



Hello Camp Families!

Palo Alto Swim and Sport would like to officially welcome you and your child into Camps for the Summer of 2023. We are excited to launch Camp and bring your kids a wonderful summer experience!

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

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 you have any questions:

info@paloaltoswim.com