



**ELBA<sup>®</sup>**  
**BLUE**  
**CAMP**

**ELBAEXCURSIONS.IT**

A stylized logo featuring a blue mountain range above three white wavy lines representing water.

## **"ELBA BLUE CAMP®"** Watersports Active Week, SPECIAL for ADULT and KIDS (8-13)

**Elba Excursions ASD**, Active Club multisport specialized for years in the main aquatic disciplines, affiliated with CONI/OPES and has been dealing with diving and sports tourism since 1998.

Elba Excursions it's a Diving Instructor Training Center, Arc. Toscano by MAREVIVO div. Diving and OPES div. Contact Diving for Tuscany. The instructors are all also trained in BLS and WLS rescue. The vehicles used at sea for underwater activities are equipped with a First Aid Kit, oxygen cylinder and administration kit. A defibrillator is operational at the headquarters and there is a "Lifeguard Assistance" service.

The location for our BLUE CAMP is ideal for operating safely, the BLUE BAY. The area includes our FABRICIA and GROTTA bases, just 800m away by sea and 10' by car. The area, which is entirely shallow, allows us to have no maritime traffic around and a lot of operational tranquility. We are extremely attentive to safety, surface activities (kajaking, canoeing, SUP, snorkelling etc) are among the least dangerous sports and diving, despite what one might assume, is in 18th place in terms of danger, on a par with bowling. !. Participants are always followed by skilled Instructors and Guides, at sea by support vehicles and the student-instructor ratio at sea is, in Diving, maximum 1 to 2 / 1 to 4, Snorkelling 1 to 8, Surface Activities, 2 at 10.

The week will take place with 2 integrated daytime programs, "FROM SWIMMING DOWN" for the aquatic part, equipped swimming in confined waters (pool with hole) and at the sea, then the Snorkelling and Freediving part and finally "MINI-SUB" with cylinders (max 5m depth). For Watersports, with boats and vehicles such as: Kayak, Canoe, SUP, pedal boats, dinghies, boats etc.

Furthermore, leisure activities will be added, such as: Pool Games, Ping Pong, Green Volleyball, Light Trekking "Eco Walking".

The first day will be dedicated to learning about logistics, the accommodation facility, the rules and how to move within it. they will get to know the boats and equipment, starting with some on-shore and theoretical activities. Then we will begin to identify the abilities of each individual student in order to introduce him to sports in the most appropriate and personalized way.

At the end of the week, small checks will be carried out and then a Certificate of Participation will be delivered, also useful as a facilitated and DISCOUNTED entry to the additional Camps in which they will be able to participate later.

### **Minimum number of participants 6 people, maximum 12 (See "Family Pack")**

NB THE "PROGRAM TABLES" THAT FOLLOW WILL BE ALTERNATED FOR MINI GROUPS, THOSE WHO DO A PROGRAM "IN THE SEA" IN THE MORNING WILL DO IT "ON THE SEA" IN THE AFTERNOON AND VICE VERSA.

### **Technical Objectives "FROM SWIMMING TO DIVING"/Sports IN THE SEA:**

<b>meteo</b>	<b>tecnic</b>	<b>safety</b>
"Local observations	Know the equipment	The rules
Applications in	Assembly and use	International signals
activities"	Equipped swimming	Buddy system
	Snorkelling	General rules
	Apnea	
	Diving	
	Open water activities	

## Training Target:

- Know your body and movements in the water
- Anatomy, physiology, physical laws
- Nourishing relational skills, the "Couple System"
- Gain confidence/self-esteem
- Relating to others, interaction
- Moving in the external environment, knowing the sea, respecting nature

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## PLAN ELBABA BLUE CAMP®

9:30	Arrival	1st day Theory lesson + swimming pool	2°giorno Watersports lesson	3°giorno Theory lesson + swimming pool	4°giorno Watersports lesson	5°giorno Lezione Teorica + in mare	6°giorno Watersports lesson	Partenza Final test for delivery of diplomas
12:30								
Pit stop		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
15:00	Arrival, check in, rules and logistics	Canoe <u>Kajak</u>	Theory lesson + swimming pool	Watersports lesson	Divertimento e giochi in piscina	Canoe Kajak	Theory lesson + sea fun	Departure
18:00								
H 20,00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	

The extra activities are however followed by the staff, the program is susceptible to change based on the number of students and weather and sea conditions

Anyone, adults and children aged 8 and 13, able to swim and stay afloat can participate in the course.

A sports medical certificate with audio tympanometric test is required.

You will need everything you need for the swimming pool/sea, swimming costume, plastic slippers, bathrobe and everything you need to clean your body.

You will need 1 wind/rain jacket, sunglasses, hat, sunscreen (50spf) and after sun protection

WE RECOMMEND reducing clothing to a minimum, which should include: 1 tracksuit, 1 sweater or fleece, shorts and outdoor shoes.

**The participation fee for the "ELBA BLUE CAMP®" package is**

**Euro 390.00\***

## **\*The price includes:**

- Activities and courses package, including equipment in use and rental of vehicles
- "Member" card with insurance
- Backpack with program kit
- Certificate of participation/qualification

PACK "FAMILY":

**02 parents/companions, 01 boy/girl ONE FREE**

**01 parent/companion, 02 children ONE FREE**

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## ACCOMMODATION AGREEMENTS

**You can combine the "ELBA BLUE CAMP®" package with accommodation in our affiliated facilities:**

- HOTEL FABRICIA\*\*\*\* where we have our headquarters and most of our activities take place
- HOTEL GROTTA DEL PARADISO\*\* (B&B only) where we have our own local unit, 10' by car from our site
- RESIDENCE at 500m. from our headquarters, reachable on foot

**N.B. To take advantage of the "ACCOMMODATION AGREEMENTS", indicate the week chosen for the camp and the number of people at [elbaexcursions@gmail.com](mailto:elbaexcursions@gmail.com)**

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## FERRY AGREEMENTS

**All participants can take advantage of our ferries/ferry agreements by following the instructions on our website: [www.elbaexcursions.it/en/](http://www.elbaexcursions.it/en/)**

