

OHM COACHING

Optimizing Human Movement



Holiday Camp



Welcome Brochure

School holiday fun the right way for the right reasons!



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Welcome Letter

Dear Parent / Guardian,

Thank you for choosing OHM Sports & Fitness camp, we are sure your child/children will have a great time! Our camps offer a wide range of Sports, Games, Fun Activities and Arts & Crafts to keep your child active and entertained throughout the day.

Signing in and out

Registration for the day is at 9.00am. Please ensure you sign your child in. De-registration for the short day is 3pm and 5.00pm for the long day. If your child is collected after their de-registration time you will be charged £5 per 10minutes of lateness. We will not allow a child to leave the camp unless they have been signed out with a parent/guardian (UNLESS THE CHILD IS OVER THE AGE OF 10 AND WRITTEN CONSENT IS GIVEN FROM THE PARENT/GUARDIAN TO THE SUPERVISOR AT THIS VENUE). Once Children are signed out we no longer accept responsibility for their well-being.

Our Staff

OHM Coaches are qualified to deliver a number of sports and specialist sports to give the children the opportunity to experience a range of physical games. ALL staff are CRB (DBS) checked.

Break and Lunch times

Each child will need a packed lunch and LOTS to drink, water is available. OHM Camps schedule three breaks a day in addition to lunch time, children have the choice to have one snack out of their packed lunch (not their sandwich). Please ensure your child has a suitable snack for these breaks.

Please note we are a Nut Free camp

Contact

If you need to contact us at any point during the day please do so on: 07377934480 (We have a camp phone at each venue and the number will be handed out to parents on the day)

Thank you for choosing OHM Sport's & Fitness. We hope your child enjoys their time with us.

Owen Hunte

What to wear

All children should be dressed in sensible and comfortable clothing which they are able to participate in sports with.

All children will need a hat to protect them from the sun during outdoor activities. Although the weather may be warm/cold please ensure your children wear appropriate outdoor sportswear which they are able to comfortably move in.

We do also ask you to provide your child with a jumper in case the weather does change and becomes cold outside during outdoor activities. When it rains we move inside.



What to bring

It is extremely important that children remain hydrated throughout the day, especially when being active and playing sports. We ask that all children bring plenty of water with them & preferably a refillable bottle. We do not supply sun cream. In hot weather please ensure your child has applied sun cream before attending & also bring a labelled bottle of sun cream ensuring your child can apply it themselves during the day to keep them protected.

Checklist

- o Lunch & Snacks
- o Water bottle
- o Jumper/jacket
- o Sun hat
- o Suitable footwear
- o Suitable sportswear
- o Sun cream



Sports & Activities

Sports & Activities At OHM Sports & Fitness we operate a let the children lead system, whereby the children have a choice of which activities they want to do.

We offer them a wide range of choice of which sports they can do and leave it to them to decide which ones they want to participate in. We try to give as much variety as possible and can ensure that your children will spend most of their day being active but with adequate rest periods.

We also offer arts and crafts activities for children to encourage them to be creative and as an alternative to being active.



Camp Rules

Our camp day always begins by reciting our camp agreements, this is so that each child is reminded of the rules and what is expected of them. Our camp rules are:

- To be kind and considerate to all our friends
- To be kind and considerate to all other children & staff
 - To speak to staff if we are unhappy
 - To work together
 - To respect each other and property
 - To help someone in need
 - To set a good example
 - To have fun in a safe way
- To not spoil the enjoyment of others
- To stick to the rules of the game



Terms & Conditions

All children must be signed in on arrival and signed out on collection with a parent or guardian as per the times you have booked. Written permission from a parent/guardian allowing children to travel to and from the event alone must be handed to the Supervisor on the first day of arrival.

The venues which OHM sports & fitness host their holiday camps all have suitable meeting, changing and lunch areas. If bad weather prevents activities being played outside, OHM Sports staff will host suitable indoor activities for children to take part in. OHM Sports cannot be held responsible for any loss or damage to any personal belongings whilst attending or travelling to or from one of our events.

If any child is being disruptive to the point where it interrupts the running of camp and is not adhering to camp agreements Ohm have the right to ask parents to collect the child and for them to not return with a refund to be discussed.

In the event where a child requires Emergency First Aid treatment, Parental consent is given to First Aid Trained OHM Staff to administer treatment where necessary, or to transfer the child to hospital if deemed necessary by the Supervisor in charge.

OHM Sports & Fitness will attempt to contact parents using the contact details provided when booking online. All policies and procedures including safe guarding, child protection and complaints, can be found at each camp venue or sent on request by emailing info@ohmcoaching.co.uk Booking is deemed acceptance to these terms & conditions.

In the event of a complaint or concern if you are unsatisfied with any aspect at our camps please contact Owen Hunte on 07377934480 or info@ohmcoaching.co.uk.

OHM Sports & Fitness Ltd

Roslyn Avenue
Feltham
TW14 9LQ

admin@ohmcoaching.co.uk

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