



Summer Camp Program Handbook for Parents

Thank you, parents, for enrolling your child in the iTennis Summer camp. We are now in our 18th year of providing summer camps and we have enjoyed teaching the game of tennis to thousands of campers over the years.

This handbook provides a view of what you and your child can expect at our camp, particularly in view of the current COVID-19 pandemic. **Please know that your child's safety is our #1 concern.**

Pre-Camp

All parents must submit a signed attestation (enclosed at end of this handbook) stating that:

- 1) Their child has not tested positive for COVID-19
- 2) Their child is not exhibiting any symptoms of COVID-19 including mild to severe respiratory illness with fever, cough, difficulty of breathing and/or other symptoms identified by the CDC
- 3) Their child has not been in contact with anyone with COVID-19 in the last 14 days
- 4) That they will not bring their child to camp if any of the above 1-3 becomes true
- 5) That they will ensure that their child has come to camp having washed their hands and disinfected any items that they will be bringing to camp (racquet, sunscreen, bag, etc.)
- 6) That they will immediately contact camp staff in the event their child or other person with whom they are in contact with tested positive or had contact with someone known to be exposed to the virus

Check-In Location

We will seek to avoid a congregation of parents/kids at camp drop-off time. To ensure, there are no long lines and to ensure physical distancing, we will do the following:

We will have three entrances to the camp and will divide kids checking in to camp to three locations according to their last name at staggered times. Each entrance will have a check-in desk where kids will be checked into camp, have their temperature taken, etc. Kids ages 10 and over may be dropped off by parents in the ASRC parking lot. Kids under the age of 10 must have a parent accompany them to drop off (or older sibling).

Check in will be by last name with each two check-in desks just outside the pro shop corresponding to the last name of the camper(s). We ask that you make every effort to drop your kids off between 8:45 to 9:00 am. Any late arrivals should check in at the main pro shop entrance.

Check-In Procedure/Health Screening

Each camper checking in will have their name checked on the daily attendance roster and will have a temperature check (performed by using an infrared digital non-contact thermometer that reads the

child's temperature by pointing the device at the child's forehead. Each child (or parent if accompanying a child) will be asked if they are feeling well or are experiencing any COVID-19 related symptoms (fever, chills, coughing or shortness of breath). No camper will be allowed to attend that has a temperature reading of over 99.9 degrees or that states they have any symptoms.

Storage of Personal Items

Upon checking in, children will be directed to one of our 9 tennis courts where they will bring their personal items (including lunch if the camper is staying full day). Campers should bring the following:

Items for Campers to bring:

- **Tennis racquet & bag**
- **Personal portable chair**
- **Sunscreen**
- **Snack with a cooler**
- **Water bottle or jug**
- **Book, electronic device, or other item for relaxation time**

Introduction on Court (9:00 – 9:15 am). On the first day of camp, the first twenty minutes of camp will be devoted to an introduction to the coaches and the rules of the camp, with a particular emphasis on COVID-19 safety guidelines, including physical distancing and what to do if feeling sick. On the remaining days of camp, we will continue to emphasize the safety guidelines at the beginning of each day of camp.

Warm-up (9:15 – 9:30 am). Kids will be led in a dynamic warm-up with an emphasis on proper warm-up techniques and injury protection. Proper physical distancing will again be discussed and enforced.

Tennis Technique & Drills (9:30 – 10:45 am). Kids will then enter into the instructional phase of the camp learning proper technique practicing shot execution through well-established iTennis drills. Social distancing will be enforced on court by each coach using cones, lines, circles and other markers to designate non-hitting waiting areas for kids to wait while remaining a minimum of six feet apart.

Physical Distancing Protocols. Each kid will have their own individual seat that has been marked with their name where they will be able to sit and take a break as needed. These seats will be kept a minimum of six feet apart from each other.

Non-touch protocols. Kids will not be allowed to handle/touch general camp tennis balls. In the event touching the tennis ball is necessary (ball handling skills for younger kids or serve practice), each camper will have their own uniquely identified set of tennis balls for their own use only throughout the week. Court gates will remain open so campers will not have to touch a court gate to enter.

Bathroom breaks. Any camper under the age of ten who needs to use the restroom during an otherwise tennis practice time will be accompanied by a camp counselor to the restroom. Only one camper at a time will be allowed to use the restroom. Restrooms will be sanitized at a minimum of every ½ hour throughout the camp (wiping down stall handles, toilet seats, water faucets, door entrances, etc)

Snack Break (10:45 am to 11:00 am). Kids will have a 15 minute break to have a drink or snack during the morning session. Kids will remain on court and separated by groups during the snack break. Pop-up tents will be provided on court to provide shelter from heat.

Morning Games (11:00 am – 12:00 pm). Kids finish their morning session with fun singles and doubles games. Often the kids will compete with each other for small prizes.

End of Morning Session & pick-up (12:00 pm). Kids will remain on court from 12:00 – 12:15 as kids are picked up who attended the morning session only. Parents must remain in the parking lot and camp staff will call each child's name for pick-up via walkie-talkie as their parents arrive.

End of Camp – Week of June 15th.

General Covid-19 Camp Precautions

Our main emphasis in keeping the children safe is always to ensure physical distancing during the camp and to avoid common touch areas.

- Kids will be required to bring face coverings to be worn at all times at the facility, except when actively engaged with playing tennis on court
- Coaches will be required to wear face coverings at all times
- Courts will be marked with minimum six foot distances between kids while hitting tennis balls or waiting in line
- Kids will not be allowed to touch any tennis balls (any ball inadvertently touched by a student will be removed); all ball pick-up will be done by the pro staff
- Kids will not be allowed to touch any common surface equipment (ball tubes, ball mowers, etc.)
- Kids will be required to bring their own chair and will have their chair at a marked spot a six foot distance from any other chair (to ensure physical distancing during break times and snack)
- Coaches will have hand sanitizers on their teaching carts and will immediately spray any item that has been touched or kids' hands who have touched any surface
- For any bathroom breaks, only one camper will be allowed in the restroom at a time; restrooms will be immediately sanitized after each use
- Hands will be sanitized upon returning to the court
- Coaches will refill all water coolers and jugs as needed to prevent kids from having to common coolers or the ice machine

In the occasional instances of common touch (restrooms, shared equipment, etc.), common surfaces will be sanitized between uses, or kids will be provided latex gloves for the activity)

All pros will have hand sanitizer spray bottles at the carts

Kids will be kept in their own individual court groups and will not intermingle with the other campers.

We want your kids to have fun, but also stay safe!

Camp Questions?

If you have any questions about the camp, please contact one of our Camp Directors:

Terry Mak (Rose Bowl camp)(age under 10) via email itennisterry@gmail.com or cell phone (323) 683-465. Please note Terry will be busy during actual camp hours.

Mike Maarup (Arroyo Seco camp)(ages 10+) via email mmaarup@gmail.com or cell phone (323) 578-4130.

During camp hours (9:00 – 5:00 pm), please contact the front desk at (323) 258-4178.

Parent Attestation

On behalf of myself and my child(ren), I hereby attest that my child(ren) has not

- tested positive for COVID-19
- been in contact with anyone with COVID-19 in the last 14 days

I further attest that I will

- not bring my child(ren) to camp if they test positive, become exposed to others with COVID-19, or exhibit any symptoms known to be associated with the virus (fever, chills, and respiratory symptoms including cough and/or shortness of breath)
- ensure that my child(ren) has come to camp having washed their hands and disinfected any items that bring to camp (racquet, sunscreen, bag, etc.)
- immediately contact camp staff in the event my child(ren) or other person with whom they are in contact with subsequently test positive or have contact with someone known to be exposed to the virus

Parent Name _____ Parent Signature _____

Release of Liability & Assumption of Risk re: COVID 19

I acknowledge that the novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. **COVID-19 is extremely contagious** and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend physical distancing and have, in many locations, prohibited the congregation of groups of people.

iTennis, Inc. (“iTennis”) has put in place preventative measures to reduce the spread of COVID-19; however, iTennis **cannot guarantee** that you or your child(ren) will not become infected with COVID-19. Furthermore, **attending the camp or classes could increase** your risk and your child(ren)’s risk of contracting COVID-19.

By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my child(ren) and I may be exposed to or infected by COVID-19 by attending the camp, classes or otherwise engaging in activities at the Arroyo Seco Racquet Club (“the Club”) and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 at the Club may result from the actions, omissions, or negligence of myself and others, including, but not limited to, Club employees, volunteers, and program participants and their families.

I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child(ren) or myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I or my child(ren) may experience or incur in connection with my child(ren)’s attendance at the Club or participation in Club programming (“Claims”). On my behalf, and on behalf of my children, I hereby release, covenant not to sue, discharge, and hold harmless the Club, its employees, agents, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or

negligence of the Club, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any Club program.

Parent Name: _____ Parent Signature: _____

General Release of Liability and Photo Release



Release of Liability

In consideration of the acceptance of my application for summer camp, I hereby release and hold harmless iTennis, Inc., its officers, employees, and all independent contractors hired by iTennis for all claims and demands of every kind, nature and character that I may acquire for any and all damages, losses or injuries that may be suffered or sustained by me or my child in connection with tennis, squash, pickleball and other activities engaged in at the Arroyo Seco Racquet Club or in connection with its summer camp. I understand that engaging in physical activities can result in a number of possible injuries or medical issues including but not limited to physical injuries caused by stepping on loose balls, being hit by the tennis, squash or pickleball balls and/or racquets, pulled muscles, strains, and conditions resulting from physical exertion. I certify that I, or my child, have no known medical conditions that might be adversely affected by participation in any activity at the Arroyo Seco Racquet Club.

Photo/Video Release

I hereby grant iTennis permission to use my likeness (or my child(ren)'s likeness) in photograph(s)/video in any and all of its publications and in any and all other media, whether now known or hereafter existing, controlled by iTennis, in perpetuity, and for other use by their affiliates. I will make no monetary or other claim against iTennis for the use of the photograph(s)/video.

Parents Name: _____ Parent Signature: _____ Date: _____

Camper's name: _____ Camper's name: _____

Camper's name: _____