

Parent information: School camps

New friends, new skills and new experiences – it all happens at school camp.

To make it a stress-free and enjoyable time for you and your child, we've put together this information to help you prepare.

Health and safety

Medical and Consent form

Six weeks prior to camp your child's school will provide you with details enabling you to complete our online Medical and Consent form on behalf of your child. You must complete and submit this form online at least three weeks prior to camp.

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.

The Office of Sport will share the information you provide with your child's school.

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.

You should discuss this with your child's teacher as they will be responsible for making sure your child takes their medication.

Asthma and anaphylaxis

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](#). 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. At least one visiting teacher will stay in a room nearby 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.

Many of our program participants suffer from food related allergies that vary from person to person and can be as sensitive as making contact with certain foods that will cause a serious allergic reaction.

The catering areas that you are using during your stay are also ones that people with food related allergies utilise throughout the year, so we seek your assistance and support in managing these risks.

We ask that you consider the following:

- Do not bring nuts and products containing nuts on-site
- Please ensure careful cleaning of pots/pans/crockery/utensils etc
- Please ensure careful cleaning of surface and food preparation areas
- Do not leave food unattended or in a place where it may be accessed by clients for example; in a fridge, out on the work site or in a common area
- Do not leave any food behind after your stay
- Ensure all rubbish is placed in designated bins
- Do not provide any food to clients

Our Allergen Free Meals Policy requires anyone with an intolerance, allergy or anaphylaxis reaction to a food to wear a red wrist band for easy identification. Their meals are plated separately by our Catering Staff and collected from a designated spot to ensure Policy compliance and to manage any risks.

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 your child's teacher the best course of action. The Office of Sport 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

Your school may ask students to buy meals going to and from camp. We also sell souvenirs at camp. If your child needs spending money, we suggest this is limited to \$20 or \$30. Please put money in a sealed envelope with your child's name clearly marked on it.

Note: The Office of Sport 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

Luggage should be limited to one bag equivalent in size to airline 'carry on' luggage with maximum weight of 10kg and a separate sleeping bag, plus a small backpack per child. Remember, your child will be required to carry their luggage so it is essential to make sure it is not too big or heavy.

Limiting luggage size and weight is especially important when visiting Milson Island or Broken Bay Sport and Recreation Centres as luggage will be handled multiple times throughout the journey.

For school camps, pack:

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 (winter only, or all-year round at Jindabyne, Borambola, Lake Burrendong and Lake Keepit)
- 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 (Sydney Academy provide pillows)
- Day backpack
- Paper, pens or pencils
- Plastic bags for dirty or wet clothes
- Medication (if required)
- Handkerchief or tissues
- Water bottle

Optional

- Camera
Up to \$30 for souvenirs

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 (The Office of Sport 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.