



Paws in Tents October 2019 – Pawsitive Squad CIC camp Handbook

Welcome Message

Thank you for considering joining our Paws in Tents event from the 26th to the 29th of October 2019. While our Paws in Tents events are focused on providing intensive assistance dog training and canine assisted activities, we are offering so much more than that. This camp is a great opportunity to have a holiday with your family in a truly inclusive and accepting environment.

Cost

£50 per child

£65 per adult

Children under 3 are free

Dogs free

Catering, electric pitches and camp uniform are available at an additional cost.

Location & Facilities

This camp is being held at Park Farm Camping in Norfolk. The camp address is:
Park Farm Camping
Swanton Morley
Dereham
Norfolk
NR20 4JU

The site is a wonderful space with all the facilities we require including:

- Heated showers & free hair dryer
- Full disabled (accessible) bathroom including shower
- Family shower room with baby changing and baby bath
- Laundry Facilities
- Chemical Disposal Point
- Children's Play area
- Trust shop

Along side the facilities provided we are also providing a space to change caravan containing a changing table and manual hoist.

Getting here by Rail: The closest railway station is Wymondham. We are able to collect people from Wymondham if pre-arranged. We need at least 2 weeks' notice to arrange collection for the station. If you require collection from the train station, we ask that you give your driver a contribution towards petrol costs.

Getting here by Bus: From Dereham take bus number 4 from the market place to 'post office'. It is a 20minute walk from the bus stop or collection from Dereham can be arranged with prior warning.

If you require any assistance working out your route please contact us for assistance.



Camp Contents

Camp itinerary

26th of October

15:00 Camp Start
15:45 – 16:15: Dog Safety Session
15:30 – 16:30: Tent welcome sign making - supervised activity
16:30 – 17:00: Training Techniques Workshop
17:15 – 18:30: Dinner Time
18:30 – Bed: Silent Disco and camp show

27th of October

9:30 – 10:00: Dog Safety Session
9:30 – 10:30: Tent welcome sign making – Supervised activity
10:00 – 10:30: Training Techniques
10:30 – 11:30: Level 1 Physical Assistance Workshop
10:30 – 11:30: Tie dye t-shirt making workshop
11:45 – 12:45: Lunch Time
13:00 – 14:00: Level 1 Emotional and Autism Assistance Workshop
13:00 – 14:00: Card and Keyring making workshop
14:15 – 14:45: Medical Alert & response presentation
15:00 – 16:00: Level 1 Physical Assistance Workshop
15:00 – 16:00: Card and keyring making workshop
16:30 – 17:30: Level 1 Emotional and Autism Support Workshop
16:30 – 17:30: Tie dye t-shirt making workshop
17:30 – 18:45: Dinner Time
19:00 – Bed: Artificial Campfire

28th of October

9:30 – 10:30: Level 2 Emotional and Autism Assistance Workshop
9:30 – 10:30: Clay Fossil Making Workshop
10:30 – 11:30: Dogs working with complex needs
11:45 – 12:45: Lunch Time
13:00 – 14:00: Level 2 Physical Assistance Workshop
13:00 – 14:00: Clay Fossil Making Workshop
14:15 – 14:45: Medical Response Workshop
14:15 – 14:45: Mini Beast Hunt – Supervised Activity
15:00 – 16:00: Level 2 Emotion and Autism Assistance
15:00 – 16:00: Pebble Pet making workshop
16:30 – 17:00: Medical Response Workshop
16:30 – 17:30: Nature collage and leaf rubbing – supervised activity
17:30 – 18:45: Dinner Time
19:00 – Bed: Artificial Campfire

29th October

9:30 – 10:15: Foundation/ Bronze Level assessments for emotional & autism support
10:00 – 11:00: Pawsitive Squad Feedback Collage making – supervised activity
10:30 – 11:15: Foundation/ Bronze level assessments for physical assistance



11:15 – 11:30: Pawsitive Pen Pals

11:30 – 12:30: Lunch

14:30: Awards and Camp down

Dog Workshop Contents

- LEVEL 1 Emotional & Autism Assistance - Deep pressure therapy, interrupting destructive behaviour & finding exits.
- Level 2 Emotional & Autism Assistance - Dual Handling and learned disobedience.
- Level 1 Physical Assistance Workshop - Picking up objects, pressing buttons & helping to remove clothes.
- Level 2 Physical Assistance Workshop - Emptying washing machine, complex switches & pass items up.
- Working with complex needs workshop - alternative communication methods between dog and child.
- Medical Response - Attracting help and keeping the child safe.

'Free play' Games and Activities

Alongside the structured workshops and supervised activities, we will have a variety of free play activities and games for families to do as and when they please these include:

- Sensory free play with sensory rice and water beads
- Giant Dominos, bean bag games and other 'garden games'
- Bubble Play
- Treasure Hunt
- Have a go flyball

There is a great play area on site the young people can also use.

Camp fire

We are holding a camp fire on two nights and encourage as many camp attendees as possible to attend, after all, it was the favourite extra activity at our last camp. We are going to create a big artificial fire. We will have a story (complete with Makaton and actions) and then sing campfire songs lead by camp leader then young people will have an opportunity to share any skills, songs, dances or anything else they have if they wish to do.

Food Options

There are several food options to suit everybody's needs.

Fully catered costs £20 per person

Part catered costs £12 per person (lunch & snacks)

Or you can self-cater at no additional cost.

Unlimited tea, coffee, hot chocolate and squash available for all.

Breakfast

A continental style breakfast buffet will be available every day including, but not limited to, toast, cereals, porridge, pastries, juice

Lunch

Every day a lunch buffet will be available containing sandwiches, soup, crisps, nibbles, hot dogs and more.



Dinner

26th October
Indian style buffet station with curries, rice, breads, samosa's, onion bhajis and sides
27th October
Make your own fajita buffet with meat, chicken, beans and various salads and sauces
28th October
Choose your own buffet with stews, lasagne, baked potato and sides

Snacks

Midmorning and mid-afternoon there will be a snack provided to full and part catering guests. Guests are able to pick from the snack box which will contain various sweet and savoury snacks including crisps, biscuits, fruit, chocolate and more.

Equipment and Kit

For camping to be really fun its important that you are well prepared. Camping in October can be brilliant but also cold but as long as you're prepared there's no reason for that to spoil your fun. To ensure we have a warm space we have hired a marquee for the main activities. Below we have provided a basic kit list but it's important you tailor this for your family's needs and requirements. If there is anything listed you don't own and are struggling to source please let us know.

Personal Kit – each person attending needs to bring:

- Sleeping bag (4 seasons)
- Sleeping mat/air mattress
- Foil emergency blanket or tent rug
- Thermal Underwear
- Rain coat
- Warm jackets
- Running or hiking shoes
- T shirts
- Trousers
- Jumpers
- Underwear, nappies or pads
- Sanitary Products
- Warm Hats and gloves
- Thermal Socks (VITAL) ... and extra socks!
- Cup & drink bottle
- Bowl
- Plate
- Cutlery (knife, fork, spoon)
- Toothbrush and toothpaste
- Towel
- Prescribed medication (in original container in clearly labelled bag)
- Slip on shoes (optional)
- Pillow

Family/group kit

- Torches (at least 2)
- Spare batteries for torch



- Wipes
- Tent
- Sun cream
- Bug repellent
- Hot Water bottle
- Plastic bags (for wet/dirty clothes)
- Tent & mattress repair kit
- Extra Foil blanket
- Camp chairs (optional)
- Day bag for medication (optional)
- Phone charger

For your dog

- Food and water bowl
- Dog food
- Poo bags
- Towel
- Chews/ toys (optional)
- Blanket/matt

Extra medical (dependant on needs)

- Shower caps to keep wheelchair wheels clean
- Feeding pump
- Pump charger
- Oxygen cylinder with spare masks/ nasal cannulas
- Syringes, giving sets and feed bags (and extras spare)
- TPN equipment
- CPAP machine and charger
- Suction machine
- Rescue Meds
- Helmet
- Bibs

Tents on Loan

If you don't have your own tent, we may be able to lend you one. Tents must be reserved in advanced and are available at no extra cost on a first come, first served basis.

Camp Uniform

As an optional extra a Paws in Tents 'uniform' can be purchase in advanced. Available for purchase are:

- T-shirt with Paws in Tents logo - £15
- Hoodie with Paws in Tents logo - £25
- Day bag with Paws in Tents logo - £15

All camp attendees MUST wear their identification at all times.

Any extras you wish to purchase must be ordered by the 1st of October. To make a purchase please go to our website www.pawsitivesquad.co.uk



Our top tips for a great camp

- Pack for all weather. Even if it's hot during the day it can get cold at night and weather forecasts can be wrong. It's better to pack it and not use it than to need it and not have it.
- Bring a hot water bottle with you and put it in your sleeping bag before going to bed to pre-warm your sleeping bag.
- Put your clothes for the next day at the bottom of your sleeping bag to warm your clothes up ready for the morning.
- Keep the vents of your tent (if they have them) open during the day.
- Pay attention to the smaller details – check your sleeping bag is suitable for the temperature and your tent, coat and shoes are waterproof.
- Put layers under your sleeping bag to provide insulation from the ground for example several blankets, air mattress and/or a tent rug.
- If your clothes or socks get wet then change immediately.
- Do not leave your mosquito net open.
- Make sure you drink plenty.
- Have a hot drink before going to bed.
- Don't wait until you're cold before adding extra layers of clothing.
- Wear long base layers of clothes if cold e.g. a fitted long sleeve t-shirt and tuck it into your trousers.
- Write your own full kit list and tick off each item as you pack it.
- Keep your tent clear and tidy.
- If your child still sometimes has accidents at night let them wear a pull up while camping. They're more likely to have an accident somewhere new and having a wet sleeping bag would be unpleasant and distressing so play it safe.
- Let your child bring their own special day bag with their favourite cuddly toy, games etc. Nothing breakable but enough for your child to feel more at home.
- Try to keep bed time routine as close to home as possible. E.g. if they normally watch a DVD or read a book let them do so.
- Let the young person help with planning if they wish. Ask them to help pack their day bag and tick off the kit list. This can help them feel like they're maintaining control.
- Prepare them for the camp over a few weeks. Tell them about all the activities and games they will have and explain what it will be like sleeping in a tent. We have created a little print out which talks the young person through what to prepare for. We can personalise this with pictures of your dog, young person and mode of transport if you wish. This can help the young person understand and mentally prepare.
- Practice pitching your tent in the garden if they've not been in a tent before.
- While we are providing food and snacks, we recommend you bring your child's favourite treats just in case.
- Bring extra lights & torches or glow sticks (making sure they are tent safe).
- Focus on having fun and not on goals. Prioritise the training sessions you really want to attend and make sure your child gets ample free time before and after those.
- Talk to us – if you're worried about anything or struggling at all we are here to help.



Health and Safety

Camp Rules

- ID must be worn on site by all camp participants. For parents this is a lanyard and for children we have a variety of options to ensure there is a suitable solution for everyone including lanyard, ID wheelchair tag or sports bib.
- Avoid bad language
- Respect everyone, their property, equipment and time.
- Smoking is prohibited anywhere on site.
- No recreational drugs allowed.
- No alcohol allowed
- No sharp blades allowed including pen knives, multi-tools, scissors or shaving razors.
- No matches, fireworks or lighters
- Gambling is not permitted
- You're not permitted to sell anything to other participants.
- Any medication brought on site must be disclosed to the camp team (this can be submitted in a sealed envelop with your name and date of birth clearly written on the front. This will remain sealed unless an emergency arises where we need this information).
- Medication must be kept in its original container in a clearly marked bag or box.
- Campers under 16 must be supervised by all times.
- Keep our camp clean and tidy. Bins will be positioned around the camp.
- The camp leaders withhold the right to confiscate any items they believe could be dangerous or detrimental to safety and welfare of the camp or campers.
- Camp 'quiet time' is from 10pm till 7am. During this time please refrain from playing loud music during this time (we appreciate some children will be noisy but we want to keep voluntary noise to a minimum to ensure everyone gets some sleep).
- Be accepting of all camp members. There is a wonderful group of children attending with a variety of needs. Please be accepting of tick attacks, meltdowns, tantrums etc.
- Do not take anything that doesn't belong to you.
- Meals must be eaten in the designated dinning spaces or within your personal tents.
- No members including parents & guardians are to leave the site without notifying the camp staff and filling the sign in/out form except in emergencies.

Preparing for the cold!

It would be lovely if we have a lovely hot and sunny camp but being realistic it will most likely be cold and at points probably a bit wet. Don't Panic! Camping in the Autumn can be really wonderful. On our side we are taking steps to help keep everyone warm and dry this includes hiring a marquee for the workshops and providing unlimited free hot drinks. There's a lot you can do to help keep dry and warm. The main thing is it is highly recommended that you invest in thermal underwear and socks. Many bargain shops sell thermal underwear and socks very cheaply and they make a huge difference in staying warm. Check that your tent is properly waterproof, not just light shower proof. While lots of space is tempting in a tent you will be far warmer if you are close together. If you are worried about coping with the weather and temperature please do talk to us, we can help advise you further and provide any support you require.

Fire Safety

Our camp fire marshal is Heather Pyne. Upon arrival all camp members are obliged to listen to the safety briefing which will include a full fire safety briefing. A paper copy will also be provided with



Makaton symbols to support the most important instructions. A fire drill will be held at the start of camp. This will be announced prior to the drill to minimise distress.

In the event of a fire, 5 long sharp blasts on a whistle will be made. Upon hearing the safety whistle please leave as quickly as possible and do not gather personal effects. Head straight to meeting point A which is at the front of the campfire – this will be shown to you at arrival. Should for any reason meeting point A be inaccessible then we will gather at meeting point B at the site entrance. Please let us know prior to arrival if any member of your group needs additional support from us to evacuate in case of fire or other emergency.

Accidents and Emergencies

Any medical event, accident or emergency must be reported to the camp first aider. A full camp first aid kit will be kept in the storage tent. This includes medical events linked to pre-existing conditions such as person with epilepsy having a seizure. All medical events will be recorded in our accident book and followed up as required.

Multiple families sharing tents

If you are joining our camp with another family you know well you may want to share a tent. This can make the nights a little easier. However unrelated young people over 10 of different genders must not share a bedroom/compartments unless all parents are also sleeping within this compartment.

Single adult to multiple children

One adult is welcome to bring multiple children from their family. In such circumstances you will have the opportunity to allocate a second member of the camp to assist you in looking after your children including in an emergency for example if you have to accompany one child to hospital or become acutely unwell yourself. This must be someone you know prior to the camp and they must be aware you've allocated them as a second supervisor. If you don't allocate someone then the camp leadership team will assume this role in an emergency. You must have one responsible adult per dog.

Lost Child Policy

Should a child become lost all camp members will gather in the centre of the camp and remain supervised by parents/guardians. The parents/guardians of the lost person and camp staff will go in pairs to try to find the young person. The camp site owners will be notified. If within 20 minutes the young person has not been found the police will be informed. Should it be suspected that an unapproved adult has removed a child the police will be called immediately. The search will continue, widening the area as appropriate and searchers will keep in touch via walkie talkie until the child is found or the police take over/ provide alternative instructions. All children will be given ID and a notification card with our contact details on to keep on their person at all times. Children who are prone to wandering can also be lend a GPS Bluetooth tracker to help keep them safe. There are a limited number available and these must be reserved prior to the camp.

Managing young people who bolt or wander

Going camping when your child is prone to wandering off or bolting can be a daunting prospect and we understand this. If your child is prone to wandering then please let us know when you book and we can provide you with a GPS Bluetooth tag to borrow during the camp. This will send an alarm if they run off and provide us with a map view of where they have gone.



There are lots of other things we can do to help minimise the chance of your child wandering.

During the day

- If the young person is prone to bolting due to anxiety or sensory discomfort use the sensory spaces, your tent and other quiet spaces to give the young person some space if they're becoming anxious.
- If the young person wanders due to specialist interests, desire to run/explore if safe and on site allow them to explore in a controlled manner for example using some of our outdoor activities such as treasure hunt to channel the desire to wander off.
- The use of reins and dual tethering with the dog is allowed as long as done in a safe manner.
- Agree a safe space and keep repeating it through out the day e.g. "remember if you need to run then please make sure you go to beside the trust shop"
- Use our code word (which will be told to you at the start of camp) to ask for assistance if the young person is trying to bolt and you would like some help. Using a code word helps keep anxieties low.

At Night

- We can provide you with a bell to tie to your tent zip and put a foil blanket in the tent porch to attract attention should the young person try to get up at night.
- Keep specialist interest toy within the tent (e.g. toy train, sensory toy) to redirect your child's attention and a torch at the read in case they're feeling anxious.
- Wait until your child is asleep before going to sleep
- Lie down the tent with an adult lying right across the doorway to make it less likely the young person will get out without you noticing.

Safeguarding Children and Adults, Safe from harm

Here at Pawsitive Squad CIC we take safeguarding both children and adults very seriously. Everyone has a duty to help keep other camp members safe including the parents and guardians. If you notice any attendee (staff member, volunteer, parent, guardian or young person) is being bullied, abused or treated badly please raise your concerns with the safeguarding team.

Looking after yourselves

The weather can have a big impact on your health and safety. It's important to take the potential risks seriously and take steps to ensure you and your family are kept safe and well.

Cold and/or wet weather

If you get wet it can be hard to warm yourselves up so put on a rain coat and seek shelter as soon as it starts to rain. If you get wet, even if you are feeling cold its important to get changed into dry clothes. Have regular hot drinks. If you are feeling cold and are struggling to warm up then please talk to us and we will help you.

Avoiding other illness

On camps personal hygiene is extra important. Encourage the young people to wash their hands regularly especially before eating and after going to the bathroom. If your child is sensory sensitive with soap please bring the soap you use at home or hand gel. You will burn more energy that normal on camp so please make sure you all eat enough to give you enough energy.

Mental Health

We all have mental health and this fluctuates all the time. If at any point in the run up to camp, during the camp or after the camp you're experiencing low mood, increased anxiety or any type of



poor mental health please speak to us. There are lots of things we can do to make your stay easier. Its important to remember you are not alone and we are a no judgement group so please do speak to us if you're having a hard time and we will do our best to support you. This applies to all camp members including staff and volunteers.

After the camp

We will contact all camp participants within 48 hours of the end of camp by email to ensure everyone got home safely and to give you an opportunity to provide feedback or ask any questions. We will be keeping our camp Facebook group open for camp members to stay in touch with friends they've made. We will also be creating a newsletter just for camp attendees filled with pictures and memories of camp.

Thank you

We sincerely hope you chose to join our camp this October. It's set to be a great event. Spaces are limited and filling fast.