



A Parent's Guide To

**Super Star Sport's Summer Holiday Activity
Food (HAF) Camp**



Thank you for choosing Super Star Sport Camps as your childcare provider this school holiday!

Arriving at Super Star Sport Camps

When arriving at a Super Star Sport Camp there will be banners, signs and flags to take you to the entrance. If you have any problems locating the venue please give the office a call on 01895 204 885 and a member of our team will be happy to help assist you.

There will be staff members available at the entrance to help assist you in signing in your child, answering any questions you may have and making sure your child has everything they need to have a fantastic camp experience.

Don't forget to check out our bulletin board each morning with all the key camp information including activities, food menu, who to contact and much more.

Time	What Happens
9AM	Camp Arrival
11AM-12PM	Lunch (Dependant on delivery times)
2:30PM	Nutrition Workshop with families
3PM	End of Camp



When possible, sign in/out will be completed outside to reduce the number of people entering a venue building. If sign in/out is required to take place inside, restrictions will be in place to limit the amount of people in the sign in/out area.

Once signed in, children will be allocated their group and an area to stay in. Children will stay with their group and coach for the entirety of their time at Super Star Sport Camps.

The Super Star Sport Camps Coordinator will oversee the safe running of the camp throughout the week.

During Super Star Sport Camps

Whilst waiting for all the children to arrive, free play activities will be available with a variety of equipment available for use. There will also be a coach running some fun games each morning. Once everyone has arrived we always complete a camp agreement which makes sure everyone knows and agrees to the rules of the camp and how to make sure everyone has a fantastic camp experience.

Super Star Sport recognise the importance of the outdoors and activities will be delivered outdoors where possible and weather permitting.

There will be a break in the morning and afternoon between set activities for the children to choose what they want to do through free play as well as giving the chance for children to socialise with each other, take some time to relax between activities, fill up water bottles, go to the toilet and have a small snack. Prior to eating and drinking, all children and team members will be asked to wash their hands.

Food Provision at our HAF Camps

Super Star Sport will be providing a hot, nutritious lunch to those who attend our HAF camps each day. We use reputable food providers who are already experienced in providing nutritious meals for schools, please check out the bulletin board each morning to see the menu or check out our website. Any allergens in the food will also be written on the bulletin board each morning.

If your child has any dietary requirements then please let us know on the booking form or contact the office to speak to a member of our team.

If there is any spare food left at the end of the day we will make sure this does not go to waste by using it in our nutrition workshop for the families or we will repackage and distribute any remaining food to families.

We will encourage children to try new foods in positive and fun ways. Children will not be forced into eating foods they do not like and if you are concerned your child is a fussy eater then please let a member of the team know. We will have taste cards on site to hopefully share with parents any new healthy foods, tastes or textures that your child now enjoys, that can be added to their diet.

Family Nutrition Workshops at our HAF Camps

At the end of each day, for the last half hour we invite parents onto site to take part in a different nutrition workshop each day as a family. These workshops aim to give you more information about your child's diet, quick useful tips for reducing the price of your food shops, substituting unhealthy foods for more healthy ones and finding a bit more about your child's diet and any new foods that could be added to your weekly shop. But most importantly we want this to be a fun activity you can take part in with your child. Any spare food that has not been served at lunch will be given to families to take home at the end of the workshop each day. To see some example workshops that are planned please see the list below:

- ★ Crazy Combo Workshop
- ★ Mini Pizza Workshop
- ★ NHS Food Scanner Workshop
- ★ Peachy Parfait Workshop
- ★ Bushtucker Trials
- ★ And much much more....

Example Activity Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
Activity 1	Dodgeball	Tennis	Hockey	Tag Rugby	Competition Day
Activity 2	Cricket	Archery	Rounders	Badminton	Competition Day
BREAK					
Activity 3	Volleyball	Basketball	Ultimate Frisbee	Arts & Crafts	Competition Day
LUNCH					
Activity 4	Tri-Golf	Football	Gymnastics	Frisbee Golf	Competition Day
Activity 5	Camouflage	Capture the flag	Treasure Hunt	Ultimate Tag	Competition Day

**This is an example timetable and is not an accurate representation of what will be delivered.*

Breaks will still be allocated throughout the day but will be staggered. Prior to eating and drinking, all children and team members will wash their hands, before returning to their space with their group.

What should my child bring?

As your child will be active and running around for most of the day, they will need to bring the following:

- ✦ **A refillable water bottle** – water is available at all our sites. We encourage children to drink as much water as possible throughout the day and as water only camps, this will be the only drink provided.
- ✦ **Sun cream** – If the weather is warm please make sure you provide your child with appropriate factor sun cream.
- ✦ **Inhalers & EpiPen's** – If your child is asthmatic or has a severe allergy you **MUST** remember to bring your child's in date, inhaler/EpiPen. Your child will not be admitted without this present each day.
There are trained First Aiders available at every camp who are trained in anaphylaxis and the use of EpiPen's.
- ✦ **Clothing** – given the changing nature of the weather, please ensure that your child brings appropriate layers, gloves and hat, a waterproof jacket and a change of clothing.



What NOT to bring?

- ✦ Please avoid bringing any nuts or items containing nuts
- ✦ Mobile phones, tablets and all other electronic items - we will be too busy to need them!
- ✦ Sports equipment - we will provide this
- ✦ Any valuables, such as watches or jewellery
- ✦ No need to bring any food as this will all be provided for you!

What should my child wear?

As we will be running around and taking part in physical activity, we suggest they wear loose, comfortable clothing and correct footwear that is appropriate to the weather and the activity they are taking part in.

Given the changing nature of the weather, please ensure that your child brings appropriate clothing depending on the climate. In the Winter please ensure appropriate layers, gloves, hats, waterproof jackets and a change of clothing is available. In the Summer please remember to pack sun cream, sunhats and a spare change of clothing.



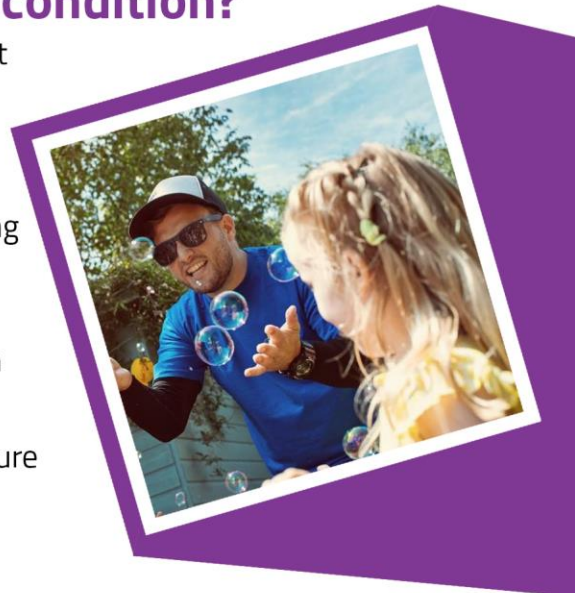
What happens if my child has a medical condition?

We want to make sure we give you and your child the best and safest experience possible while at a Super Star Sport Camp. To make this happen, we need to be aware of any pre-existing medical conditions and any additional information when you make the booking.

If your child requires medication during their day at camp, please bring this to the attention of the camp coordinator upon arrival as you are required to complete a short Adminstrating Medication Form.

All information regarding your child's medical needs will be treated in the strictest confidence.

When booking your child and filling out the booking form, please ensure all of the medical information you provide is accurate and up to date.



My child has SEN can they attend camp?

Of course! Super Star Sport welcomes all children regardless of any special educational needs, disability or behavioural issues to attend and fully participate at camp. We aim to make our camp sites as accessible as we possibly can, with consideration to the different activities that we offer in an attempt to make all activities available for all children within their age group. Each child identified with SEN and/or disabilities will have their needs met where practically possible.

We are more than happy for any child to attend Super Star Sport Camps. However, we are unable to offer 1:1 supervision. Any child who requires 1:1 supervision must bring along their own carer. That carer must have a current DBS check with a copy sent to the office team prior to camp commencing.

If we feel that a child at camp needs some further support regarding their educational needs, which was not previously identified when booking, then we will contact and discuss this with the parent at the earliest possible convenience. Any matter of this nature will be treated in the strictest confidence and where possible, adjustments will be made to meet the needs of the child.

Illness during Super Star Camp

In the case of a team member, the Coordinator will contact the Super Star Sport management team who will attend the venue to take over the running of the Super Camp. The Coordinator will become the new group coach.

If a child informs their coach that they feel unwell the teacher will identify and carry out appropriate next steps, which may include taking their temperature, having water, being in a quiet area, asking when they have last eaten and how they feel before a decision to send a child home is made.

If a child has sickness or diarrhoea they will be sent home immediately, children should not return to camp until the day following their last case of sickness/diarrhoea.

If contact cannot be made with families then staff will contact the emergency contacts provided in the booking form.

Does your child need to remain home whilst sick?

We understand the needs of childcare for working families. However, the decision of the camp leader is final when requesting a child remains at home for illness or infection. We recommend that no child may attend the camp while suffering from one of the communicable diseases and they should remain at home for the minimum periods recommended.

Coughs and colds do not normally require the child to stay at home but this can depend on the severity and how the child is able to cope with the camp routine. If a child appears unwell we may ask that the child is taken home.

What happens if my child has an accident?

All our Super Star Sport Camps team members are trained first aiders, so you can rest assured that your child is in safe hands should an accident occur. We will deal with any minor accidents on site. The accident will be recounted in an accident report form and you will receive a copy of this on collection of your child.

If there has been a more serious incident or your child has fallen ill, you will be contacted by telephone immediately.



December, 2018



June, 2018

What if my child's behaviour is inappropriate?

At Super Star Sport Camps, we encourage and reward positive behaviour and deal with inappropriate behaviour firmly and fairly.

We have the Super Star Sport Camps Code of Behaviour on display at all times, and staff will explain to the children what is expected of them throughout the day regarding behaviour.

Any behavioural problems will be dealt with as they arise, but in serious or persistent cases you will be contacted. Once you have been informed of the inappropriate behaviour, if this behaviour persists Super Star Sport will reserve the right to withdraw and cancel the rest of your child's booking of camp. If Super Star Sport has to cancel your booking for this reason, you will not be eligible for any refund.

Please note that you will be expected to come and collect your child as soon as possible. If a member of the Super Star Sport team contacts you following further behavioural instances.

If your child has any additional requirements or needs, please do let us know as we want every child to have the best possible time with us.

All disclosures will be dealt with the strictest confidence.



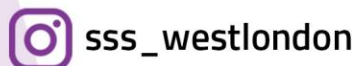
What happens if I'm late picking up my child?

We understand that sometimes you may be running a little late, don't panic. Just contact the Super Star Sport Camps coordinator on the venue-specific mobile number at the end of this parent's guide. If you are unable to contact them on the mobile, please call Chaz on 07949 261 124 or the office on 01895 204 885 and we will be able to help.

Please note that unfortunately due to staffing, a small charge will be incurred for delays of more than 15 minutes after the pre-booked collection time. For more information on this, see our Terms and Conditions.

Marketing and Social Media

We would love for you to keep up to date with everything going on at Super Star Sport. Don't forget to follow us on Facebook and Instagram and check out our website for up to date listings of all the sessions that are running near you!



Please consider leaving us a review on Trustpilot, we run regular competitions and prizes for those who follow us on social media and leave reviews.

Contact Us

Main Office: 01895 204 885

Chaz: 07949 261 124

Matt: 07377 890 514

If you are unable to reach anyone on the numbers above, you can contact our Head Office on 01992 766 707!

Our Venues

Address	Heathrow Primary School Harmondsworth Lane, Sipson, West Drayton UB7 0JQ
Where to sign in and out	School Playground
Address	Ryvers School Trelawney Avenue, Slough SL3 7TS
Where to sign in and out	Main School Entrance
Address	Vaughan Primary School The Gardens, Harrow HA1 4EL
Where to sign in and out	Main School Entrance



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