

Tips for healthy snacks and lunches:

- Purchase reusable drink bottle and fill with water .
- Avoid food items that are heat sensitive, like mayonnaise.
- Avoid single serve snack food items like Lunchables, Canned Meals, Frozen Meals, Fruit Cups, and Juice Boxes.
- Pack whole grain products and fresh produce items as often as possible.

Standards of Behaviour:

It is our main objective to provide each camper with a fun, active- but safe experience while at camp. We attempt to protect not only the physical condition but also emotional status of the child while at camp. To fulfil our aspirations for safety, we create a safe and comfortable environment for our campers that allow them to try new things and meet new people in an atmosphere that encompasses respect, honesty, caring and inclusion.

It is our goal to assist children to problem solve, use conflict resolution and work together as a team to get along with others. We point out to the children the consequences of negative behaviour and encourage actions that achieve success by following the camp rules.

Campers are expected to:

- Demonstrate honesty, caring, respect and inclusion for other campers and staff of The Centre.
- Respect differences in others, their ideas and opinions.
- Show proper care for the natural world, camp property and the property of others.
- Take appropriate measures to help those in need and if necessary, seek staff assistance to resolve conflict peacefully.
- Respect and comply with all Camp Policies and Procedures.

If a camper does not follow the Standards of Behaviour:

- Camp Counsellors will redirect the camper to more appropriate behaviour
- Camper will be verbally reminded of the rules and code of conduct
- If behaviour persists, a parent/guardian is notified of the problem
- Camper will be removed from camp for one day
- If the camper finds it too difficult to change their negative behaviour and persistent negative behaviour continues, the camper will be withdrawn from the program.

** In order to ensure a safe environment for all campers, intentional camper behaviour that puts other campers, staff or others at risk may result in immediate dismissal from camp. Any expenses incurred as a result of the camp dismissal will be the responsibility of the participant/parent/guardian. No refund will be given to campers leaving camp prior to the end of the session due to disciplinary action.*

Photography Policy:

Any photographs taken of your child while at camp will become the property of The Kingfisher Club, and may be used for promotional purposes. If you wish otherwise, please inform us on your Registration Form using 'additional information' section.

First Aid Policy

In the event of a first aid treatment being required, our first aid responder will provide basic first aid treatment on site. If more advanced treatment is required, it is our policy to call for professional medical assistance or/and ambulance. If you wish otherwise, please inform us on your Registration Form using 'additional information' section.



SUMMER SPORTS CAMP 2022 PARENT HANDBOOK

(ADMISSION POLICY)

Welcome to the Kingfisher Club NUIG Summer Sports Camp!

The club prides itself as a White Flag Gold Standard & REPS Ireland accredited facility that provides an excellent and widely popular Multi-Activity Summer Camp day program.

Our trained staff follow guidelines to:

- Supervise and encourage participation
- Assist in developing friendships
- Support a feeling and achievement of accomplishment
- Assist and encourage safe play
- Respect and support the uniqueness and diversity of each child

This package is designed to assist you and your child(ren) to feel informed and prepared to attend our Summer Camp Program. Please feel free to contact us if you have any further questions after reading this manual.

*The Kingfisher Club NUIG
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Camp Dates:

4 - 8 July, 11 -15 July, 18 - 22 July, 25 - 29 July, 2022

Campers:

Cubs: 5-7 years, Rookies: 8-10 years, Juniors: 11-12 years

Registration, Fees & Cancellations:

Member & NUIG Staff 5 days: €80

Non Member 5 days: €90

Movie Time: €5 per child per day

Registration and Refunds

Advanced registration is necessary. Applications are only accepted upon a full camp payment is made. A minimum 7 days notice or doctors letter is required for a camp refund. A club credit for only future sessions may be given for all camp cancellations given less than 7 days before the camp's first day. We do not refund, credit or transfer missed or cancelled individual days.

Camp Hours, Early Drop Off & Movie Time:

Regular Camp Hours: 10am-2pm

Movie Time: 2-4pm daily

Please note that children are to be dropped off at their dedicated point in the sports hall no earlier than 9.50am each day.

Movie Time Booking & Collection Policy

Bookings for Movie Time can be made upon camp booking and at the latest by 11am on the morning of that required. Collection of Movie Time goes is by 4pm at the dedicated collection point in the sports hall.

Sign In/Out Procedures:

It is extremely important to us to give your child(ren) the safest environment possible. To assist us, all campers must be signed in and out of camp every day they are attending by a designated parent or guardian. On the sign in/out forms that we fill out each morning, you may indicate the designated person whom you give us permission to release your child into the care of. Please remind the parent or guardian picking up your child that they may have to show proof of identification as an extra precaution to ensure the safety of your child.

In the event that someone other than the person you listed on the sign in/out forms will be picking up your child, we ask that you notify our staff as soon as possible in writing.

Any child wishing to attend or go home from camp unaccompanied by an adult must have a signed waiver from their legal parent.

Any child wishing to leave the building without being signed out while a parent awaits them outside of the club must also have a signed waiver from their legal parent or guardian prior to their first attendance at camp.

Absenteeism & Illness:

Each day, a program list of campers registered will be printed and checked for attendance. If your child(ren) will be late or absent please call the club as soon as possible. Campers showing any medical illness should be kept home from class. Any student with severe cough or cold symptoms may not be allowed to attend camp.

Swimming:

Swimming will not be part of the camp activities this year.

Showering:

Showering will not be offered as part of this year's camps.

Toileting/Changing Rooms:

All campers are expected to be able to use the toilet themselves. Hand sanitiser will be available throughout the centre and all children will be encouraged to use if throughout the day. Changing facilities will not be available.

What to Bring:

Please ensure your child is sent to camp every day with the following items:

Sunscreen & Personal Hand Sanitiser

Bottle of Water

Comfortable Clothes for Sport

Healthy Lunch & 1 Healthy Snack (nut free)

Comfortable Training Shoes

Outdoor Clothing (Rain Jacket)

To ensure your child's belongings are not misplaced or taken home accidentally by another camper, we suggest that all items are labelled clearly and permanently.

All camp items that are left at the end of each day will be moved to the "Lost and Found" box. Items not collected by the following Sunday will be held for one week only.

Camp may be travelling to other activity areas surrounding the club, so please pack all of your child's belongings in one easily carried bag or backpack.

What NOT to Bring:

Camp leaders enjoy planning a wonderful, fun and energetic camp for your child(ren) and take pleasure in seeing your child partaking in the activities. We would like to suggest that certain items do not come to camp with your child(ren) to assist them in having the most positive experience possible.

- Money (unless otherwise advised)

-Jewellery Cell Phones

- Nintendo DS

-Toys from Home

- iPods

-Any food items containing nuts

We appreciate your understanding in helping us provide all our campers with equal opportunity and prevention of allergic /medical reactions.

Lost Property

Please check that your child(ren) have not left anything behind them each day of camp. Lost property will only be kept for a maximum of 14 days before it is disposed of.

Lunches and Snacks:

The Kingfisher Club makes every effort possible to be environmentally friendly and encourage healthy lifestyle - we would appreciate your cooperation with sending your child to camp with a lunch that is litter-less, nut free, and nutritious. Please pack lunches and snacks in a container or a plastic bag with a name tag.

COVID-19 Specific Information

- Non-contact temperature checks will be done at arrival to camp each day
- If a participant becomes unwell during the camp, they will be brought to a safe isolation room away from other participants and a parent will be contacted to return them to home as soon as possible
- Children will be encouraged to use hand sanitiser regularly throughout the day. If there is any reason why your child is unable to use this, please alert us immediately.
- Government guidelines in relation to physical distancing will be followed at all times
- Emergency First Aid – Camp supervisors will have emergency first aid equipment and have been trained on how to perform emergency first aid using PPE.
- Health Declaration – each participant agrees to the health declaration terms and conditions when signing up, and will reconfirm status prior to start of camp.
- Covid-19 Officer will be on duty in the sports centre at all times during the camps to ensure that children's safety is prioritised at all times