



Health and Safety Information Under COVID-19

Our athlete's health and safety are our priority. Please take note of the new procedures we have in place as we re-open.

Step 1: Confirm your group

Our groups are limited to intact, stable groups of twelve, for a three week duration. You must have confirmed your group, and practice slot, before attending camp. Athlete's cannot change groups or practice times if they miss.

Step 2: Arrive in your suit, with a mask.



Wear your suit, cap and goggles onto the pool deck. Bring other equipment in your swim bag. The bathrooms will not be open for changing or showering.

Masks are required for all athletes entering and exiting the club. You may take masks off ONLY when you are seated in your designated chair, at your lane.

Please bring a water bottle with you. The club's drinking fountain is open, but we will not have time to sanitize during practice.



Step 3: Sanitize your hands

Practice good hygiene by washing your hands with soap and water before practice. Sanitize your hands with the sanitizer provided when entering the pool deck.

Notes for Parents



Stay Home When Sick

We are counting on you to ensure your athlete STAYS HOME if you, or anyone you have been in contact with, has been ill.

Payment, via check, for camp, payable to South Valley Stingrays, and your swimmer(s) Camp Guidelines and Participation permission slip must be submitted to Coach Jerry, Camp Director, the first day of camp, Monday, July 20th. No swimmer will be allowed to participate until payment and permission slip are received.

No spectators will be allowed in the facility. Parents/Guardians will need to remain outside during practice. Swimmers will enter practice through the main Rancho pool gate. Swimmers will exit their practice at the back gate, near the tennis courts.



PLEASE WAIT IN YOUR CAR

Notes for Students about Social Distancing

You will be training in a designated space. Athletes will not be able to enter the pool deck until the previous practice group has vacated the main deck, and your Coach has opened the gate. If you arrive early, please stay in your car or lined up at the gate, appropriately 6 ft apart.

Our Commitment to your Safety

We will be:

- Sanitizing chairs and equipment before and after each class
- Offering Hand Sanitizer; its use encouraged when you enter the pool deck.
- Restrooms can ONLY be used in an emergency.

