



# Oakland Strokes Summer Learn to Row Camps

## San Pablo Reservoir

### Camp Rules & Procedures

**Date: June 18, 2021**

The following rules and procedures are in place for the Summer Learn to Row Camps being held at the San Pablo Reservoir. These rules are based on the current guidelines in place at the reservoir, as determined by EBMUD. We understand that the rules for California and Contra Costa County are in flux and will update these rules if and when we are allowed by EBMUD. Please note that these rules are designed to help keep everyone safe and healthy, so please follow them for the duration of the camp.

#### 1. General Items

- a. Do not come to camp if you feel sick or are experiencing any flu or cold symptoms. For example: runny nose, cough, sore throat, fever, fatigue.
- b. Obey all posted signs from the Strokes, EBMUD, Rocky Mountain, etc.
- c. Leave no trash; pack out any bar and food wrappers, water bottles, etc.
- d. Athletes are allowed to bring one small bag & reusable water bottle. Athletes shall limit their belongings to only what is necessary for the camp, such as an energy bar, car keys, asthma inhaler, etc.

#### 2. Parking and Drop Off:

- a. Obey speed limits on the access road to SPR. Keep an eye out for otter and turtle crossings!
- b. Parents who are driving their athletes to camp should:
  - i. Check in with the kiosk attendant. Let them know that you are here to drop a kid off at the Oakland Strokes Summer Camp.
  - ii. Drive slowly along the water to the Camp location in the north end of the parking lot (see map)
  - iii. Drop off your athlete(s). If you wish to wait until they are checked in, you may idle near the check in tent.
  - iv. Drive slowly back through the parking lot following the land side.
  - v. Do NOT park in the main lot unless you purchase a parking pass at the kiosk.
  - vi. If parents wish to wait in their cars, please proceed back to the parking lot beyond the kiosk (marked "Park Here" on the map). Display the Oakland Strokes parking Pass in your windshield.

#### c. Athletes driving themselves should:

- i. Do NOT park in the main lot unless you pay the parking fees at the kiosk.
  - ii. Park in the second lot (marked "Park Here" on the map).
  - iii. Display the Oakland Strokes Parking Pass in your windshield.
  - iv. Walk to the Camp location
- d. Parents may re-enter the main lot for pick up 10 minutes before the session is due to end. Please check in with the kiosk first.

#### 3. COVID Procedures and Check in [UPDATED 6/18]

- a. Masks should be worn on land and in multi-person boats. This includes during the check in procedure, pre and post row meetings, and while carrying the boats.  
EXCEPTIONS:
  - i. Masks may be taken off when in single person boats and while on the rowing machines.
  - ii. Fully vaccinated individuals may row in multi-person boats together without masks.
  - iii. If everyone in the session is fully vaccinated, then that session may remove their masks for the entirety of the practice after athlete check in, including on land.
- b. After drop off, athletes should proceed to the check in station at the Strokes tent. The check in procedure includes the following:
  - i. Socially distance while waiting in line.
  - ii. Verbally confirm to the check in coach that the athlete is symptom free.
  - iii. The check in coach will administer a temperature check.
  - iv. The check in coach will spray the athlete's hands with hand sanitizer upon arriving at camp.
- c. Vaccinated athletes shall be certified by their parents using the provided camp form.