



Rules and Regulations

Camp life

You'll spend most of your time in a spacious lounge area with an open-plan kitchen and on the terrace where you'll be able to take your meals. Remember you must always have respect for others. You will be asked not to disturb your neighbours or friends. Common premises must be kept clean, don't forget to tidy up after your passage. Smoking inside is strictly forbidden.

Bedrooms

Bedrooms are not common premises, they are dedicated to resting. No meeting in a room but in the lounge, kitchen or terrace. No girls will be admitted in boys' rooms and no boys in girls' rooms. All participants wishing to sleep or rest should be able to do so without being disturbed by their friends. Your room will be clean when you arrive so please keep it clean and tidy for the length of your stay. A cleaning set is at your disposal.

Meals

Organization : the SURFTRAINING team prepares the meals but the participants set and clear the table and fill the dishwasher. They are also expected to clean the table after eating, to fill the jugs with water during the meals and to cut some bread for example, to be polite.

Meals are served according to what was scheduled the day before. There's only one sitting so please be on time, otherwise you would eat cold dishes. Adults are kindly requested to inform us in advance in case of eating out.

There is a common kitchen at your disposal for breakfast, tea and snacks. But do not exaggerate, supplies won't be infinite. In addition, you must leave the place as it was, that is spick-and-span.

Surfing

Camp life is based on surf lessons and courses. Each surf group consists of 8 people for one instructor. We schedule around the ocean tide hours and coefficients and swell conditions. Schedule are defined in advance, so please don't be late.

For surfing, you'll need a board, a wetsuit and a coloured lycra. You are made responsible for your equipment, so please take a good care of it particularly during transport. A surf session isn't finished as soon as you get out of the water; you'll have to rinse lycras and wetsuits and put your board in the right place. Water basins and washing lines will help you rinse and dry all your equipment. This is part of surf spirit too !

Free time

During their stay at SURFTRAINING, teenagers under 18 are placed under the authority of the camp managers. We must **always** know where you are. It is possible to go out but you must always ask for permission to the managing staff and tell them your destination and the time you will be back. Of course, everybody must comply with schedules so that we can organize appropriate lessons and meals. Warning concerning the beach : swimming is supervised but it is strictly forbidden to swim without the monitoring of an instructor outside the swimming times and limits precised by the blue flags.

Discipline

Any absence of compliance to these rules will entail punishments, from the loss of certain advantages to expulsion. Finally, alcohol and illicit substances are strictly forbidden. Should any of these products be discovered, it would mean immediate expulsion at parents' expense. Same sanction would apply for teenagers going out without permission.

Smoking

No smoking

Parents :

children: