

Explore Full-Day Camp

A very warm welcome to ESF Explore! We are absolutely delighted that you have chosen to share your child's journey with us. Whether your child is joining us to discover a brand-new passion, hone their athletic skills or embark on an immersive linguistic journey, our primary goal is to ensure they learn, create, and grow in a safe, supportive, and stimulating environment.

Holiday camp is a wonderful time for children to make new friends, develop independence, and build lasting memories. To help us create the best possible experience for all participants, **we kindly ask that you take a few moments to thoroughly review the essential guidelines, arrival logistics, and campus policies detailed in this welcome kit.**

Your partnership and cooperation are vital to ensuring smooth operations and, above all, the safety and well-being of every student.

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What to Know Before Your Child's First Day

1. **Registration Check:** Please print your registration confirmation email or take a screenshot of it on your smartphone. Show this to our team on the first day to assist with logistics.
2. **Punctual Arrival:** Please arrive 10 minutes before your lesson begins. Our team members will be stationed at the school entrance to guide you. To maintain class schedules, ESF Explore reserves the right to refuse admission to late-comers.
3. **Daily Essentials:** Please provide a small, healthy, **nut-free** snack and a reusable water bottle for daily break times. For Kindergarten students, please pack a spare change of clothing in their bag.
4. **Drop-off & Pick-up:** Your Teacher-in-Charge will brief you on specific entrance procedures on Day 1.
5. **Primary Self-Dismissal:** Primary students may walk home independently *only* if parents complete and email the [Self-Dismissal Authorisation Form](#) to us prior to the first day of camp.
6. **Self-Dismissal:** Students may arrive and leave independently without a form. If a student requests to leave early, our staff will contact parents for explicit permission first.
7. **Smart Device Policy:** Smartwatches and mobile phones are **not permitted** during class. If brought to camp, they must remain switched off and stored inside backpacks until dismissal.
8. **Footwear Requirement:** Please ensure your child wears non-marking sports shoes (and avoids black-soled shoes) to class. Black soles leave permanent scuff marks on indoor court surfaces. .

Full-Day Camp Lunch Arrangement

Our full-day campers enjoy a supervised lunch break between **12:00 noon and 1:00 pm** in a designated campus area, right before their afternoon sessions.

- **Packed Lunches Only:** Parents must pack a daily lunch for their child. Please note that **external lunch deliveries are strictly prohibited.**
- **Keep it Light & Fresh:** There are **no microwave or refrigeration facilities** on site. We highly recommend packing light, easily transportable meals (such as wraps or sandwiches), as students may participate in energetic multi-sports sessions after lunch.

Daily Food Checklist

Please ensure your child's bag contains:

- A packed lunch
- Snacks for **BOTH** morning and afternoon breaks
- A reusable water bottle

Venue Rules: Food and drinks are strictly banned inside all gymnasiums and sports halls. Staff will escort children to dry, designated areas for lunch and snack breaks. We recommend that students **avoid eating a heavy meal** before their sports session (1 – 4 pm) to prevent discomfort. A Snack break will be provided throughout the three-hour session, during which food and drinks can be consumed outside of the sporting venues.

Afternoon Multi-Sports Class (1 – 4pm)

Our Multi-Sports Camp focuses on building fundamental motor skills, physical literacy, and tactical game awareness. Each day, students dive into dynamic sports categories designed to sharpen agility, hand-eye coordination, and strategic thinking. Beyond athletic skills, we heavily emphasise teamwork, active listening, and great sportsmanship.

Students will have the opportunity to try different sports and interactive games every day, including, but not limited to, dodgeball, basketball, and football.

Sample Multi-Sports Course Outline:

Category	Primary Goal	Example Activities (Subject to change)
Teambuilding & Cooperative Play	Beyond competition, we foster "Social IQ." Through games like Crossing the Lava, children practice active listening, patience, and verbal communication.	Hula Hoops
Agility & Spatial Awareness	Chasing and fleeing games are essential for developing "deceleration" and "dodging" skills—the physical foundations of safety and athletic performance.	Dodgeball, Softball
Tactical Awareness (Invasion)	By playing games like basketball, football, or Handball, students learn the core concepts of "attacking and defending," improving their ability to read a game.	Basketball, Football, Handball
Reaction & Coordination (Net/Wall)	These activities sharpen hand-eye coordination and racquet control, teaching students to anticipate an opponent's move.	Badminton
Technical Execution (Striking & Fielding)	Students refine the mechanics of bowling, catching, and striking with a bat, building confidence through repetitive, high-success play.	Bowling
Focus & Control (Target)	We teach the "fine motor" side of sports, focusing on the controlled release of objects and the ability to judge distance and force.	Basketball, Football, Beanbag, Hula Hoop

Please note: Activities are subject to change based on students' abilities, venue, and scheduling.

Inclement Weather Policy

To ensure the safety of our students and staff, ESF Explore closely monitors the guidelines of the [Education Bureau \(EDB\)](#) and the [Hong Kong Observatory \(HKO\)](#).

In the event of adverse weather, classes may be cancelled based on the schedule below. Please note that **specific EDB announcements may override ESF Explore guidelines**. In such cases, we will issue urgent updates via email and post a prominent notice on our [Official Website](#).

Weather Warning Decision Table

The cut-off times below are designed to allow families and teaching staff to travel safely to and from our venues.

Class Category	Decision Time (Signal still in force at:)	Typhoon 8+ / Red / Black Rainstorm 	Typhoon Signal No. 3 	Typhoon Signal No. 1/Amber Rainstorm 
Full Day Camp (9:00am – 4:00pm)	AM Class: 7AM PM Class: 11AM	ALL Classes Cancelled	Kindergarten Classes Canceled	Normal

Weather Vouchers & Credits

- **Severe Weather & Force Majeure:** For classes cancelled due to Typhoon Signal No. 8+, Red/Black Rainstorm Warnings, or force majeure events, a 50% course credit voucher will be issued to your participant's ESF Explore account.
- **Localised Rain:** If a specific class location must be cancelled due to severe localised rain making the venue unsafe, a 50% course credit voucher will be issued.
- Please note: All weather-related credit vouchers are **non-refundable and valid for one year** from the date of issue.

Equipment & Facility Usage Rules

Our school campuses are multi-purpose facilities with specialised environments. For safety and liability reasons, **all attendees—including parents, helpers, siblings, and friends—are strictly prohibited from using any school equipment or playground structures before, during, or after class**, unless explicitly directed by an instructor as part of the supervised programme. Thank you for respecting our host venues so we can continue providing excellent programmes across Hong Kong.

Photo and Video Policy

In alignment with ESF's digital safety and privacy policies, we request that parents and guardians observe the following rules to protect the welfare of our students:

- **Focus on Your Own Child:** Please only take photos and videos of your own child. Kindly ensure you avoid capturing other students in the background of your images or video footage.
- **Posting Online & Social Media:** We strongly encourage you to avoid publishing or uploading footage of our camp sessions on the internet. If you do wish to share images on social media or anywhere online and other children are recognisable in them, **you must blur or crop them out before posting..**
- **Strict No-Camera Zones:** Cameras, mobile phones, and recording devices are **strictly prohibited** from being used inside changing rooms, restrooms, or any other private areas under any circumstances.
- **Be Considerate:** Photography or filming must remain non-intrusive, must not disrupt the flow of the camp session, and must not block the views of other spectators.
- **Staff Requests:** You must cease filming or taking photos immediately if requested to do so by any member of the ESF Explore staff.
- **Copyright:** ESF retains the copyright of all photos and video footage captured during ESF-organised classes and events.