

OVER THE WALL CAMP

UK Children's Charity



Essential Camp Information

Family Camps

You're Coming To Camp!

Here, you'll uncover everything you need to know to dive headfirst into the magic of camp life. From a sneak peek at this year's activities to a packing list that'll have you and your family ready for any mischief that comes your way. We've also included all the important bits about medical care to keep your family safe while you're at camp.

Whether this is your first camp or they are a seasoned Over The Wall Camper family, this handbook is overflowing with top tips and handy hints to make your camp journey nothing short of legendary.

What You'll Find In This Document To Get You Ready For Camp

- Virtual Drop In Calls
- Getting To and From Camp
- Medical Care At Camp
- Who's At Camp?
- A Day At Camp
- Meal Times
- Accommodation At Camp
- Reasons A Family May Need To Leave Camp
- Packing List
- Camp Policies





Virtual Drop In Calls

Have questions about camp or need to discuss your child's care with our OTWC clinical team ?

We're here to help! Our virtual drop-in calls provide a convenient way to connect with our team and address any concerns or queries you may have about your family's experience at camp.

You'll find a link to book your virtual chat included in your offer email.

We look forward to supporting you and ensuring your family has the best possible camp experience.

Getting To and From Camp

Important Information. Please read in full.

For arrival/departure dates and times, please see your camp offer email.

Dalguise, Perthshire

Travelling by Car

Location - PGL Dalguise, Dalguise, Dunkeld, Perthshire, PH8 0JX

Travelling by Train

Location Perth Train Station, but there are other nearby stations are Pitlochry, and Dunkeld & Birnam.



Medical Care At Camp

At Family Camp, the OTWC clinical team is available to support campers and respond to any medical emergencies. We have a smaller clinical volunteer team on site and families continue to deliver routine medical care for their children as they would at home.

Our clinical room, known as the Beach Hut, is available for storage of refrigerated medicines.

Please ensure you bring enough medication and equipment to cover your time at camp. The OTWC clinical team are on-call overnight for any emergencies.

Keeping Your Family Safe

If anyone in the household is unwell in the week before camp, please contact us to ensure we can accommodate you safely. You must let us know before coming to camp if your child or anyone in the household:

- Has any cough or cold symptoms, sore throat, temperatures, diarrhoea or vomiting in the 48 hours prior to camp
- Has a cold sore, is unwell or has had any injuries or admissions to hospital prior to camp
- Comes into contact with Chicken Pox, Measles or Shingles in the 21 days prior to camp
- Has tested positive for COVID-19
- Has any COVID-19 symptoms (high temperature, a new, continuous cough or loss of taste or smell)

Infection control

At Over The Wall Camp we are very careful when managing any infectious symptoms (cough, runny nose, sore throat, diarrhoea, etc). Anyone displaying these symptoms may be asked to leave camp early to avoid the risk of infecting others. All staff, volunteers, campers and visitors are screened on arrival at camp and any concerns or issues will be discussed with the clinical team .

Everyone at camp is asked to thoroughly wash their hands using soap and water before and after every meal, and at other regular periods throughout the day.

Immunisations

Over The Wall Camp requires all campers, staff and volunteers to be up to date with all recommended vaccinations, with the exception of campers who cannot receive these as a result of their condition/treatment.





Who's At Camp?

Families

There will be a number of other families with you at camp, including children and young people of a mixed age range. We run a variety of Family Camp's, some of which are illness group specific, with others covering a wide range of diagnoses and health challenges.

Your family will be part of a smaller team with a few other families. Teams will spend some of their time at camp together; participating in activities, eating together at mealtimes and creating some shared memories and experiences. There will also be chance for you to spend quality time just as a family.

Volunteers

Each team at family camp is supported by dedicated and skilled volunteers who will support you and your family throughout your weekend. Your volunteers will join you for meals, participate in activities, and be there to assist throughout your camp experience, ensuring you feel welcomed and supported every step of the way.

All our volunteers are recruited following safer recruitment procedures and receive full training prior to family arrivals.

Beach Patrol

We have a small clinical team (known as Beach Patrol) at our Family Camps. They are nurses, doctors and paramedics and are on hand for support, first aid and emergency care.

Over The Wall Camp Support Team

The Over The Wall Camp Support Team are staff who work year-round to make sure the camp experience is full of mischief and magic!

What Does The Camper Accommodation Look Like?

Modern Accommodation, No Tents!

All families are provided with a modern en-suite multi-bedded room which could have a combination of single beds and bunk beds (we don't sleep in tents!). If you have a larger family, you may be allocated two multi-bedded rooms.

All bedding is provided, but you will need to bring towels for your family.

Travel cots for babies can be provided upon request, but no bedding will be supplied with them, so this will need to be brought with you.

What Is A Day At Camp Like?

Below is an example of what a day at camp might look like at one of our Family camps. Please note that activities vary between camps and sites.

We offer a mixture of high and low impact activities throughout the weekend and sometimes run multiple sessions at one time so you can choose what you would like to participate in. Some activities at Family Camp will have a minimum age requirement, for example, for harnessed activities (climbing, zip-wire etc) campers must be at least 8 years old and the harness must fit the child appropriately. These age limits are set by the sites and their instructors and safe camper participation is at their discretion, for health and safety reasons. During activities with age restrictions, there will be other activities on offer that younger campers can take part in.

Therapeutic Recreation

We offer a wide variety of engaging and fun activities at our camps, all of which are specifically designed to develop confidence and self-esteem. The activities we offer vary from camp to camp, and all activities are adapted to be accessible for all campers. Some of our activities will be led by Over The Wall Camp staff and volunteers, whilst others may be led by trained site or third-party activity providers, such as climbing and archery. All our activities are built around our model of Therapeutic Recreation – a four step process of Challenge, Success, Reflection and Discovery.

Technology at camp

To help you and your family get into the 'camp bubble', we encourage limiting your phone and technology use, especially during activities, so all campers can get the most out of their experience.

We appreciate that for some health challenges, mobile phones are an essential medical device, and we support the use of technology when needed in these circumstances.

A Typical Day At Camp

Please note that activities vary between sites and the below is an example of what activities will be scheduled.

7:30 am Rise and shine!

8:30 am Breakfast

9:30 am Activity One

11:00 am Activity Two

12:30 pm Lunch

1:30 pm Rest Hour

2:30 pm Activity Three

4:00 pm Activity Four

6:00 pm Dinner

7:00 pm Activity Five - Campfire

8:30 pm Cabin Chat

9:00 pm Free Time and Wind Down





What Are Meal Times Like At Camp?

Dining Hall

All of camp comes together every mealtime in the Dining Hall and at the end of every meal the OTWC Support Team will give any necessary announcements. At lunch and dinner, we finish our meals with a Dance Party and sing some camp songs!

Please be aware that the Dining Hall is very noisy – if you know members of your family will find this challenging or will need significant support to manage this environment, please contact the team to discuss.

As standard we accommodate vegetarian, vegan, pescatarian and halal diets, any other dietary requirements are classed as special diets. Highchairs can be provided on a request basis.

Allergy Awareness

We are very proud to serve children and families affected by life-threatening allergies at our camps. We accommodate a variety of dietary restrictions and special diets, but these must be arranged in advance with the Over The Wall Camp clinical team .

Please note that we can only support special diets related to medical needs. If this information is not provided before camp, we may not be able to meet your child or family members dietary requirements, which could result in them being unable to stay at camp.

Please do not bring any type of food or drink to a Camp unless this has been discussed with our clinical team . Failure to meet this expectation may impact on any future applications to attend camp. For this reason, the use of vending machines is prohibited.

Meals At Camp

If you or any family member has specific dietary requirements or allergies, these must be on their application form, or if changed since then, must be discussed with us as soon as possible and prior to arriving at camp.

Please note that campers can only eat meals which has been prepared by the chefs on site. Prior to camp, you will receive a list of snacks that can be brought to camp. This list has been written to limit the number of allergens that come into camp, in order to create a safe environment for all.

The full camp menu becomes available to us in the lead up to each camp and may still be subject to changes. If you need to review the menu beforehand, please email campers@otw.org.uk.

If you have any concerns that your family can't or won't eat enough to keep them energised for their time at camp, please get in touch as soon as possible, please email clinical@otw.org.uk.



Packing List

What should my family pack?

Please ensure you pack enough clothing to last for the duration of camp (we strongly recommend packing a few spares too!).

Some activities at camp can get messy, so please don't bring your best clothes. There is a range of indoor and outdoor activities, so expect to pack for all weathers. We may spend more time outside, so please pack warm clothes, such as a jumper and coat (even in the summer months), just in case!

Please remember to pack all medicines required.



Packing List

Here is a list of things your family should bring to camp. If you have any questions, please get in [touch](#).

Clothing

- T-shirts - campers are provided with OTWC T-shirts, which they are encouraged to wear during camp, but we recommend packing some extras and spares.
- Longsleeved top
- Sweatshirt, hoodie or fleece
- Fully waterproof coat
- Long trousers/joggers
- Sensible shorts
- Enough socks and underwear for the time away
- Pyjamas

Footwear

- Closed-toed shoes
- Wellies or old trainers

Please do not bring

- Food or drink that are not on the Allowed Food List
- Personal sports equipment
- Sharp implements and weapons
- Alcohol and drugs

Bathroom Items

- Towel
- Soap, shower gel, shampoo
- Deodorant
- Toothpaste & toothbrush
- Hairbrush, hair products & accessories
- Sanitary items if required

Optional Items

- Sunglasses and hat
- Plastic bag for dirty laundry
- Teddy or bedtime items
- Books or comics
- Watch/travel clock

Activity Specific Items

- Archery – you will need to wear a long-sleeved top
- Climbing – campers need to wear closed-toe shoes

Camp Policies

Safeguarding and Rule of 3 Policies

Over The Wall's Safeguarding Campers and Rule of 3 policies are designed to fully protect both children and volunteers/staff. Whilst at camp, a volunteer or Over The Wall Camp Staff member will never be left alone with a child. Our Rule of 3 policy states that there will always be at least two young people with one volunteer/staff member, two volunteers/staff members with a young person, or more than that.

Additionally, we also have a Designated Safeguarding Lead at each camp to provide advice and guidance on safeguarding-related issues.

Photographs

Over The Wall Camp allocates specific volunteers to capture photos and video images at camp. These volunteers undergo additional training for this role. These images will be used for an end of camp slideshow and, depending on media consent, will be shared with families after camp.

Families are welcome to take photos of their camp experience. We ask that you ensure that only your family members feature in any picture/video content captured. This is to ensure the privacy and safety of all camp attendees.

Contact outside of camp

We encourage families to remain in contact after the camp if they would like to.

We do not allow volunteers to have any contact with campers or their families outside of camp.

Reasons A Camper May Need To Leave Camp

Whilst our aim is for all families to remain at camp for its duration, there may be times where we ask families to leave early.

Medical Reasons

If any family member is ill or injured, we may need to send them home or ask them to attend hospital. This is to ensure that they receive the right care, and that in the case of an infectious illness, other campers do not become unwell.

Behavioural Reasons

At family camp, we expect all attendees to treat others with kindness, respect, and consideration. This includes being mindful of language, behaviour, and the shared spaces we all enjoy. Our aim is to create a positive, inclusive, and supportive environment where every family feels safe and valued. If a participant's behaviour does not reflect these expectations, a member of staff will speak with them to discuss the issue and find a way forward that ensures a positive experience for everyone.

Sending a family home is a last resort, when all other options have been exhausted.

Alcohol and illegal substances

Anyone found in the possession, or under the influence, of alcohol or illegal substances will be immediately asked to leave camp and may be reported to the police.

Smoking and vaping

We do not tolerate any camper under the age of 18 smoking or vaping at camp. Any young person found smoking/vaping will be asked to leave.

At each of our sites, there is a designated smoking area that we ask adults to use. Anyone found smoking outside of this area will be asked to leave.



Get in touch

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BELONGING, AUTHENTICITY, and GROWTH are our core values.

These principles embody safety, inclusivity, integrity, and trust, fostering a positive culture within OTWC. They empower staff, volunteers, and campers to freely express themselves, forge meaningful bonds, and pursue their potential.