

## **Lifetime Activities Walnut Creek 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.

### **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, we can accept your child into program 72 hours after the fever breaks without fever reducing medication.

#### **Health Check Protocol upon arrival at camp**

A health check will be performed for 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

#### **Staff will perform a forehead temperature check and ask the following question 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 weekly to all players ages 7-15



- Weekday camps Monday-Friday; beginning June 8
- Weekend camps Saturday and Sunday beginning June 13
- 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](http://www.lifetimeactivities.com). **Registration closes 3 days prior to the start of camp**

**Q: Where will Camp be held?**

A: Camp will be held at the Heather Farm Tennis Park 1751 Heather Dr.

**Q: Who can attend the Camp?**

A: Children aged 7-15yrs

**Q: What should my child bring to camp?**

- Face mask (to be worn during check in and cool down time indoors)
- 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 snack (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 be prepared with a jacket for early morning drop off and come to camp with sunscreen on every day, plus more to reapply. Coaches will not be able to apply sunscreen for your child. We will have indoor accessibility to the pro shop for air conditioning breaks if it is very hot.

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

A: Yes, we will do a daily check-in, temperature check 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 Contra Costa County guidelines, 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 classes, programs will have a **maximum of 4 players** per court (plus an instructor where applicable): 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
  - Players will use rackets to move balls away from playing space when needed
- Students will *not* be required to directly handle tennis balls OR will use their own individually marked ball (provided)
- 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

**Q: What if a child cannot come all 4 weeks?**

A: In order to reduce risk from exposure, Contra Costa County Health guidelines require that we keep the same group of children together in a pod throughout the program. If a child cannot come all 4 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 or continuously for a week or more, we will provide a credit on account for the week missed with a doctor's note. If a child cannot come to a day of camp 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: Will kids be required to wear masks the entire time at camp?**

A: Players should bring a mask for use during breaks should we go inside for cool down breaks where they are required. Per City policy, anytime anyone is in one of our City facilities like the pro shop a mask will need to be worn. Masks are not required for outdoor activities and not recommended during strenuous exercise as they may inhibit breathing. The camps will be mainly outdoors, with social distancing.

**Q: How will lunch and snack time work?**

A: Every child 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. Water is available for purchase with credit card or money on account (no cash sales)

**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 program 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:**

Parent, 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
- 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 925-945-0105