

Orinda Aquatics Summer Swim Camp - Session 1

Welcome back!



Letter to Team

We are very excited to return to the Soda Center with Orinda Aquatics. As most of you know, the structure under which groups are allowed to return to activity is under a “Camp” setting as outlined by the County Health Department. In addition, the AUHSD (district) has added requirements specific to the facilities they oversee. The details are outlined below, but critical to understand is that participants will be pre-assigned to separate groups of twelve with one “counselor” and a “supervisor” on the deck overseeing the activity. Please be aware that while our athletes are allowed to return, this will NOT be the same as a typical workout with a group coach. It is, however, allowing our swimmers to return to the water, in a safe, structured, and “distanced” setting with prewritten workout by our coaches. Please read through all of the information and details below. We thank you all for the support through this process and for your adherence to the guidelines below.

The Orinda Aquatics coaches

IMPORTANT

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- **Google Form [LINK](#)** - Please submit this **Google Form** asking specifically 1) will your child participate and 2) if not, what is the reason.
 - **Waiver [LINK](#)** - Each family must complete the waiver prior to participation. Please return the waiver to Jean Follmer at: jeanfollmer@yahoo.com
 - **Team Meeting - We will host a Zoom team meeting Thursday at 6:30** to review these guidelines. We request that a parent from each family attend.
 - **Collegiate athletes** need to review the important information specific to your participation.
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“Camp” Format (per AUHSD Guidelines)

- Facility use - Monday through Friday only. No weekend use during this 4 week period.
- A "camp" is a group of a maximum of 12 athletes and 1 counselor.
- This “session” will remain in tact from June 8 through July 3 (the 4 week session)
- ‘Camps’ must maintain social distancing from other ‘Camps’
- **Athletes & coaches must remain with their ‘Camp’** and are not permitted to move to another ‘Camp’.
- **Athletes & coaches are only permitted to participate in one ‘Camp’** during this 4 week period. As an example, athletes and/or coaches are not permitted to participate in a ‘Camp’ for water polo and another ‘Camp’ for gymnastics.

Facility Use (per AUHSD Guidelines)

- Participants are expected to **arrive, participate and depart in the same swimsuit.**
- **Locker rooms or changing areas will NOT be available.**
- **The restrooms will be open with use limited to 1 person at a time.**
- Campers must come to camp: **with their own practice equipment (no sharing of equipment), suits on, swim ready (no changing in the bathrooms or on the pool deck), and wearing a face mask.**
- **Campers are NOT permitted to attend camp if:** anyone in the household has symptoms of or tested positive for COVID-19; they have been exposed to anyone who has symptoms of or tested positive for COVID-19; they have a fever, cough, shortness of breath or difficulty breathing, chills, headache, sore throat, or new loss of taste or smell; or other symptoms listed by the CDC.

Entering & Exiting

- At the beginning of each session, the coach or supervisor will be at the entrance of the aquatic facility to ensure the proper protocol.
- Signage will be posted at the entrance of the aquatic facility informing all personnel and patrons that they should: maintain a minimum six-foot distance from one another, sneeze and cough into one's elbow, not shake hands or engage in any unnecessary physical contact.
- There will be **dedicated (and separate) ingress and egress points** at each facility.
- **All participants (campers & coaches) will be required to enter and exit the facility wearing a face mask.** The face mask can be removed once the camp participant is with their designed camp.
- The number of people permitted to enter the aquatic facility at any one time will be limited to the number of camp participants and their coach/counselor. **No one else (parents, etc.) will be allowed to enter** the aquatic facility.
- **Hand sanitizer will be placed at or near the entrance** of the aquatic facility for use
- At the conclusion of each camp session, camp participants will be required to leave the aquatic facility without loitering and will not be allowed to use the aquatic facility changing rooms.

In The Water (per Orinda Aquatics)

- We will run 2 per lane from opposite sides
- We will provide written workouts for each camp/group.
- Send-off's will be coordinated to keep swimmers at opposite ends.
- Workouts will primarily be light to moderate aerobic in terms of effort, with a focus on technique, distance-per-stroke and kicking.
- We will construct workouts as to limit air flow while swimmers are crossing
- We will not be using kickboards for this session
- We will not be running dry land during this session and will consider incorporating it into the July session.

Swimmer Notes

- Equipment: As stated, **all swimmers will have their own equipment bags with NO sharing.**
- **Please replenish any needed equipment**, such as snorkel, fins, paddles, parachute, or anything else such as a tempo trainer.
- Swimmers will take their equipment bags with them (**please re-write names clearly with a sharpie**)

College Swimmers (very important - please read)

- **All college swimmers MUST BE registered with Orinda Aquatics and USA Swimming**
- **College swimmer who are registered and paid as "full-time" have no further fee**
- **College swimmers registered as "part-time school year only", or new members, will be charged the camp session fee of \$100 per session (4 weeks)**
- **Swimmers cannot "drop-in" to workouts. They must stay with their camp/group.**

Schedule

- Please note: this schedule is set. Groups will sub-divided into groups of twelve, each with a designated "counselor"
- Swimmer MUST remain in their group AND sub-group
- **You will be notified in advance as to which sub-group you are in**

Group	Time (M-F)	Note
Senior 4/College	3:00-4:30	4 camps - comp & lap pools
Senior 2 & 3	4:50-6:10	5 camps - comp, dive & lap pools
Junior	6:30-7:45	5 camps - comp, dive & lap pools

Pre-Camp Meetings

- **Zoom Parent/Swimmer Meeting - Thursday 6:30**
- **Equipment bag pick-up** - We will schedule a time this week or weekend for each group to meet at the pool so swimmers get their own equipment bag. During the camp, swimmers will be required to take their bags home after each workout.

Support

- Pete Appl - facility support
- Dr. Lisa Blackwell - health resource
- We may need parent help with general organization (entry/exit)