

## **Summer Non-Residential FAQ's – Triathlon**

### **When will the details of the course come out and what will they contain?**

The full details for the courses will be sent out three weeks before the start date. They will be sent to your registered email account and will contain joining instructions, a full kit list, a programme for the course and directions and a map of the school.

### **What clothes should my child bring?**

Your child should bring clothing that will enable them to take part in all activities provided. For day 1, your child should bring clothing for indoor swimming and trail running. Thereafter we will inform your child at the end of each day what kit to bring for the following day. In the course of the week, we would expect your child to use the following kit:

- Swimming trunks, goggles and towel
- Swim aids such as flippers, pool buoy and paddles although the school does have extras of all of these
- A full working road or gravel bike. Mountain bikes are not suitable for the camp. Secure storage for bikes will be available for the week
- Puncture repair kit and an ability to use it
- Cycling shorts (preferably padded), top and helmet
- Appropriate footwear for trail running, hill running and cycling
- Wetsuit, tow float and brightly colour swim cap
- Trainers for indoor gym and cycle sessions
- Gym kit for S&C sessions
- Optional tri suit for aquathlon, duathlon and triathlon races
- Waterproof jacket
- Lightweight backpack/race vest for hill runs
- Adequate nutrition for cycles and runs
- Sunglasses, cap/sun hat & waterproof sunscreen (factor 50)
- Water bottle

### **What time should I arrive and where should I go?**

The camp will start at 10.00am and finish at 4.00pm Please register each day with the Camp leader at the designated location – The location will be finalised and communicated in the joining instructions.

### **What time does the camp finish and where should I be collected?**

The camp will finish each day at 4.00pm. All children must sign out of the camp and let the Camp Leader know that they are leaving for the day.

### **Is your campus safe?**

Our campus is very safe. The campus is open to the public but has a security provision which monitors the grounds 24/7.

**What medical provision will there be on campus during the week?**

Both Sean and Paul are qualified first aiders. There will also be a physiotherapist available during the week. In the event of a serious injury, either Sean or Paul will triage the child and decide whether the emergency services need to be called.

All students will have full access to NHS care, with staff organising contact with doctors through NHS24 as required.

**What if my child has medical or dietary needs?**

When booking the course, you will have been asked for any medical or dietary information that we will need to know for your child's stay at the school. If any of the information provided needs updating, please contact us before the course starts via [holidaycamps@dollaracademy.org.uk](mailto:holidaycamps@dollaracademy.org.uk). Any medication brought to the school will need to be documented in the provided form that will be sent out at time of enrolment. This must provide details of what the medication is and the dosage. This medication will then be handed to the course leader on arrival and stored centrally for security. Any prescription medication will need to be in the original container with the pharmacy label.

**When and what do the children eat?**

Participants will eat lunch in the dining hall. All food is provided by our school caterers, Thomas Franks, who offer a range of award-winning, healthy, locally sourced food. Lunch is on or around 1.00pm.

Children are offered a variety of meals throughout each week, and different dietary needs can be catered for; a sample menu can be provided upon request. Please ensure any dietary requirements are included in the medical form sent out at the time of registration.

Children should bring snacks and drinks.

**What are the rules on mobile phones and technology devices?**

The camp is based around activity and performance, and the participants will naturally have large amounts of time throughout the day where they will not need access to their devices. Please do not bring any valuables to the camp unless they are strictly necessary for the day ahead. Dollar Academy cannot accept responsibility for loss or damage to personal property whilst on the camp.

If you have any questions, please do not hesitate to contact us at [holidaycamps@dollaracademy.org.uk](mailto:holidaycamps@dollaracademy.org.uk)