



WINTER CAMP 2024 WELCOME PACK

Bundle up and brace yourself for an avalanche of adventure in our frosty-fun welcome pack for winter camp. We have also created a [brand new web page](#) just for our camps!

Camp Dates: Friday 28 June 2024 2:30pm – Sunday 30 June 2024 2:30pm

Location: Sydney Academy of Sport and Recreation Centre, Wakehurst Pkwy, Narrabeen NSW 2101.

Transport: Participants will travel either via their own transport or with staff and volunteers from Central Train Station, Sydney to the Sydney Academy of Sport and Recreation Centre, Narrabeen.

Day 1 - Friday 28 June 2024

Meeting Point	Coach Central Train Station Grand Concourse (between platforms 1 & 2) at 2:30pm OR Own Transport Sydney Academy of Sport and Recreation Centre at 4:00pm
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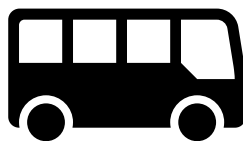
Day 3 - Sunday 30 June 2024

Pick Up Point	Coach Central Train Station Grand Concourse (between platforms 1 & 2) at 2:30pm OR Own Transport Sydney Academy of Sport and Recreation at 1:15pm
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Cost:

Including Coach \$2000

Own Transport \$1920





What's Included:

- 2 nights' accommodation
- All meals
- Activities
- Bed linen
- Towels
- Entertainment



Activities: There will be a wide range of activities available for participants to choose. Examples include challenge course activities, archery, expression of art activities, yoga and mindfulness, sporting games, and much more. We will do our best to ensure you can support our participants in activities of most interest to you. Here is our [itinerary](#) for this camp.

Down Syndrome NSW Policies and Procedures: Please ensure you read the policies and procedures on our [camp website](#) page before attending to ensure you are across Down Syndrome NSW protocols. In the event of an incident, Down Syndrome NSW Staff will follow the relevant policies and procedures.

- [Managing External Complaints and Feedback Policy and Procedure](#)
- [Managing External Complaints & Feedback - Easy Read](#)
- [Restrictive Practice Policy and Procedure](#)
- [Participant Incident Policy and Procedure](#)
- [Information Collection and Consent Policy and Procedure](#)
- [Client Protection Policy & Procedure](#)
- [Advocacy Policy & Procedures](#)
- [UP! Club Policy & Procedure](#)



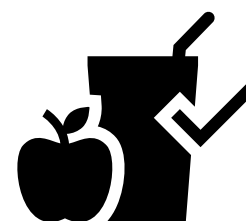
Camp Life

Accommodation

Participants will stay in comfortable rooms with male and female participants accommodated separately. Most participants will be allocated together in a room without direct supervision. Volunteers will be allocated in staff quarters or a direct room next to participants. All rooms are within a single lodging. Staff will always be nearby.

Meals

A qualified catering team will prepare nutritious and delicious meals so you never go hungry at camp. Special diets will be provided for those who indicated their requirements when registering. Please contact Down Syndrome NSW and ask to talk to someone about this if you have any concerns.



The eating areas we use during our stay are also ones that people with food-related allergies use throughout the year. We seek your assistance and support in managing these risks and ask that you consider the following:

- **Do no bring nuts and products containing nuts on-site**
- Do not leave food unattended
- Do not leave any food behind after your stay
- Ensure all rubbish is placed in designated bins

Behaviour

So, that camp is fun and safe for everyone; we have rules for participants to follow. These will be explained to you on arrival at camp. If their behaviour is disruptive or puts you, or others, safety at risk please make staff aware of the situation.

Outdoor safety

This camp during the winter season where temperatures can be unpredictable. Every effort will be made to ensure your safety and comfort while at camp. We suggest sun safety protection such as a hat and sunglasses, and wet weather protection like an umbrella or raincoat. Before outdoor activities, staff will train participants for safety, and regular water breaks will be implemented.

Money and valuables

This is an “all inclusive” camp. You will not need money so please limit the amount of cash you bring. Note: The Sydney Academy Sport and Recreation Centre and Down Syndrome NSW takes no responsibility for the loss or damage of personal property, including money or other valuable items.



Health and Safety

Medication at camp

Participants should bring enough medication for the duration of their stay. All medication should be in its original packaging and clearly labelled with your name, the dosage and frequency. We will contact you before camp if we have questions about your medication. Please contact Down Syndrome NSW and ask to talk to someone about your medication if you have any concerns.

NOTE: DS NSW staff do not administer any medication. Individuals are responsible for their own medication needs. DS NSW does not accept responsibility for participation medication during our events and activities.

Asthma and anaphylaxis

If you suffer from asthma or anaphylaxis, you should have an asthma management plan or anaphylaxis action plan which has been prepared by their doctor. Please send a copy of this to socialprograms@downsyndromensw.org.au as soon as possible. Please contact Down Syndrome NSW and ask to talk to someone about this if you have any concerns.

Accidents and emergencies

Centre staff and Down Syndrome NSW staff hold first aid accreditations and can administer first aid, if required. If you require medical assistance, you will be taken to the nearest medical centre or hospital and your parents/carers will be notified. In case of emergencies, parents can contact Krystal directly on (02) 9841 4407 or socialprograms@downsyndromensw.org.au.

Packing

Luggage should be limited to one bag. Remember, at times you will be required to carry your luggage reasonable distance up some stairs, so it is essential to make sure it is not too big or heavy.

We have provided a [packing list](#) recommending what items to bring with you.

Prohibited by the venue and Down Syndrome NSW: Drugs, cigarettes & alcohol.

Questions or Queries

If you have any concerns, please contact Down Syndrome NSW on 9841 4444 or socialprograms@downsyndromensw.org.au