



# Welcome to EnergiSE!

## Energy Camp Welcome Pack

Dear Parent,

Welcome to EnergiSE and specifically, welcome to our Energy Camp this school holiday! Please take this opportunity to find out more about us, our camp and other important information.

### Who we are

EnergiSE provides opportunities for children to build social, emotional, spiritual, physical and creative thinking skills, using sport and physical activity as our platform.

Our aim is to give all children a positive introduction to sport and physical activity, inspiring them to make it a part of their lifestyles into adulthood and beyond. We believe that an 'EnergiSE' participant, will have a significantly higher chance of leading a healthy, active lifestyle through their love of sport and physical activity.

### A Message from our CEO

“Sport and Physical Activity has played a pivotal role in my life, and enabled me to build an education, career, positive relationships and develop the skills that I use in everyday life. I am still as excited by sport now, as I was when I was 10 years old, and this is what I want for all children that attend our clubs.”

### About the Camp

Here are some things that I think you may find useful as a parent, and things you can tell your children to expect about the club.

### Before you attend

Please ensure you have Booking and Payment confirmed. It is a good idea to bring this with you on the day as evidence, just in case of any administrative errors. This should be an order confirmation email via our Class4Kids site.

Children should wear sporty attire, such as tracksuits, jogging short/bottoms, t-shirts and hoodies, jumpers. Items such as Jeans may limit the amount of activity your child can take part in, so please be well prepared.

If children are on a football club with us, please bring a change of boots and trainers, shin pads and football socks.



Weather related attire should also be brought to the club. Children should come wearing sun cream on warm days (we will support children to re-apply after lunch, if needed) and have a wet weather coat/jacket in case of rain. A sunhat or cap will be required on hot days.

## **Refreshments and Lunch**

Please bring a large, full water bottle, with your child's name on. We encourage you to bring water rather than juice or squash. Fizzy drinks are not permitted. We are a nut free site. If your child has allergies please include this on the consent form and notify the supervisor.

We encourage you to pack a healthy balanced lunch for your children, alongside a few smaller snacks such as pieces of fruit, yoghurt or something to boost their energy on a short snack break. This is particularly important if your child attends a long day (I.e. 8:30-5pm).

For children on Free School Meals places, we provide lunch for you, but please bring a refillable bottle (if you do not have this please contact us and we will aim to provide)

## **Consent form**

Please complete the consent form provided if possible, as it makes the sign-in and out process smoother for us. It also enables us to get to know children and parents better during the sign-in process as less time is spent on queuing and completing forms. This can be sent as a clear, legible scanned document, or via email to [admin@Energ!seonline.com](mailto:admin@Energ!seonline.com). We will carry spare forms on the day, in case you have forgotten or not had time to send this. Please complete all sections of the form and ensure it is signed by you as the child's parent or guardian. We cannot allow children to participate without a completed consent form.

## **Medical / Additional Details**

Please notify the supervisor at the venue of any medical or additional needs. We realise that some children have medical or additional needs and aim to support their attendance wherever possible to do so. We require all parents to fully complete the medical/additional details part of the consent form, and attach any details that are necessary for us have available, such as:

- Medication information
- A form for Administering or Self Administering medication
- Signs and Symptoms
- Usual procedures in an emergency
- Any plans or risk assessments

## **Children with Special Educational Needs or Additional Needs**

We aim to offer a Multi-Sports Camp that is inclusive for all that attend, and therefore will aim to support children with additional needs to attend the club and flourish through our provision.

We have high standards and expectations of behaviour for all children.



We recognise that children that have been suffering from poor physical or mental health and wellbeing, anger, trauma or are facing any similar challenges in other settings may also need additional support.

We cannot offer 1-1 support for children and although we recognise that some children need this level of support they may be better suited to more specialist provision. Parents and Supervisors are expected to liaise over any additional support needs and make appropriate arrangements for the best of the child.

### **Valuables and appropriate belongings**

Valuable items such as (but not limited to) mobile phones, jewellery, expensive clothes or footwear, cash or tablet's are not needed at the club. Children will not need their own equipment, books, teddies or toys. Chewing Gum or other potentially hazardous consumables are not allowed.

### **Attending the venue with your child**

When attending the venue, you should find useful signage that points you to the sign in area. Please wait patiently for us to respond if you are waiting at the door or gate.

Please understand that our safeguarding and health and safety procedures mean that when attending with your child you should act appropriately, treat staff and the setting with respect, and acknowledge our rules for adults section. In particular, when you are collecting or dropping off your child:

- Please drive safely and very slowly through the car park and park appropriately.
- Please report straight to the sign in/out area and do not attempt to use any other areas of the premises or walk past the desk without speaking to the supervisor.
- Please understand that coming in to view the sessions is not practical or safe for us to allow all parents to do this, and so we provide a slot at the end of the week for parents to attend (from 2:45pm-3pm).
- Understand that we are unable to accept parental visits that have not been pre-arranged, or allow parents to remain on site for longer than 15 minutes (supervised).
- Whilst on site, you should always remain in site and sound of a team member.
- Please be on time and contact us if you are faced with a delay when dropping off or collecting.
- Feel free to take note of the information on the display board, which should provide information on safeguarding, first aid and contact details as well as activity information.
- Please communicate with children about the camp, what they are here for, how much fun they are going to have and our behaviour expectations.
- Please ensure the information that we have for you is up to date and correct.
- Please ensure that you or a named contact are available if we try to contact you, in case of illness, injury or other reasons that we need to contact you.

### **FAQ's**



Please read the FAQ document to see if your questions are answered by these common questions. During busy times, it can take some time for us to respond to emails, and this may be a quick way to get some common questions answered.

## About the Club

Each club has a Supervisor. The Supervisor will oversee the day and be your main point of contact as a parent. Their details should be displayed on the display board and they will aim to remain contactable throughout the day.

The Supervisor will run the club with the support of our Coaches. Our coaches will support with the running of the day and oversee the children in their specific groups.

Multi-Sports is a researched based approach to a child’s long term athletic development. It builds physical literacy skills in a range of fun and challenging environments, building emotional, social and technical skills whilst being physically active. Most importantly, it is recommended by many governing bodies in order to develop a lifelong habit of taking part in sport and physical activity.

## Example day structure

Time of Day	Itinerary	Examples
Early Morning	Site Opening Morning club Registration Rules and Introductions	Morning club involves a variety of games and activities to give children a positive start to the day. E.G Arts and Crafts, Archery, Basketball Shootout. Children can choose from a range of activities.  Registration for the main day is 9:45-10:15am, before a group introduction with camp rules included.
Morning Session	Games 1-3 Short Break Games 4-6	Our first activities tend to be warm up oriented, and are fun, adapted games.  Our games are led in a carousel so that children can experience all games, tailored to their needs.
Lunch		

Afternoon Session	Games 7-9 Short break Games 10-12	The afternoon sessions tend to be more competitive, where we keep scores, have fun competitions and give out points for sportsmanship, effort, application and more.
Late Club	Cool Down De-Registration After Club Site Close	The cool down enables children to find their belongings and get prepared to leave site, including a debrief from their coach.  After Club is similar to morning club.

## Rules and Challenges for Kids

Our rules are treated as values that children should hold within the club. Each 'category' has a number of rules and standards that we challenge the children to hold within the day, alongside their coaches.

**Have Fun** – including examples such as encouraging team mates, take part, share and play fairly and more.

**Stay Safe** – including examples such as equipment to use and not use, communicating with the coaches, staying with the group and more.

**Be Respectful** – including listening to each other, being kind to one another, respecting people's space and ideas and more.

**Create and Collaborate** – including encouraging problem solving, working together as a team, sharing ideas and taking opportunities to test out new thing.

**Grow yourself** – including trying new things, having a positive mindset, overcoming challenges, being positive about yourself and others and using your energy positively and more!

We take a positive approach to managing behaviour, using rewards, praise and support to reinforce positive behaviour. From time to time we do have to demonstrate that their our consequences to children's actions, which should always be implemented fairly, relatively and consistently, in line with our behaviour management system.

## Complaints, Compliments and Feedback

If you have a Complaint about the Club, please start by addressing this with the Supervisor at the Club. Each site has a complaints procedure within the document folders on-site, so please feel free



to request this if you are not satisfied with the response. Please leave both positive and constructive feedback with our supervisor, and utilise opportunities to leave feedback through our online feedback form found here:

[Holiday Camp Feedback Form](#)

## **Health and Safety**

Our team should have picked up any health and safety considerations, and have both a general and specific risk assessment on-site. Staff are First Aid trained in case of emergencies. If you have any concerns that this has not been followed, or that we have missed something, please report this directly to the supervisor and contact our admin team so that we can check that this has been resolved.

## **Safeguarding**

Our Safeguarding Policy is in the on-site folder and parents can view this on request. Staff are Enhanced DBS Checked and trained in Safeguarding Children. The four types abuse, which can take place in a variety of ways are:

- Physical
- Sexual
- Neglect
- Emotional

If you have a safeguarding concern or have witnessed something or someone in or around our setting that could leave children at risk of any type of abuse, please discuss this with the site supervisor immediately, so that they can address this. If the concern involves a member of staff acting inappropriately, or you felt your concerns have not been dealt with sufficiently, please contact our Designated Safeguarding Lead directly; Ellis Hemingway; [ellis@empowr-u.org](mailto:ellis@empowr-u.org); 07599093039.

## **Electronic Devices and Images**

Children and Parents are asked not to use electronic devices on site. Coaches are asked not to use electronic devices and to keep any child's electronic device safe if they are aware that it is on site. Supervisors may need electronic devices for work purposes. We regularly take photos to post on social media and can opt out of this when completing their consent form.