

Parent's Guide



Holiday Camps

2026 edition

Venue:

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

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

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 the year 1 classroom.

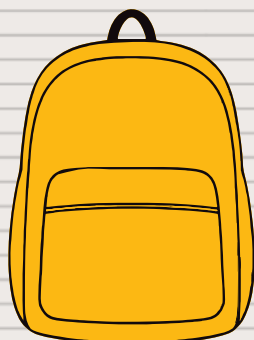
If walking: Walk into the car park and head through the open gate to the right of reception and you'll see our drop off sign outside the year 1 classroom

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

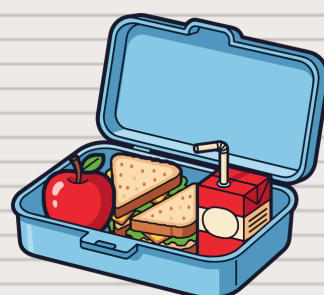
info@plgsportscoaching.com

Checklist – what does my child need to bring each day?

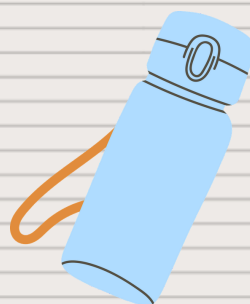
What should my child bring everyday?



Backpack or bag



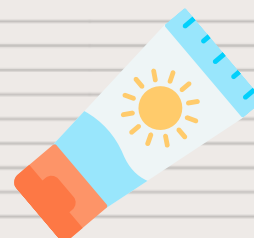
Lunch & healthy snacks



refillable drinks bottle



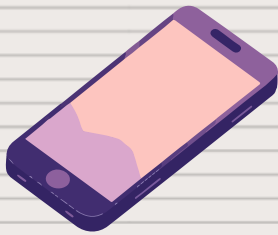
Spare clothes



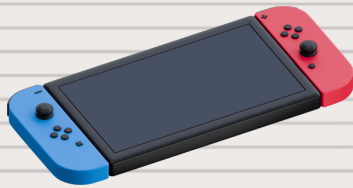
Suncream for hot days

Checklist – what shouldn't my child bring?

What shouldn't my child bring to camp?



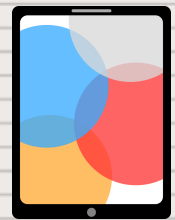
Smart phones: Can be brought if your child walks home but must stay switched off and kept in bags



Games consoles



Money



Tablets



Fizzy Drinks



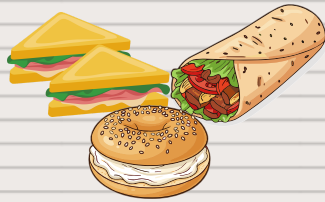
Toys



Any nuts or food containing nuts

Checklist – what can my child bring for lunch

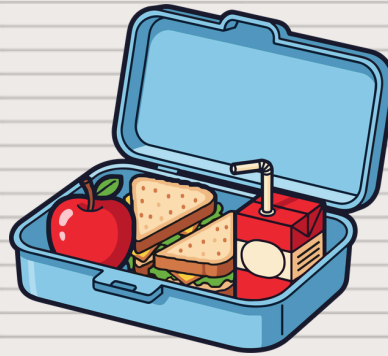
Sanwiches, wraps, bagels etc



Pasta, rice or cooked food that does not need re-heating



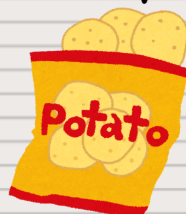
Fruit



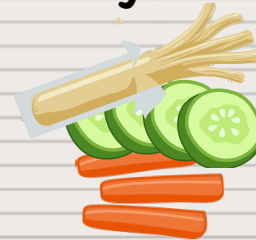
A sweet treat



Crisps



Healthy snacks



Drinks bottles can include water, flavoured water, squash or juice. Please no fizzy drinks.

PLEASE DON'T PACK ANYTHING WITH NUTS

Camp Passports



Introducing: Camp passports!

We have a fun and interactive way for your child to track what they do at camp. With a camp passport, 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!



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 + achievement trophy. You
also get a new passport to start again

Sport Activities				Non Sport Activities			
☐	☐	☐	☐	☐	☐	☐	☐
Archery	Badminton	Basketball	Benchball	Arts & Crafts	Capture the Flag	Escape Room	Easter Activities
☐	☐	☐	☐	☐	☐	☐	☐
Cricknet	Dodgeball	Football	Futsal	Fort Building	Fun with Food	Gameshow	Giant Boardgame
☐	☐	☐	☐	☐	☐	☐	☐
Golf	Gymnastics	Hockey	International Sport	Halloween activities	Obstacle Course	Parachute Games	Roller Skating
☐	☐	☐	☐	☐	☐	☐	☐
Mini Olympics	Multi-ball	Netball	Pickleball	Talent Show	Team Games	Water activities	Zorb Balls
☐	☐	☐	☐				
Rounders	Tennis	Volleyball	Ultimate Frisbee				

Sample timetable of how a day at camp will be

Time	Activity
8:00	Early Drop-off Begins – Table games, pool table, air hockey
9:00	Main registration
9:15	Session 1: Warm up games
10:00	Welcome talk
10:15	Session 2: Racket Sports: Badminton, Tennis and Pickleball
11:00	Snack Break 1
11:20	Session 3: Roller-skating and Arts & Crafts
12:15	Lunchtime
13:00	Session 4: Swimming Group 1/Sports Mix
14:00	Session 5: Swimming Group 2/Mini Golf
15:00	Break 3
15:15	Non traditional Sport(i.e. Softball, korfbal)
16:00 – 17:00	Home time/Late extension: Table games, pool table, air hockey



Swimming Sessions



We will be offering swimming as part of our day, every day.

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.

These sessions will be led by our team of fully qualified lifeguards and swimming coaches.

If your child does not want to swim, no problem, they can try an alternative activity.

Please see next page for our swimming policy

info@plgsportsc coaching.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.

Checklist – what does my child need to bring for swimming?

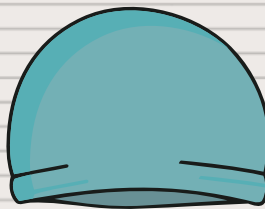
What should my child bring on Swimming days?



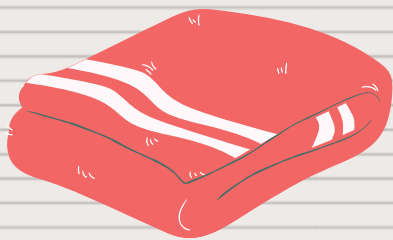
**Swimming
costume/trunks**



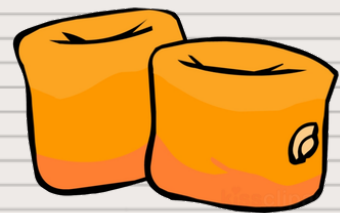
Swimming goggles



Swimming caps



Towel



Armbands (If needed)

Please see our swimming policy for informaton on our swimming days



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.

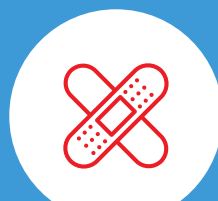
we always end up with lost property and will always try to re-unite any lost items with their owner. Please ensure your child's belongings are named to make this easier! please contact us on info@psgsportscoaching if you think your child has left anything behind.



Electronic devices

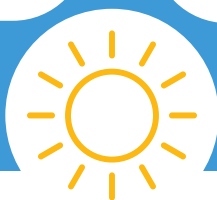
Electronic devices such as games consoles, music players, headphones etc. are not allowed at camp.

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



Still have questions?
Contact us!

We hope you found this guide helpful.

Should you have any further questions please use the contact details below:

We look forward to welcoming your child to camp very soon!
The PLG Camp team



07351 316222



info@plgsportscoaching.com

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