



MULTISPORTS CAMP GUIDE

15 - 17 August 2017

"All kids should have a childhood like this!"

THANKS!



“All kids should have a childhood like this!”

This was quoted by a parent at one of our Pit Parties, and we couldn't agree more. From Tuesday to Thursday next week, we'll keep your kids busy with outdoor activities and excursions, new friendships and challenges.

The intention of our camps is to get children back into the trees, away from digital devices. We hope they will push themselves, feel achievement in teamwork and overcome fears. We want them to play freely, to embrace their outdoor adventure, and have a carefree week of fun!

Drop off is at 9am and pick up is at 3pm each day. This will be at Centaurs Sports Park, and a map is attached.

If you have any queries during the camp, please don't hesitate to call me on my mobile - +65 9160 5790.

We look forward to welcoming you here.

Charli Bromley, Camp Director



KEY POINTS



Drop off is at 9am and pick up is at 3pm each day. Drop off and pick up is from Centaurs Sports Park.

Your child will receive their Camp t-shirt on Tuesday morning.

We provide a snack (small bag of chips/Mamee noodles) and 100 Plus drink at 11am.

We do not provide lunch. You must provide your child with sufficient lunch and water. Water breaks are every half hour.

We ask the children to reapply sunscreen every hour.

Swimming is a possible activity at our excursions. If your child does not want to swim, that is OK! Please let us know.

Third-party height restrictions may apply at some excursion venues. If these affect your child's participation, we will seek alternative fun activities in place.



PACKING LIST



What to bring to Singapore's **muddiest** holiday camp

	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>
Today we will be:	In The Pit and playing games	Bounce trampolining	Going to the Beach
I need to arrive in:	Sporty shorts Sports t-shirt Trainers/sneakers that can get muddy Sunscreen Mosquito Repellent A hat	Sporty shorts Centaurs camp t-shirt Trainers/sneakers Sunscreen Mosquito Repellent A hat	Swimmers / Shorts that can get wet Centaurs camp t-shirt A hat Sunscreen - lots of it! Trainers/sneakers
I need to bring:	Lunch 2 x water bottle Change of clothes to go home in Towel Flip flops / other shoes to go home in Plastic bag for wet clothes and shoes Sunscreen & repellent	Lunch 2 x water bottle Bounce grip socks (if you have them!) Sunscreen & repellent	Lunch 2 x water bottle Change of clothes Towel Plastic bag for wet clothes and shoes Sunscreen & repellent

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ACTIVITY PLAN



Here's what we are up to this week!

	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>
9am	Drop off at Centaurs Sports Park	Drop off at Centaurs Sports Park	Drop off at Centaurs Sports Park
9-10am	Bullrush Capture the Flag	Bullrush Bus to Bounce	Bus to Beach
10-11am	Soccer Snack	Trampolining at Bounce Snack	Beach Capture the Flag Swim Snack
11am-12pm	Handball Netball	Bus back to Centaurs Sports Park	Beach frisbee Beach volleyball
12-1pm	Lunch	Lunch	Picnic lunch on the beach
1-2pm	The Pit Challenge	Touch Rugby Ultimate Frisbee	Beach games & races
2-3pm		Shot Putt & Long Jump	Bus back to Centaurs Sports Park
3pm	Pick up from Centaurs Sports Park	Pick up from Centaurs Sports Park	Pick up from Centaurs Sports Park

We will be flexible with this plan based on the kids' requests and weather. Water breaks are every half hour; sunscreen reapplied every hour. Please ensure drop off is 9am and collection is 3pm. Please inform Camp Director Charli of any delays in pick up.

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DROP OFF & PICK UP



Jungle adventures aren't always easy to find!

Centaurs Camps are at Centaurs Sports Park, 200 Turf Club Road, Singapore 287994.

Once you get to Turf City / The Grandstand, follow signs to the Giant / PasarBella (North) Carpark.

Orange route (Grandstand on your right): Do not turn into the Giant carpark. You will see a big yellow sign that says "More Parking" and a blue sign to "The Pit". Turn right into this road, into the carpark next to the blue Centaurs Netball Court.

Purple route (Grandstand on your left): Drive past Swallows & Amazons and MY Tennis Academy, go alongside the grass pitches, avoid the ramp into the Giant carpark and turn right into the Carpark near a banner that says "The Pit".

We meet under the blue & yellow tents next to blue Centaurs Netball Court.



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IF IT RAINS...

...we get wet.

However, if it storms, we take a number of steps to keep the kids safe.

We have a “15-minutes-since-last-strike” policy with thunder and lightning. Kids are moved under the tent on the sound of three whistles from one of the Coaches.

Activities will take place under the tent during this time and The Pit will be out of bounds until the storm has passed.

Kids are reminded of our “three-whistles” rule at the beginning of each day.



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SMALL PRINT

For Big People!

When signing up for our camp, you would have ticked a box accepting our Terms & Conditions. Here is a copy of them for your records.

By booking a camp, the guardian or parent of the child (the “booker”) agrees to the following:

“I am aware that Centaurs has run many Pit Parties and Camps since the year 2002; that its programmes are specifically designed to be child-friendly and safe; and that there have, to date, been no major accidents. I understand that it is in Centaurs’ own best interest to continue this good track record. I also understand, however, that nobody, including Centaurs and our staff, can provide certainty that no accidents will ever happen.”

Anyone booking a Pit Party or registering their child for a Centaurs Multisports Camp hereby undertakes, except where excluded by law and save and except for the gross negligence or willful misconduct of the Centaurs Group Private Limited, that they will not hold Centaurs Group Private Limited and/or any of its officers, employees or contractors responsible in the unlikely event of any accident causing injury to their child or invited children howsoever caused, sustained in the course of or in connection with the sports party and any coaching/ training that is conducted at this time and arranged by Centaurs Group Private Limited at the Centaurs Sports Park, “The Pit” or its associated locations at Turf City, Bukit Timah, Singapore.

Use of Photos

By booking a camp, the guardian or parent of the child (the “booker”) agrees to the following:

“I permit for any photos, taken at the Centaurs facility, to be used by Centaurs Group for promotional purposes unless word is received in writing explicitly stating that you do not consent. This includes photographs or digital images, audio visual, sound or digital recordings of the child(ren) participating in the Pit Party or Sports Camp for media or promotional releases or articles, including newspapers, radio, television or printed publication relating to Centaurs Kids or its activities, electronic publications and communications such as the Centaurs websites, newsletters, or social media pages including Facebook, Instagram and LinkedIn.”

To protect privacy of the children, we will not name or “tag” children in captions on media online.

Respect for our coaches

We provide trained coaches with at least one with a first aid qualification. We expect to be made aware of any relevant health or ability issues of the participating child, so that we can cater our activities and communication accordingly.

We expect our coaches to be treated with respect and authority by parents and children alike. Abusive behaviour or language towards our staff will not be tolerated and will be dealt with in an appropriate manner. As the “booker” of the party, we ask your cooperation to uphold these expectations with all guests.