



SDS Summer Sports Camp 2024 Participation Pack

**Badaguish Outdoor Centre
Aviemore, PH22 1QU**

Wednesday 10th July – Friday 12th July 2024

Welcome

I am delighted to welcome you once again to the Badaguish Outdoor Centre, Aviemore for our 23rd Summer Sports Camp.

The camp is such a key event in the SDS calendar for both the organisation and the many volunteers from around our branches and partner organisations.

SDS are indebted to the **Short Breaks Fund** once again for their significant support with this year's camp. Further information on Short Breaks for parents and carers can be found on the Shared Care Scotland website.

Whether it is your first visit or you have been many times before I know you will have an experience to remember and make lots of new friends.

Have an active and enjoyable stay!

Camp Information

Scottish Disability Sport in partnership with Short Breaks and **sportscotland**, are delighted to be running the 23rd Annual Summer Sports Camp for young people with physical disabilities, vision impairments or hearing loss. The details of the three-day camp are as follows:

Venue [Badaguish Outdoor Centre, Aviemore, PH22 1AD](#)

Dates Wednesday 10th July to Friday 12th July 2024

Times Arrive: Wednesday 10th July from 10:30 hours at the Upper Car Park
 Depart: Friday 12th July at 13.00 hours at the Dining Room near Upper Car Park

The Camp Programme is attached to this pack. Your child will be greeted at the undercover hall next to the top car park by Summer Camp staff and introduced to other participants there before being accompanied down to their allocated lodge where they can familiarise themselves with their accommodation, roommates and collect their camp t-shirts. It is a very friendly and welcoming environment.

SDS Summer Camp Staff

Experienced and qualified support staff will be on site 24 hours a day for the duration of the camp. Their role will be to ensure the smooth running of the camp, the safety and well-being of participants and of course, to join in the fun. Once again, we have new members of staff joining us this year but a fair few old faces returning also which will prove an excellent mix to support the participants.

The SDS Summer Camp is registered with the Care Inspectorate, and we will have 2 Care Service Managers on site for the duration of the camp. There will also be an experienced medical team on site. Parents and carers are encouraged to speak to any of the management team, or our medical team with any questions they may have. Anyone who has medicine required during their stay, should have a meeting with our medical team to ensure everything is confirmed and verified.

Camp Managers	Josh Thomson & Dave Rhoney
Care Service Managers	Ashley Thomson & Megan Keppie
Team Leaders	Ling Mann (Green), Neal Herbert (Blue) & Mark Gaffney (Red)
Medical Team	Benny Lawrie and Kieran Finlay

Programme

As you can see from the enclosed timetable, we have lined up a comprehensive and varied programme of sports and outdoor activities for the duration of the camp. All activities will be designed and adapted to ensure each participant can take part.

- Archery & Water sports** Each participant will get a bespoke water sports experience in the beautiful surroundings of Loch Insh. Whether it is sailing or canoeing, it's just about getting out on the water and enjoying it. We'll be based at Loch Insh on Wednesday evening as the teams also try out Archery. Participants can refuel with a tasty hot dinner on site too.
- Paralympic Series** With 2024 being the year of the Paralympics, what better way to celebrate than by trying a wide range of sporting opportunities. Participants will have the chance to partake in Athletics, Tennis, Curling, Football, Goalball and Boccia. Each activity will be adapted to individual participants, to ensure inclusion and teamwork is at the forefront of this camp.
- Team Expedition** An exciting expedition into the hills and lochs of the Cairngorms. All teams will complete an expedition around a trail with various tasks to perform throughout. The teams will commit to ensure each team member completes the course. Training and adaptive equipment will be provided to all teams prior to the expedition and for anyone who gets too tired, transport will be available to travel back to base camp.
- Cycling** Able2Adventure and Highland Cycle Ability Centre will join us with their fantastic range of adapted bikes for our youngsters to try out and complete a course around the camp with all ability levels catered for. These bikes will be available at the Family BBQ so there will be fun for all the family.
- De Courcy Games** The campers will be treated to a madcap secret activity sure to test every skill they possess, and some they didn't know they had in the first place. This event is held in tribute to our much-loved and much-missed volunteer John De Courcy.

We again plan to include an element of *"friendly"* competition into the camp in the form of a team based "Colour War". Three teams will be allocated a team manager from the support staff and team points will be accrued from each sport, the team building activity and from individual nominations such as "sporting behaviour" and "effort". Teams and further information will be available at the camp welcome & information session on Wednesday 10th July. The winning team will be awarded the De Courcy Cup.

BBQ

We have made a slight change to the schedule this year and moved our annual BBQ to the Friday lunch time. We would love to welcome along parents and carers from 12pm for some food and

activities with all the staff and campers before our final awards and departures. Please do let us know if you or your child has any allergies or dietary requirements if you haven't done so already.

Clothing & Equipment

As you will see from the programme, the camp will be very practical and outdoor in nature and as such a good supply of t-shirts, shorts, tracksuit bottoms, sweatshirt, trainers, towels, etc, will be required. Two team t-shirts will be provided for you at the start of the camp. The camp will be a very informal occasion so casual clothing will be appropriate at all times. **Please bring a clearly named water bottle to combat dehydration.** We have attached a suggested equipment list for your information – please note that this list is not exhaustive and is to be used as a guide. The area can be fairly midge infested at times so please bring appropriate methods to counter this if desired.

Equipment for all sessions will be provided but if you feel that you would like to bring personal equipment with you please feel free to do so (at own risk of loss or breakages). Any electrical equipment such as iPods or mobile phones are the responsibility of each individual athlete. It is requested that phones remain in bedrooms or switched off during sports activities. We regret we cannot be responsible for the loss or damage to any property belonging to camp participants.

Wheelchair Users

The expedition uses accessible paths in the Cairngorms although some of the terrain is challenging (which is kind of the point really!). Assistance and support will be provided throughout but participants should arrive ready to complete a challenging task.

To help achieve this could wheelchair users please ensure they bring the following to camp:

- Spare Inner Tubes
- If a manual chair - gloves with grips (e.g. [Gripper Gloves](#) or similar)
- Powerchair – Spare battery or appropriate rechargeable battery with power leads.
- Slings – we will have manual hoists on site but if you can pack the sling your child uses then this will ensure we have one that fits your child comfortably.

Room Allocation

Rooms will be allocated to participants on arrival at the camp on. Rooms will mostly be allocated on a shared basis (2+ per room) with shared bathroom facilities. Access and medical requirements from the camp application forms will be taken into consideration when allocating rooms. We will make every effort to deal with individual requests relating to room shares but please be advised that room space is very tight for this camp and as a result we may not be able to be as flexible as we might wish.

Please follow us on our website <https://www.scottishdisabilitysport.com/summer-camp-activity/> and through social media using the following for updates on Summer Camp as we will be posting photos on social media platforms at the end of each day. Last year we posted blogs on our website relating to each of the teams, so follow these blogs at our summer camp page on the website to see what the campers and their teams have been up to.



Facebook: Scottish Disability Sport



Instagram: sds_sport



X: @sds_sport

If you have any more questions relating to the camp please do not hesitate to contact Josh Thomson on the number above or by e-mail at joshua.thomson@scottishdisabilitysport.com or at events@scottishdisabilitysport.com

I look forward to welcoming you all to camp.

Josh Thomson

Events Manager

Scottish Disability Sport

SDS PARTICIPANT CODE OF CONDUCT

Scottish Disability Sport (SDS)

SDS is committed to the highest standards in sport and expects all athletes and players to honour and observe the following code.

Respect for Others

- I will respect the rights, dignity and worth of other athletes, players, volunteers, coaches, friends, families and spectators while representing SDS.
- I will treat everyone equally regardless of disability gender reassignment, sex or sexual orientation, ethnic origin, marriage and civil partnership, pregnancy or maternity, religion or race.
- I will be a positive role model for other athletes and players.

Be Professional and Responsible

- My manner, language, punctuality and preparation will be of the high standard expected by SDS.
- I will be aware that I am representing SDS whilst on and off site at Summer Camp and will ensure that I do not bring SDS into disrepute. This includes personal behaviour and communication including all social media platforms.
- I shall communicate in advance to SDS if I am ill or unable to attend the camp.
- I will display control, respect, and dignity to all involved and associated with SDS (other participants, coaches, staff, parents and general public).
- I will encourage other participants to demonstrate the same qualities.
- I will refrain from inappropriate conduct towards others including physical, verbal, written or emotional, in person or through use of social media platforms.
- I will try at all times to ensure that I am ready to participate and in a position to perform to my full potential.
- I shall practice and play within the spirit of the game and uphold the highest standards of fair play at all times.

Health and Safety for the Participants

- I will ensure as far as I am able that any equipment I use and facilities I access are safe to use.
- I will be aware of my limitations as an athlete that are highlighted on any medical information I provide for SDS and communicate appropriately if these are reached.
- I will maintain the same interest and support to any injured or sick participants.

I understand that if this Code of Conduct is violated in any way, it could prohibit me from being involved with Scottish Disability Sport in the future and may also result in dismissal from the camp. Please ask the camper to sign this and bring with them on the Day 1 of camp.

Signed: _____

Print Name: _____

Event: _____

Suggested Kit list for Summer Camp

The following is meant to act as a guide and is not an exhaustive list. SDS will keep you up to date with the expected weather forecast in advance of the camp though the weather can be very changeable in that area so please pack for these conditions.

Rucksack (for activities away from camp) [approx. 10-20 litres as a guide]

Clothing for three days + contingency for multiple changes each day:

Nightwear

Underwear

Shorts

Long Trousers

T-shirts (Though 2 x Team Shirts will be provided for duration of camp)

Training shoes

Shoes for Watersports Activity (e.g. old trainers or beach shoes)

Waterproof anorak

Waterproof trousers

Jumper/Sweatshirts

Personal Items:

Towel

Toiletries: (soap, facecloth, toothpaste, toothbrush, etc)

Sunscreen lotion- **SF 15 or greater** (with name clearly marked on it)

Sunglasses

Sunhat/ cap

Tissues

Accessories:

Water bottle (with name clearly marked on it)

Insect repellent (midges come out to say hello a lot in summer in the Highlands!)

Bin bags (for dirty washing etc)



Scottish Disability Sport - Summer Sports Camp 2024
Wednesday 10th July – Friday 12th July 2024 at the Badaguish Centre, Aviemore

	10:30 – 12:00	12:00 – 13:00	13:00– 13:15	13:15 – 15:15	15:15 -15:30	16:30 - 20:00	20:30-21:30	21.30
Wednesday 10 July	Participants Arrival/ Rooms	Lunch	Team Introduction	Paralympic Sport Series Challenge	Activity prep (small bag and change of clothes/towel)	Archery, Watersports & Dinner @ Loch Insh	Free time	Bed Time
	07:30 – 08:30	09:30-10:00	10:00 – 12:30	12:30-16:30		16:30 – 18:00	18:00-19:00	19:00 – 21:30
Thursday 11 July	Breakfast and safety training for expedition. Pack bags, including lunches	Travel to Glenmore Lodge	Boccia, Goalball, Football and lunch at Glenmore Lodge	Expedition		Free Time	Dinner	Evening Activities on-site and free time
	08:00 – 09:00	09:00 – 09:30	09:30 – 11.30	11:30 – 13:00	13:00			
Friday 12 July	Breakfast	Bags Packed/ Rooms Cleared	De Courcy Games!	Campers, Family and Staff BBQ & Prize-Giving	Participants Depart			

