

REGISTRATION, ACCOMMODATION AND CAMP OPENING

Pick-up of the accommodation cards is at the reception from 13:00 to 14:00, from the Sports Hall counter (no. 15 on the map).

Accommodation is available from 2 p.m. Children are accommodated in rooms for 2-3 children, accommodation is also available according to the wishes for roommates. Changes are possible as the camp involves children and young people who do not come with a friend. Room changes are not possible at reception. Changes will be made at the end of the opening session through the co-instructors.

The camp staff will meet the campers at the Sports Hall (no. 15 on the map) at 2 pm and will hold an opening and information session, which is also open to parents.

CAMP SCHEDULE

The camp schedule is included in the information booklet. The instructors will distribute the latest program to the children at the camp opening session. The camp ends with lunch, after which the children go home with their guardians.

WHAT TO BRING

- Sports clothing (outdoor clothing as well)
- Warm clothing for outdoor sports, including rainy weather
- Sun protection hat, sunglasses
- Plenty of clothes to change (t-shirts, socks, underwear etc.)
- Refillable water bottle
- Sauna and swimming equipment



- Other personal items (toothbrush, soap / shampoo, medicines, etc.)
- A small backpack to carry the things needed for the day
- Books to read for the evening
- A small supply of snacks (fruit, nuts, snack bars, etc. are recommended)
- Optional: Hand-sanitizer/cleansing wipes

If the child is participating in the themed camps:

- Hockey equipment/sticks
- in addition to sports equipment, clothes and shoes both for outdoor and indoor sports

CARE DURING THE CAMP

In addition to the camp coaches, the camp employs assistant instructors who are responsible for children outside of exercise programs. They also take care of the children in the evenings to sleep as well as wake up in the mornings.

The camp has a phone through which you can contact the co-instructors. The phone number is 050 4082084. We kindly remind you that there is a lot of program a day and even if the children do not answer their own phones right away, everything is definitely fine =)

SPECIAL ARRANGEMENTS DUE TO THE PANDEMIC

At the camp, we operate in accordance with THL's guidelines for camp activities for children and young people. Instructors and co-instructors are guided to maintain adequate hygiene and safety in groups related to the coronavirus.

We hope that children will already be instructed at home about maintaining hygiene, which will be reminded to them by the instructors during the camp:



- The mouth-touching part of the beverage bottle should not be touched by hand
- Water bottles and other personal items cannot be borrowed from a friend
- Washing hands and coughing should be done according to the THL instructions

More instructions <https://thl.fi/fi/web/infektiotaudit-ja-rokotukset/taudit-ja-torjunta/infektioiden-ehkaisy-ja-torjuntaohjeita/kasienpesu-ja-yskiminen>

- Campers should not visit or spend time in the rooms of other campers. The social interaction is done outside, since the camp mainly takes place outdoors.
- Unnecessary physical contact should be avoided and, if possible, a safety distance of approx. one meter should be observed. During exercise the safety distance may be smaller from time to time, depending on the sport. Some of our sports are individual, where the safety distance is easier to maintain, some are team sports. In team sports, the restrictions are applied and we try to plan the lessons as small group activities, following the guidelines of most sports federations.

ADDITIONAL INFORMATION

The person responsible for the camps is Mikko Kuikka, mikko.kuikka@vierumaki.fi, 0504082084, who you can contact if necessary.

WE WISH YOU A LOVELY CAMP!

