

Lifetime Activities Santa Clara Tennis and Activities Camp Readiness Guide and FAQ

“For the safety of participants, instructors and staff, all Lifetime Activities classes and camps will follow the current County Health Orders and social distancing protocols. All participants and staff will be required to: conduct a daily self-health screening, wear face coverings (ages 7 and up) upon arrival and exit from the facility, during classes except when exercising, eating or drinking.”

Check-in Process

- We will email parents to arrive at staggered times to help expedite check in and avoid crowding
- A health screening will be conducted prior to the parent/guardian departure.
- Parents and children are required to wear masks during check-in and check-out
- Parents should park and escort their child to the check in area where Lifetime staff will be there to greet and check-in children
- All students will check in at the main walkway to the tennis center adjacent to court 4. We will have signage and orange cones directing players and parents where to go
- 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, and what letter they'll be assigned to.
 - Instructors will be present on court to greet students
- Students should sanitize hands immediately after drop off

Check-out Process

- Parents will pick up their students at the same location as drop off. Parents will give their child's name to the Lifetime representative who will direct them to the court where they can be picked up
- Parents and children will follow marked exit pathways when leaving

Please arrive during your assigned window. Staff will greet you and your child and will answer any questions you might have.

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

Health and Safety Check Procedures

Health Check Protocol upon arrival at camp

Each day staff will ask parents or guardians to attest to their child's health before admitting them into camp:

1. Are you feeling sick today?
2. Have you experienced any of the following symptoms in the past 14 days?
 - Fever

- Cough
 - Shortness of breath or difficulty breathing
 - Chills
 - Repeated shaking with chills
 - Muscle pain
 - Headache
 - Sore throat
 - New loss of taste or smell
3. Have you tested positive for COVID-19 (with or without symptoms)?
 4. Has a member of your household tested positive for COVID-19 (with or without symptoms)?
 - If you answered 'yes' to questions 1 -4, you are not permitted participate in the camp
 - Parent guardian must agree to come pick up their child within 30min if any symptoms are exhibited at program.

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 29 to July 17 and July 20 to August 7
- Weekend camps Saturday and Sunday June 27 to July 12 (only half day on July 4th) and July 18 to August 2
- We offer Morning Tennis from 8:30am-11:30pm and All-Day Tennis and Activities Camp from 8:30am-3:45pm. You may register online at www.lifetimeactivities.com.
- 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 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: How are instructors assigned to camps?

Based on current Santa Clara County Guidelines, staff will only be assigned to 1 specific program cohort for the duration of the 3-week camp and will not interact with other cohorts in the given camp or any other camps during that term.

Q: Where will Camp be held?

A: Camp will be held at the Santa Clara Tennis 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 (available for sale at pro shop)
- Large insulated jug of water
- Towel to sit on for park 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. 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 and during breaks. Staff will review proper hand washing techniques with campers. We do encourage all campers to bring their own sanitizer but staff will have it available for use.

Q: Will parents be required to check in and check 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 City, Santa Clara County and state 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:

Camp safety protocols:

- All tennis camps and classes 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.
- 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 and bathroom breaks
- Students will be required to bring their own tennis racket and not share with others
- All staff will wear masks during camp
- Gates and common doors will be left open to reduce touch points

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: We cannot offer refunds for sick days however if an illness requires that a child is absent continuously for a week or more, we will provide a credit on account for the week(s) missed with a doctor's note.

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.

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 lunch in the park and practice social distancing
- Students should bring a towel or small mat to sit on in their designated area

- Staff will open bathrooms for campers during breaks and lunchtime to use the facilities and wash their hands. (bathrooms will be opened for any camper who needs to use them outside of break time)
 - Bathroom use will be staggered so that it is socially distanced
- Students will have an opportunity to wash hands before and after lunch

Q: Will sunscreen be provided by the camp?

A: No. Sunscreen must be provided by and applied by the participant or their family prior to attending camp. Campers may bring their own sunscreen to reapply themselves. We are not able to apply sunscreen to campers.

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 groups 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.

Infection Control Activities:

We need to ensure staff and families understand that ill people should remain home until well. Those with COVID-19-like symptoms should get tested for COVID-19 and remain home until notified of results. Those who are positive for COVID-19 should isolate at home for 14 days in accordance with the Santa Clara County Public Health Department's directives. Those who are negative for COVID-19, should remain isolated at home until 3 days after a fever is gone and other symptoms are better.

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

If we have a confirmed case of COVID 19 in our camp program, we will follow the guidance of Santa Clara County health authorities.

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!

Lifetime Santa Clara Staff

Questions?

Please call 408-247-0187