

INTENSIVE TENNIS CAMP 2020

INFORMATIONS FOR PARENTS

We are happy to welcome your child to the intensive tennis camp at Tennis 13. We would like to remind you that the activities start at 9:00 am and end at 4:00 pm. You can drop off your child at the day camp daycare service from 7:00 am and pick him up until 6:00 pm, additional fees apply.

During these days your child must bring with him:

- Cold lunch in a lunch box
- Snack
- Appropriate clothing for the climate
- Plastic bottle to bring water

LUNCH

GENERAL RECOMMENDATIONS

Certain precautions must be taken in the preparation of lunches. They read as follows:

1. Prepare balanced lunches with foods in each of the following 4 food groups:
 - Fruits and vegetables
 - Bread and cereals
 - Meat and alternatives
 - Dairy products
2. Opt for fruit (apple, orange, banana, grape, etc.) and vegetables (carrot, celery, broccoli, etc.) that do not easily crush in the lunch bag.
3. Provide fruit or vegetable juices rather than liquor.

4. Make sure to wrap each perishable food in cellophane.
5. Bring paper towels.
6. Avoid bringing glass containers.
7. See to identify the lunch bag.
8. If possible, use a thermos bag and an ice pack.
9. Pay special attention to allergies

REGULATIONS RELATING TO THE INTENSIVE TENNIS CAMP AND THE DAY CAMP

The participant must remain inside the sports center during daycare hours.

1. The participant may not bring any food or drink on the play areas and in the locker rooms.
2. The participant must notify his instructor if he plans to be late or absent for a day of activities.
3. The participant must always stay with his group during the activities.
4. The participant, during periods of activity, may not venture into the changing rooms, restaurant or play areas without having previously obtained permission from his instructor.
5. The participant must during meal time remain in the camp areas.
6. The participant must submit to the rules of play and safety of the activity practiced.
7. The participant may not use the emergency exits at any time except as part of a fire drill.
8. The participant must return the equipment loaned to him in an intact state.

9. The participant must show sportsmanship and respect for monitors and other children.

10. Smoking is prohibited at all times during camp opening hours.

Any deviation from any of the above regulations will result in the following sanctions in order:

- A verbal warning to the participant concerned
- A phone call to parents
- A day of suspension
- A definitive exclusion from the day camp

STANDARD SCHEDULE OF ACTIVITIES

This table represents a typical day of intensive tennis camp.

The order and the activities registered may vary depending on the day and the week

9 :00 am – 11 :00 am	Tennis
11:00 am – 12:00 pm	Activities
12 :00 pm – 1 :00 pm	Lunch
1 :00 pm – 3 :00 pm	Tennis
3 :00 pm – 4 :00 pm	Activities

IMPORTANT

Here are the measures set up for covid-19

1. Maintain the physical distance of 1 meter between children and organize the physical environment to promote the maintenance of this distance between all individuals.
2. Strictly apply hygiene measures, including cleaning and disinfection of premises, equipment, furniture and sanitary facilities, and personal hygiene routines, including washing hands of participants and staff.
3. We wear a mask or visor outside the court or when we have to approach the students for technical corrections on the court.

P.S. We are not responsible for lost or stolen items.

