



# 2021 Summer Swim Camp



**California Dolphin Swim Team (CDST)** is one site of **East Bay Aquatics (EBA)**. We are a USA Swimming Year-round competitive swim team offering high-quality professional coaching and technique instruction for all ages and abilities. We are the largest swimming club in the east bay.

CDST Summer Camp is a seasonal program and it is a great way to improve swimming technique, and try semi-competitive swimming in a fun and friendly environment. **All training will operate under the guidance of CDC & USA Swimming's Safety Precaution Practice Plan!**

- ▶ Year-round Team Experience
- ▶ Participation in the USA Swimming
- ▶ Practice with Safety Precaution Plan



**Time:** June 28 to August 9, 2020

**Cost:** Camp Fee \$425  
USA Swimming Registration \$20

**Location:** Ohlone College

**Tryout:** By appointment only. See below for contact information.

**Spaces are very limited this summer! First come first serve, please sign up early!**

**510-509-8659**

**[cdstsummerteam@yahoo.com](mailto:cdstsummerteam@yahoo.com)**

## 2021 CDST Summer Camp Registration

### CAMPER INFORMATION

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Gender: \_\_\_Female \_\_\_Male

Age: \_\_\_\_\_ DOB \_\_\_\_\_

Returning Swimmer? \_\_\_Yes \_\_\_ No

*If you are a returning swimmer, no tryout needed.*

### PARENTS INFORMATION

Name(s) \_\_\_\_\_ Phone# \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Email(*PRINT CLEARLY*) \_\_\_\_\_

### CAMP SCHEDULE

*Camp schedule and dates may change due to pool availability.*

**OHLONE COLLEGE POOL: 43600 Mission Blvd, Fremont, 94539**

**6/28-7/2**

**Mon/Wed/Fri**

**6:00-7:00pm**

**7/6-7/9**

**Tue/Wed/Thu/Fri**

**6:00-7:00pm**

**7/12-8/6**

**Mon-Fri**

**6:30-7:30pm**

### PAYMENTS (check the boxes)

- Check# \_\_\_\_\_ \$425, payable to **CDST**
- Check# \_\_\_\_\_ \$20 USA Swimming Registration Fee, payable to **Pacific Swimming**
- \*No sibling discount for Summer Camp programs*

### POLICIES (initial)

\_\_\_\_ I understand that fees are not refundable after the first session and that make up session will not be offered, unless camp are cancelled by CDST due to unforeseen pool problems. In the event that CDST cancels session, a make up session may be held on an alternate date, time, and/or location.

\_\_\_\_ I understand that all CDST summer camp swimmer must register under USA Swimming.

\_\_\_\_ I understand that CDST reserves the right to cancel and refund all money in the event of an unforeseen circumstance.

\_\_\_\_ I understand that CDST charges \$25 for Not Sufficient Funds(NSF) check.

\_\_\_\_ I understand that I am not allowed to watch the swimming camp due to COVID-19 and that I should not interrupt a coach during camp hours, unless I have an emergency.



## EMERGENCY INFORMATION AND WAIVER

Swimmer's Name: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Emergency Phone Number: \_\_\_\_\_

IN CASE OF EMERGENCY, The following person may be contacted if the parents cannot be reached:

Individual	Relationship	Phone

### HAS YOUR CHILD

1. Had more than a brief minor illness or injury in the past year? \_\_\_\_\_
2. Had any allergies or illness? \_\_\_\_\_
3. Been taking any medications or medical treatment? \_\_\_\_\_

*If you answered, "YES" to any of the above, questions please "SPECIFY" by attaching a letter.*

### PARTICIPATION PERMISSION AND WAIVER

I, the undersigned, certify that I am the parent or guardian of the above named child, that /he/she is in good physical condition and I give my child permission to participate in the 2021 CDST Summer Camp. I am aware that attending or participating in this activity involves risk of injury. I voluntarily accept to assume all risk from attending or participating in these activities. In consideration of being permitted to participate in this activity, I agree, on behalf of myself and my child, our heirs, personal representatives and assignees, not to make any claim against or sue the James Logan High School and/or Treeview Swimming Club and/or their employees, officers, directors, agents, (collectively referred to as the "RELEASED PARTIES") for any injury or damage to my child or myself arising from the negligence, or other acts, however caused, of the Released Parties. In addition, I release and discharge the Released Parties for all actions, claims or demands that I or my child, our heirs, personal representatives or assignees, have or may hereafter have for personal injuries to my child/children or myself, or property damage resulting for the activities described above. This release includes injury or damage caused by negligence, active or passive, or other actions of the released parties. In case of a minor emergency (cuts, scratches, headache, etc.), I give permission to the CDST Coaches to treat these as they deem necessary. In the event of a more serious emergency, I give permission for it to be handled in the best manner as determined by CDST coach until I am able to be contacted.

**TO THE ATTENDING PHYSICIAN OR HOSPITAL:** Permission is hereby granted for you at the discretion of the coaches of CDST to perform whatever care is necessary for the welfare of my child until such time as you are able to reach me personally. I, the undersigned parent hereby give permission for any necessary medical care to be given to my child in the case of accident or illness. I agree to assume full responsibility for the costs of any treatment provided.

I have carefully read this agreement. I understand this is a complete release of all liability, as well as a promise not to sue or make a claim.

Print Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

# Code of Conduct for Swimmers

As a member of California Dolphin Swim Team, we are expected all members conduct in a proper manner acceptable to the general standards of good behavior. It is our responsibilities to enforce the rules and regulation and every member's responsibilities to follow it.

- Swimmers shall demonstrate good sportsmanship, respect, and show courtesy to their teammates, parents, coaches, competitors, and meet officials at all times
- Swimmers shall maintain self control at all times. Know your role: **Swimmers – Swim**
- Swimmers shall be supportive and cheering for your teammate during the practice and meet
- Swimmers shall show up practice on time. Be ready to get in the water on time for practice and meet warm-ups. Be prepared to swim. Have your equipment ready. Bring extra caps and goggles
- Swimmers shall keep your absences to a minimum so you can benefit from all that is offered and improve your times
- Dunking, inappropriate language and/or foul language, sitting on lane lines, splashing, spitting, hitting, trash talking and belittling are not allowed
- There is no place for bullying in any form and shape in our team
- Swimmers shall be accountable for your own action
- Any tobacco products, performance enhancing drugs, and alcohol are strictly prohibited for all members

**VIOLATION OF ANY OF THE ABOVE RULES WILL RESULT IN IMMEDIATE SUSPENSION WHICH LEADS TO POSSIBLE DISMISSAL FROM THE TEAM!**

I agree to follow listed Code of Conduct for Swimmer. I will accept all consequences following the violation I have taken part in if ever. I hereby confirm that I have read and understood all the information above by signing this form voluntarily.

\_\_\_\_\_  
Print Swimmer Name

\_\_\_\_\_  
Swimmer Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Print Parent Name

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

## Code of Conduct for Parents

In order to ensure the positive environment for your swimmer to develop good character to be a better person, parents are expected to play the right role on the parent-athlete-coach team. Parents shall be expected to help enforce rules and regulation.

- DON'T COACH – Leave the coaches to coach.
- Parents shall be supportive and cheer for other team members during the practice and meet.
- Parents shall maintain a good communication with coaches. Talk to the coaches before or after practice.
- Parents shall be expected to get their children to show up for practice and meets on time.
- Respect to all CDST coaches, members and staffs.
- If you disagree with the coach's decision about discipline, talk to the coach or head coach privately about the issue.
- Parent shall talk to your coach or head coach about any disagreement issues regarding the disqualification of your child during a meet.
- Parent shall support our program and involve team operation and activities.

**VIOLATION OF ANY OF THE ABOVE RULES WILL RESULT IN IMMEDIATE SUSPENSION WHICH LEADS TO POSSIBLE DISMISSAL FROM THE TEAM!**

I agree to follow listed Code of Conduct for Parents. I will accept all consequences following the violation I have taken part in if ever. I hereby confirm that I have read and understood all the information above by signing this form voluntarily.

\_\_\_\_\_  
Print Parent Name

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

# CDST COVID-19 Safety Precaution Rules and Regulations Agreement

## PREPARING TO SWIM CAMP

- Wash your hands with a disinfectant soap and water (for 20 seconds or longer) or use a hand sanitizer if soap and water are not readily available, before going to the pool.
- Do not share equipment.
- Bring a full water bottle to avoid touching a tap or water fountain handle.
- If you need to sneeze or cough, do so into a tissue or upper sleeve/arm area.
- Arrive as close as possible to when activity begins.
- Avoid touching gates, fences, benches, etc. if you can.
- Do not attend camp if you, or a member of your household does not feel well.
- Body temperature check at the gate.

## DURING SWIMMING CAMP

- Follow directions for spacing and stay at least six feet apart from others.
- Do not make physical contact with others, such as shaking hands or giving a high five.
- Avoid touching your face.
- Avoid sharing food, drinks, or towels.
- Maintain appropriate social distancing from other athletes when taking a break.
- Wear your suit to and from practice. No changing at pool bathroom
- Only one person use the bathroom at a time. Disinfect is required after each use.

## AFTER SWIMMING CAMP

- Leave the facility as soon as reasonably possible after camp.
- Wash your hands thoroughly or use a hand sanitizer after leaving the pool.
- Do not use the locker room or changing area.
  - Shower at home, wear your suit to and from practice
- No extra-curricular or social activity should take place.
  - No congregation after swimming.

I have read, understand, and agree to the above rules and regulations. By signing this agreement, I will abide by these rules. I will accept all consequences following the violation that my child or I have taken part in if ever.

\_\_\_\_\_  
(Print name of Parent/Guardian)

\_\_\_\_\_  
(Signature of Parent/Guardian)

\_\_\_\_\_  
(Date)

I have read, understand, and agree to the above rules and regulations. By signing this agreement, I will abide by these rules. I will accept all consequences following the violation that I have taken part in if ever.

\_\_\_\_\_  
(Print name of minor)

\_\_\_\_\_  
(Signature of minor)

\_\_\_\_\_  
(Date)

## Hold Harmless Waiver

It is my intent as a participant or player competing in California Dolphin Swim Team, East Bay Aquatics activities, while participating during activities including any swimming or dryland activities at Treeview Swim Club or Dan Oden Swim Complex that I am agreeable to the following:

I acknowledge that I am aware that there are risks to me of exposure to directly or indirectly arising out of, contributed to, by, or resulting from:

- An outbreak of any and all communicable disease, including but not limited to, the virus “severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2)”, which is responsible for Coronavirus Disease (COVID-19) and/or any mutation or variation thereof;

In consideration of having the opportunity to participate as either a team member or competitor at location, and in acknowledging that I am aware of and willing to assume the risks associated with this activity, I hereby voluntarily agree to waive, hold harmless and indemnify California Dolphin Swim Team, East Bay Aquatics and its trustees, agents, volunteers and employees from any and all claims, demands, damages and causes of action of any nature whatsoever arising out of ordinary negligence which I, my heirs, my assigns or successors may have against them for, on account of, or by reason of my participation in the above activities. I indicate my agreement to this hold harmless elective noted below.

\_\_\_\_\_  
(Print name of minor)

\_\_\_\_\_  
(Signature of minor)

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Print name of Parent/Guardian)

\_\_\_\_\_  
(Signature of Parent/Guardian)

\_\_\_\_\_  
(Date)