

## **Parent Quick Guide to Total Sports Holiday Camps.**

Thank you for using Total Sports Holiday Clubs. This is a very quick speed read to answer as many questions as we can for you in a short amount of time.

**So here goes!**

### **Quick Fact!**

Over 80 % of our team work in Primary Schools every day. We think this is great for parents to know – so as you would expect - all our staff are police checked (DBS).

### **CONTACT DETAILS**

#### **Telephone:**

Office 03444 14 13 13 (local cost line)

#### **Email:**

[enquiries@totalsportslimited.co.uk](mailto:enquiries@totalsportslimited.co.uk)

Any quick queries you may have – this is perfect

#### **Need to contact a venue?**

If you contact the main office, we will send our coaches a message for you

#### **DO WE ACCEPT CHILDCARE VOUCHERS?**

**YES – all details are on website or contact us**

### **DROP OFF & PICK UP TIMES**

Children will be in bubbles for the day and they are open from 8:00am to 4:00pm

The drop off times for EVERYONE will be between 08:00-08:45  
The pick up times for EVERYONE will be between 3:15pm-4:00pm

This gives all parents plenty of opportunity to stagger their arrival and departure times without having to get there for 8am for example!

**Where do we go?** Each venue is different but there will be signs to follow.  
Do call us if you are unsure. On the website there are directions too.

If in doubt do call us.

### **If someone other than a parent is picking up**

A 3-letter code is printed on your receipt when booking. Give this to the person picking up so they can safely pick your child up. Please let us know in advance if someone else is picking your child up.

### **Late Pick Up/ Drop Offs**

**We can't stress the importance of being on time for dropping your children off and picking them up from your chosen venue on the day.**

It is very important parents arrive to pick up their children on time, as for every 15 minutes a parent is late for picking up their child, **a charge of £10 is applicable**. We really don't want this to happen to you so please make sure to give plenty of time for picking up and dropping off children at our venues, or to let us know in advance if you are going to be late. Please note - Any lateness could mean we cancel your booking going forward. We have to work together on this over Summer.

If you know in advance that you will be arriving after the appointed drop off/pick up time, please call to let us know using the contact information. We may still consider cancelling future bookings if lateness continues to occur.

## WHAT TO BRING (AND NOT)

- **Enough water for the day;** The majority of our venues will be not allowing the use of water fountains to refill bottles, therefore it is essential your child brings enough water for themselves for the day. We suggest at least 2 bottles of around 1 litre each.
- **Packed lunch;** An essential item for a day of sport activities. Make sure your child has enough food for the day including a snack for break time. Children will not be allowed to share or swap food so please ensure they have enough.
- **Waterproofs;** On some days the weather may be colder or there may be some intermittent rain; we still plan to use the outdoor space at all opportunities. Please ensure your child is provided with a waterproof jacket so they can still enjoy our outdoor games.
- **Sun cream;** On hot days please ensure your child arrives at camp with their sun cream already applied and in their bag. Coaches are unable to apply cream during the day to children and cream is not allowed to be shared with others.
- **Suitable footwear;** The majority of our activities are sports related and require your child to be moving. Please ensure your child arrives at the camp with suitable trainers or has them in their bag to put on. If your child is doing football, please provide them with astro-turf trainers.
- **Shin pads;** If your child is attending a football camp please ensure they bring shin pads with them. Your child doesn't need to arrive with them on but must have them ready to put on. We are unable to provide spare shin pads and if they don't have any with them coaches can refuse to allow your child to play.

### What not to bring

- **Devices and gadgets;** These are banned from all of our holiday camp venues. If your child arrives with one, we will ask you to take it home or we will confiscate it, keep it in a secure place in the venue and then return at the end of the day. Devices and gadgets include tablets, phones and any other electronics and can spread Covid-19 if passed between children.
- **Swim wear;** Unfortunately, we are unable to hold 'Wet Wednesdays' at camps this year due to current government guidelines, therefore children do not require swim wear.
- **Games or toys;** Similar to devices these can spread Covid-19 if passed between children and are therefore not permitted at camps.
- **Reading books/Colouring books and stationery;** Again, these can spread Covid-19 if passed between children and are therefore not permitted at camps.
- **Sports equipment from home;** we will provide this and ensure it is properly disinfected for all to use.

**NUT FREE Camp:** Please note we do have children attending with nut allergies, and whilst we cannot guarantee a nut free environment –please do not pack nuts in your child's packed lunch.

## DIFFERENT CAMP TYPES

Total Sports has 2 different types of days but is dependent upon the venue. They are as follows:

### TOTAL ENERGY

Total Energy is for children who love to be involved in varied, fun, non-stop activities running at all of our venues. We have been planning! Our activities won't be quite the same due to restrictions placed upon us. But with 20 years of working in Primary Schools you can be assured we will have planned for a fun day!

#### EXAMPLES OF GAMES WE WILL SOCIALLY MODIFY !

Dodgeball, Treasure Hunts, Capture the flag, Hectic, Cyclone, Races, Mini Beast Hunts, Forest Schools, Football Skills and Drills, Drawing, Dance and much more!

All activities are well planned out and our coaches are really flexible. We always make the most of good weather... and will aim to be outside as much as possible

We have a set idea of a programme with five themed days (Mashup Monday, Team Tuesday, Wacky Wednesday, Party Thursday and Competition Friday). We are great at getting it right dependent upon the group, the weather and the space.

### TOTAL SPORTS FOOTBALL DEVELOPMENT

Run by our expert coaches – we also run a full time academy during term time – so you can imagine, football is very popular. Lots of fun, lots of development, lots of matches too.

For boys and girls aged 5-12. Our Football Development Camps offer a fun football experience with a dedicated programme designed to help children learn new, or develop existing, football skills through fun and enjoyment.

Our Football Development Camps have three aims:

- 1) **TOTAL TECHNIQUE** – we develop each individual so they work at improving at their own level.
- 2) **ALL ABILITIES** – If they're new to football or they're already the next Ronaldo – come along, we develop technique and skills to take them to the next level.
- 3) **PLAY** – There's always plenty of time for matches each day (When we are allowed again!)

**We will follow the FA guidelines** – when we can play any games – we will. But be assured will follow guidelines. At the time of writing, games are not allowed to be played. But we have plenty of skills and drills planned.

**ADVISORY: Bring shin pads**, that can be slipped on an off – not ones with full ankle protection that you have to wear all day.

We are on astro-turf – so trainers or astro boots/trainers are an essential.

Football is only on at Rossett

## PODS / GROUPS

As you will be aware by now – we are in groups of no more than 15 which you will be allocated for the week.

### WOW EQUIPMENT – WHAT IS IT?

**Unfortunately due to Covid – we are unable to bring WOW equipment – So sorry!**

Wow Equipment is the extra special equipment that we rotate around venues – usually staying at a set venue for the week.

Our extra special equipment includes:

**THE BEAST** – 40-foot inflatable Assault course. This is our show stopper!

Everyone LOVES The Beast

**BOUNCY CASTLE** - We have a variety of super fun bouncy castles for kids to go bonkers bouncing!

**ARCHERY – (with safety suckers)** Targets are laid out as we give children the chance to test their archery skills with our bow and safe ended arrows.

**SPEED CAGE** – A special blow up shooting arena – how fast is your fastest kick in football? Can you beat the coach? or will you beat your best score?

**GO-KARTS** – Our pedal go-karts are great fun and great exercise. Kids love them.

Check our website out for the itinerary of which venues they are at on which weeks.

## THE BASIC WEEK AND WHAT YOU WILL NEED TOTAL ENERGY

**Manic Monday** – lots of your favourite games all day with us adding our coaches' choice too.

**Team Tuesday** – We work in teams today where everyone gets involved

**Wacky Wednesday** – Lots of Wacky Races! Lots of Fun and we hope to keep a smile on your face all day!

**Party Thursday** – All the classic party games plus all our usual favourite games again.

**Competition Friday** – everyone goes on the leader board and it's all about fun. Any age can win competition Friday as there are points for everything!

This is a very basic idea – trust us though – we know how to make the day super fun and we plan well and consider the group, the time of year and the venue.

## ARTS & CRAFTS

We also add arts and crafts to the list of activities on most days.

## DO WE HAVE AN INDOOR SPACE?

Yes – but we will be out as much as we can – in line with guidelines

## **WHEN SHOULD I BOOK?**

**As soon as possible** – you can book right up until midnight of the Sunday for the week ahead. But there might not be places by then.

However, you are likely to **miss out on a place**, as spaces fill up fast!

## **HOW DO I BOOK?**

All booking is online and very easy. You get a password for future booking too.  
Easy peasy!

## **CLOTHING**

It is extremely helpful if your child's name is printed in their coats, jumpers and any other items that can be taken off. This is so we can get them back to you, should you leave them behind.

Wear appropriate clothing for a fun, active day, with layers so they can be taken on and off to suit the British weather.

## **SUNCREAM & HATS**

We rely on you as parents to consider this in advance. If the weather would require sun cream then please do apply before arriving and bring some too. Please educate your children how to apply the cream so they can do it at camp as well.

When it is hot – please bring a hat too for sun protection.

## **INJURY & ILLNESS**

If your child is injured in any way during camp you will be informed at pick up. If we deem it serious, we will call you too.

If your child is sick during camp we would follow the Covid guidelines attached in our Risk Assessments.

We would not be able to arrange a refund, but we would issue a credit note under these circumstances.

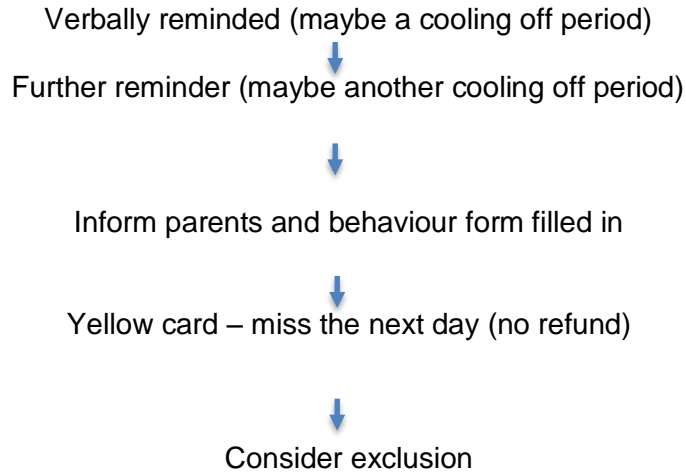
## **MEDICATION**

Please make sure you put this information on the notes when booking on. We need to be able to make sure we are able to administer the medication or the plan of action we are to take. Do call if you are unsure a all or need us to know something specific.

## **BEHAVIOUR EXPECTATIONS**

We have wonderful camps and we really encourage the children to be KIND to one another. We tell all the children the rules each morning and some basic requirements of their conduct. We are then ready for an action packed day.

Our basic policy structure for inappropriate behaviour is as follows.



### **What is important in our decision?**

- If the child is having a consistently adverse effect on other children so that they are not enjoying the camp and making their day un-enjoyable.
- If their behaviour is putting their safety, or the safety of others at risk by not following instructions, to the point that our team feel they cannot keep them or others safe.
- COVID SPECIFIC BEHAVIOUR – If any child is showing that they are unable to follow the rules and are consistently unable to follow the rules, it is highly likely we will ask them not to attend. Please make this clear to your children to help us. Children are super on the whole in schools so we are sure it will continue.

We hope this guide has fully informed you on everything you need to know on our holiday clubs programme. If you have any further queries, please give us a call or email and we will be happy to answer your questions.

Thank you!

**Total Sports Limited**

**COVID SPECIFIC GUIDELINES AND RISK ASSESSMENTS CAN BE FOUND ON OUR WEBSITE.**