

# Watershed Camps - Information for Parents

Kilkenny Local Authorities Leisure Complex Ltd  
T/A The Watershed Tel: +353 56 773 4620  
Bohernatounish Road, Kilkenny Email: info@thewatershed.ie



## On Day One

- Registration will take place on the first morning of Camp in the designated area outside the front of the main building. This will include the completion of a Self Declaration/Contact Tracing form as part of our COVID19 policy
- Parents are asked not to attend earlier than ten minutes before the camp starts, to register children.
- After registration, children will be directed to the designated Waiting Area.

## Signing In and Out Procedure

- The Watershed operates a strict Signing In and Out Procedure whereby parents will be required to sign their children in and out of Camp on a daily basis.
- Campers are asked not to arrive earlier than ten minutes before the start of their camp programme.
- Children must wait in the designated Waiting Area after being Signed In, where they will be collected by a member of our Camp Staff and brought to the area where activity is taking place. Swim Skills Camp children will be brought to the Changing Village.
- Parents are not permitted to wait for children within the main building while Multi-activity and Swim Skills camps are taking place. Access to the viewing galleries is not permitted and parents are asked to return to collect children from the Waiting Area at the end of the camp programme
- Parents/guardians must remain contactable while their children are at camp
- Please make sure that children are collected promptly from the designated Waiting Area at the end of the camp programme - there is no supervision outside of camp hours and The Watershed will not be responsible for campers outside of camp hours.
- Parents are requested not to arrive to collect their children earlier than five minutes before the end of the camp programme.
- Adults other than the parent or authorised guardian of the child will require written consent before being allowed to sign a child out of Camp. The Watershed reserves the right to retain a child on the premises if unable to identify the individual collecting.
- A parent must provide written consent for any child to leave the premises on his/her own during camp hours.
- Social distancing must be observed on the premises at all times

## Multi Activity Camp Hours

- Camp starts at 9.00am every morning and finishes at 3pm.
- There will be supervised rest periods during the camp programme for lunch, drinks and snacks. Children will practise social distancing during rest and break periods.

## Swim Skills Camp Hours

- There are two programmes daily. The first starts at 9.00am every morning and finishes at 9:30am. The second camp starts at 9:45am and finishes at 10:15am.

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### What to Bring – Multi-Activity Camp:

- Suitable runners and sports clothing should be worn by children each day.
- Children should bring swimwear, a swim hat, goggles if preferred and a towel each day of Camp.
- Children should bring a packed lunch from home with them each day and some snacks (chewing gum is not permitted).
- Children are advised to bring plenty of drinks (please note glass bottles are not recommended).
- Children must apply sun cream before coming to Camp if appropriate and bring extra sun cream to be reapplied if necessary during the day.
- Parents must inform their children that they will be asked to shower before entering the pool and upon exit and that they must wear their swim hat at all times.
- Children will observe hand hygiene through the camp programme and will wash their hands at appropriate intervals.

### What to Bring – Swim Skills Camp:

- Children should arrive for camp wearing their swimwear underneath their clothing.
- They should bring a swim hat, flip flops or swim socks, goggles if preferred and a towel each day.
- Level one Campers should bring their own armbands
- Parents must inform their children that they will be asked to shower before entering the pool and upon exit and that they must wear their swim hat at all times

### What NOT to bring to The Watershed

- Children may not bring cameras, mobile phones, mp3 players, tablets or game consoles etc to Camp with them.

### Hand Hygiene

- Hand Sanitisers contain alcohol and their use is at the customer's own risk, The Watershed do not accept responsibility should a skin reaction occur
- Children will be instructed by Watershed staff to wash their hands at appropriate intervals during the camp schedule

### Special Needs and Pre-Existing Conditions

- All parents are asked if their child has any disability or special needs during the booking procedure, in order to ensure that their child derives as much enjoyment as possible from their time at Camp and in the interests of health and safety.
- Parents should provide as much information as possible to ensure that their child's special needs or disability is catered for, even if the need is considered inconsequential by the parent.
- If extra supervision or special attention is required for an individual child at Camp, the Duty Manager must be informed at time of booking. One to one assistance cannot be provided by The Watershed, this must be provided by the parent.
- If a child has any pre-existing condition e.g. Asthma, or if any child requires medication at Camp, this must be notified at time of booking and again at registration.

### Parental Assistance/Attendance

- Parents of young children or children with special needs or disabilities and who may need assistance with showering and dressing before and after pool activities must inform the Duty Manager at the time of booking and again at registration.
- Our Child Protection Policy prohibits The Watershed staff from assisting campers with showering and dressing. Campers will be supervised at all times while in the Changing Village.

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### Sickness

- If a child feels sick during the Camp, a parent will be contacted immediately by a member of staff.
- In respect of the health and welfare of all children in the Camp, parents will be required to collect children with a suspected illness or infection immediately.

### First Aid

- All Camp staff have easy access to on-site first aid kits and qualified occupational First Aiders are always on site.
- First Aid responders qualified in the use of oxygen and defibrillators are also on site at all times and can be called on in cases of extreme emergency.
- PPE gear (personal protective equipment) will be worn at all times by our camp staff if delivering first aid to a child at camp.

### Camp Personnel

- All members of staff employed at The Watershed are Garda vetted.
- All swim teachers are fully qualified and experienced.
- All members of staff undergo Induction in relation to COVID19 policy and procedures, first aid, health and safety, disability awareness and child protection, as well as The Watershed Camp policies and procedures.
- The Watershed Multi-Activity camp will be actively supervised by the Camp Supervisor at all times.
- All Multi-Activity campers are actively supervised by Lifeguards and camp personnel during pool activities.
- The Swim Skills camp will be actively supervised by Watershed Swim Teachers and Lifeguards.
- The Duty Manager on duty will monitor all camp activities.

### Grouping of Children – Multi-Activity Camp

- Children are divided into three groups according to their age - 4-6 years, 7-9 years and 10-13 yrs.
- The appropriate ratio of adults to children will be in place at all times.
- If you wish to group your child with another child in the Camp please state this at the time of booking – we are unable to respond to any such requests on the first morning of Camp. We endeavour to honour all requests, however because of strict group sizes and group dynamics, we are unable to guarantee this.

### Daily Activities – Multi-Activity Camp

- Each child will complete approximately five group activities per day.
- A timetable of activities for each day of camp will be on display at Reception or in the Sports Hall for parent's information.
- If you have any particular queries concerning a specific element of your child's programme whilst they are at Camp, then please contact the Camp Supervisor who will be more than happy to answer your questions.

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### Pool Etiquette

- All campers will be instructed to use the bathroom and shower before entering the pool.
- The wearing of swim caps is compulsory, which helps enormously with filtration and therefore pool cleanliness.
- Multi-activity campers will change and store their belongings in the separate male and female Group changing areas, under the supervision of camp staff.
- For children attending swim camp, lockers are provided for your convenience, therefore clothes are not to be left unattended in cubicles. Any unattended items may be removed.
- Campers must not enter the water prior to the commencement of the camp lesson/pool activity, and then only with the permission and under the supervision of the Lifeguard and camp staff.
- Campers may not return to the Changing Village during the camp lesson/pool activity unless accompanied by a member of staff.
- Children must leave the pool area at the end of their camp lesson/pool activity when directed.
- All pool users are expected to adhere to the rules documented on signage around the pool area for their own safety, comfort and enjoyment and that of others.
- Lifeguards will enforce these rules and persistent disregard for pool rules will result in a child being prohibited from taking part in the rest of the camp lesson/pool activity.
- Campers must walk and not run in the changing village and pool complex.

### Health and Safety

- The Watershed operates within a strict Health and Safety Policy and all patrons including campers and parents of campers are expected to comply with the rules and regulations regarding health and safety at The Watershed.
- For their own safety, comfort and enjoyment, and that of others, campers must adhere to all instructions given by camp personnel at all times.
- During pool activities, campers must follow the instructions given by the Lifeguard on duty at all times.

### Code of Conduct

- The Watershed operates a general Code of Conduct, copies of which are available at Reception and on our Website.

### Child Protection

- The Watershed operates a Child Protection Policy, copies of which are available at Reception and on our Website.