



Girlguiding Devon County

Camp EPIC Handbook





Welcome

Welcome to Camp EPIC!

Our brief was to organise a County Camp in Devon for all sections and following feedback from our leaders survey, this brief was amended to include the availability of indoor accommodation, access to tents for units without their own, transport to be provided and for the event to be catered.

After 18 months of planning, we are now welcoming over 1,300 members of Girlguiding Devon to River Dart Country Park this weekend.

Thank you to everyone who have helped make our vision a reality and to the staff of River Dart Country Park for all their help and support.

We are confident that we have achieved almost all your requests and that you will have a fantastic weekend full of new experiences and will make memories and friends to last a lifetime!

If there is anything you need, please speak to a member of the Camp EPIC team and we'll be happy to help.

Have a great time!

Cara Bennett, Camp Lead



Welcome to Camp EPIC!

I hope you have an absolutely amazing weekend, filled with adventure, laughter, fun and memories that will last a very long time.

A huge personal thank you from me for bringing your girls to Camp EPIC and helping us make this our biggest camp in many years. It really is wonderful to see so many of you here and I hope you feel proud of the part you are playing in making this weekend so special for our girls.

I also want to say a massive thank you to our incredible Camp EPIC committee who have worked tirelessly for more than 12 months to bring this adventure to life. Their dedication, enthusiasm and hard work have been amazing.

I'm sure the weekend will be truly EPIC and I hope you enjoy every single moment of it.

Thank you for being a part of it and I look forward to seeing you around camp!

Laura Parker, County Commissioner, Girlguiding Devon





Camp EPIC Rules

- ◆ Enjoy yourself and make new friends!
- ◆ Always wear your identity lanyard and any wristbands, if issued
- ◆ Follow instructions from leaders, Camp EPIC Committee, Service Crew and Activity Instructors
- ◆ Only enter other unit's camps if you have been invited
- ◆ Do not take short-cuts through other unit's campsites
- ◆ Do not enter areas which have been marked as 'out of bounds'
- ◆ No bare feet when walking outside
- ◆ Ensure your girls have sufficient supervision
- ◆ No girl should be on their own at any time
- ◆ Report any problems to Camp EPIC Committee
- ◆ Have fun!

Your Information

Name of Unit		
Campsite Pitch Allocation Name and Number		
Indoor Accommodation Rooms	Children	
	Leaders	
Breakfast Time Slot (both days are the same)		
Dinner Time Slot		





Important Information

Emergency Procedures

On hearing the fire alarm, please follow instructions calmly and make your way to your nearest assembly point. The assembly points are the tennis courts for the indoor accommodation and the walled garden for campers and for when you are not in the indoor accommodation - during daytime activities for example.

Fire Alarm

If you discover a fire, raise the alarm by shouting 'Fire, Fire, Fire'

Naked Flames/Open Fires

Naked flames and open fires are not permitted anywhere.

First Aid

Unit leaders are responsible for the administration of medication and first aid.

There are two central First Aider's on site who are available 24 hours to support leaders, if required. There are three designated First Aid rooms throughout the site located in the picnic meadow, adventurous activity area and Holne Park House. Leaders can contact the central First Aiders on 07717665003 or 07737064960 if required, or speak to a member of the Camp EPIC committee or Service Crew.

A locked medication fridge is available in the Inkwell Room in Holne Park House - accessible by leaders only. Please ensure medication is clearly labelled with the owner's name, unit and campsite pitch number/indoor accommodation room.

Leaders are responsible for bringing first aid kits.

Any first aid treatment must be recorded on the back of the participants EPIC consent and health form on their lanyard and their unit leader informed by calling them on the number on the form.

Emergency Services

Please call the Camp EPIC phone on 07550 005644, if you have called the emergency services.

Leader in Charge

Please display the solar light provided outside the tent of the leader in charge of each unit camp, to allow easy identification during the night.





Local Emergency Facilities

Local hospital: Emergency Department: Torbay Hospital, Lowes Bridge, Torquay. TQ2 7AA

Local Minor Injuries Unit (MIU): Newton Abbot Community Hospital, West Golds Road, Jetty Marsh, Newton Abbot. TQ12 2TS (7 days a week 8.00am - 8.00pm, X-Ray 9.00am - 5pm)

Local pharmacy: Ashburton Pharmacy, 8 North Street. TQ13 7QD Sat 9.00 - 5.30pm Asda, Highweek Street, Newton Abbot. TQ12 1TG Sun 10.00 - 4.00pm

Photos

Please do not take photos of any participant who is wearing a pink wristband and please ask participants before you take their photo as much as possible.

Lost Participants

Lost participants must be reported to the camp EPIC committee or a member of the service crew by a leader.

Water Safety

All girls who have consent to access the lake and water activities must be wearing a blue wristband.

Rainbows will not be provided with blue wristbands, as they are only allowed to paddle in the beach area of the lake.

Security

Lanyards and Wristbands

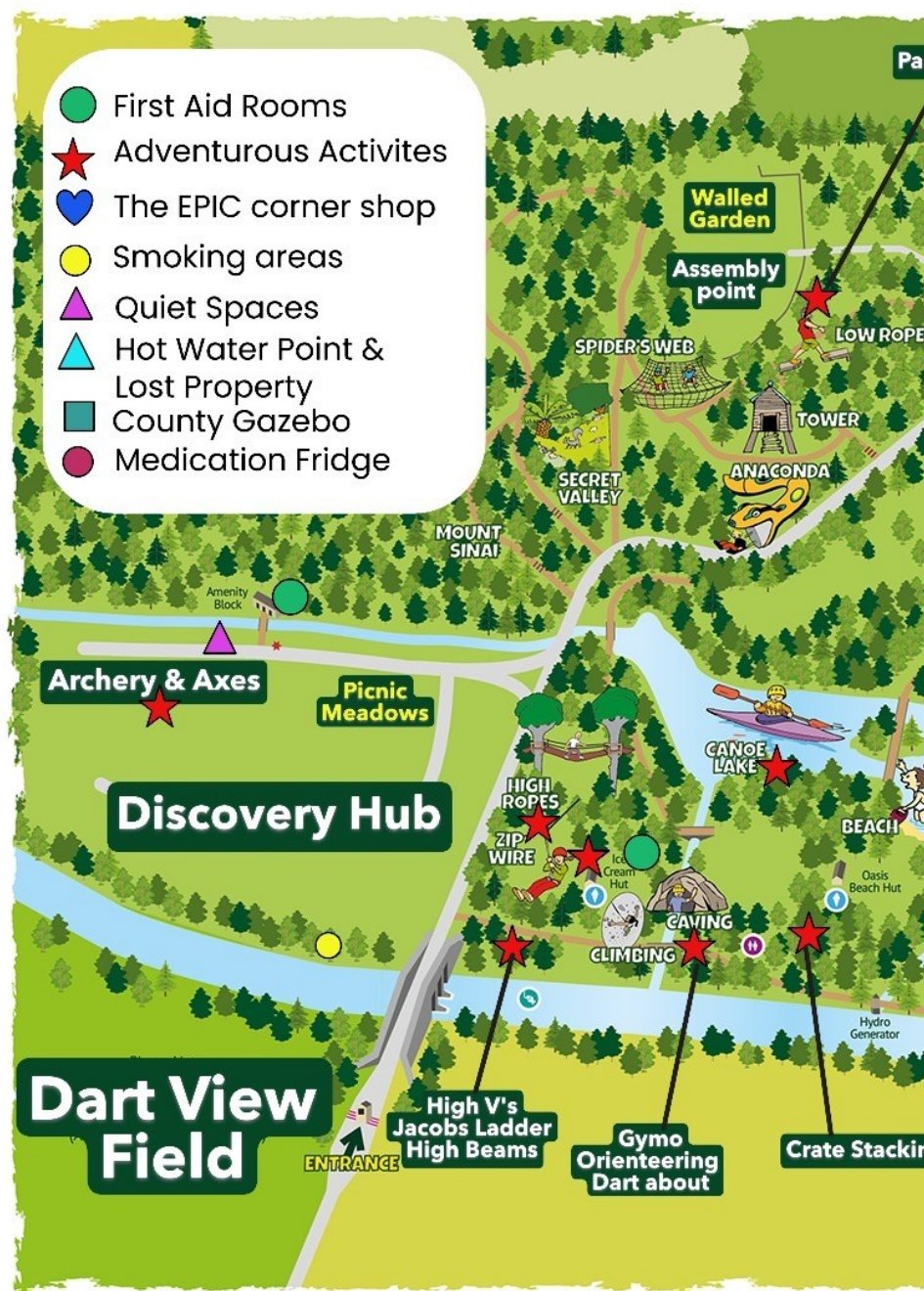
All participants must wear their ID lanyard containing their camp EPIC consent and health form at all times and any wristbands as required. If you see anyone not wearing a lanyard, please report it a member of the camp EPIC committee.

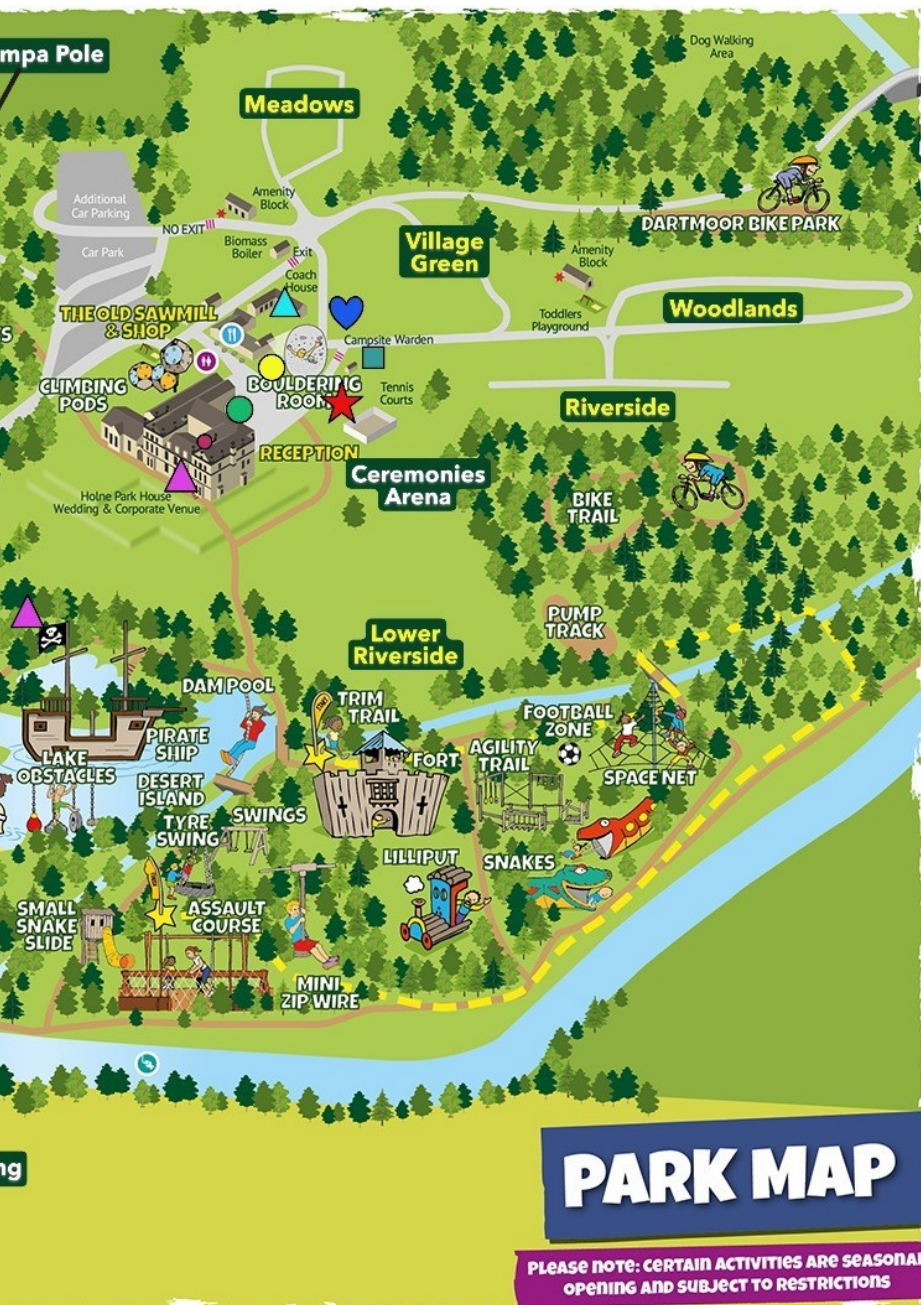
Access for Parents /Carers

Parents/carers are not be permitted access to the site during the event and are asked to stay with their cars when dropping off and collecting their children.

If a child needs to be collected unexpectedly, you must arrange for the child to be collected from the barrier gate and the child must be accompanied to the gate by a leader.









Useful Information

Camp EPIC Committee

This is the team who have organised and are running Camp EPIC. You can identify them by their black t-shirts and pink lanyards.

Service Crew

The Camp EPIC Service Crew are Leaders, Young Leaders, Rangers and Trefoil Guild members who can be identified by their high visibility jackets and black lanyards.

Leaders Briefing

There will be a leader's briefing in the marquee opposite the Old Sawmill:

Friday 9.00pm - mandatory attendance, one leader per booking

Saturday 9.30pm - optional attendance

Freezers

Freezers are available for freezer blocks only and are located in the amenity blocks.

Waste Disposal

Please separate waste and use the bins located around the site.

Toilets and Showers

Toilets, showers and baths are located throughout the site. Accessible washrooms are unlocked and do not require RADAR keys.

Laundrette and Drying Rooms

These are located in the amenity blocks. Machines are chargeable.

Wi-Fi

Wi-Fi passes for medical reasons which have been booked in advance will be distributed at registration.

Free Wi-Fi is available for one hour outside the Old Sawmill Restaurant.

Additional W-Fi can be paid for on the River Dart website

Parking

Vehicles can only be parked in designated car parks located on the map. Vehicle must be in car parks by 6.45pm on Friday evening.

Vehicles will be permitted onto the campsite from 3.30pm on Sunday.

Speed Limit

Please follow the site maximum speed limit of 5mph and apply hazard lights when moving.





Useful Information

Hot Water

Hot water for drinks can be collected by leaders from The Den on the ground floor of the Coach House.

Lost Property

Please take any found items and report any lost items to The Den on the ground floor in the Coach House - adults only.

Washing Up Areas

Located at the amenity blocks. Please provide your own bowls, washing up liquid, cloths etc. and supervise girls in this area.

Washing up water can be collected from the amenity blocks and taken to your campsites if you prefer. Do not wash up in the indoor accommodation.

WhatsApp Group

A WhatsApp group has been set up for leaders to join during the weekend and will be used to provide announcements, as well as for you to ask non-urgent questions.

Behaviour

Please follow the Camp EPIC rules for the health, safety and enjoyment of all participants.

Shops

	Friday	Saturday	Sunday
Camp EPIC Corner Shop Card and Cash	5.00pm - 7.00pm	9.00am - 6.00pm	9.00am - 2.00pm
River Dart Shop Card and Cash	1.00pm - 9.00pm	9.30am - 4.30pm 7.00pm - 9.00pm	9.00am - 3.00pm
Oasis Beach Hut Card only	Closed	10.00am - 5.00pm	10.00am - 2.00pm
Old Saw Mill (adults only) Card and cash	1.00pm - 9.00pm (food 3pm - 8pm)	9.30am - 4.00pm 7.30pm - 9.00pm	10.00am - 2.00pm
Girlguiding South West Region Shop	Closed	9.00am - 6.00pm	9.00am - 2.00pm





Programme

Friday

2.00pm	Leaders advanced arrival (optional)
4.00 - 6.30pm	Unit arrivals (young members and leaders)
5.00 - 6.45pm	Registration
7.00pm	Opening ceremony
7.30pm	Site orientation
9.00pm	Leaders briefing
10.00pm	Lights out
10.30pm	Silence

Saturday

6.45am	Wakey Shakey
6.30 - 9.00am	Breakfast* and packed lunch collection
8.00am	Rainbow leader advanced arrivals
8.30am	Rainbow units arrive (young members and leaders)
9.00am	Day visitors arrive
9.00am	Activities open
12.00pm	Lunch*
3.30pm	Rainbow Clinton Shield entries close
4.00pm	Rainbows presentation of Clinton Shield
4.30 - 7.00pm	Dinner*
5.00pm	Day visitors depart
6.00pm	Rainbow campfire and story time
6.00pm	Activities close (adventurous activities queues close)
7.00pm	Adventurous activities close
7.30pm	Evening activities open
9.00pm	Evening activities close on Sunday)
10.00pm	Lights Out
10.30pm	Silence

Sunday

6.45am	Wakey Shakey
6.30 - 9.00am	Breakfast* and packed lunch collection
9.00am	Rainbow units and early leavers depart
9.00am	Activities open
12.00pm	Lunch*
2.00pm	Activities close
2.30pm	Closing ceremony
3.00pm	Strike camp
3.30pm	Departures from now
5.00pm	Site clear





*Mealtimes

- Leaders must accompany their girls to ensure dietary requirements are met.
- Join the queue outside the Old Sawmill at your designated timeslot.
- Have filled your water bottles, have plate/dinner bags ready.
- Have your day bag ready to collect your packed lunch at breakfast service.
- Dietary requirements will be directed to a separate queue once inside.
- Seating areas are outside of the Old Sawmill, or you can take the food back to your campsites. No eating in the indoor accommodation.
- Packed lunches will be collected during breakfast service.

Ceremonies

Opening ceremony - Friday

- Be ready at your pitch drop off number or the car park of Holne Park House at 7.00pm
- Wear your uniform and have your unit flags, mascots and any banners given to you by the Camp EPIC committee ready
- Bring sitters or groundsheets
- Only bring chairs if required and please do not obstruct others view

Closing ceremony - Sunday

- Meet at the ceremony arena.
- Wear uniform
- Flags, banners, mascots are optional
- Bring sitters or groundsheets
- Only bring chairs if required and please do not obstruct others view

Evening Entertainment

Rainbow Campfire - Ballroom, Holne Park House

Rainbow Storytime - Ballroom, Holne Park House

Silent Disco - Tennis Court

Disco - Walled Garden

Garden Games - Lawn in front of Holne Park House

Circus Skills - Lawn in front of Holne Park House

Campfire - Lower Riverside Campsite (Picnic Meadow marquee if wet)

Dodgeball - Walled Garden

Film - Ballroom





Activities

Format

Participants are welcome to choose which activities they attend in which order throughout the day, following the guidance on supervision and group sizes.

Please refer to the map, leader's information pack, activity spreadsheet and activity record book for what is on offer and have fun exploring the wide range of activities available.

Activity Suitability

Most of the activities are suitable for all sections, however there are some adventurous activities which are not suitable for Rainbows. Please refer to the leader's information pack for further details.

Activity Record Book

A record book has been produced for participants to record their activities throughout the weekend.

This can be used to help participants locate all the activities available and also to record their activities on Go!, in conjunction with the activity program links document which will be sent after the camp.

External Organisations and Girlguiding SWE Ambassadors

Please note that not all the external organisations and ambassadors will be present for both days of the camp.

Inclusion

Quiet Areas

There are quiet areas located in the picnic meadow, the lake area and inside Holne Park House which provide a calming space for participants to relax and regulate. Please follow the guidance for using the areas, as outlined on the notices displayed within each quiet area.

Visual Timetables

Visual timetables have been produced and are available to download from the Girlguiding Devon website on the Camp EPIC pages.

Queues

Participants who have difficulties queuing for activities, must be accompanied by a leader to the front of the queue, and will be given a time to return to the activity by the instructor/leader.

