

EDSC GERMANY 2016
FRIDAY 13TH MAY TO MONDAY
16TH MAY



Transport



- **You have been given permission to take your child(ren) out of school for Friday and Monday of the weekend.**
- Travelling by 50 seated coach booked through JAB Coach Hire with air conditioning
- Everyone will be expected to wear seatbelts.
- The club expects swimmers to respect the driver and ensure no mess is created. Litter should be placed in bags provided.
- On board toilet can be used in an emergency only. Please ensure that use is made of facilities aboard the train or at motorway services.

Travel Insurance

- The club will have adequate insurance and this is encompassed in the fee. This will cover personal items including money and your belongings.
- ***We strongly advise you avoid taking any valuables.***
- We appreciate people may wish to take Ipods, cameras etc but the club will not accept responsibility for lost items.
- For a lot of swimmers this may be your first time away without parents so once again remember what you take is your responsibility.
- Although we will have travel insurance, any claim and subsequent excess would be the responsibility of the swimmer/parent.



Medical



- **Sue Wilding** is our first point of contact for all things medical during our trip.
- We will ensure we have a first aid kit.
- We will need you to fill in a medical form to allow us to:
 1. administer calpol or paracetamol (save everyone taking).
 2. In an emergency, authorise Sue to take your child to hospital and act on your behalf about medical treatment.
- *Please complete and return this form to Paul as soon as we issue it.*



Luggage and Clothing

Space on board the coach will be at a premium. We recommend two options:

1. Pack all your items into 1 medium sized suitcase (1 per person) including your club bag flat packed inside;
2. Alternatively simply use the Club bag itself which may be sufficient

A SMALL piece of hand-luggage will be allowed but remember this may be at your feet!



Remember to clearly **label all clothes** (although hoodies and t-shirts will have your names on them)

What do I need to pack



- Sensible warm and dry clothing (open aired pool so can be chilly when you get out!)
 - Comfortable clothes to travel in, including pool shirt and hoodie to create team image.
 - 2 or 3 tracksuit bottoms (may get wet during day)
 - At least 2 swimming costumes/trunks
 - 2 towels (extra chamois is ideal)
 - 2 sweat shirts/jumpers
 - 1 waterproof shower mac
 - Underwear
 - Pyjamas
 - 4-5 T Shirts
 - Bobble/warm hat
 - Sun tan lotion and toiletries (including soap, flannel, toothpaste)
 - Plastic bags to keep wet items separate from dry clothes.
 - **PLEASE NO SWEETS OR FIZZY DRINKS FOR THE JOURNEY**
- Small disco on Sunday night will be no fashion parade! No need for make-up, etc.

Location

- The Internationales Schwimmfest is organised by SV Neptun Swimming Club based in Neheim-Husten, two districts of the city of Arnsberg;
- Open-air swimming pool is set in a large park just outside of Neheim;
- We will be staying in a hostel in Soest which is 30 minutes away.

The Hostel

- Even numbers mean 4 rooms booked for the boys, 4 for the girls, spread across 2 floors;
- The event team have 5 rooms booked, 3 on one floor, 2 on the other, in all cases, next to the swimmers;
- Hostel has large playing field, swing and volleyball facility;
- Breakfast will be 5.45am Saturday & Sunday

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- Breakfast will be 5.45am Saturday & Sunday;
- Rooms yet to be determined;
- Lisa, Sarah, Marc and Tony will be in charge of 10 swimmers each.



Food & Drink



- **Jenny Vick & Sue Wilding** are the first points of call for all things related to “food & drink” outside the hostel;
- During the day, we will be setting-up a camp within the park and this will be our base from where we will provide hot food on our very own gas BBQ. Snacks and drinks will also be provided;
- All food served by the hostel and from our BBQ is included in the overall fee;
- Please use the forthcoming medical consent form to advise us of any dietary requirements.



Competition

- Michael Cook/Jak Newsham will be choosing entries (all included in fee).
- The 8 lane pool is a 50m open air pool and whilst heated, the air temperature is cooler.
- Medals awarded for 1-3; certificates for 4-6;
- We are swimming in 4 sessions with competition starting at 8am on Saturday and Sunday (warm up at 7am)
- Most events are heat declared winner but 50m sprints will have finals.
- **Parade of Nations** on Saturday afternoon. The whole team parade around the pool under a “Great Britain” banner. Any St George’s/Union Jack flags/T-Shirts/Hats?



Money

- **Full balance should now have been paid. This includes:**
 - » Hostel accommodation
 - » All food (packed lunch needed for outward journey)
 - » Entry fees for swimming competition
 - » Hoodie/Polo shirt and 2 x swimming hats
 - » Eurotunnel crossing/road tolls
 - » Travel insurance
- We have a hectic swimming schedule so there won't be much free time but past experience suggests £30 allowance (changed into Euros) will be sufficient. [Tuck shop at pool often sells extra drinks/sweets, plus an ice cream van & T-Shirt with all competitors names on is often 10 euros]
- Your adult helper will be available to look after money before departure.
- In the event of an emergency, club officials will have sufficient finances to deal with the matter.



Passports EHIC



- ***Please hand these to Paul as soon as practicable:***
 - » ***Passport***
 - » ***European Health Insurance Card*** (can obtain through website, free of charge:
<https://www.ehic.org.uk/Internet/startApplication.do>)
- ***Ensure both are valid on our return date***



Draft Outward Schedule



- **04.00** **Meet at Avenue Road, near Erith Leisure Centre for prompt departure (please be mindful to neighbours sleeping!)**
- **06.30** **Ferry crossing**
 » Put watches forward 1 hour
- **08.30** **Coach leaves Calais for Belgium**
- **12.00** **Stop for packed lunch at suitable place**
- **16:00** **Quick look around pool area**
- **17:30** **Arrive at hostel**
- **19:00** **Dinner**

Draft Return Journey

Timings are approximate

- 11.00: Depart from hotel
- 14:00 – 16:00: Stop for lunch
- 17:30: Arrive Calais (Boarding/Customs)
- 18:00: Depart Calais
 - » Put watches back 1 hour
- 20:00: Arrive at Erith Leisure Centre

Weekend Updates

Emergency contact details: Please provide us with your preferred contact telephone number on the forthcoming medical consent form.

We will post in the EDSC Facebook group to let you know when we have arrived at our destination on Friday and also confirm our expected arrival time back home to Erith Leisure Centre on Monday. Please indicate if you would prefer to be contacted by text instead on the medical consent form.

Please ensure you are ready and waiting as no doubt the swimmers will be tired and the adult helpers will be completely knackered!!!



Extra information



DVDs

- Anyone wishing to take 1 or more DVD's to play on the coach, please hand these to Paul ahead of time. *Your choice must appeal to all age groups. (Cool Runnings on the return journey is compulsory)*

Presents/Gifts

- Swimmers are encouraged to meet their fellow competitors, you may wish to take a few unwanted club hats to swap for those seeking souvenirs from foreign clubs;
- Previous years T-Shirts have been available to purchase at the pool. They have every swimmer's name printed on and gala details (approx 10 euros)



FINALLY

- This is an important club event in which a great deal of time and effort has been spent to bring it to fruition.
- It is an experience that you may not be able to repeat, so make the most of it entering into the spirit of the weekend.
- REMEMBER, you not only have the honour of representing EDSC but also ENGLAND.
- **GOOD LUCK FROM EDSC EVENT TEAM**
- **ANY QUESTIONS??????**