



Online Medical and Consent form must be completed by September 13th 2017

All Parents/guardians need to complete an online Medical and Consent form at least 3 weeks prior to the start of camp which includes any special dietary, health or medical requirements for your child.

Go onto the NSW Sports and Recreation website (<https://sportandrecreation.nsw.gov.au>) then Our Facilities tab, then Lake Ainsworth *or*

Medical consent form link - <https://sportandrecreation.nsw.gov.au/facilities/medicalandconsentform>

Lake Ainsworth - What to bring checklist.

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|----------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> Shorts and t-shirts with sleeves | <input type="checkbox"/> Two towels (one for showering one for water/beach activities) |
| <input type="checkbox"/> Pyjamas or clothes to sleep in. | <input type="checkbox"/> Pillow with pillow case |
| <input type="checkbox"/> Jeans or tracksuit pants | <input type="checkbox"/> a single flat sheet |
| <input type="checkbox"/> Raincoat with hood (no \$2 ponchos pls). | <input type="checkbox"/> sleeping bag or doona (must be packed in a carry/storage bag) |
| <input type="checkbox"/> Warm jacket or jumper | <input type="checkbox"/> Toiletries (including soap) in a small carry bag and insect repellent (non-aerosol) |
| <input type="checkbox"/> Underwear (enough for 3 days plus spare) | <input type="checkbox"/> Water bottle |
| <input type="checkbox"/> Swimming costume (plus some plastic bags for wet clothing) Rashie | <input type="checkbox"/> Small day backpack (optional) |
| <input type="checkbox"/> Two pairs of running shoes (one pair suitable for water activities) | |
| <input type="checkbox"/> Sun hat and sunscreen | |

Students may bring a fully charged camera with a name tag or label (all student cameras must be stored with your group leader/ teacher and given out each day before activities).

What not to bring!

- Aerosol cans (i.e. spray-on deodorant or insect repellent)
- Mobile phones and all other electronic devices.
- Food, sweets or chewing gum.
- Jewelry
- Anything valuable (Sport and Recreation takes no responsibility for the loss or damage to a client's personal property, including money or other valuable items)

Staying in touch.

While at camp, you can send your child a message by fax or by using the contact form on this website; <https://sportandrecreation.nsw.gov.au/facilities/schools/parent>

Clearly mark your child's name and school on all correspondence.

We do not encourage children to phone home as this can contribute to homesickness.

Please see the NSW Sport and Recreation site for more information.