



esM
HOLIDAY
CAMP.

SPRING
HOLIDAY CAMP

Information Booklet



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DEAR PARENTS,

Welcome to the ESM Spring Camp 2021.

ESM Holiday Camps are thrilled that you are looking in sending your child to our camps this spring break. While we are excited to see all our campers again, we would like to assure you that we will be following all appropriate Covid-19 guidelines which have been put in place for our sector.

These protocols are there to ensure we run safe camps that will enable children to have an amazing camp experience in a safe and enriching environment and to support this we are planning to double the number of staff and facilities.

We offer your child the opportunity to experience a fantastic range of activities. The daily schedules are tailored to each individual camper, which enables your child to experience a balance between activities they are familiar with and new activities that we feel they will enjoy.

All campers are obliged to follow the daily programs and take part in all activities.

In order to ensure all of our campers enjoy their time at our camps, ESM has firm rules when it comes to **RESPECT, BULLYING** and **BAD BEHAVIOUR**.

We have a “**no tolerance**” policy when it comes to this and if the child cannot function within the group environment, we will ask parents to come collect them straight away.

Rest assured that your children will be taken care of by qualified professionals in a safe and friendly environment.

We hope that their camp experience with us is an enjoyable and memorable one.

Jimmy Repsold
ESM Camp Director



SAFE PRACTISE GUIDELINES,

ESM Holiday Camps are operating under all the guidelines currently issued by our governing body, the Dubai Sports Council, and following advice of the Dubai Health Authority.

This will see:

- Increased precautionary sanitisation measures
- Mandatory hand sanitization for all staff and children
- Increased cleaning provision
- All our first aid trained staff checking temperatures each day.
- Social distancing at all times
- Temperature checks every 45min

Parents:

- During arrival and dismissal, parents must adhere to the latest social distance guidelines.
- **ALL** registrations are done online prior to camp starting – cash payments will not be accepted & neither will walk ins.
- Parents are encouraged to say goodbye to their children from the car or meeting points as they will not be permitted on site in the sports halls
- **Parents are encouraged to check their children temperature and notice any symptoms before leaving the house. If child is unwell, the parents are requested not to drop-off the child to the camp as they won't be permitted to enter the facility.**

SAFE PRACTISE GUIDELINES,

Staff:

- On arrival all staff and children will be asked to wash/sanitize their hands.
- All staff will avoid high fives/holding hands – our meet and greet will involve the foot tap.
- Staff and children will sanitize their hands before and after each activity.
- Chairs and table will be set up to adhere to the latest social distancing guidelines where possible.
- Staff will reinforce “personal bubble” rules to maintain social distancing.
- Hand sanitizers will be available for staff, children and parents where possible.
- ESM will reassure that physical contact with children is kept to a minimum.
- ESM will continue to promote key messages of hygiene and well-being as per government guidelines.
- ESM will reassure children regularly that steps are being taken to keep them safe.

Delivering of Activities:

- ESM will clean surfaces, resources and equipment after use and sanitise equipment every 45min.
- Sitting activities and circle time will be delivered in large areas.
- We will deliver team games where possible.

SAFE PRACTISE GUIDELINES,

Additional Measures:

Holiday Camp will have limited campers and small group sizes of 1:10

Bubbles:

Children will be within the same group for all activities throughout the entire week.

Activities:

- We have adapted our themes, activities, and games to increase distancing as much as possible but also ensuring that children can have as much fun as well as reducing the need to share equipment.
- There will be **no swimming** taking place as we cannot use changerooms or assist the younger children at any time.
- **Art & Craft** will not take place as we cannot share any stationary

Regular Cleaning:

- We will have increased cleaning measures throughout the day for all areas and equipment.
- Equipment will be sterilized after every session.

MULTI ACTIVITY CAMPS

Venues: GEMS Wellington International School, Jumeirah Primary School, GEMS Royal Dubai School, GEMS Wellington Academy, Silicon Oasis, GEMS Wellington Primary School, GEMS Metropole School, GEMS World Academy, GEMS Dubai American Academy, Winchester School – Jebel Ali, Dubai British School and Dubai British School Jumeirah Park



March 28 - 8 April 2021



4-12 Years Old



9am - 1:20pm

- 100% Health & Safety Record
- Child to Coach Ratio of 10:2
- Professional Sports Coaches
- Premium School Facilities

Activities: Some of the activities the children will take part in are shown below. Mini Cricket, Badminton, Basketball, Kung Fu, Rounders, Fun & Games, Mini Tennis, Fitness exercise, Talent Shows In house Tournaments and obstacle courses

Please note that the activities above are venue specific due to the facilities the schools offer ESM as well as the number of children attending the camp on the day.



HEALTH & SAFETY POLICY FOR INJURIES

All holiday camp staff are First Aid trained and will be able to handle all minor injuries. While we understand that accidents do happen particularly in an active environment, rest assured, the safety measures we have put in place ensure that accidents are managed and reported appropriately (of the highest standards).

All venues will have the school nurse onsite during the camp timings, they will follow the needed procedures if there are any serious accidents.

Procedure in the event of a serious injury:

STEP 1:

Coach will assess the situation

STEP 2:

The safety of the remaining campers within the session will be managed by either another coach or an assistant coach.

STEP 3:

The coach in charge will proceed with First Aid.

STEP 4:

Parents/Guardian will be contacted immediately.

STEP 5:

Report and follow up will be carried out, further investigations for safety will be documented and actioned where necessary.



SCHOOL TRANSPORT SERVICE (STS)

- We offer door to door transport for all of our camps for Half Term, Spring, Winter and Summer only which conform with KHDA regulations.
- Each bus has a female bus monitor who will remain on board to manage children to and from camp each day.
- All buses have onboard CCTV as well as a tracking system which allows us to track the routes and timings of pickups and drop offs.
- Transport is available on weekly bookings only at a fixed fee whether you use the service for one day or the entire week.
- Transport services will only be provided to parents who register and pay at least one week in advance to their camp starting date as routes cannot be altered once everyone has received their timings.
- Pick up and drop off locations are within a designated proximity of each camp and will be to the closest venue to where you live.
- Please note that the cut off time for booking transportation is **every Monday at 2.00pm** prior to start of camp the following Sunday.
- Parents will receive an email on Saturday afternoon from ESM with the bus driver details and with the pickup time for the following morning.
- Transportation fees are not refundable.
- We offer no transportation from Sharjah.

CONTACT DETAILS

Transportation must be booked a week in advance. It is provided to the closest venue to where you stay. (please see table below)

TRANSPORTATION CLOSES THE MONDAY AT 2PM FOR THE FOLLOWING WEEKS SERVICE.

1.If you have paid for transport online and need info on your booking, please email

holidaycamp@esm.ae

2.If you have any questions regarding the bus routes prior to booking, you can contact

holidaycamp@esm.ae

SCHOOL TRANSPORT SERVICE (STS)

- ESM Holiday Camps will provide STS transportation to the below areas only

VENUE	AREA COVERED
Gems Wellington International School	Al Sufouh, Palm Jumeirah, Dubai Marina, Jumeirah Beach Residence,
Gems Jumeirah Primary School	Umm Al Sheif, Umm Suqeim 1, 2, 3, Al Manara, Al Safa, Jumeirah 3, Down Town, Trade Centre, Satwa, Bur Dubai, Karama, Jumeirah 1,2,
Gems Wellington Academy, Silicon Oasis	Silicon Oasis, International City, Ras Al Khor, Sky Courts, The Villa, Q Point, Falcon city
Gems Metropole School	Mira Community, Layan Community, Arabian Ranches 1, 2, Motor city, Damac Hills, Rem Raam, Sports City
Gems Royal Dubai School	Mirdif, Al Warqa, Al Qusais, Muhaisna, Rashidiya, Deira, Al Qusais, Muhaisna, Al Mizhar
GEMS World Academy	Dubai Investment Park, IMPZ, Jumeirah Golf Estate, Jumeirah Village, Circle, Al Barsha South
GEMS Dubai American Academy	Tecom, Greens, Lakes, Al Barsha
Winchester School – Jebel Ali	The Gardens, Discovery Garden, Al Furjan
Dubai British School – Jumeirah Park	Jumeirah Lake Tower, Jumeirah Village Triangle, Jumeirah Park,
Dubai British School - Meadows	Springs, Meadows, Greens, Tecom

ESM HOLIDAY CAMP VIDEO



[Click here](#) to watch a short video.



WHAT TO EXPECT

ESM holiday camps are the leading holiday camp provider for children aged 4-12 in the UAE. We have developed a strong reputation by constantly focusing on what parents and children want by creating a camp environment which encourages children to thrive, learn and develop whilst making friends and having fun.

We have achieved this by being committed to delivering multi activity, engaging and stimulating programs within a safe and positive environment. Offering a balance of sports and classroom activities, we ensure each session is perfectly suited to the age and ability of the camper. We take full advantage of our fantastic locations with health and safety always being our top priority, to ensure your peace of mind.

Some of the activities the children will take part in are shown below.

- Badminton
- Football
- Basketball
- Kung Fu
- Dodgeball
- Rounders
- Fun & Games
- Team Building
- Quiz Time
- Mini Tennis
- Mini Cricket

ACTIVITY SCHEDULE EXAMPLE

Below you will find an **example** of our holiday camp schedule. The daily schedule will be posted at the venue which you can see on arrival each day.

Daily Activity Schedule		
Timings	Group 1	Group 2
09.00 - 09.15am	Meet and Greet	
09.15 - 10.00am	Session 1 (FOOTBALL)	Session 1 (TENNIS)
10.15 - 10.30am	Disinfection of Equipment/Wash hands	
10.30 - 11.15am	Session 2 (KARATE)	Session 2 (FOOTBALL)
11.15 - 11.30am	Disinfection of Equipment/Wash hands	
11.30 - 12.15am	Session 3 (TENNIS)	Session 3 (BASKETBALL)
12.15 - 12.45am	LUNCH & Disinfection of Equipment/Wash hands	
12.45 - 13.15pm	Session 4 (BASKETBALL)	Session 4 (KARATE)
13.15- 13.30pm	Disinfection of Equipment/Wash hands	

HOLIDAY CAMP FEES

You are welcome to attend any of the venues listed below.
 All prices include 5% VAT, GEMS & Taaleem students receive an **additional % discount** by entering the discount codes for weekly bookings on the online registration portal, **siblings receive an extra 10% discount**

VENUE	RATE/DAY	RATE/WEEK
Gems Wellington International School	AED 168	AED 840
Gems Jumeirah Primary School	AED 168	AED 840
Gems Wellington Academy, Silicon Oasis	AED 168	AED 840
Gems Metropole School	AED 168	AED 840
GEMS World Academy	AED 168	AED 840
GEMS Dubai American Academy	AED 168	AED 840
GEMS Royal Dubai School	AED 168	AED 840
Winchester School – Jebel Ali	AED 126	AED 630
Dubai British School – Jumeirah Park	AED 168	AED 840
Dubai British School - Meadows	AED 168	AED 840

BENEFITS OF CHILDREN ATTENDING CAMP

Physical activity is vital for a child's development and lays the foundation for a healthy and active life. ESM holiday Camps are ideally placed to foster the development of good physical activity habits early in life and to encourage children to engage in regular physical activity.

ESM Holiday camps offer a wide choice of play-based, physically active learning experiences that link to children's interests, abilities, identity and prior knowledge. Physical activity in childcare needs to be made up of both structured physical activity and unstructured, spontaneous activity. In addition, as active role models, coaches can encourage children to participate in physical activity.

Regular physical activity in children improves strength and endurance, helps build healthy bones and muscles, helps control weight, reduces anxiety and stress, increases self-esteem, and may improve blood pressure and cholesterol levels. Why is physical development important to a child?

From sitting up on their own to throwing a ball, children gradually develop the physical skills needed for their adult lives. ... Both gross (large muscle movements) and fine (small movements) motor skills contribute to physical development, and children often learn a set of skills by a certain age.

Why does a child need to exercise?

Exercise helps kids achieve and maintain a healthy body weight. Regular physical activity helps build and maintain strong, healthy muscles, bones and joints. ...Exercise helps improve motor coordination and enhances the development of various motor performance skills.



BENEFITS OF CHILDREN ATTENDING CAMP

Why Exercise Is Good for Your Body:

Lungs and heart. They get stronger when you get moving. That helps you feel more energy and means you can play, walk, or jog longer without feeling tired. So how about an extra lap around the track?

Muscles. Exercise makes them stronger and stretchier. So, become the family arm-wrestling champ. Do the limbo. Take out the garbage. Master the cartwheel.

Bones. You make yours stronger when you move. That'll help with everything from how tall you stand to how powerful you are.

Reflexes and coordination. They help you catch a pop fly on the field or land a perfect half-axel when you're figure skating. Remember, practice helps!

Staying healthy. Exercise helps you keep your weight in check. It can mean you're less likely to get diseases like diabetes, high blood pressure, and some kinds of cancer. It can even help you avoid getting a cold or the flu as often.



WHAT TO BRING



Mask



Snack



Packed Lunch



Water Bottle

THEME DAYS EXAMPLES:

SIGN UP SUNDAYS

Signup for the talent show and fun activities for the week.

MAD MONDAYS

Crazy Hair Day

TOURNAMENT TUESDAYS

A selection of Olympic sporting style tournaments will take place throughout the day. **(put on hold due to COVID restrictions)**

WACKY WEDNESDAY

Dress up day—This will be an official Pyjama Day

NATIONAL SPORTS DAY THURSDAY

Students will get the chance to showcase their competitive nature in a day full of activities and challenges. **(on hold due to COVID restrictions)**

EMERGENCY CONTACT NUMBER

Each camp venue has a qualified First Aider onsite.

In the event of any emergency, a parent or guardian will be contacted by the camp manager at the venue where they registered their child.

If you would urgently like to reach the camp managers, you can do so using the number provided below.

The contact number for the camp manager will be sent to all weekly registered parents on the Thursday evening before the camp week starts. If you didn't receive the email, please contact Jasmin on the below number.

ESM Holiday Camp Mobile (Jasmin)



050-3611547



Schools: All Venues

FREQUENTLY ASKED QUESTIONS

1. What is the COVID-19 virus?

It is not a new virus; it is only a new strain from a well-known family of viruses called Corona and it is found in respiratory fluids such as saliva and mucus.

2. How can I get it?

The virus is transmitted through contaminated droplets resulting from coughing, sneezing and touching surfaces contaminated with this droplet.

3. What are the symptoms of the disease?

The symptoms are similar to those of the common cold and such as fever, dry cough, sore throat and difficulty breathing. Symptoms can also include loss of smell and appetite.

4. Do symptoms appear as soon as the virus enters the body?

No. Normally symptoms may appear after a period of one to 14 days after the virus enters the body.

5. How can I protect my family and myself from the virus?

- o Wash hands frequently for at least 20 seconds
- o Wear a mask
- o Follow the sneezing and coughing etiquette
- o Maintain physical distance
- o Avoid touching the nose, mouth and eyes with contaminated hands.

6. What practices make me more vulnerable to contracting the virus?

Neglecting to comply with all the precautionary measures



FREQUENTLY ASKED QUESTIONS

Symptoms



High fever



Cough



Sore throat



Head ache

Contagion



Air by cough or sneeze



Personal contact



Contaminated objects



Animal contact

Prevention



Wash your hands often



Wear a face mask



Avoid contact with sick people



Always cover your cough or sneeze



FREQUENTLY ASKED QUESTIONS

7. WHAT KIND OF ACTIVITIES WILL MY CHILD BE DOING AT CAMP?

Basketball, Kung Fu, Dodgeball, Rounders, Team Building, Quiz Time, Mini Cricket, Obstacle Course, Mini Tennis, Musical & Games, Fun & Games, Relay Races, Ball Skills and Badminton

8. CAN MY CHILD DECIDE WHICH ACTIVITIES THEY WANT TO DO?

Children are required to stay within their assigned groups and will participate in all activities.

9. HOW MANY ACTIVITIES PER DAY WILL MY CHILD PARTICIPATE IN?

There will be 4-5 different activities each day divided into 45min sessions.

10. WHAT IF MY CHILD CAN'T PARTICIPATE IN ANY SPECIFIC ACTIVITY ?

In some cases the camp manager may be able to move them into another group for 1 session. If this is not possible, they will stay with the group and sit out for the activity.

11. HOW ARE THE STUDENTS DIVIDED INTO GROUPS?

Groups are divided according to age and with an age difference of 2yrs either older or younger, this does depend on how many children are registered for the week.



FREQUENTLY ASKED QUESTIONS

12. ARE THE TEACHERS QUALIFIED SPORTS COACHES?

All ESM holiday camp staff are qualified sports coaches.

13. WHAT FIRST AID PROCEDURES DO YOU HAVE IN PLACE?

There will always be a fully qualified First Aid person on Duty. ESM pride themselves on their Health and Safety Standards. In the unlikely event of a child being injured the parent will be notified by the camp manager. Nurses will be onsite at all venues in case of any serious accidents.

14. DO YOU OFFER A SIBLING DISCOUNT?

ESM offers a 10% siblings discount on the 2nd and 3rd child for full **weekly** bookings only. They have to be either brother or sister (not cousin or niece/nephew).

15. WHAT TO WEAR?

Casual or sports clothing is highly recommended & trainers. Please ensure all bags, clothing are clearly labelled.

16. WHAT ELSE DO I NEED TO BRING?

Please bring a refillable water bottle (**plenty of water**) and packed lunch



FREQUENTLY ASKED QUESTIONS

17. WHAT IF MY CHILD IS SICK?

Please inform us at the earliest. Please refrain from sending sick children as we will be calling parents to collect them and take them to the doctor. Please provide a medical note & we will offer camp credit so they can attend when they are feeling better.

18. WHAT IF MY CHILD HAS A MEDICAL CONDITION?

It is vital that we are made aware of any medical conditions and any prescribed medication that your child is required to take. We also advise you to talk with the camp manager if you have any concerns or if your child has any special needs.

19. WHAT IF CHILDREN ARE BADLY BEHAVED?

Our staff treat children with respect, and we expect this to be reciprocated by the children. We encourage good behaviour and sportsmanship with positive reinforcement. By the same token bad behaviour cannot and will not be tolerated.

In more serious cases, we may contact parents to take action. If bad behaviour continues, we reserve the right to remove children from the camp if necessary.

FREQUENTLY ASKED QUESTIONS

20. WHAT IF MY CHILD IS 3YRS AND 6 MONTHS?

Children who are under 4 years need to be able to function in a group environment with minimal assistance in the sporting activities set out for the day - If children cannot adhere to this parents will be asked to come and collect the students. ESM staff are not allowed to assist with bathroom trips, children need to be “potty trained” and able to cope within a group environment unassisted in every way.

21. CAN I LEAVE MY NANNY ONSITE?

We do not permit nannies to remain onsite during camps as this can cause distractions for young children.

22. CAN I (PARENT/GUARDIAN) COME AND WATCH MY CHILD?

With the new COVID-19 guidelines ESM do not allow parents to be onsite at all. Drop off and pick up will be at designated areas with no parents permitted to enter the sports facilities we use for camps.

23. CAN I (PARENT/GUARDIAN) COME AND WATCH MY CHILD?

As mentioned above, parents will not be permitted onsite near the camp facilities hence, no watching will be possible.

ESM offer all inclusive holiday camps but please do inform the camp managers if your child has any behavioral or learning disabilities so that we can best assist your children during camp time.





**THANK YOU
FOR CHOOSING**

esm
**HOLIDAY
CAMP.**

FOR MORE INFORMATION PLEASE VISIT OUR
WEBSITE: WWW.ESMACADEMIES.AE

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