



Hello Camp Families!

Palo Alto Swim and Sport would like to officially welcome you and your child into Camps for the Summer of 2022. We are excited to launch Camp Rinconada and bring back a sense of summer to your family and our community.

Please read through our welcome email and **learn about our check in/out system**, the daily schedule, and what to bring with you.

Schedule:

Camp Rinconada Junior Lifeguard Camp AM: 8:30am to 12:30pm

AM Care: (If Applicable)

Camp Rinconada AM Care runs 8:00am – 8:30am

Check-in/ Check-Out:

KidCheck is a secure electronic check in/out system that will add a level of convenience and safety to the process.

You will not be able to check in/out without a KidCheck profile.

Prior to your first day at camp please download the KidCheck App or visit the KidCheck website and create a profile.

[iOS/Android](#)

[Online](#)

Daily Check In:

At the Kiosk

1. Provide the attendant with your phone number.
2. Tell the attendant your child's name.
3. Tell the attendant what Camp(s) your child is enrolled into.
4. Pickup your child's Name Badge and your Guardian Receipt at the kiosk.

Using the App

1. Select Check-In at the bottom.
2. Select Use Express Check-In.
3. Select Start a New Check-In.
4. Select Your Camp(s) (if your child is in AM and PM select both).
5. Select Your Child.
6. Submit Check-In (when in Bluetooth range of the Express Hub).
7. Pickup your child's Name Badge and your Guardian Receipt at the kiosk.

Day 1 check in may take longer than expected. Please plan accordingly.

Daily Check Out:

1. Provide the attendant with your phone number.
2. Provide the attendant with your child's name and Guardian Receipt.
3. The attendant will radio the counselors and your child will meet you at the kiosk.

Camp Schedule:

Each day the group will go through a series of activities in relation to lifeguard preparation and training.

1. **Water Time:** Each group will do several exercises underwater, work as a team to reach goals and practice entering/exiting the pool as it pertains to water safety
2. **Land/Deck Training:** There will be field exercises that include obstacles and timed training. A fun and competitive way to keep students engaged and energized!

What to Bring:

1. A towel
2. Swimsuit (changing rooms will be available)
3. Sunscreen / We have some, but if a specific kind is needed, please bring it.
4. Snacks & Beverage (No snacks will be provided.)
5. Tennis Shoes for lawn game
6. Backpack or bag to store these items
7. Hat; nice to have, but not required
8. Sweat shirt
9. Facemask (optional)

*Your camper will need to bring their things to and from home and camp daily.

** If your camper is enrolled in both AM and PM Camps, please pack them a lunch

COVID 19:

This summer Palo Alto Swim & Sport will be following the current county and state Covid-19 protocols and guidelines.

We still ask that your child stay home if they have experienced any of the following symptoms with 72 hours:

- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Muscle pain
- Sore throat
- New loss of taste or smell
- In the last 14 days, to the best of your knowledge, have you had *CLOSE contact with someone who tested positive for COVID-19?
- In the last 14 days, to the best of your knowledge, have you had *CLOSE contact with someone who has been tested for COVID-19, the test results are not yet available, and the person had the symptoms of COVID-19 (described above) at the time of the contact? *CLOSE = within 6 feet for a period of time longer than 15 minutes

If you have any questions:

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We are excited to kick off summer together!