



Our goal at Delphi Resort is to provide your child with the holiday of a lifetime. We have been providing adventure camps for children for over 40 years. Campers will get to experience an array of challenging activities in what is one of the most beautiful adventure playgrounds in Ireland.

Safety is of paramount importance to us at Delphi Resort. All of our instructors are Garda vetted, have completed Tusla's Children First programme and are qualified in Outdoor First Aid Remote Emergency Care Level 3. We follow strict safety procedures ensuring compliance with applicable laws and equipment supplier standards.

The following guide will answer most of your questions, but feel free to call us on +353 95 42208 or +353 95 42107 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:

- **Waterproof Jacket & Trousers (Essential)**
- Pocket money for the tuck shop & coins for vending machines
- Tracksuits, leggings, warm jumpers or fleece's, shorts &
- T-shirts- for 6 days
- Swimwear
- Warm hat, sun hat, gloves and warm socks
- Toiletries
- 4 towels
- Two pairs of runners for activities- one pair will get wet during water sports and bog obstacle course
- Pyjamas / nightwear & underwear for duration of the trip
- Walking boots (not essential but will help keep campers feet dry on wet days!)
- Sunscreen
- Insect repellent and net (insects are in full bloom during summer months)
- Reusable water bottle
- Small backpack for carrying water bottle, snacks and swim wear for water based activities
- Pad lock for luggage storage under bed
- Watch-as mobile device use will be limited
- Torch (essential)

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 so generally we advise they do not pack these.

Also we advise your child does not bring valuable items or expensive clothing with them. We cannot be held responsible for lost property. It is also important to note, that there is very limited mobile phone coverage, but children are welcome to use our phone here to contact home. We try to keep this to a minimum in the first 48 hours to avoid children feeling homesick.

WILL CHILDREN NEED POCKET MONEY DURING THE WEEK?

Entertainment and three meals and snacks per day are all included in the camp fee. We do have a shop on site selling sweets / soft drinks / T-Shirts / basic toiletries. We recommend €40.00-€50.00, per week will cover each child. If they wish to purchase a hoodie to bring home with them these cost €42.00. Our tuck shop accepts card and cash. Our vending machines only accept coins, and change is only available when the tuck shop opens after lunch.

HOW DO I CONTACT MY CHILD DURING THE HOLIDAY?

In the past we have found that children settle in better if they do not receive phone calls from home, particularly during the first two or three days. We also discourage children 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 8.30am-9.30am, 1.00pm-2.00pm and 6.00pm-7.00pm. Please note our activities time are between



9.30am-1.00pm, 2.00pm-5.30pm, 7.00pm-9.00pm. 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 8.30am-5.30pm. 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 **+353 95 42208** 24 hours a day and speak to our front office staff who will be happy to assist you.

PICK UP AND DROP OFF AT DELPHI RESORT?

Children joining our camp all need to arrive between 5:00pm-7:00pm on the Sunday evening.

Kids will be checked in, have their luggage placed in their room and meet with the other kids for evening games at 7:00pm on that evening. Please note a meal is not provided on the arrival evening but the kids will get a supper at 9:00pm that evening. Please see sample menu on next page.

Children must be collected after they have completed their Friday afternoon activity. They will have a hot lunch with us on Friday followed by an afternoon of activities and will be ready to depart between 5 and 5.30 pm.

HOW WE CARE FOR YOUR CHILD

The welfare of children who visit the Delphi 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

WHAT DOES A TYPICAL DAY AT DELPHI LOOK LIKE?

8.00AM	BREAKFAST - <i>Daily Options</i>		
	Selection of Cereals, Toast, Sausages, Beans, Fruit Juices and Tea.		
9.30AM	CLIMBING		
11.00AM	ABSEILING		
1.00PM	LUNCH - <i>Daily Options</i>		
	Homemade Vegetable Soup, Fresh Crusty Roll (Filling options: Ham, Chicken, Cheese, Salad) Fruit and Mi-Wadi.		
2.00PM	KAYAKING		
6.00PM	DINNER - <i>Served in rotation</i>		
	DAY 1 Chicken Goujons, Salad and Chips Salad / Cold Meat Selection also available	DAY 2 Spaghetti Bolognese Salad / Cold Meat Selection also available	DAY 3 Chicken Curry and Rice Salad / Cold Meat Selection also available
7.00PM	ENERGISING GAMES		
9.00PM	SUPPER - <i>Dessert / Evening Supper</i>		
	DAY 1 Chocolate Chip Cookie	DAY 2 Jam Doughnut	DAY 3 Chocolate Muffin

All dietary needs can be catered for with advance notice.



additional needs or a serious medical condition / allergy that we should know about, please feel free to call us in advance of the child's visit to discuss +353 95 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 are Garda vetted, have completed Tusla's Children First programme and are qualified in Outdoor First Aid Remote Emergency Care Level 3. CCTV is present throughout the common areas of the hostel building and many other public areas. From 9.30pm to 9.30am night guard supervision is present in the hostel, along with support of a night porter in the hotel. During mealtimes we provide supervision where food is served and additionally in the hostel building. We follow strict safety procedures following national governing bodies and equipment supplier ratios and operating standards.

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. Please note that any dietary requirements can be catered for with advance notice. Our sample menu can be seen above.

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 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, every day.

DELPHI RESORT'S MOBILE DEVICE POLICY

Delphi's Resort's Summer Camp Mobile Device Policy aims to create a technology-light environment for campers. While it's encouraged that children don't bring phones, those who do will have them stored and returned between 1pm and 2pm daily. The use of undisclosed burner phones outside of the designated time will result in confiscation for 24 hours. Exceptions are made for medical functions. This policy is in place to enhance the camp experience, fostering a stronger connection with nature and fellow campers.

HOW DO I BOOK MY CHILD'S PLACE?

By Email: Please email our reservations office at: bookings@delphiresort.com We will then send you out a booking form to complete and return to us this booking form is also downloadable from our website.

A non-refundable deposit of €250 per camper is payable upon booking. The booking will not be reserved until this deposit is paid. The balance is due 4 weeks in advance of the camp's commencement date. We reserve the right to automatically deduct the balance from the payment method on file if the booking has not been cancelled in writing before this date. If DR cannot make the said deduction and/or has not received your balance on or before this time, DR reserves the right to cancel your booking.

Once we receive the completed form we will contact you for the deposit of €250.00.

If your child is unable to attend our camp due to illness, a refund of full fees less the deposit paid may be made if a valid medical certificate is provided.

TO BOOK CALL +353 (0) 9542208 OR BOOK ONLINE: DELPHIRESORT.COM/CAMPS

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