

# INFO 2016



## Welcome to Springs Camp

We're looking forward to welcoming you to Springs Camp and an enjoyable time at Keswick Convention. Whether you've been to camp before or it's your first time you'll find this information useful so please take a few minutes to read it.



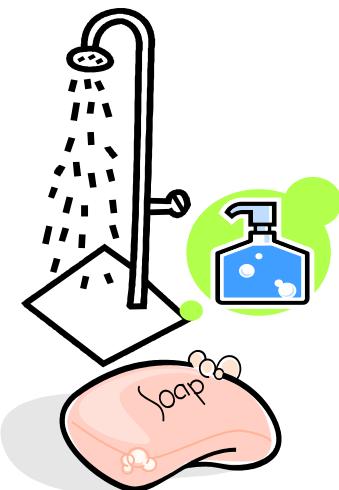
**Arriving:** You can check in any time **after 2.15pm** on Saturday. Don't arrive before 2.15pm as there's no parking. If you're a bit early, why not call at **Rheged** (at the roundabout for Ullswater on A66 just after Penrith). It's one of Cumbria's leading family days out - info at [www.rheged.com](http://www.rheged.com). Entry is free - just pay for activities, shopping, coffee, etc. Or visit the market in Keswick - just park in a car park and enjoy a break! If you are coming by bus please let us know if you need a lift from the bus stop (ring us on 07788 990515).



**Leaving:** You must leave by 11am on the Saturday morning unless you've arranged with us to stay later or you're able to help strike camp on 6 August. There's no hot water after breakfast on 6 August and facilities will then be basic. If you need a lift to the bus stop just let us know.



**First Meal:** Your first meal at camp is at 5.30pm on Saturday. If you'll be arriving later, please let us know (ring us on 07788 990515) and we can usually save you a meal.



**Keeping clean and healthy:** We aim to run camp to high safety and hygiene standards. Please take extra care by washing hands before meals, when helping with fatigue duties and after using the toilets. Hot and cold water and soap are always available at the taps behind the kitchen (the water here is also safe to drink). The toilets have a cold water tap for washing hands only (not teeth!). Separate wash-tents are provided for males and females near the hot and cold water taps behind the kitchen. Shaving points are in the male wash-tent and a hair-drier point is in the marquee. Showers (24 hours) are available on site and also in the Convention Centre ladies & gents toilets - restricted opening. There are launderettes in Helvellyn Street (near Convention Centre) and on Bank Street (on the way to Rawnsley Hall).



**Groups:** Some groups and families like to camp together. As it's difficult to reserve correct space you should meet up on the outskirts of Keswick and arrive together. You will then be directed to the same camping area.



### What to bring with you:

- Personal clothes, toiletries, towels and flip-flops for showers.
- Clothes suitable for extremes of temperature - shorts & t-shirts through to trousers & fleeces. Waterproof clothing and wellies, boots or crocs for wet grass. We can frequently have cold rain and hot sun ... and mud.
- Walking boots/non-slip footwear if you want to go on hill walks and swimming things for lake, river or leisure pool.
- Torch (it gets very dark at night).
- Sleeping bag, pillow, hot-water bottle, extra layer for sleeping (nights are cold).
- Bible, notebook, pen. Convention handbooks are available to buy when you arrive at Camp or from the Convention office.



**New to camping?** Camping is much more basic than staying in a house, so you need to prepare yourself mentally as well as physically. Tent walls are thin and sound carries a long way - **ESPECIALLY AT NIGHT**. Talk VERY quietly - you may not want the rest of the world to know your secrets - and most of the world don't want to hear them! Be careful with the lighting in your tent - shadows can be seen from outside. You may end up embarrassed! Don't forget to close your tent doors securely when you leave the field as the weather can quickly change and it may rain and get windy before you get back. Remember to check your guy ropes regularly. And don't pitch your tent too close to others or you'll disturb each other! A camp leader will advise you where to pitch your unit when you arrive.



**Meals:** Cooked/continental breakfast, packed lunch, cooked evening meal and supper with packed lunch on your final Saturday - are provided by our own cooks who work in the kitchen. All crockery and cutlery is provided. A triangle is rung at meal times - please be prompt as we can't keep food for late comers unless previously arranged. Smaller helpings are given initially and second helpings are normally given once everyone's served, so that you all get enough to eat. You won't go hungry! Meals are aimed to tie in with Convention meetings and this year are 8am and 5.30pm. Washing up is done at the end of each dining table immediately after the meal - it's usually a good time to make friends and chat. Young and old can help. But be careful - the water is extra-hot to kill any germs. If you're leaving early to go to a seminar make sure you wash up in the evening instead.



**Programme:** Meals are organised so that you can get to most Convention activities. We'll be arranging some extra activities in the afternoons (picnic, launch trip on Monday, canoeing or kayaking, dragon-boating, walks, BBQ). Bring old trainers and suitable clothing if you want to do any water sports. Convention Handbooks are available at check in (price last year was £5).



**Children & Vulnerable People:** We ask all campers to respect and be considerate of each other. However, it's the responsibility of every parent and carer to look after their children and those they care for. Youth groups are ultimately the responsibility of their leaders (who should have current DBS checks).



**On 'fatigues':** Your chance to see behind the scenes! Each camper does a duty day, helping with the running of the camp, under the direction of that day's Duty Leader. You may be helping to prepare food, serving, doing general kitchen duties, in fact anything to help make camp run smoothly on 'your' day. 'Fatiguers' have their meals just before the main camp, starting with 7.15am breakfast. If you think you'll have problems getting up, let the Duty Leader know the night before. You'll still be able to go to Convention activities on your duty day. If you've come with other people you'll all do fatigues together. There are jobs for young children to help with but special arrangements are always made for parents with babies or toddlers.



**Cars, bikes, vans, etc:** For safety there is a one way system for all vehicles. Keep your speed to under 5mph (walking speed) at all times and watch out for children. You can park in the field near your tent or caravan - this is at your own risk. You must follow guidance and instructions given by the leaders on parking and moving vehicles on the field, especially in wet weather. Use your vehicle as little as possible; it's not far to walk to the Convention Centre and to town - and parking in town is difficult/expensive. There's a minibus between the Convention Centre and Rawnsley Hall at meeting times. No cars are allowed to come on the field between 11pm and 8am except by arrangement with the leadership team.



**Sleeping:** **Lights out** is normally 11pm and **silence** on the field is between 11pm and 7.30am. Unfortunately, we've not found a cure for snoring! The youth tent (for those wearing youth wrist bands only) will close at midnight. Anyone on the field after 11pm is expected to be quiet and respect those already in bed.



**Security:** You are responsible for looking after your belongings and equipment and keeping the area round your tent/caravan tidy. Please tell one of the leaders if there are any problems or you see strangers on the field. Always lock your cars when unattended. No responsibility whatsoever is taken by Springs Camp.

**Electrics:** There are no electric hook ups. There is one electric socket in the marquee for hair driers and there are shaver points in the male wash tent. We have a phone charging station for you to charge phones only. Springs Camp cannot guarantee their security. You may wish to bring a wind-up or solar charger or use your car charger. All non-phone items found in the phone charging station or hair drier socket will be removed by a leader. Please do not use hair driers at mealtimes.



**Dogs:** Dogs are NOT allowed on the Convention site. Well-behaved dogs are currently allowed at Camp - but MUST be kept on a short lead (2m max) while on the camp field and must be exercised away from camp and any farm field.



**Crèche Area:** There is a small carpeted area with a selection of toys at the back of the marquee for under 5s. You are welcome to use this whenever you like, but children must not be left unattended and are their parent's or carer's responsibility.



**Music:** If you want to listen to music or radio please use headphones so as not to disturb other campers or neighbours. The choice and volume of music in the kitchen will be at the discretion of the quartermaster or leader of the day.



**Alcohol & Smoking:** We're aware that people coming to camp have differing views and practices. It's our policy that if you wish to drink moderate amounts of alcohol this should be done discreetly within the vicinity of your own tent/caravan and not in or near the marquee and youth tent or other public areas. Smokers are asked to be sensitive to the needs of other campers by smoking away from tents/caravans and the main public areas.



**First Aid:** There are no first aid facilities for campers on site. Keswick has two excellent medical practices (Castlehead Medical Centre 017687 72025 and Bank Street Surgery 017687 72438) and a small injuries unit at the local hospital 017687 245678. You are recommended to bring a basic first aid kit with you.



**Leaders:** Each day a Duty Leader will be in charge of all camp arrangements. She or he will normally be your first point of contact for any queries but all camp leaders are always available to give help or advice during your stay. All leaders and cooks are volunteers.



**Camp's address:** 16 July-6 August 2016 ONLY  
Springs Farm, Springs Road, Keswick, Cumbria CA12 4AN  
Telephone contact at Camp: 07788 990515



**Feedback:** We want you to enjoy your Springs Camp holiday and the Keswick Convention. We're always pleased to have your comments on possible ways to improve Camp each year. Contact us on our website [www.springscamp.org.uk](http://www.springscamp.org.uk), email us at [springscampkeswick@gmail.com](mailto:springscampkeswick@gmail.com) or write to us at 149 Windebowe Avenue, Keswick CA12 4JB.