

La Trobe Sport Sports Spectacular



Holiday Program
Parent Handbook



LA TROBE
UNIVERSITY
SPORT



WHAT TO BRING

- Clothes suitable for sport
- Close toed shoes
- Weather appropriate gear (e.g. jumper, sunscreen, hat)
- Towel, swimsuit, goggles, plastic bag for wet items
- Water bottle, lunch, snacks for morning and afternoon tea

Note: Do not bring valuables (e.g. money, electronic devices, jewellery)

GROUPING

We know a big day in a new place can be a little nerve wracking so we always do our best to keep friends and siblings in the same group (if they want to be together). If your child is coming on their own we make sure they are placed among others their age so no one is left out!

ETIQUETTE & BEHAVIOUR

It is our priority to provide a safe, comfortable, fun environment for all kids attending our program.

If your child displays excessively disruptive or disrespectful behavior towards staff or other children you will be contacted and may be asked to collect your child.

SWIMMING

Before booking please consider your child's confidence in the water (notably deep water) and advise us if your child may need extra support during the aquatic activities (e.g. wearing a lifejacket).

ILLNESS & MEDICATIONS

If your child becomes sick on their scheduled day please don't bring them to the program.

For a credit or refund please contact our Community Programs management team at programs@latrobe.edu.au and supply a medical certificate.

If your child has a medical condition please brief staff at the time of sign in and your child's group leader will carry any medication for the duration of the program.

DROP OFF & PICK UP

Please be sure to sign in and sign out your children so everyone is accounted for.

If someone else is picking up your child, please indicate this to us at drop off and advise the name and contact number of the parent collecting your child.

CHILDCARE SUBSIDY

Unfortunately at this time our program does not qualify for the new Child Care Subsidy.

GET IN TOUCH

If you have any questions or feedback we'd love to hear from you! Please get in touch with our team at programs@latrobe.edu.au and we'll aim to get back to you promptly.





AQUATIC SESSION

Prior to the commencement of the aquatic activities, all children will undergo a 25m swim test through shallow and deep water. If the child cannot adequately complete the swim test, they will be required to wear a lifejacket for the duration of the aquatic session. Please ensure your child brings appropriate swim wear, goggles, towels, thongs and a bag for wet items. There will be time for children to quickly rinse at the conclusion of the aquatic session.

All aquatic sessions are supervised by qualified lifeguards, in addition to the Activity Leaders participating in the water with their allocated group.

Please note our pool is a regular lap pool (shallowest point is 0.95m), not a child's wading pool so please consider whether your child is a capable swimmer who is confident in deep water before registering for our program.

ROCK CLIMBING

Our outdoor artificial surface Rock Climbing wall is 10m and has five routes ranging from easy to challenging to suit any skill level. Rock Climbing may be cancelled with minimal notice in adverse weather condition. For further information regarding safety and maintenance please visit our Rock Climbing webpage.

MEDICATION

If your child requires medicine administered throughout the day, you must provide a completed Medicine Administration form for each medication your child requires. We require all medication to be handed in to staff at sign in and not left in the child's bag. Please ensure all medication comes in a clear zip lock bag and is clearly labelled.

MEDICAL ACTION PLANS

If your child has an allergy, anaphylaxis or asthma we require a Medical Action Plan with a current-coloured photo attached. These forms can be downloaded from [our website](#) and returned to programs@latrobe.edu.au or handed in to staff at sign in on the day. Any relevant medication (e.g., inhaler, Epipen) must also be handed in during sign in, not left in the child's bag.

STAFF

Our Activity Leaders are enthusiastic individuals with a passion for sport, active recreation and working with young people. Our staff will encourage your children to try new skills in a supported, safe environment. Many of our staff are students from La Trobe University or part of the local community. All staff are First Aid & CPR qualified and hold a valid Working with Children Check.





Below is a schedule of a typical day at our program, which may be subject to change.

TIME	AQUATIC ACTIVITIES			
	Water Polo	Aqua Games	Kayaking	Tarzan Rope
8:45 – 9:00	<i>Expect children to begin arriving – light ball games in fieldhouse till 9am start.</i>			
9:00 - 9:15	<i>Welcome introduction, emergency procedures, group allocations & name tags.</i>			
9:15 - 9:30	<i>All children get changed for pool activities and pool introduction.</i>			
9:30 - 10:00	Group 1	Group 2	Group 3	Group 4
10:00 – 10:30	Group 4	Group 1	Group 2	Group 3
10:30 – 10:45	<i>Morning Tea & Toilet Break - all groups.</i>			
10:45 – 11:15	Group 3	Group 4	Group 1	Group 2
11:15 – 11:50	Group 2	Group 3	Group 4	Group 1
11:50 – 12:00	<i>Exit pool, dry and change clothes.</i>			
12:00 – 12:35	<i>Lunch Break, Pool Lounge – all groups</i>			
12:35 – 1:00	<i>Headcount on exit, walk to Stadium, headcount on arrival</i>			
TIME	DRY ACTIVITIES			
	Activity 1	Activity 2	Activity 3	Activity 4
1 – 1:35	Group 1	Group 2	Group 3	Group 4
1:35 – 2:10	Group 4	Group 1	Group 2	Group 3
2:10 – 2:25	<i>Afternoon Tea & Toilet Break - all groups.</i>			
2:25 – 3:00	Group 3	Group 4	Group 1	Group 2
3:00 – 3:25	Group 2	Group 3	Group 4	Group 1
3:25 – 3:45	<i>Group Game</i>			
3:45 – 4:00	<i>Parent Pick-Up</i>			

Dry activities include but are not limited to tennis, basketball, soccer, table tennis, netball, AFL, softball, dodgeball, racquetball, badminton, volleyball, rock climbing or yoga. The activities for your program day will be dependent on facility availability, weather/season and cohort size.

WAYFINDING



KEY

- 1 Sports Park Stadium
- 2 Synthetic Pitch
- 3 Tony Sheehan AFL Oval
- 4 Sports Park Pavilion
- 5 Baseball Diamond
- 6 Lower Playing Field Pavilion
- 7 Lower Playing Field
- 8 Academy Pitch
- 9 Sports Centre

La Trobe Sports Stadium
Sports Drive
La Trobe University VIC 3083



La Trobe Sports Centre
Centreway
La Trobe University
Bundoora VIC 3083



Contact Us

Email: programs@latrobe.edu.au

Phone: 03 9479 2973

Website: latrobe.edu.au/sport

Address

La Trobe Sports Centre

Centreway

La Trobe University, VIC 3083

Opening Hours

Indoor Sports Centre

Monday to Friday: 6am - 10pm

Weekends: 8am - 6pm

Stay Connected

Facebook

<https://www.facebook.com/ltsactiverec>

Instagram

[instagram.com/ltsactiverec](https://www.instagram.com/ltsactiverec)



We look forward to having you with us!