**PLEASANTON VALLEY CLUB/PVC DOLPHIN 2021 SWIM CAMPS**

**Mission Statement:** We believe swimming, like walking, hiking, running, and cycling is a critical healthy activity within our community and city of Pleasanton. Swimming does not require direct contact between teammates or coaches and social distancing can be maintained throughout practice. As with all exercise and activity at this time, swimming must comply with standards for physical/social distancing and safety within aquatic facilities. We know, with the collaboration with United States Swimming, Public/County Health Officials, Swim Coaches, PVC Dolphins, and PVC Board we can create safe plans for using Pleasanton Valley Club to promote physical and mental health opportunities compliant with public health directives. The CDC has indicated that there is no evidence the disease spreads through treated water. Proper operation and maintenance (including disinfection with chlorine) of PVC should inactivate the virus in the water. Focus will consist of a healthy environment, memorable experience, progressive training, and safety. We believe with everyone working together we can safely return our young athletes back to the water with little to no risk. Safety of our camp swimmers is a top priority.

**Purpose of Dolphin Camp: Bring Swimmers in the area, Dolphin Family, and Coaches together SAFELY!**

* Dolphin Camp is an essential service, as it ensures children are receiving education, recreation, and enrichment activities while they are on a summer break from school. It also provides a vital service to the children of Essential Workers and those allowed to work under the current SIP order. Please see attached link for Essential Workers: <https://covid19.ca.gov/img/EssentialCriticalInfrastructureWorkers.pdf>

**Dolphin Swim Camps 2021: Winter Swim Camp/Spring Swim Camp**

* Winter Swim Camp: January 11th thru Feb 5th and Feb 8th thru March 5th. Cost of Winter Camp: $450 for November Camp Swimmers $500 for New Camp Swimmers. All Checks Payable to PVC. Mail Registration to Brett Rauscher, 4447 Bacon Court, Pleasanton, Ca, 94588. No Full Refunds offered after January 10th, 2021. Swimmers will train 3 days a week for 8 weeks according to assigned camps and training times. Camp will only be offered to swimmers age 10 to 18 years of age, unless approved by Coach Brett.
* Spring Swim Camp “2 Month Camp”: March 8th to April 2nd and April 6th thru April 30th. Cost of Spring Camp: $400 for Winter Camp Swimmer, $450 for all new Camp Swimmer
* Camp Times will be assigned for morning and afternoon sessions. Morning Sessions on Saturday Mornings and Holiday’s ONLY
* Dolphin Winter/Spring Camp Schedule will be emailed out. No requests on camp times.
* Communication via email and/or phone with Camp Parents will be key throughout each session of Dolphin Swim Camp. Parents will not be allowed inside PVC Facility.
* All Swimmers will have their own 6 ft by 6 ft camp box to place training gear and keep safe social distance between swimmers before and after practice.

**For questions: Please contact Coach Brett Rauscher at** **coach@pvclub.com** **or** **lal4lifebs@aol.com**

**Swimming Safely: Preparing to Swim**

* Wash your hands with disinfectant soap and water (for 20 seconds or longer) or use hand sanitizer station before going into the pool. All campers, please see following link: https://www.acacamps.org/news-publications/blogs/camp-connection/handwashing-make-it-really-effective
* Do not share equipment. Camp Swimmers must bring 2 swim caps and 2 pair goggles to camp
* Bring a water bottle to practice. Water fountain will not be in use.
* If you need to sneeze or cough, do so away from other athletes or into tissue/upper sleeve/arm area.
* Do not arrive early to practice.
* Do not arrive to practice with a teammate.
* Avoid touching front gate as we will have a gate attendant.
* Do not attend practice if you, or a member of your household does not feel well.

**Swimming Safely: When Swimming**

* Follow directions and new training camp guidelines 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 hug/high five.
* Avoid touching your face.
* Avoid sharing food, drinks, goggles, or towels.
* Maintain appropriate social distancing from other athletes when taking a break.
* Wear your suit to and from practice.

**Swimming Safely: After Swimming**

* Please Mask Up.
* Leave PVC as soon as possible after practice.
* Wash your hands thoroughly or use hand sanitizer after leaving the pool.
* Do not use bathroom or changing area.
* No extracurricular or social activity should take place.
* Swimmers should be dropped off by family members whom they are SIP with.

**Parking Lot Drop Off and Pick Up**

* There will be a designated route and areas for drop off and pick up at PVC to assist the flow and ensure social distancing.
* Cones may be set up in parking lot which correlates to drop off and pick up zones. Parents will park in correlated areas. All drop off and pick up must be in PVC Parking lot. PLEASE NO STREET DROP-OFF/PICK-UP DUE TO CITY OF PLEASANTON RESTRICTIONS.
* Social Distancing is required for all parents and swimmers in the parking lot area. Swimmers should arrive no more than 5 minutes before assigned swim camp start time. Swimmers should be picked up promptly after completion of Dolphin Swim Camp.
* All day campers will be encouraged to wear a mask for PPE outside PVC Facility during drop off and pick-up. Parents and care givers will be REQUIRED to also wear a mask outside PVC Facility.

**Dolphin Swim Camp Safety Rules**

* Each family must sign a Waiver before being admitted on the first day of Dolphin Swim Camp.
* Swimmers will go through a health check every day (this may include temperature checks and verification of lack of obvious symptoms).
* **All campers will be required to pass a swim test, complete one lap (25 yards) safely on first day of Dolphin Swim Camp. If unable to complete, camper will be removed from Dolphin Swim Camp with NO Refund.**
* **8 and under swimmers will not be allowed to attend Dolphin Swim Camp due to social distancing swimming guidelines due to COVID-19.**
* Swimmers must have their own towels, goggles, caps, SNACKS, and water bottles. NO SHARING ALLOWED
* Swimmers must practice physical social distancing, keeping 6 feet from other swimmers and coaches.
* Swimmers must arrive no more than 5 minutes before their camp start time and must be picked up promptly each Dolphin Camp day.
* No parents or caregivers on deck or allowed in the facility.
* Please ensure your swimmer uses the restroom before coming to PVC.

**Limiting Liability: COVID-19 Waiver 2021**

* **All families must sign** **Liability Release which we will provide:** By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my family, including child(ren), and I may be exposed to or infected by COVID-19 at the pool and that such exposure or infection may result in serious illness. I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my entire family, my child(ren), and myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I, my family, and my child(ren) may experience or incur in connection with my child(ren)’s attendance at PVC or participation for PVC Dolphins. On my behalf, and on behalf of my children, I hereby release, covenant not to sue, discharge, and hold harmless Pleasanton Valley Club, PVC Dolphins, PVC Coaches, and PVC Staff Members.

**COVID-19 Warning Sign**

* The danger of exposure to the coronavirus that causes COVID-19 exists.
* By entering the pool, you take responsibility for your own protection.
* Do not use the pool if you have a cough, fever, or other COVID-19 symptoms

**CDC Links and Fact Sheets: Please read over with your camper and family. Stay Safe during COVID-19**

* <https://www.cdc.gov/coronavirus/2019-ncov/php/water.html>
* <https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet.pdf>
* <https://www.cdc.gov/coronavirus/2019-ncov/downloads/sick-with-2019-nCoV-fact-sheet.pdf>

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/stop-the-spread-of-germs.pdf>