

B.O.E.C. Summer adventure camps. Information sheet - Page 1 of 2



A Chara,

Thank you for booking your child on our Adventure Camp. We hope that s/he will have a great week and we would like to reassure you that they will be well looked after and supervised at all times. Can we remind you to please send the balance *before* the camp as it will save time on the Monday morning.

In line with our Child Protection policy, the following procedures are necessary. We will ask you to sign your child in on Monday morning (between 9 – 10a.m.) and to let us know who will be collecting them on Friday afternoon (collection time 4 - 5pm). You will also need to sign for them on Friday. This may take time so we will be grateful for your co-operation and patience on the day. We would like to ask you on arrival for your e-mail address so we can send on details of future camps and special offers. You may of course choose not to do this if you prefer.

If, for any reason (quick visit, home sickness, illness) you would like to visit your child or if you'd like to take them away (for a match etc) during the week please make yourself known to a staff member on arrival and before you take your child off the premises. We would like to point out, your child may miss afternoon activity if being picked up for a match before 6p.m. You will be required to sign out your child and indicate if you wish dinner to be kept for him /her on their return. There will be at least two of us here each evening and at least 10 of us here during the day!

In relation to behaviour, we have a 'Penalty Point' system in place whereby someone gets given a point for bad behaviour (ignoring safety instructions, being uncooperative, rude, running around after lights out etc). If they get three points, they have to call home and explain their behaviour. If they get five points, they will be sent home and you'll have to come and collect them. We tend to find that after receiving one or two points things improve!

Please find below a list of what each child should bring – please ensure they have plenty of changes of clothes as well some towels, sun screen and that s/he brings a large plastic bag for wet clothes! We would prefer them not to bring mobile phones with them in case they get damaged or lost. If they do bring their phone with them, we would like to keep it for them in the office during the day and give it to them between 7.30 p.m. and 10.p.m to ring home etc. We will then take the phone back at night time (to stop them texting / calling each other during the night!).

As we cannot be responsible for personal items we recommend that any valuables be handed into the office for safekeeping.

Finally we do not have a shop on site so they will not be able to buy extra 'goodies'. While they'll want to bring their own supply with them for the week we would prefer if they didn't have an excessive amount of sweets and fizzy drinks with them. We will be checking all bags on arrival to examine any bottles and flasks for alcohol.

Thank you for your time and attention and we look forward to seeing you soon.

Mise le Meas,

Joanna McInerney

Manager BOEC.

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PLEASE NOTE

- The centre operates on a self-help basis. Your child will be asked to help with simple domestic jobs like washing up, and will be expected to keep their bed and dorm area tidy.
- S/he will also be responsible for his / her own belongings, such as money, camera etc.
- We advise you to please leave valuables at home, or leave them into reception for safekeeping.

WHAT TO BRING FOR ADVENTURE CAMP

The centre provides all specialist equipment. You should bring the following:

- Sleeping bag
- Toiletries and towel
- Sun Screen
- Torch and flask for camping (optional).
- A large plastic bag for taking home wet clothes.
- Clothing to include
 - One set of very old clothes for caving (tracksuit, T- shirt, long sleeved jumper).
 - Several sets of warm clothes suitable for outdoors (**NOT** jeans/denim)
 - Sturdy shoes or boots.
 - Swimsuit, old t- shirt & old runners for water activities
 - Hat and gloves.

TYPICAL DAILY PROGRAMME

07.45	Wake – up call
08.15	Breakfast
09.30 – 12.30	Outdoor Activity 1
13.00 – 14.00	Lunch Time
14.00 – 17.00	Outdoor Activity 2
18.00	Dinner Time
19.30 – 21.30	Evening Activity
21.30 – 23.30	Video, Social Time
23.30	Bedtime
24.00	Lights Out and Quiet!