



Bombay Sailing Association

Mandwa, Post Sasavne, Taluka Alibaug, District Raigad, Maharashtra India

Dear Member:

Our Club house has the perfect rustic setting to allow a child to be adventurous and explore the outdoors. BSA and Adventure Boot Camp Tontem, bring to you a fabulous outdoor learning experience. Specially designed for 8 to 15 year olds. An experience from which your child will return brimming with confidence through newly acquired outdoor skills.



MAJOR ACTIVITIES

- 1. Outdoor survival:**
Teaches you to survive in the outdoors and build your survival shelter with basic available materials. Fun filled group survival food cooking. Campers cook one of their meals in the open, under close supervision to learn this important outdoor skill.
- 2. Trekking:**
One full morning spent traversing the hills behind Mandwa. Bird watching en route. Learn to find your path and plot your course with a hand bearing compass. Learn to read a land map.
- 3. Rope Course:**
Probably the most exciting activity. Confidence building experience like never before. Focus on rope climbing and traversing. Learn to rappel. Develop skills which you didn't think you had through this program. Overcome the primal fear for heights.
- 4. Watermanship:**
You will learn to row and sail. You will learn about safety on water. Sailing off the Mandwa shore, you will understand skills in charting a course, taking bearings from a compass, and the elements of what to do in bad weather. Safety is of prime importance and each camper will be wearing buoyancy and accompanied by the coach at all times.

MINOR ACTIVITIES

Fishing: Make your own fishing gear and go fishing off the rocks at Mandwa. What excitement when you really catch a fish.

Yoga / Pilates: One morning of a fitness routine before breakfast to rejuvenate you and get you going for the day.

Crafts: Make exciting Boot Camp bandanas and masks. Create your jungle colors and look cool for dinner.

Hunt for the Boot Chest: Somewhere in the area is concealed a boot chest filled with goodies. With your team, work through the clues and navigate your way with compass bearings and win!

Skits/ Dance: Our guest faculty will assist the teams in creating a live skit performance for evening. Let your talents in acting and creating express itself for this one fabulous night to remember.

Meals

A balanced diet is provided, ensuring that green vegetables are combined with protein rich foods, carbohydrates and fruits. The meals are wholesome and nutritious. Milk, juices and snacks are served at regular intervals. The coordinators will make certain that the children have plenty of fluids and regular meals.



SAFETY CONSIDERATIONS

Ratio of campers to adults. 5 campers to one adult.

2 vehicles permanently on standby

24 hours telephone contact with campsite.

Full safety measures during activities.

Specially arranged two women leaders for the camp.

Buoyancy vests to be compulsorily worn by campers during all water based activity.

Safety gear used in rope course.

All meals cooked on site.

Only bottled water for drinking.

Program Fees and general information

1. Camp dates: 25th May to 27th May 2009
2. Age: Camp is restricted to children aged between 8 years and 15 years.
3. Fees Rs.6,000/- per head to be paid by cheque/cash drawn in favour of Bombay Sailing Association - Mumbai. This amount includes transport to and from camp (Pick up and drop off at the RBYC- Apollo Bunder), all activities, meals, snacks, drinking water, juices, milk, etc.
4. Last date for registration: 10th May, 2009
5. Maximum number: The maximum number of campers on this camp will be 25.
Minimum number: The minimum number of campers should be 20.
6. If the minimum number of 20 registrations is not received or due to bad weather the camp may be called off and all registration fees will be refunded in full by the 30th of May 2009.
7. Cancellations: 4 days prior to camp date will result in deduction of Rs. 500.00 Less than 4 days prior to camp date will result in deduction of Rs.2,500.00.
One day prior to camp date, no refund will be granted.
8. Camp Location: Bombay Sailing Association clubhouse, Mandwa.
9. Contact Phone Numbers at Camp: Kim Sabir 9422438186
Ashwin Tombat: 9421246332
Mandwa Club House: 02141 237667
10. Activities may be changed at the discretion of the organizers depending on weather or other circumstances prevailing.
11. Camp accommodation: The camp accommodation is in the premises of the Bombay Sailing Association club house. Sleeping will be semi outdoors, which is in the covered verandah spaces. Toilet and bath facilities of the clubhouse will be available for use. Drinking water will be purified bottled water. The accommodation facilities are structured to create the ambience of an outdoor atmosphere without making it too rough on the campers.
12. The organizers reserve the right to use photographs of the camp activities in any publicity materials, brochures, mailers or any other print form.
13. Registration: Kit List will be provided with the registration forms and Parent consent alongwith relevant medical details
14. Members are welcome to introduce their guests to participate in the camp.
15. Members children from RBYC,CSC,INWTC and AYN are welcome to enroll.

Program Outline

Monday May 25th 2009

Pick up at 0730 hours at the RBYC

Ferry to Mandwa

Mid morning break

Ice Breaking and team forming

Watermanship

Lunch

Watermanship

Evening Break

Unwind and relax, plan for skit

Dinner /Skit

Star gazing

2130 lights out.

Tuesday May 26th 2009.

0630 wake up

Yoga/Pilates/Fitness

Breakfast

Rope Course

Lunch

Rope Course

Crafts (Bandana and bead work)

Camp fire / singing/ barbecue

2130 lights out

Wednesday 27th 2009

0630 wake up

Breakfast

Trek / Compass reading /Bird watching/ nature study

Lunch (out door cooking by campers)

Boot Chest Hunt

Farewell

1630 hours pickup by parents at RBYC

For any further clarifications please call

Registration Details Santos: 022 22882788

Camp Details Kim Sabir: 9422438186:

For BSA

Hon. Secretary

Cyrus Heerjee