



Camp Phoenix "Summer 2020" Activities

Due to the Covid-19 pandemic, we will be running our Camp Phoenix activities differently from normal. We have produced some information to help you plan your visit:

1. **Are you fit to visit?** Please do not attend Phoenix Outdoor Centre if you or anyone in your household, are feeling unwell or experiencing any symptoms of Covid-19.
2. **Book your visit:** We can only accept people on the day that have booked and paid for their place in advance. This can be done through our website / WebCollect. On the bookings page, you will be asked to register or sign in to WebCollect and then complete a simple form for each activity. You can then choose to pay by bank transfer or PayPal. At this time, we would prefer not to take cash or cheques. You will receive a booking confirmation email and your booking will appear on our activity register, so no need to bring the paperwork with you.
3. **Before travelling:** Please check the website and emails for any changes in the booked activity. If we have to make any changes, we will send an email as soon as possible.
4. **Timings:** We have changed our timings to help stagger arrival & departure of activity groups. We are unable to offer "Early Drop-off" & "Late Collection" during the summer and we ask that you ensure you arrive on time for the session start and finish. Generally, Sailsports are running from 09:30 – 16:30 and Paddlesports from 10:00 – 17:00.
5. **On arrival:** Please drop your child off at the Woodfield Park car park and they can walk down the path to the Centre. Parents can walk down to our entrance gate, but are asked to stay outside of the compound to assist with social distancing.
6. **Collecting children:** Please wait for your child on the grass playing field outside the Centre.
7. **Parents on site?** There is a grass area between the Centre and water where you can watch what your child is doing, however, please ensure you practice social distancing from others and the children in our care. You can access the path to this area through the gateway further up the access track. Do not help your child or others move their boats at the end of the session – the coach will help out if required.
8. **Activities:** We are running a series of activities each day with staggered starts and finishes to avoid too many people on land or water at the same time. We will be practicing social distancing measures within the groups, unless people are from the same household. They will stay in that group for the whole day including eating packed lunches and not mixing with other groups. Where possible, we will keep people out of

the buildings, however, if there is adverse weather, we will find suitable indoor accommodation. We will have shaded areas to sit out of the sun. Access to the toilets will always be available and washing facilities will be available in the toilets and hand sanitisers around the site. Please wash your hands!

9. **Activity Expectations:** As always, we aim to keep our activities structured for fun and learning new skills but we have had to adapt some of our regular games and activities to help maintain social distancing. This may restrict some of the normal coaching and games we provide.
10. **Changing & Activity Clothing:** Participants arriving should be wearing activity clothing and have a change of clothes with them to go home in. They will definitely get damp – if not very wet! Where possible it would be best to change once at home, although we will have some outdoor screened areas where they can change at the end of the session.

List of clothes:

- T shirt or sweat shirt – plus extra layers in cold weather. Man-made fibres preferable
- Shorts or tracksuit trousers – no jeans
- Old trainers, sandals or wetsuit boots – no crocs, wellies or flip flops / slides
- Hat / suntan lotion if sunny
- Large Towel – to suit outdoor “beach style” changing!
- Complete set of dry clothes & shoes to go home in – you may get damp, if not very wet!
- If you need to wear glasses for the activity, please ensure that you bring a means of retaining them on.
- Any medical requirements – i.e. inhalers
- Packed lunch, snacks, full drink bottle
- Any personal PPE such as gloves, facemask etc.

We will provide all the boats and equipment needed for the session, plus a buoyancy aid and if required, a waterproof jacket and wetsuit.

11. **Please be patient:** With the additional measures we are putting in place, it is likely that there will be increased waiting during busy times such as launching boats.
12. **Consider others:** At all times please show consideration for others by respecting the social distancing requirements in force at the time. Please be considerate of the staff and follow their guidance at all times.
13. **Signage:** Please read and follow the signage on site. There will be a directional system around the compound to assist with social distancing.
14. **Indoor Accommodation:** The Club house is closed for general access to participants, except for toilets, unless designated as temporary cover from adverse weather. All surfaces will be cleaned after use.
15. **Safe Environment:** It is important that we achieve a safe environment for everyone on site. General rules on safety, including social distancing and handwashing will be set-out at the start of each activity. Anyone found to be breaching these guidelines

will be asked to leave the activity and their parents will be called to collect them as soon as possible.

16. **PPE:** If you require your child to wear gloves, face mask or shield, please ensure that they bring them for the session. We will not be providing PPE for shielding. For safety reasons, face masks or visors will not be permitted to be worn on the water
17. **Catering:** There will not be any catering provisions on site. Please bring your own drinks and food for the session. A filled water bottle is especially useful in warm weather.
18. **Before you go:** At the end of the session, please ensure that your boat has been properly put away and contact areas cleaned, as guided by your coach.
19. **Sign-out:** Before you leave site, please check-out with the Duty Coach.

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