Year 7 Checklist for Sydney Academy Sport and Recreation Camp- 24th-26th February, 2016

Getting Ready for Camp

This information is designed to help you prepare your child (and you) for stress-free and enjoyable camp experience at Sydney Academy Sport and Recreation Centre. This should answer many of your questions, if not please contact the centre on 13 13 02 or visit www.dsr.nsw.gov.au

How are we getting there?

Students will be transported to the Sydney Academy on air conditioned coaches. Student will need to assemble in the Dharawal School Hall at 9.00am for roll call. Buses will leave at 9.30am sharp for arrival at Narrabeen by 11.00 am. Whilst parents are most welcome to assemble with their children in the hall, we kindly ask that all there are no children or luggage in the quad.

Packing checklist:

- Shorts and t-shirts (no singlets, sleeveless or midriff tops)
- Jeans
- Jumpers and tracksuit pants
- Socks and underwear
- Raincoats
- Pyjamas
- Swimming costume and rash shirt
- Sunscreen, sunhat and sunglasses
- Toiletries, including soap (no aerosols)
- Two Towels
- Pillowcase, sleeping bag or sheets (single bed)
- Day- backpack
- Insect repellent (no aerosols)
- Lip balm
- Two pairs of sneakers (one old pair to wear in the water)
- Paper, pens and pencils
- Plastic bag for dirty or wet clothes
- Medication (if required)
- Handkerchief or tissues
- Water bottle

Optional: Camera, souvenir money (limited to $20-30) Mobile phones and/or electronic devices are taken at student’s own risk.

Hints: Please label clothing, towels and sleeping bag with your child’s name.
Medical Information

The information you provided on the Medical and Consent form helps us to look after your child's health needs at camp. If your child required medication they are to bring enough for the duration of their stay. All medication should be in original packaging and clearly marked with your child's name, together with instructions on the prescribed dosage and frequency. This medication is to be given to Ms Capner or Mr Denmeade in the hall BEFORE we leave for camp.

Asthma and or/anaphylaxis

If your child has asthma and or is at risk of anaphylaxis, it is essential that you provide an asthma and/or anaphylaxis management plan so staff know what action to take in the event of an attack. Children with asthma should bring their own peak flow meters and keep their inhalers with them at all times.

Children at risk of anaphylaxis need to bring at least one adrenaline auto injector.

On catered programs children at risk of food related anaphylaxis will be required to wear a red wristband.

Accommodation:

Students will stay in modern air conditioned lodges which sleep up to 20 students and two teachers. Each lodge contains five double bunks each, shared bathrooms and a common room. Male and female students are accommodated in separate rooms. A teacher from our school will stay in a separate room and will be responsible for student safety and behaviour overnight.

Meals:

Nutritious meals are prepared by qualified catering staff throughout your child's stay. Ensure you have listed special dietary requirements or food allergies on your medical consent form.

When are we returning home?

Coaches will transport the students back to Elizabeth Macarthur High School on Wednesday 24th February at approximately 2.30pm in time for the school buses. Students will be dismissed as per normal school departure arrangements. In the case of unforeseen delays the school will be notified.

Camp Contact Details:

Sydney Academy of Sport and Recreation is 25 kilometres north of Sydney on the Narrabeen Lakes. Please feel free to visit the website with your child to see some of the fun activities available. www.dsr.nsw.gov.au

In case of emergencies, parents can contact the camp on (02) 9454 0222 or Ms Capner or Mr Denmeade on the school mobile number: 0423569491 or you can contact the school and be transferred through to the teachers present on the camp site.

Ms. Laura Capner
Year Advisor