

Summer Camps 2018



Information Pack

About Transition Extreme

Transition Extreme opened in April 2007 and provides year round, indoor facilities for the pursuit of skateboarding, BMX, inline skating and rock climbing.

Transition is a non-profit organisation and our ultimate aim is to promote healthy and active lifestyles encouraging young people from across the North East to get involved in sport.

Transition is recognised as a Scottish Charity No SC 036358.

Why Transition Extreme?

Our camp offers a range of sporting activities together with art workshops and team games. Campers are supervised by experienced and friendly staff in a safe and relaxed environment; our aim is for kids to build friendships, learn new skills, discover hidden talents and have an unforgettable week!

Dates Summer Camp 2018 will run on the following dates:

Week 1:	9 th – 13 th July 2018
Week 2:	16 th – 20 th July 2018
Week 3:	23 rd – 27 th July 2018
Week 4:	30 th July – 3 rd Aug 2018
Week 5:	6 th – 10 th Aug 2018
Week 6:	13 th – 17 th Aug 2018

The activities are scheduled from 9.00-16.00 each day with early drop off available from 8.30 and late pick up until 17.00. The pool table and games at reception will be open for campers to use during this time.

Activities include Skateboarding, BMX, climbing, high ropes, art workshops, mini golf, skiing & snowboarding and team games.

Dependent on participant numbers we may divide the children into smaller groups according to age (approx. 8-10 years, 11-13 years). Each group will have a dedicated camp leader throughout the day and will be coached by experienced and friendly staff – we abide by industry recommended child to adult ratios at all times to ensure your child's safety.

Prices £180 for one child for one week, £340 for two siblings

Information

- Our camps are suitable for children aged 8-13 years (children aged 14 are welcome, the upper age limit is a guide only).
- The minimum height restriction for use of high ropes course is 130cm tall – those not meeting the requirement will be transferred to another group for the time of the activity.
- We can offer lunch from our café including a sandwich, a piece of fruit, veg sticks, yoghurt, a fruit juice or bottle of water & biscuits for an additional cost of £12.50 for the week. You are also welcome to bring a packed lunch and additional snacks for the day – they'll need their fuel!
- Supervision will be provided at all times during the sports camp and a qualified First Aider is always on site at Transition Extreme.
- Climbing and skate park staff are experienced instructors and we follow the recommended guidelines for the ratio of staff to children – this will depend on the risk of the activity.
- Contact numbers of parents/guardians will be required and any disabilities, allergies and medical conditions must be disclosed to ensure we can provide everything within our means to make them comfortable.
- The activities will include indoor and outdoor sports and play so please wear comfortable weather appropriate clothes each day and bring a warm jacket.
- Children must be collected by 5pm Monday – Thursday, Transition Extreme cannot be liable for your child after this time. If your child cannot be picked up before 5pm please inform the Camp Leader in advance - we will do our best to make alternative arrangements.
- Children must be collected by 4pm from Garthdee Snowsports Centre on Friday.
- Each parent will be given a unique security code which is to be given when you collect your child, this is an additional security measure to ensure they are leaving with someone they know. This code will be sent as part of your confirmation email.

Bookings

- There are limited camp places available and they will be allocated on a first come, first served basis.
- Full payment is required at the time of booking, this can be done in the centre or over the phone.
- We are not a registered childcare facility therefore cannot accept childcare vouchers.
- A completed booking form and camp disclaimer must be submitted in advance of the start date – without these forms they cannot participate.
- We are not obligated to return payments if you cancel your booking. Please see our full terms and conditions.
- If insufficient places are filled we will, very regrettably, be forced to cancel a Camp week. In this instance we endeavor to give as much notice as possible and a full refund will be issued.



Holiday Camps FAQ's

Are the activities safe?

Campers will be with their camp leaders for the entire day including lunch and activities are run by our qualified and enthusiastic instructors and coaches. All camp leaders and instructors are members of the PVG scheme. All sports have an element of risk but we do everything we can to keep the sports as safe as possible.

What are the age limits?

Our camps are advised for ages 8-13. Unfortunately we cannot take campers under 8 as we are not a registered childcare facility. Campers over 13 are welcome to join!

Can I just drop my child off?

We require parents to pop into the centre to sign campers in and out each day.

What should they wear?

Campers should wear comfortable clothes that they can run, climb and skate in. We ask that they preferably wear trousers or longer shorts or leggings as they will be in harnesses for part of the day and it is more comfortable. We also ask that they wear closed shoes that are secure for outdoor games, high ropes and skatepark.

Can they bring their own equipment?

As long as the equipment (e.g. harnesses, bikes, skateboards) meet the center's safety requirements you are welcome to use your own. Our staff can take a look at the equipment during your visit.

We don't have equipment.

This is not a problem, all equipment is included with the sessions.

My child is anxious of an activity, do they have to take part?.

Don't worry! Campers will be supported by their camp leaders, coaches and instructors. We challenge by choice and no one will be expected to do anything that they don't want to and there will always be someone there to help.

Skatepark

How is the session structured?

Campers will be part of a coached session where there will be instructors on hand to teach them from the basics to more advanced tricks and skills based on individual experience. There will also be periods where campers get to ride the park independently, once confident, with coaches on hand to help.

Do you have safety equipment?

We have plenty to go round! We have helmets, knee and elbow pads and wristguards available to use for the park.

My child already knows how to ride the park.

In this case our coaches will be happy to help develop your own personal goals and tricks, maybe even challenge you to try something new!

Can my child spend all day in the park?

Unfortunately not, the day is structured so that you do a wide variety of exciting activities, you will get to spend some time on the park but there will also be high ropes elements, climbing wall and outdoor games etc.

Climbing Wall

What is it like?

At camp you will participate in climbing games, bouldering (low level climbing with safety mats) and top roping where you are attached to the end of the rope and safely belayed while you climb. You can challenge yourself to go as high as you want to and see if you can reach the top!

My child climbs all the time, will these sessions suit them?

That's great you'll be ahead of the game. The instructors will help you to challenge yourself to new things and try some graded routes on the wall too.

I don't want to go all the way to the top.

This is fine! You only go as high as you want to, a couple more steps each time and you'll be an expert in no time.

High Ropes

What are high ropes?

High ropes activities are run outside (weather permitting) on the tower in front of Transition Extreme. There a number of different activities and you will get to try them all!

Aerial Trekking

This is a selection of rope and log elements that go around in a circular assault course 12m off the ground. Crawl, balance, swing, duck, stretch and climb your way around!

Extreme Drop

This is an activity that feels like free falling! You are attached to a rope and step off a 12m platform. You feel like you are free falling before it slows you down to land elegantly on the ground like a pro!

High All Aboard

A team challenge to climb the 'Power Pole' to reach a small platform to balance on with all your friends. Who can stay on the longest?

Gladiator Challenge

Challenge yourself to climb to the top with the use of the vertical tyres, cargo nets and logs, you can even race your friends!

Crate Stacking

This can take some thinking; you build a crate tower while continuing to climb up higher and higher. Who can get the highest?

Garthdee Snowsports Centre

When do campers go to the Snowsports Centre?

Campers go to the snowsports Centre for the afternoon on the Friday of camp. After lunch the bus will take them to enjoy an afternoon of snowsports.

Will campers be coming back to Transition Extreme afterwards?

No, we ask that on the Friday that campers be **picked up at 4pm on the Friday**. There is no late pick up on the Friday afternoon.

Will they need to bring anything?

Aberdeen Snowsports Centre provide all of the equipment but you will need to bring gloves.

Summer Camp 2018



Booking Form

Please circle: Week 1: 9th – 13th July Week 2: 16th – 20th July Week 3: 23rd – 27th July
Week 4: 30th July – 3rd Aug Week 5: 6th – 10th Aug Week 6: 13th – 17th Aug

Child's Details

Forename(s): _____

Surname: _____

Date of Birth: _____ Age: _____

Parent/Guardian's Details

Full Name: _____

Home Address: _____

Home Telephone Number: _____

Work Number: _____

Mobile Number: _____

Email Address: _____

Emergency Contact One

Full Name: _____

Relationship to Child: _____

Home Tel No: _____

Work Tel No: _____

Mobile Tel No: _____

Emergency Contact Two

Full Name: _____

Relationship to Child: _____

Home Tel No: _____

Work Tel No: _____

Mobile Tel No: _____

Does your child have any allergies or medical conditions? (Please state)

If yes, do they take medication that staff need to be aware of? (Please state)

Does your child have any disabilities? (Please state)

Activity Permission

I give permission for my child to go climbing: YES/NO

I give permission for my child to go inline-skating: YES/NO

I give permission for my child to BMX: YES/NO

I give permission for my child to go skateboarding: YES/NO

I give permission for my child to go to Garthdee Skiing and Snowboarding Centre: YES/NO

Snowsports Sessions require shoe size and height for hire equipment purposes.

Shoe Size: _____ **Height:** _____ **Weight:** _____

I give permission for my child to leave Transition Extreme for outdoor activities: YES/NO

I give permission for my child to take part in activities at Boardwalk & Cadona’s: YES/NO

I give permission for my child to use the high ropes course: YES/NO

The activities are scheduled from 9.00-16.00 each day with early drop off available from 8.30 and late pick up until 17.00. The pool table and games at reception will be open for campers to use during this time. There is the option to utilise the skatepark uncoached during this time, if you wish to take advantage of this courtesy and give permission for _____ to be in the park without direct instruction please sign here _____

Child Protection

Full name of person picking up your child from Transition Extreme

Monday _____

Tuesday _____

Wednesday _____

Thursday _____

Friday (pick up from Garthdee) _____

Please provide any further information you feel Transition Extreme need to know:

How did you hear about our Holiday Camp? _____

I understand Transition Extreme’s terms and conditions in the information pack and all the information provided above is accurate. When this form and camp disclaimer has been completed and returned, an email will be sent to you confirming your child’s place. You will also receive a password as an extra security measure which must be shown when collecting your child at the end of each day.

Parent/Guardian Name (print): _____
Parent/Guardian Signature: _____
Date: _____

Holiday Camp Disclaimer

Please ensure this form is filled out accurately and returned to Transition Extreme.

Week 1 / 2 / 3 / 4 / 5 / 6

Parent/Guardian's Name: _____

Child's Name: _____

The following statements and guidelines must be read and understood:

Transition Extreme Participation statement:

"Adventurous activities involve an element of risk with a danger of personal injury or death. By completing a consent/participant form for activities provided by Transition Extreme you are aware of and accept these risks and will be responsible for your own actions and involvement. Transition Extreme will manage these risks but we can never completely remove them. You confirm that you are familiar with the nature of the activities you wish to undertake and acknowledge those risks that are inherent therein and that you may freely withdraw from any activity and there is no pressure to take part."

Climbing Wall Participation statement:

"The Mountaineering Council of Scotland recognises that climbing and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement."

Skatepark Participation statement:

"There are risks and dangers associated with participation in skateboarding which could result in bodily injury; partial and/or total disability; paralysis or death. Participants in these activities should be aware of and accept these risks and be responsible for their own involvement. Personal protective equipment may potentially lessen the severity of an injury and participants are recommended to use such equipment (helmets, pads etc.)."

I have read the above statements and guidelines and understand and accept that activities in the climbing wall and skate park are dangerous activities. I accept that neither the operating company "Transition Extreme" nor its employees shall be liable for any loss or injury arising from my participation in any activities. Nothing within the terms of consent shall affect my statutory rights.

I have expressed these conditions and rules to the child and they understand their responsibilities whilst within Transition Extreme and taking part in any Climbing and Skate Park activities.

I agree to ensure my child shall behave responsibly and safely and that any deviation from safe behaviour will result in exclusion from certain activities if their own personal or others' safety is in danger.

Declaration of Fitness

I certify that to the best of my knowledge my child does not suffer from a medical condition which might have the effect of making it more likely that they be involved in an accident which could result in injury to themselves or others.

Please state any known medical conditions:

Medical Consent

I consent to Transition Extreme Sports Ltd. seeking medical attention for my child in the event of injury or illness.

Security:

All children are responsible for their own personal belongings. We recommend that all valuable items are left at home otherwise they should be with campers at all times. Packed lunches can be left in the meeting room on the first floor which is reserved for your visit. Nothing of value should be left unattended at anytime. Transition Extreme cannot be responsible for any loss or damage to personal belongings.

Experience:

Describe your child’s experience in: (None, novice, intermediate, advanced)

- Climbing: _____
- Skateboarding: _____
- Skiing/Snowboarding: _____
- High ropes course: _____
- Ice Skating: _____

(Please note that your child **can** take his/her own equipment providing it meets our safety standards.)

I have read and understood the above and confirm my consent to all points and that these details are correct to the best of my knowledge.

Parent/Legal Guardian Name: _____

Signature: _____ Date: _____

Photographs:

Please tick here if you give consent for Transition Extreme to take and use photographs/films of your child during Spring Camp. This is for promotional purposes.

<i>Staff Name</i> _____ <i>Staff Signature</i> _____
<i>Date</i> _____