

Parent information:

North Coast Creative Arts Camp

August 11^h – 16th 2019

In preparation for your child's stay at Lake Ainsworth Sport and Recreation Centre for the Creative Arts Camp, it is vital the Centre receives information relating to medical, dietary and other special needs for students, teachers and other supervising adults .

This information is provided using our online Medical and Consent form available at:

<https://sportandrecreation.nsw.gov.au/facilities/medicalandconsentform>

Parents/guardians must complete this form on behalf of their child. The booking number for the camp is 519848.

The information you provide on the Medical and Consent form will help us look after your child's health needs at camp. If your child has an injury or pre-existing condition, allergy, special dietary needs or is on prescription medicines, please provide full details on this form.

Sport and Recreation will share the information you provide with the Creative Arts camp staff.

Medication at camp

Your child should bring enough medication for the duration of their stay. All medication should be in its original packaging and clearly labelled with your child's name, the dosage and frequency.

If your child suffers from asthma or anaphylaxis, they should have an asthma management plan or anaphylaxis action plan which has been prepared by their doctor. Download sample plan templates from [Australasian Society of Clinical Immunology and Allergy website](#) (link is external). If your child has a plan, please provide it to the Centre at least three weeks prior to attending camp.

Children with asthma need to bring their own peak flow meters to camp and carry their inhaler with them at all times. Children at risk of anaphylaxis need to bring at least one adrenaline auto injector. On catered programs, children with food allergies are required to wear an identifying red wristband. This is an added precaution to assist staff when managing situations where food allergens may be present. Find out more about [processes and procedures in place to manage allergies and anaphylaxis](#).

Bed wetting

If your child is prone to bed wetting, please advise the school or Centre staff in advance so staff can deal with the situation in a discreet and caring manner. If required, please provide a waterproof mattress protector.

Camp life

Accommodation

Students stay in comfortable rooms or lodges with male and female students accommodated separately. Staff are located in the centre of the lodges and will be responsible for student safety and behaviour.

Meals

Our qualified catering team prepare nutritious and delicious meals so your child will never go hungry at camp. If your child has any special dietary requirements or food allergies, it's crucial that these are listed on the Medical and Consent form. It's also a good idea to mention it to your child's teacher before camp. Special diets are provided for medical conditions, religious beliefs and lifestyle choices such as vegetarians or vegans.

Behaviour

So that camp is a fun and safe experience for everybody, we have rules in place for students to follow. These will be explained to your child on arrival at camp. If your child misbehaves, we will discuss with the Creative Arts staff the best course of action. Sport and Recreation has a zero tolerance stance on bullying.

Outdoor safety

Every effort is made to ensure your child's safety and comfort while at camp. Our SunSmart policy promotes wearing broad-brimmed hats and sunscreen and we minimise sun exposure during the hottest part of the day. Personal flotation devices (life jackets) are supplied by the Centre. Covered shoes must be worn when participating in all boating activities.

Money and valuables

No money is required at camp. Valuables are the responsibility of the students.

Note: Sport and Recreation takes no responsibility for the loss or damage to a client's personal property, including money or other valuable items.

Accidents or emergencies

Centre staff hold senior first aid accreditations and can administer first aid, if required. If your child requires medical assistance, they will be taken to the nearest medical centre or hospital and we will notify you. In case of emergencies, parents can contact the Centre between 8:30am and 5:00pm Monday to Friday. View [contact details for each Centre](#).

What to pack

Luggage

One piece of luggage and a sleeping bag is recommended per child. These should be clearly marked with your child's name, address and phone number.

Music students will need their instrument, a music stand and a folder for their music.

Dance students to bring appropriate dance wear and a hairband!

Media Arts (Movie Making) students will be contacted by their tutor Alan Foster.

Remember, your child will have to carry their luggage so it's good to make sure it's not too big or too heavy.

Checklist

Please label all clothing, towels and sleeping bag with your child's name.

Shorts and t-shirts (no singlets, sleeveless or midriff tops)

Jeans

Jumpers and tracksuit pants

Socks and underwear

Raincoat

Warm jacket (winter only)

Three layers of warm clothing

Pyjamas

Swimming costume and rashie shirt

Sunscreen, sun hat and sunglasses

Two pairs of running shoes (one old pair to wear in the water)

Toiletries, soap, lip balm and insect repellent (***no aerosols***)

Two towels

Pillow, sleeping bag or doona and two single flat sheets (or 1 fitted)

Paper, pens or pencils

Plastic bags for dirty or wet clothes

Medication (if required)

Handkerchief or tissues

Water bottle

Optional

Camera – at owners risk

What not to bring

Aerosol cans (i.e. spray-on deodorant or insect repellent)

Mobile phones and other electronic devices

Lollies or chewing gum

Jewellery

Anything valuable (Sport and Recreation takes no responsibility for the loss or damage to a client's personal property, including money or other valuable items)

Prohibited

Drugs, cigarettes and alcohol are not allowed at camp and any student found using or in possession of these items may be removed from the Centre. Students found in possession of illegal drugs will be reported to the police immediately.

Staying in touch during camp

While at camp, you can send your child a message by fax or by using the contact form on this website. Clearly mark your child's name and school on all correspondence.

We do not encourage children to phone home as this can contribute to homesickness.

Lake Ainsworth

Got questions?

If you have a specific query that's not covered please [contact us](#).