

HEALTH CERTIFICATE

PLEASE RETURN THIS CERTIFICATE **ASAP TO: 9 FIRECREST ROAD, CHELMSFORD, CM2 9SN**
AND ENSURE THAT ANY CHANGES ARE NOTIFIED IN WRITING WHEN ARRIVING AT CAMP.

NB No child will be allowed on camp without a completed health certificate

To be completed by Parent/Guardian in **BLOCK CAPITALS**.

Camper's Name _____

Camper's Address _____

Telephone No: _____

Parent/Guardian E-mail Address _____

Date of birth ____/____/____

GP's Name and Address _____

_____ Tel. No: _____

DECLARATION

Name of Camper _____ is not suffering from, nor has been in contact with any infectious disease during the past month, and he/she has my full permission to enter into all activities of the Camp.

I give permission for my child to be given 'over-the-counter' medicines and remedies if necessary e.g. Paracetamol, Wasp-eze, etc.

SPECIAL INFORMATION: (Continue on back of form if necessary)

- 1. Any medically diagnosed illness e.g. hay fever, diabetes, epilepsy etc.

- 2. Any allergies e.g. penicillin, Elastoplast etc. _____
- 3. Any food allergies (please state severity and symptoms experienced)

- 4. Any medication taken regularly **(ALL MEDICATION MUST BE HANDED IN ON ARRIVAL.)**

- 5. Any other physical/emotional condition which may be aggravated by or affect your child's ability to participate in normal Camp activities

- 6. Is his/her anti-tetanus protection up-to-date? YES/NO

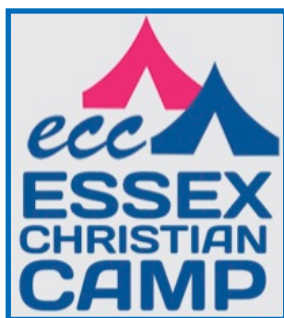
EMERGENCY CONTACTS:

- a) Name of Parent/Guardian _____
Tel. No: _____
- b) Name of another guardian, grandparent or close friend in absence of the above-named:

Tel. No: _____

Signed _____ Date _____
(Parent/Guardian)

Print Name _____



PARENTAL CONSENT FORM

PLEASE RETURN THIS FORM **ASAP TO: 9 Firecrest Road, Chelmsford, CM2 9SN**
NB No child will be allowed on camp without a Parental Consent Form

Parents/Carers must complete the following:

Camper's name _____

may attend Essex Christian Camp, and I understand that he/she will be under the care and control of the Camp Leaders and other adults in attendance. I accept that while the staff in charge of the camp will take all reasonable care of my child, they cannot necessarily be held responsible for any loss, damage or injury suffered by my child during or arising out of this week.

- **Rules**

I agree that he/she will conform to Camp rules and discipline.

- **Activities**

I agree to my child being transported to and taking part in any, or all of the arranged activities, including day trips, various sports and crafts.

- **Photos**

We will be taking photographs and video footage of all Camp activities during the week, which will be posted on the ECC Facebook page and website, as well as possibly being used in future publicity. If you **do not** consent to this please tick this box.

- **Personal Data and Marketing**

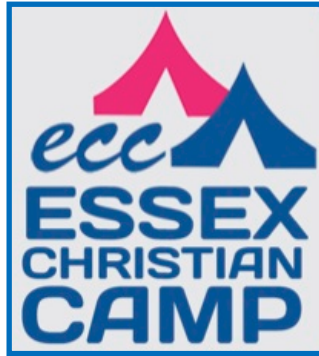
Details of how your personal information is stored and used is clearly set out in our Privacy Policy which can be accessed at www.essexchristiancamp.com/privacy-policy/. We would like to send you information about camps and other Essex Christian Camp events which may be of interest to you. Please tick this box to show you consent to us contacting you for this reason.

- **Emergency Treatment**

I consent to any emergency treatment necessary during the course of the week. I authorise the Camp Leader (or nominated person if the Leader is not available), to sign on my behalf any written form of consent required by the hospital authorities should a surgical operation or serum be deemed necessary and provided that the delay to obtain my signature, in the opinion of the doctor or surgeon concerned, is likely to endanger my child's health or safety.

Parent/Carer's Name (**BLOCK CAPITALS**) _____

Signed _____ Date ____/____/____



KIT LIST

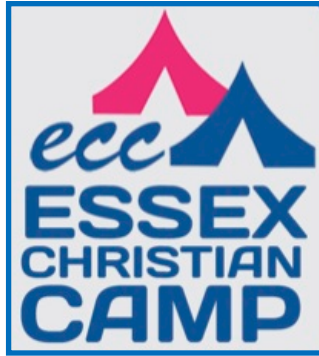
CLOTHES AND SHOES WILL GET MESSY, MUDDY AND WET -
MAKE SURE YOU PACK APPROPRIATELY!

As well as normal clothing (no new or expensive clothes) please bring the following:

Warm Jumpers	<input type="checkbox"/>	Sleeping Bag & Pillow	<input type="checkbox"/>
Waterproof Coat	<input type="checkbox"/>	Blanket	<input type="checkbox"/>
Strong Shoes/Trainers	<input type="checkbox"/>	Sun Cream & Hat	<input type="checkbox"/>
Indoor Shoes	<input type="checkbox"/>	Torch	<input type="checkbox"/>
Trainers suitable for water sports	<input type="checkbox"/>	Bible	<input type="checkbox"/>
Towels and Wash Kit	<input type="checkbox"/>	Note Pad & Pen	<input type="checkbox"/>
Swimwear	<input type="checkbox"/>	Plastic Water Bottle (Named)	<input type="checkbox"/>
Day bag	<input type="checkbox"/>		<input type="checkbox"/>

(Mattresses are provided)

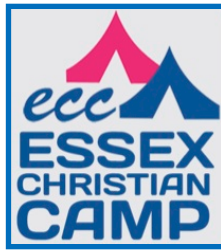
Please mark EVERYTHING clearly with the name of the camper to ensure no items get lost!



CAMP RULES

1. Respect the leaders and each other.
2. The following are OUT OF BOUNDS:
 - a) Field beyond the hedge.
 - b) Gravel driveway.
 - c) Kitchen.
 - d) Leaders' accommodation.
 - e) Any building site area.
3. No smoking.
4. No drinking of alcohol or use of illegal substances.
5. Any aggressive or violent behaviour will not be tolerated.
6. No leaving Camp without the permission of the Camp Leader. Where permission is granted you must be accompanied by a Team Leader.
7. All reasonable requests to you must be complied with.
8. No boys in girls' tents and vice versa.
9. At 'lights out' you should be in your own tent and *quiet*.
10. Any damage you cause may be liable for charge. PLEASE TAKE CARE!
11. Any injuries *must* be reported to a leader, who will take you to First Aid.
12. Camp activities are compulsory.

Please note that these rules are put in place for everyone's safety and to ensure that we all have a safe and enjoyable time on Camp. Any breaking of these rules will be dealt with strictly and may ultimately result in a camper being sent home.



General Information

Spending Money

Spending money is needed if campers wish to buy from our daily shop and when we go out for the day (although opportunities for spending there are very limited).

All money must be deposited in the Camp bank on arrival. For on site spending we operate a cashless 'debit card' system and cash withdrawals can be made for the outing. Other valuables can also be left at the bank. We regret we can only be held responsible for items and cash deposited in the bank.

As a guideline, we recommend no more than £25 spending money.

Outings

As well as all the fun stuff we have planned on site, we will be having a trip out to an outdoor adventure centre.

Workshops

During the week we will be holding various workshop-style activities. If your child plays a musical instrument they may be interested in joining in with the music workshop we will be offering during the week. They are welcome to bring their instrument along for this. We will keep the instruments safe and secure inside the main building.

Shop

Each day we open our shop for a short time, selling reasonably priced sweets, drinks, some books and other items such as stickers, bookmarks, pens and small gifts.

Food

Campers will be well fed throughout the week! If your child has any specific dietary requirements (e.g. allergies, intolerances, vegetarian or vegan), please ensure we are informed so we can cater appropriately.

There will be a chance to purchase sweets and drinks at tuck shop every day, and fruit and water will be freely available all day.

We ask that **NO** additional snacks and drinks be brought on site as keeping food in tents will entice unwelcome visitors such as mice. Anything that is brought in will be confiscated immediately and returned to their owners at the end of the week.

High Energy Drinks

Please note that **NO** high energy drinks such as Monster or Red Bull will be allowed on camp. Any such drinks brought to camp will be confiscated immediately and returned to their owners at the end of the week.

Valuables

Each camper is responsible for his/her possessions during Camp. We do not advise bringing anything valuable with them, including electronic devices as there will not be facilities to charge them and keeping them in cold damp tents will not do them any good. There will be plenty to keep the campers occupied at all times and we like to encourage social interaction as much as possible!

Mobile Phones

We do not encourage the use of mobile phones on Camp, and so we advise that campers leave them at home. Should a camper feel that they cannot go a whole six days without their phone, they can bring it but on the understanding that phone use will be strictly limited to half an hour each evening and the phone kept securely in the Bank in the meantime. This is non-negotiable.

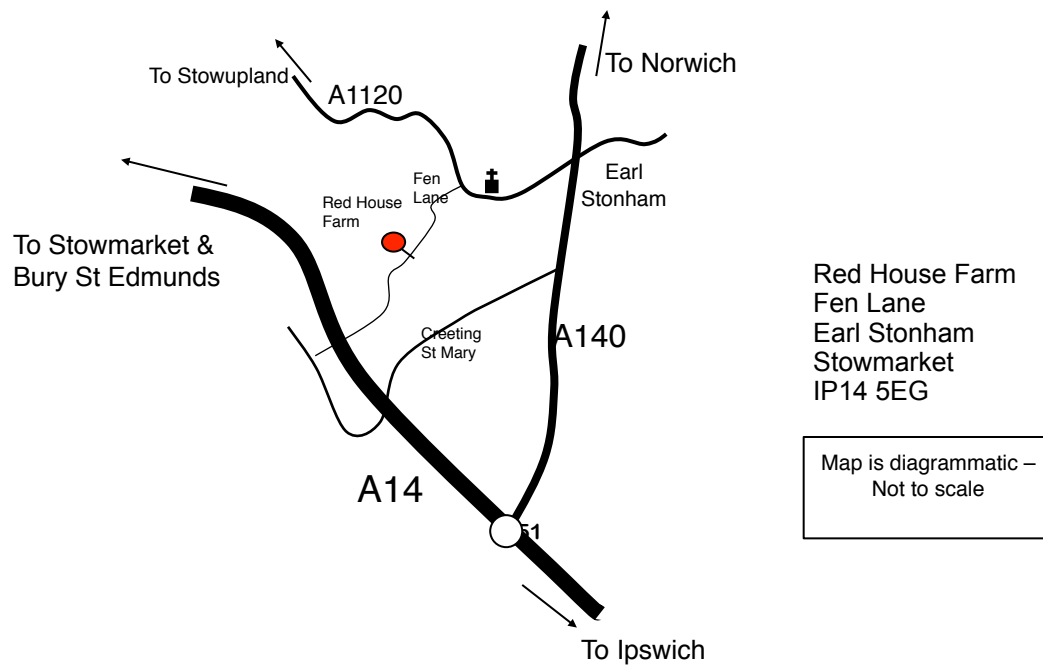
Communication

Campers love to receive letters and messages while they are away from home! The Camp address is:

Essex Christian Camp
Red House Farm
Fen Lane
Earl Stonham
Stowmarket
IP14 5EG

We will endeavour to keep Facebook updated regularly throughout the week so that family & friends can be kept up to date with what's going on.

Emergency Contact Number: 07795 165657



Approaching from Colchester direction on A12:

- Turn left onto A14 at Ipswich (Toys 'R' Us roundabout) towards Bury St Edmunds
- Take A140 (Exit 51) towards Norwich
- In approx 3 miles at crossroads turn left onto A1120 towards Stowupland
- Take 2nd turning on left – Fen Lane
- Red House Farm is on right in just over ½ mile.
- **If you get lost phone 07795 165657 and we will guide you in!**

ARRIVAL & DEPARTURE TIMES

ARRIVALS - Sunday 11th August

Please arrive between **2:00pm and 2:30pm**. On arrival campers will be required to sign in, hand over any money, medication and phones before being introduced to their team leaders.

No arrivals earlier than 2pm please. Please inform us of any late arrivals.

(A cooked meal will be served on Sunday evening.)

DEPARTURES – Saturday 17th August

Please join us at **11:00am** for our final celebration and awards ceremony.

Campers should be off site by **12:30pm** and must be signed out by an authorised adult.