



## DELPHI ADVENTURE CAMPS PARENT GUIDE

Our goal at Delphi Adventure Resort is to provide your child with the holiday of a lifetime. We have been providing Adventure camps for children for over the past 30 years. Campers will get to experience an array of challenging and fun activities in what is one of the most beautiful adventure playgrounds in Ireland.

Safety is paramount to us at Delphi Adventure Resort. We provide 24 hour supervision by fully trained and qualified staff whom have been Garda vetted. The following guide will answer most of your questions, but feel free to call us on +353 9542208 or +353 9542107 to answer any other queries you may have about your child's stay.

### DELPHI KIT BAG. WHAT DOES MY CHILD NEED TO BRING TO THE ADVENTURE CAMP?

It is best to prepare your child for all kinds of weather, as there can often be four seasons in a day in this part of the country! There are drying facilities available but best to bring plenty of clothes so they won't run out mid-week.

We would advise you to pack the following:

- Two/Three Complete Changes of Warm Clothes
- Tracksuits
- Heavy socks (2 pairs minimum)
- One/Two pairs of old runners (One pair will get wet during kayak/surf session)
- Wellington boots
- Sleeping bag, pillow and pillowcase
- Swimming togs, shorts and an old sweatshirt
- Waterproof Jacket and Trousers
- Walking boots (not essential but great if they have them)
- Hat and gloves
- 3 Towels
- Basic Toiletries
- Suntan lotion
- Insect Repellent
- Pencils
- 750 ml plastic water bottle.

It is best to mark all clothing and personal items clearly. It is also a good idea to stick a complete list of items brought to the inside of your child's suitcase/rucksacks. That way, our camp instructor can help your child when packing up to go home. Jeans are fine to wear for evenings but are not suitable for outdoor activities.

Also, we advise your child does not bring valuable items or expensive clothing with them. We cannot be held responsible for lost property. They won't need much in terms of expensive computer games; iPods etc. as they will be kept very busy from morning until night! It is also important to note, that there is very limited mobile phone coverage in the valley. We do provide a payphone.

### WILL CHILDREN NEED POCKET MONEY DURING THE WEEK?

There is no need for much pocket money as all activities, entertainment and three meals and snacks per day are included in the camp fee. We do have a shop on site selling sweets/soft-drinks/T-Shirts/basic toiletries. We recommend €20.00 – €30.00, per week would cover each child. If you wish you can pay this to Delphi Adventure Resort in advance. We can arrange to hand out pocket money to your child on a daily basis. Alternatively, your child can bring their pocket money with them.

**If paying in advance, please indicate this on your booking form.**

### HOW DO I CONTACT MY CHILD DURING THE HOLIDAY?

In the past we have found that children under 11 years of age settle in better if they do not receive phone calls from home, particularly during the first two or three days. We also discourage children of this age from phoning home for the same reason. We ask parents not to call on the first few evenings. Our Camp Instructor will be placing a high priority on getting to know your children at this time, and will be making sure that everyone settles down quickly so that they can enjoy the week.

You can contact your child on **+353 95 42107**. We recommend that you can call daily between 8.00am – 9.00am, 1.00pm – 2.00 pm and 6.00pm to 7.00pm. Please note our activities time are between 9.30am – 1pm, 2pm – 5.30pm, 7pm-9pm. Your child will not be near a phone at these times.

For any additional reassurance, you can phone us and speak to the Camp Manager or to one of the management team on **+353 95 42107** from 9.00 am to 6.00 pm. If you ring outside of these hours, please leave a message and we'll get back to you as soon as possible. You may also call our hotel on 095 42208 24hours a day and speak to our front office staff whom will be happy to assist you.

## WHAT KIND OF MEDICAL CARE IS PROVIDED?

The welfare of children who visit the centre is our paramount consideration and we pride ourselves on our Duty of Care to children. Our instructors have all undertaken first aid training. If your child has special needs or a serious medical condition/allergies that we should know about, please feel free to call us in advance of the child's visit to discuss. (095 42107)

We also have a strict anti bullying policy in Delphi and on the first evening of every new week, Camp Instructors hold an anti bullying workshop to outline our policies. We encourage an atmosphere of friendliness and mutual respect amongst all the participants.

All of our instructors have been Garda vetted and have completed the Irish Sports Council Code of Ethics in Children's sports.

## WHAT TYPE OF FOOD IS ON OFFER?

We offer good, home-cooked food for your child and vary the menu throughout the week so nobody gets bored! Our emphasis is on providing a balanced diet for your child.

## TRANSPORT TO DELPHI ADVENTURE RESORT?

We provide fully escorted return travel from Dublin & Dublin Airport to Delphi Adventure Resort. A member of our team will travel both to and from Delphi Adventure Resort with your child by bus from Dublin. A full itinerary will be forwarded to you once we receive the full balance of your camp fees.

For pricing and availability, please contact us on +353 95 42208. Please note that our deadline for notification of travel bookings, changes or cancellations is 10 days prior to departure and, if you cancel arrangements within this time, all travel fees are forfeited.

If you prefer to travel to camp with your own children, we will be glad to give you full directions on the easiest route for you. Summer Camp reception starts at 6pm when parents and children are shown around the Centre and can then unpack and settle in. Meals are not provided on arrival. Children will be taken out on evening activities and will get an evening snack before going to bed.

On the morning of departure, children must be collected from Delphi Adventure Resort between **9.30 and 11.00 am.**

## WHO ARE THE CAMP INSTRUCTORS?

When your child gets to camp they will be assigned a Camp Instructor. This instructor will be responsible for the social welfare of your child throughout their stay with us. Instructors have been chosen for their ability to communicate with and look after children, and their first duty is to put your child at ease by making sure they are busy and happy. They ensure everyone knows where they should be throughout the day, everyday.

## HOW DO I BOOK MY CHILD'S PLACE?

### (A) BY PHONE

Phone our front office staff on **(095) 42208.**

We are open **7 days a week from 9.00am to 6.00pm**

This is the best way to book as our booking staff can advise you on what dates are available and explain the best type of holiday that is most suitable for your children. We will then send you out a booking form to complete and return to us with your deposit. **Our booking form is available for download on our web site. [www.delphiadventureresort.com](http://www.delphiadventureresort.com) (Booking is also possible online)**

An initial deposit of €150.00 per child is all that is required to secure the holiday. Final settlement is due 8 weeks prior to holiday start date. Cheques should be made payable to Delphi Outdoors Ltd.

**We can hold this telephone booking for a maximum of seven days in order for your booking form & deposit to reach our office.**

### (B) By Email

Please email our reservations office at:  
[bookings@delphiadventureresort.com](mailto:bookings@delphiadventureresort.com)

We will then send you out a booking form to complete and return to us with your deposit. A booking form is downloadable from the website [www.delphiadventureresort.com](http://www.delphiadventureresort.com)

An initial deposit of €150.00 per child is all that is required to secure the holiday. Final settlement is due 8 weeks prior to holiday start date. Cheques should be made payable to Delphi Outdoors Ltd. Please also include a suitable phone number at which you can be contacted on.

### (C) BY POST

Complete our booking form and forward same to:

**Delphi Adventure Summer Camp,  
Delphi Adventure Resort,  
Leenane,  
Co. Galway,  
Ireland.**

We will confirm your booking by return of post or email.

### (D) BY CREDIT CARD/LASER

We can also take your booking deposit over the phone with a Credit card or Laser card.

**If you have any other questions, please feel free to contact us on 095 42208 and we would be more than happy to answer them for you.**