



PARENT GUIDE FOR SUMMER CAMPS

The following is a list of useful information which will help you decide if the Killary Summer Camp is the one for your children and to help you prepare for their attending it if it is.

As a family-run business for over 35 years, we understand how daunting it can be sending your child away from home especially for the first time. So please be reassured that we have put 100% effort into ensuring it will be a safe, wonderful and fun-filled week that they will never forget.

SAFETY AND SUPERVISION

- 24 hour supervision as standard – night manager and night duty supervisor available throughout the night
- All instructors in-house trained and certified by National Governing Bodies of each outdoor adventure sport
- CCTV cameras throughout the public areas of the K2 accommodation base
- All instructors Garda-vetted
- All instructors trained in Code of Ethics and Good Practice for Children's Sport
- All instructors qualified in Outdoor First Aid Remote Emergency Care Level 3
- Strict safety procedures in place as per National Governing Bodies and equipment suppliers, regarding ratios and operating standards

CAMP DETAILS

Age group:

8 to 17 years

Accommodation:

6 bedded en-suite rooms with bed linen provided but no towels or toiletries.

Male and female campers accommodated separately.

Campers can share with friends if requested in advance or will be placed with children their own age if coming alone. Siblings can share if requested in advance.

Arrival:

After 4pm on the Sunday evening of the camp.

There is dinner provided on arrival evening at 6pm for all residential campers

Final payments for Summercamp are due one week in advance of booking date.

Departure:

Collection between 5pm and 6pm on the final evening of the 5 day camp and 12 day camps and after breakfast at 10am on the final day or the 7 and 14 day camps.

Activities:

All outdoor adventure sports with up to 3 per day. These are included in camp price.

Full evening games programme each evening of the camp.

T: +353 (0)95 43411

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LEENANE, CO. GALWAY

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Food:

All meals are included for residential camps. They are cooked onsite and served in our dining room overlooking Killary Fjord.

- **Breakfast:** cereals, toast, juice, fruit, tea/coffee
- **Lunch:** sandwiches, cup-a-soups, fruit, homemade flapjacks, juice.
- **Dinner:** main meal and dessert eg. Spaghetti Bolognese, chicken Kiev, curry and rice, salad bar also available. Dessert like chocolate cake, jelly & ice cream, chocolate brownies.
- **Night snack:** tea and biscuits after evening programme

If your child has any dietary requirements, just let us know when booking and we will look after them for their main meals. It is recommended that any child with a special dietary requirement bring their own snacks, so they can eat outside of the times we provide meals.

There is also a tuck shop which is open when meals are finished. Children will need to bring pocket money to avail of this.

What to bring:

Download our full recommended list and use as a checklist to help you prepare. The downloadable list is available at the bottom of this page.

Valuables: We would recommend not bringing any but if they are essential, to leave them with us at reception where we put them in the safe, rather than storing them in bedrooms or carrying them around. We cannot be responsible for any items left in rooms, in personal luggage or on activity site.

CAMPER WELFARE DURING A KILLARY SUMMER CAMP

Mobile phones & contacting your child during summer camp:

Only Vodafone and 3 networks have reception in the Leenane area.

For the first 24 hours of their stay, their mobile phones are taken from them (5pm day 1 – 5pm day 2). This is to give them time to settle. The first couple of hours can be a little bit daunting for the child and if they have their mobiles they are in constant contact with home and this does not work well for them to settle in. We have found that after they have done their first activity session the following morning they have settled in.

Mobile phones are not allowed on activity session so the best time to contact to your child is in the morning from 9 – 9.45am before they are on activity and from 5.30 – 6.30pm before evening games. You can also call the centre at this time on 095-43411 if you cannot get them on their mobile or if they do not have one.

At any stage during their stay, children are told they can use the phone at reception to call home. This is in case they have run out of credit, or if they do not have a mobile phone.

Care of campers:

Specially chosen **Group Leaders** will meet your child each day and will be with them on most activities. They provide a person that your child can go to in the event that they are having any problems or if they have special requests.

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Homesickness can occur, especially among younger children. We recommend the following:

- That children aged between 8-10 years come with a friend or sibling.
- Parents contact them as little as possible in the first day or two as this tends to make it worse. This is one of the reasons they are not allowed their mobile phones in the first 24 hours.

To help children have the best possible experience, **bullying** of any kind is not tolerated at our Killary Summer Camps.

DAILY SCHEDULE:

A typical day is as follows:

- 8.30 am Wake up call
- 9.00 am Breakfast
- 10.00 am First activity eg Kayaking
- 11.30 am Second activity eg Gorge Walking
- 1.00 pm Lunch
- 2.00 pm Third activity eg. Climbing tower
- 3.30pm Fourth activity eg. Abseiling
- 5.00 pm Shower and chill out
- 6.00 pm Dinner
- 7.30 pm Evening games
- 9.45 pm Snack
- 10-11 pm Bed time

EXTRAS FOR SUMMER CAMPERS

Pocket money:

We do not recommend sending much money with your children as everything is included. However there is a small shop selling crisps, sweets, drinks and ice cream, a pool table and drinks machine. Something like €4 per day is enough for them to play a game of pool and get the following; ice-cream, drink and bag of crisps.

Killary Hoodies:

Super colourful Killary Hoodies are now available as a memento of your child's summer camp at Killary. Can be reserved and paid for when booking, or are available during camp.

- **Colours available:** purple, grey, pink and a darkish blue.
- **Sizes available:** small, medium and large (see photo on summer camp pages).
- **Cost:** €30.00

Rules for Summer Camp – please ensure your child is aware of these before they arrive. See below.

What to bring list – we recommend that every child arrives at camp with a list of what they have brought with them to ensure that when they are packing at the end of the camp they do not leave anything behind. Due to the volume of lost property at Killary we do not keep anything left behind it is all disposed of so it is in your best interest to ensure that your children return from camp with all of their belongings.

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SUMMER CAMP RULES:

Please make sure your child is aware of the rules of the Killary Summer Camp before they arrive. We have developed these rules to ensure that your child has a truly safe environment in which to enjoy their stay with us.

- A non-refundable deposit is required to secure a place on the Summercamp. A booking is not confirmed until a deposit has been paid and you receive a booking reference number. Once a deposit has been paid, it confirms the booking and that you have agreed to the rules and regulations of the Summer Camp Programme. Balance for all camps must be paid one week in advance of arrival date. This balance payment is non-refundable; this also includes any early departures due to homesickness, illness, etc.
- Killary has an excellent safety record, to ensure this continues we reserve the right to remove any uncontrollable child from adventure activities.
- Children must adhere to any safety requests by their instructors on a session. Any failure to comply will result in the child being removed from the activity.
- All damage must be paid for. Any damages done to rooms will be paid for by the children in the damaged room. **All** children allocated in the same room will be responsible for the damage, so it is up to each child to be pro-active in bringing to the attention of the duty supervisor if damage is being done.
- This is a non-smoking centre. No smoking is permitted.
- Children will have to participate in the tidying of their own rooms each evening.
- Children must stay in their rooms after 11pm (all rooms are ensuite). The only time they may leave their rooms is if they need to contact the night supervisor.
- Any young person found in possession or under the influence of alcohol will be sent home immediately at their own expense and there are no refunds for any part of the programme not undertaken.
- Any young person found in the possession or under the influence of any illegal drug will be sent home immediately at their own expense and there are no refunds for any part of the programme not undertaken.
- NO red bull or caffeine energy drinks allowed in the centre. They will be confiscated from the children if they have them and will not be returned and the cost of the products will be a loss to the individual.
- If any child leaves the camp prior to the confirmed departure date, there will be no refunds for children who do not take up on any parts of the programme as part of their confirmed booking.

- VALUABLES Killary recommend that children do not take any valuables e.g. phones, iPod, etc. with them to Killary Adventure Co. If children do decide to bring them to Killary we are sorry but Killary will not accept any responsibility for them. All valuables can be handed in to reception for safe keeping, but if they are left in rooms or bags and go missing we are not responsible. Please inform your child of this procedure
- CLOTHES: We do not return lost property so make sure when leaving the centre that you bring everything with you
- All participants in the Killary Adventure Co summer camp programme may be used in photographic or video material for promotional purposes by Killary Adventure Co. If any parent/guardian does not want their child to be photographed or videoed by Killary Adventure Co for promotional purposes, the parent/guardian, must sign the form here and return it to us:

CHILDS NAME _____ BOOKING REF _____

SIGNATURE OF PARENT _____

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