

# **Explorers Kids Water Sports**

## **INFORMATION PACK 2025**

# OPERATING GUIDELINES

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## About The Programme

Welcome to **EXPLORERS KIDS Water Sports**, an exciting and safe environment where children can explore the world of water sports while building confidence and having fun.

Our program is designed to introduce kids aged 5 to 13 to a variety of water-based activities under the supervision of professional instructors. We personalize and adapt the difficulty of each activity based on the child's needs and abilities, ensuring an enjoyable and rewarding experience for all participants.

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## Programme Overview

### Program Duration & Sessions:

- 3-Day Program: Sunday to Tuesday OR Wednesday to Friday
- 6-Day Program: Sunday to Friday (with an adaptable and varied activity progression for returning participants)

### Available Session Times:

- Morning: 10:00 - 13:00 (3-hour session)

**Location:** Water Sports, Ekies Resort

The **Explorers Kids Water Sports** program welcomes children aged 5 to 13 in a single group. Our experienced instructors design and adapt each activity to match the individual needs and abilities of every child, ensuring a fun, safe, and rewarding experience.

The **6-day program** includes six sessions in the morning. Each session consists of 45-minute activity blocks with 15-minute breaks in between, lasting for 3 hours in the morning.

The **3-day program** follows the same structure, offering three sessions in the morning.

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## Pricing

### Morning Sessions:

- 3-Day Program: €350 per child
  - 6-Day Program: €650 per child
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## The Meeting Point

The meeting point for Explorers Kids Water Sports is on the beach in the 'active zone', next to the water sports center.

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## Safety & Emergency Procedures

Life Jackets: Must be worn at all times during water-based activities.

Weather Monitoring: Instructors must check weather conditions before starting any session.

Emergency Protocols: All staff must be familiar with first aid and emergency response procedures.

First Aid Kit: Always available at the activity site.

Supervision: No child should be left unsupervised at any time.

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## What to Bring

- ✓ Swimsuit/ rash vest
  - ✓ Flip flops or water shoes
  - ✓ Sun cream/ sun hat/ a change of clothes
  - ✓ Swimming goggles (if available)
  - ✓ Water bottle
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## Role of Watersports Instructors

To run each water-based activity in a safe and engaging manor

Communicate with Explorers Kids Water Sports Manager if conditions are too dangerous to continue with planned activity

Responsible for safety of the children whilst on a water-based activity

Ensure watersports equipment is serviced and safe to use

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## Explorers Kids Water Sports Paperwork

The following paperwork will be used:

- Registration Form
  - Disclaimer / Parental Agreement form
  - Sign in/out
  - Activity programme
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## Water and Toilet Breaks

Water and toilet breaks are to be provided during the sessions. This will be incorporated into the snack time, where all children should be encouraged to use the toilets and drink plenty of water to keep hydrated. Water is to be on offer throughout the watersports sessions.

- During the breaks instructors can prepare short entertaining games played in the shade, preferred sitting together as a group.
- Breaks are aprx. 15 mins, make sure the breaks are not taking too long extra time to the water activities expense!

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## Activities

Explore the Outside will provide the instructor and equipment, including buoyancy aids for the following activities:

- Kayaking
- SUP
- Sailing
- Snorkeling
- Mega SUP
- Pedalo
- Boat Trip
- Swimming Games

Explore will provide the captain and boat for the boat trip. The Explorers Kids Water Sports Manager has the responsibility to pre-book the boat trip sessions and attend with the captain on the excursion, ensuring all children are wearing a buoyancy aid.

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## Weather Conditions

In the event of poor/ bad weather conditions, the Explorers Kids Water Sports Manager must discuss with activity instructors whether the session is safe to go ahead or should be cancelled/postponed. The Explorers Kids Water Sports Manager must always follow the advice given in the event of poor bad weather conditions. Should an activity be cancelled, where possible an alternative watersports activity should be offered, and the cancelled activity rescheduled. Where weather conditions do not allow for any 'in water' activities to take place, a land-based activity should be offered, and parents/ guardians informed the weather conditions are not suitable for health and safety reasons.

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## Issues and Complaints

Any issues or complaints should be shared with hotel management (see management contact details below). Hotel management should be informed of the exact details and also include the child's name, room/ villa number. In the event of a serious complaint an incident report may be required.

- Hotel Manager
- Explore the Outside Owner, Pavlos Zitakis: [pavlos@exploretheoutside.com](mailto:pavlos@exploretheoutside.com)

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## Activities Schedule

Our activity program is designed to repeat itself every 3 days, allowing for consistent engagement and mastery of skills. For children enrolled in the 6-day program, this offers a deeper exploration of activities, with personalized challenges and new variations to keep each session exciting and fresh.

# Explorers Kids Water Sports Morning Group

Morning	Sunday	Monday	Tuesday
<b>MORNING:</b> Welcome @ 10:00			
Session One @10:00	SUP	Pedalo	Island Trip
Session Two @11:00	Kayak	Sailing	Island Trip
Session Three @12:00	Swimming games	Snorkel Safari	Mega SUP
Activities end @ 13:00			

Morning	Wednesday	Thursday	Friday
<b>MORNING:</b> Welcome @ 10:00			
Session One @10:00	SUP	Pedalo	Island Trip
Session Two @11:00	Kayak	Sailing	Island Trip
Session Three @12:00	Swimming games	Snorkel Safari	Mega SUP
Activities end @ 13:00			

Please note we will provide water breaks throughout the sessions.  
Please note all activities are subject to change depending on the availability of the activity, weather conditions and the number of children present.  
Maximum 6 children per group.

