be assigned for the day.

- Whenever possible, we will place members of the same household together in a group
- Children may not change groups once assigned
- Staff will reach out prior to the start of camp to learn more about your child's level of experience to help place them in the best group.

Q: Where will Camp be held?

A: Camp will be held at the Cupertino Sport Center

Q: Who can attend the Camp?

A: All children ages 7-15

Q: What should my child bring to camp?

- Face mask (to be worn when not actively playing, on breaks, or during chess class for all-day students)
- Backpack or tennis bag for personal items with name clearly marked
- Personal tennis racket with name clearly marked
- Large insulated jug of water with name
- Towel to sit on for lunch or water breaks
- Light snacks (lunch for all day students) – refrigeration not available
- Comfortable athletic wear
- Hat or visor (strongly encouraged)
- Sunglasses
- Non-marking tennis shoes.
- Hand sanitizer
- Tissues

Q: Will children be outside or inside for the program?

A: Participants will be outside for the day and should come to camp with sunscreen plus more to reapply. Due to social distancing, coaches will not be able to apply sunscreen for your child. Hats are highly recommended.

Q. Will hand washing and/or sanitizer be available?

A: Yes, campers will have opportunities to sanitize or wash their hands throughout the day after exercises (sanitizer) and during breaks (hand washing). We do encourage all campers to bring their own sanitizer but staff will have some on-court.

Q: Will parents be required to sign in and sign out their child?

A: Yes, we will do a daily check-in and health screening where parents will need to attest to their child's current health. If someone other than the primary parent or guardian will be doing drop-off or pick-up, please notify the camp director so they may record who that person is.

Q: What safety measures are being provided for Tennis and Activities Camp?

A: In accordance with Santa Clara County guidelines for childcare, we are doing daily health screenings for all staff and participants and following all social distancing protocols. As always, we will encourage frequent handwashing or use of hand sanitizer. Our camp safety protocols include:

Lesson safety protocols:

- All tennis programs will have a maximum of 4 players per court (plus an instructor): A tennis court is 7200 sq. feet, which allows for optimal physical distancing between players. Off court activities will include social distancing of 6ft or more.
- Our Badminton activity will feature singles play with up to 8 players on individual badminton nets located on a 7200sq ft tennis court. Social distancing of 8"+ at all times
- Our Table Tennis activity will feature singles play with up to 4 tables on a 7200sq ft tennis court. Social distancing of 8"+ at all times
- Our Chess activity features double wide tables for 6'+ social distancing. Face masks required during play.
- Coaches will conduct lessons with games, drills and exercises that do not require students to group close together
 - Activities will emphasize rally based play which provides maximum distancing
- Numbered mats & cones to identify play and item storage stations during classes
- Protocols for classes include spaced entry and exit plans and personal space for water breaks
- Students will be required to bring their own racket and not share with others
- All staff will wear face masks
- Students will wear face masks when not participating in athletic activities such as during drop-off and pick-up, break time and chess activities
- Gates and common doors will be left open to reduce touch points
- If a child becomes ill, they will be taken to our designated isolation space which is the child center balcony at the CSC where they can rest and be supervised until a parent arrives to pick them up. 911 will be called immediately in all emergency situations.

Q: What if a child cannot come all 3 weeks?

A: In order to reduce risk from exposure, Santa Clara County Health guidelines require that we keep the same group of children together in a group throughout the program. If a child cannot come all 3 weeks or needs to take a day off that is okay, but they must continue to Shelter in Place per the current county order while they are out of camp.

Q: What if a child gets sick and misses camp days or weeks, will we be refunded?

A: Per the city of Cupertino's refund policy, no refunds will be given once the camp begins.

Q: Will kids be required to wear masks at camp?

A: Kids should bring their own mask to camp. Masks are not required during exercise, or for individuals whose health may be compromised by wearing them. Masks will be worn during breaks, drop-off, pick-up and the chess activity during all-day camp. Please wash your fabric masks after each day. If a child arrives without a mask one will be provided for them. Please make every effort to bring your own daily.

Q: How will lunch and snack time work?

A: Every all-day student will need to bring their own lunch, that does not require refrigeration or reheating, at least 2 snacks and a large insulated water jug each day. We will not be providing snacks or lunch so participants are expected to have their own.

- Participants will only be able to eat their own items, and not share with others.
- Coaches will take their stable groups to the lunch area and practice social distancing
 - Tables will be wiped down before and after lunch with sanitizer
- Students should bring a towel or small mat to sit on in their designated area during on-court breaks
- Bathroom breaks will be staggered between groups so that it is socially distanced
- Students will be asked to wash hands before and after lunch

Q: How are the kids grouped?

A: Prior to camp beginning we will reach out by phone with questions on your child's current skill level. Based on this information we will do our best to group kids by age and level. Whenever possible, we will place members of the same household in the same group. *Due to the county health guidelines which require stable groups, we will NOT be able to make changes to the group once the camp begins.*

Q: What are some of the features of the tennis camp?

A: We have ball machines and specially designed backboards which allow for the ultimate training experience to help our players get the reps they need to improve their game. In addition to the training benefits they provide, our ball machines and backboards help us maintain physical distancing and keep the program fresh with new challenges every day. Our coaches will introduce skill level progressions as players improve throughout the camp.

What we will do if COVID 19 case is confirmed on site

Communication procedure: If we have a confirmed case of COVID 19 in our camp program, we will take the following steps:

- Notify our Cupertino Covid-19 liaison:
 - Based on city and CDC direction the following actions include:
- Notify families and staff of a confirmed/potential COVID-19 infection in the facility

- Protect personal identifiers of who had the confirmed case – we will not share names.
- We will share with you if your child has had close interaction with someone in his/her group who has displayed symptoms.

Infection Control Activities

- If the individual infected with COVID-19 spent time in camp and had close contact with others while ill, we will follow the guidance of the public health department
- If there is a confirmed case, we will initiate a deep cleaning of the facility. The program or facility may have to be closed during this time
- If your child has a fever or is sick, please do not bring them to the program. If your child has a fever or is sick, we can accept your child into program after they no longer experience symptoms and it has been 10 days since symptoms first appeared and at least 72 hours without a fever without using fever reducing medication.

Camp rules for participants:

Parents, please review these rules with your child(ren) prior to the first day of camp.

- I agree to stay 6 feet apart from my camp mates and stay in my assigned zone or area at all times
- I will wash my hands frequently and not touch other players equipment or personal items
- I will not joke about covid-19 or pretend to be sick
- I will try hard, treat my fellow campers with respect, and display good sportsmanship at all times
- I will let my coach know if I am not feeling well or if I need special assistance

We are looking forward to a fun and engaging camp!

Questions?

Please call 408-777-3169