

Lifetime Activities Sunnyvale 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.

On Your First Day

Please arrive a little early on your child's first day as we need to review all paperwork before admittance. Staff will greet you and your child and will answer any questions you might have. Parents, children and caregivers should wear masks during the check-in and check-out process.

Health and Safety Check Procedures

Health Check Expectations before arriving to 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 not using fever reducing medication.

Health Check Protocol upon arrival at camp

A health check will be performed on every staff member and child before entering the camp. Each staff member and parent/guardian will be asked these questions and we will provide a daily form to complete with signature. If the parent or guardian is not dropping off the child they must fill out and sign the questionnaire and send with the child or can and send to the camp director BEFORE camp begins.

Staff will perform a forehead temperature check on the student and ask parents 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.

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 13 to June 28 and July 4 to July 19, July 25 to August 9
- We offer Morning Tennis from 9am-12pm and All-Day Tennis and Activities Camp from 9am-3:45pm. You may register online at www.lifetimeactivities.com. **Registration closes 3 days prior to the start of 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 Sunnyvale Tennis Center 755 N/ Mathilda Ave

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. Coaches will not be able to apply sunscreen for your child. Shaded water breaks will be taken throughout the day.

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 camps and classes will have a maximum of 4 players per court (plus an instructor(s)): A tennis court is 7200 sq. feet, which allows for optimal physical distancing between players. All other off court activities will include social distancing of 6ft or more.
 - Our Table Tennis activity will feature singles play with up to 4 tables on a 7200sq ft tennis court. Social distancing of 8' during play
 - Our Chess activity features double wide tables for 6'+ social distancing. Face masks required during play.
- Our Pickleball activity will feature singles play with 8'+ social distancing 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 proper PPE
- 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 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 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: 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 for 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. We will plan to eat lunch outside and participants will only be able to eat their own items, and not share with others.

- Water fountains at the park are turned off. We recommend bringing a large insulated water bottle or jug that will last the entire day.
- 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: 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. ***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 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. This may mean we will need to close the program for 14 days.
- If there is a confirmed case, we will initiate a deep cleaning of the facility.
- We need to ensure staff and families understand ill people should remain home until well and those with COVID-19-like symptoms should self-isolate until 7 days after symptom onset OR 72 hours after their fever is gone and initial symptoms have improved, whichever is longer.

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 408-735-7285