

INSIDE OUT CAMP RULES

CAMPER SECURITY AND SAFETY IS OUR TOP PRIORITY. WE HAVE MADE A LIST OF DO'S AND IF'S THAT ALL CHILDREN WILL BE ABLE TO FOLLOW. PLEASE READ THIS TO YOUR CHILD BEFORE CAMP BEGINS.

DO'S

- Do laugh out loud if you feel like it
- Do help others - you might need help too
- Do have an opinion and share it with us
- Do listen to the safety talks carefully
- Do put sunscreen on before you leave home in the morning
- Do wear a hat outside. Its compulsory
- Do wear socks and trainers on the football pitches. You won't be allowed to play if you are not wearing socks and trainers
- Do stay with your group. You must get permission to leave the group and you cannot leave alone, you must be with your buddy
- Do drink lots of water
- Do keep Inside Out beautiful. Put trash in trash cans

DO NOT'S

- Do not run, unless requested
- Do not run on the stairs
- Do not run around the pool
- Do not eat whilst standing
- Do not push or shove
- Do not engage in horse-play in the changing rooms
- Do not engage in unscheduled wrestling matches
- Do not be a bully. It will not be tolerated

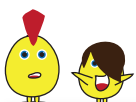
DINING ROOM RULES

- Lunchtime is for peaceful eating and quiet conversation
- Your group sits together during lunch. Your Group Leader will sit with you
- Do clear up your tray when you have finished your lunch

IF'S

- If you're not feeling well, tell us, and we'll call Mum or Dad
- If you want to mean, save it until you are in front of a mirror!
- If a trainer raises his or her hand, this means **SILENCE** for an announcement
- If you feel like using bad language, keep it until you are in an empty field

LET THE FUN BEGIN! CAN'T WAIT!



Insideout - to Infinity and Beyond!

