

# Parent's Guide



## Holiday Camps

**Venue:**

**Saxon Primary School, Briar Road,  
Shepperton, Middlesex, TW18 0JB**

**[info@plgsportscoaching.com](mailto:info@plgsportscoaching.com)**

# Hello!



We hope your child is excited to experience our holiday camp. Our coaching team have put together this handy guide to give you all the information you need. We will update this guide constantly so whether it's your child's first day or they've been before, it's worth having a read through as some advice or rules may change

If you have any queries please don't hesitate to contact us on  
[info@psgsportcoaching.com](mailto:info@psgsportcoaching.com)

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# Checklist – what does my child need to bring/wear?

<b>Re-fillable drinks bottle (please no fizzy drinks!</b>	
<b>Sunhat and Sun cream</b>	
<b>Packed lunch with no nuts</b>	
<b>Wearing suitable named clothes for physical activity.</b>	
<b>Wearing suitable named trainers</b>	
<b>Any relevant medication (inhalers, EpiPens, insulin etc.)</b>	
<b>a named bag for all belongings</b>	
<b>Spare named clothes for just in case</b>	
<b>Swimming costume, goggles and swimming cap (designated swimming days only)</b>	

## What not to bring

- Electronic such as handheld gaming consoles, headphones etc.
- Any large jewellery such as rings or necklaces or large earrings as these can cause injury. Small ear studs are fine if covered.
- Any expensive clothing is not recommended to avoid getting lost or dirty

# How to find us



**Venue:** Saxon Primary School, Briar Road, Shepperton, TW17 0JB



**If driving:** When you arrive, turn into the car park and park. Head through the open gate to the right of reception and you'll see our drop off sign outside a classroom. Ring the bell outside and we let you in.

**If walking:** Walk into the car park and head through the open gate to the right of reception and you'll see our drop off sign outside a classroom. Ring the bell outside and we let you in.

**You can always call the camp manager on 07351 316222 if you need any help finding us**

[info@plgsportscoaching.com](mailto:info@plgsportscoaching.com)



# Camp Passports

## Introducing: Camp passports!

We have introduced camp passports. Your child can collect stamps for trying an activity or learning a new skill. It's also a great way to see what you're child has been up to at camp.

Every 10 stamps your child collects, wins a prize!

<u>Non Sport Activities</u>			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Arts & Crafts	Capture the Flag	Escape Room	Easter Activities
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fort Building	Fun with Food	Gameshow	Giant Boardgame
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Halloween activities	Obstacle Course	Parachute Games	Roller Skating
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Talent Show	Team Games	Water activities	Zorb Balls



## Prizes

**10 Stamps – Prize from the prize box**

**20 Stamps – Prize from the prize box  
+ Free cap**

**30 Stamps – Prize from the prize box  
+ Free t-shirt**

**ALL 36 Stamps – Star Prize from the prize box +  
Free day at camp + Free Hoodie. You also get a new  
passport to start again**

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# Swimming Sessions



We will be offering swimming as part of some of our days. This Summer, we will be offering swimming on the following days:

Monday 28<sup>th</sup> July – Friday 1<sup>st</sup> August  
Monday 4<sup>th</sup> August – Friday 8<sup>th</sup> August  
Monday 11<sup>th</sup> August – Friday 15<sup>th</sup> August  
Monday 18<sup>th</sup> August – Friday 22<sup>nd</sup> August

All children aged 5+ will be given the opportunity to use the pool with their group on the afternoon of their day(s) at camp.

Please see next page for our swimming policy

[info@plgsportscoaching.com](mailto:info@plgsportscoaching.com)



# Swimming Policy

- Children aged 5+ only will be permitted to swim
- Staff ratio: 1 Lifeguard and 1 coach to 10 children
- Children must bring their swimsuit, goggles, and swim cap to participate
- when registering/booking a day where swimming is offered, you will be asked whether your child can swim 15m unaided.
- If you say 'No', you must ensure that your child comes to Camp with a suitable and clearly named buoyancy aid
- If you answer 'Yes', please be note that your child will still need to demonstrate their ability to the lifeguard and confidently swim 3 widths of the pool. If they put their feet down or display a general lack of water confidence, they will need to come to Camp with a suitable buoyancy aid, clearly named, before being able to use the pool. These can borrowed on your child's first day.
- Buoyancy aids such as swim vests or arm bands are recommended as they allow your child to keep their hands free so they can take part in any games in the pool and can be quickly put on and taken off.



## Good to know! Other useful information



### Feeling Poorly?

We know children can get poorly, we ask that if your child is unwell or has any cold symptoms that they don't come to camp. We know it's disappointing, but we ask this to prevent the spread of any bugs or viruses at our camp and to keep our children and staff healthy.



### Lost property.

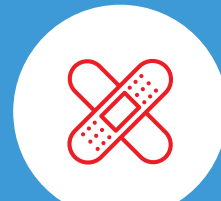
we always end up with lost property and will always try to re-unite any lost items with their owner. Please ensure your child's belongings are named to make this easier! please contact us on [info@psgsportscoaching](mailto:info@psgsportscoaching) if you think your child has left anything behind.



### Electronic devices

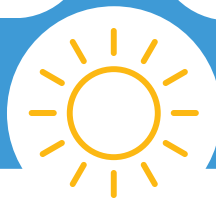
Electronic devices such as games consoles, music players, headphones etc. are not allowed at camp.

If your child needs a phone to contact you or for medical reasons they are welcome to bring one but it must stay in their bag throughout the day.



Should your child have an accident or injury doing sport at our camp and require first aid, we will notify you of the incident and document the details on an accident form.

If the injury is more serious we will call 111 to ask for advice or 999 if needed as well as documenting everything.



During the Summer, temperatures can be very hot. Please ensure your child has sunscreen, sunhat and comes dressed appropriately for the weather. We will try and keep out of the sun as much as possible but please ensure your child comes prepared. We have spare sunscreen at camp that your child can apply themselves if needed.