



# GRASSHOPPERS

## Parent's Handbook

### About Arthur's Pass

Our Arthur's Pass Outdoor Education Centre (APOEC) is set in the heart of the small alpine village of Arthur's Pass. The towering mountains and alpine landscape are sure to inspire anyone that visits!

What's truly special about APOEC is that we use the landscape around us for activities. We give children and young people the chance to connect with nature whilst learning about themselves through challenging activities under our expert instructors' guidance.

### About Grasshoppers

Grasshoppers is a three day/two night camp for 7–8 year olds. The days at camp are a jam-packed series of traditional camp and adventure activities, all exploring the landscape around Arthur's Pass, and there are many opportunities to have new experiences and make new friends along the way!

A key philosophy of APOEC is Challenge by Choice. Campers are encouraged to try everything but are not forced to do anything as we recognise that all children have very different comfort zones. A key component of the adventure activities is our extensive safety management system. This involves all staff identifying risks involved with all outdoor and environmental hazards.

Typical activities on our camp include ABL, day walks, nature art, sensory trail and fire building. In the winter we also seek out the snow, build snowmen, go sledging and maybe even have a snowball fight!

### Child Protection

Child protection is at the forefront of everything we do in our programmes. Wainui Park strictly follows their Safeguarding Children, Young People and Vulnerable People Policy – if you would like to be sent a copy of this procedure, please contact us.

We understand that trusting your child to someone else's care is a very big decision and we know that some anxiety comes with that decision. If you have any concerns about our programme or the suitability of the programme for your child, please don't hesitate to contact us with any questions.





## About our staff

All of our staff are qualified, professional and committed to working with young people. Our staff are put through a Police Vetting clearance process and are subject to regular performance reviews and comprehensive in house training.

Our staff build a trusting relationship with the campers and enable them to be comfortable and challenge themselves and push their limits on activities.

Our Site Supervisor lives on site and is on call 24 hours in the event of an emergency.

## Accommodation

Accommodation at camp is provided in bunk rooms of up to 11 per room with separate toilet and shower facilities. Our lodge is exclusively used for the camp.

Campers are separated out into boys and girls bunks. Leaders and supervisors are in separate bunk rooms next door. Campers should bring their own pillows and sleeping bags.

We ask that you advise us if your camper has any issues with bed wetting. We understand the embarrassment that it can cause some of our campers and we do deal with these issues discretely.

## Food & nutrition

Our campers are really well fed during school holiday camps to ensure they have as much energy as possible to get the most of the activities each day. Therefore we request that parents do not send any additional food. Often on camps we have young people with food allergies and we must be able to manage what food campers have access to. Lollies and sweets in the cabins can also be an issue in terms of sharing and group bonding.

Our menu is healthy and nutritious and all meals are prepared here in our kitchen. We do not use products that contain a lot of additives and colours. An example of a typical camp menu:

Breakfast – selection of cereals, toast, milk and fruit

Morning tea – piece of fruit and piece of cake

Lunch – rolls or wraps, fruit, water

Afternoon tea – muesli bar, fruit

Dinner – hot meat dish with rice or potatoes and vegetables

Dessert – jelly and ice cream

Our campers have access to fruit and water all day long. We do insist that campers carry their own water bottle to each activity.

## A typical camp

### Day 1

- ✓ Travel to Arthur's Pass, if fine there are stops at Springfield, Lake Lyndon and Cave Stream along the way, and lunch at Lake Pearson
- ✓ Arrive at Arthur's Pass - safety briefings, cabin allocations and unpack
- ✓ ABL | Team Building | Orienteering
- ✓ Devils Punchbowl walk
- ✓ Showers & free time
- ✓ Dinner
- ✓ Evening activities/games - Spotlight, then campfire (if fine)

### Day 2

- ✓ Breakfast
- ✓ Activity prep and room check
- ✓ Shelter Building and Stretcher build and carry OR Stream Steering Otira Valley
- ✓ Lunch
- ✓ Travel to Hawdon - games, UHF radios, Camp Cookout, stop on way back to see the Glow Worms
- ✓ Showers & bed

### Day 3

- ✓ Breakfast & make lunch
- ✓ Pack bags and clean rooms
- ✓ Tree climbing
- ✓ Depart Arthur's Pass
- ✓ Lunch and explore at Castle Hill
- ✓ Travel home

## Technology

We realise that children are becoming more and more reliant on technology. We ask that phones, Bluetooth speakers and other technology that can be a distraction, be kept at home – this is an opportunity for the children to connect with the outdoors and their peers. We appreciate your support on this.



## Behaviour management

We understand that there are some young people that may present with disruptive and challenging behaviours. While we try to work with and endeavour to meet the challenges of these behaviours, it's important to note that not all behaviour can be managed without adversely affecting the experience or safety of other campers.

At the beginning of each camp, all campers participate in a "Full Value Contract" which is set as a part of their age group so that all campers can 'buy in' to the process. This process allows our campers to have input into the kind of behaviour they would like to see from their fellow campers as well as commit to behaving in a certain way themselves.

Every camper has the right to feel safe and valued and enjoy a bully-free week.

### Behaviour Management Strategies

We use a variety of strategies to address inappropriate behaviours including time out, diversion and removing campers from a difficult situation. All behaviour management conversations are conducted away from the group to allow the camper to express their concerns and feelings without embarrassment.

At times, we will call parents for assistance to address a difficult, re-occurring behaviour. Generally a phone call home has the desired impact.

### Behaviours Resulting in Expulsion from the Programme

It is the responsibility of the Camp Director to determine whether a young person's behaviour is adversely affecting the experience or safety of other campers or staff. The Supervisor of the site has the absolute discretion to remove a camper from the programme. Reasons for expulsion from a programme may include, but are not limited to:

- > Bullying
- > Hitting / or other aggressive and physical behaviour towards other campers or staff
- > Sexually inappropriate behaviour
- > Absconding behaviour

In the event that a camper must be sent home, the parents/carers will be notified as soon as possible.

In the event that the Camp Director feels the camper or other campers' safety is at risk they may require that the camper be picked up immediately, within a reasonable amount of time, allowing for travel.

## Medical / Illness

In the event of an emergency an ambulance will be called and the parent/guardian will be advised as soon as possible. A staff member will travel in the ambulance with the camper and will remain with the camper either until they return to camp, or the parents/guardians arrive at the hospital.

In the event that medical attention is not urgent, or is as a result of pre-existing injury or illness, parents/guardians will be contacted to determine a course of action. These will be handled on a case by case basis.

The best place for children when that are not well is at home. As illness spreads quickly amongst young people in close contact, we ask that you do not send your child to camp if they are unwell.

If we have questions or concerns about your child's health or wellbeing we will contact you immediately.

## Medication

All medication is kept safe and administered by our staff team. Parents/carers must provide a signed medication form for each camp and it must contain all the details for each medication.

If your camper is asthmatic, even if they have not had an attack for some time, you must send appropriate medication for them.





## Gear List for Camp

### ESSENTIAL

- ☐ flat or fitted sheet, and pillow
- ☐ warm sleeping bag and extra blanket
- ☐ 2 towels
- ☐ soap, face cloth, toothbrush, toothpaste, shampoo, sunscreen
- ☐ 1 pair of lace up walking shoes
- ☐ 2 pairs of shorts
- ☐ 3 pairs of trousers
- ☐ 3 t-shirts
- ☐ 2 warm jerseys
- ☐ warm jacket, ie ski jacket
- ☐ waterproof raincoat
- ☐ socks & underwear
- ☐ warm pyjamas
- ☐ thermals tops and longs
- ☐ sunglasses
- ☐ beanie & gloves
- ☐ day pack
- ☐ slippers
- ☐ torch
- ☐ drink bottle

### OPTIONAL

- ☐ other toiletries
- ☐ cards
- ☐ diary
- ☐ camera
- ☐ book

### DO NOT BRING

- money or valuables
- phones, iPods, gaming devices, laptops, smart watch, bluetooth speakers
- spray deodorant
- cigarettes, drugs, alcohol, vapes
- large quantities of lollies or energy drinks
- pocket knives

All equipment/clothing should be suitable for an outdoor environment and of sturdy construction.

We do not recommend cotton clothing.

Remember this is an alpine environment where weather can change quickly.

## Contact & access

Drop off for all Grasshoppers Camps is at a nominated city location, between 7.30am-8am on day 1 of camp. Please ensure you arrive on time so the bus can leave promptly.

Contacting your camper during camp can be challenging due to the nature of the site and the programme. Activities are based around the National Park in various locations.

If you would like to check on your camper, please telephone our office and we can make arrangements for you to speak to them or pass along a message.

Please note that due to our child protection policies our site is not open to the public and no one is permitted to visit campers during their stay.

**Arthur's Pass Outdoor Education Centre**  
 83 West Coast Road,  
 Arthur's Pass Village 7875  
 027 3211654  
[apoec@thekindfoundation.org.nz](mailto:apoec@thekindfoundation.org.nz)

Camp is a wonderful, life-changing experience for your camper. We look forward to working with you and your family and making this an experience they will never forget.

We do hope this booklet provides some helpful information for you. If you still have questions, please don't hesitate to contact us.

## ARTHUR'S PASS OUTDOOR EDUCATION CENTRE

83 West Coast Road, Arthur's Pass, PO Box 2004, Christchurch 8140  
 +64 27 321 1654  
[apoec@thekindfoundation.org.nz](mailto:apoec@thekindfoundation.org.nz)



**The Kind Foundation**  
 Mō tātou katoa. For all of us.