**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

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**

The drop off times for EVERYONE will be between 08:00-09.15am

The pick up times for STANDARD DAYS is 4:00pm

Extended day can be added, which is to pick up between 4:00pm – 5:30pm

**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 and hope you can be on time.

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)**

• Always bring a water bottle for your child.

• 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.

WET WEDNESDAY’S – always popular. Make sure you pack your child with some clothes they can change into for Wet Wednesday. Shorts, T-Shirt are fine and some footwear they can get wet. A towel is also required. A water Pistol is also brilliant to bring !

**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 keep it in a secure place in the venue and then return at the

end of the day.

• Games or toys

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. With 20 years of working in Primary

Schools you can be assured we will have planned for a fun day!

EXAMPLES OF GAMES

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 set venues so please do check the website for updates

**WOW EQUIPMENT – WHAT IS IT?**

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.

NERF GUNS – we have a great array of nerf guns and we have many great tactical games we can play at camps.

THE BASIC WEEK AND WHAT YOU WILL NEED

TOTAL ENERGY

Mash Up 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

**Wet Wednesday** – As well as ll our usual fun games, we like to get have a fun day with water. So bring your water pistols and get ready for some fun and some slip and slide too!

**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 to be outside a lot too!

**WHEN SHOULD I BOOK?**

As soon as possible – we are popular and spaces are limited at all camps

However, you are likely to miss out on a place if you don’t pre-plan, 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.

Verbally reminded (maybe a cooling off period)

Further reminder (maybe another cooling off period)

Inform parents and behaviour form filled in

Yellow card – miss the next day (no refund)

Consider exclusion

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.

• 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 on camp, but it always worth reminding your children that they are responsible for their own actions.

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