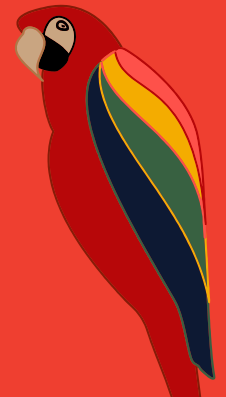
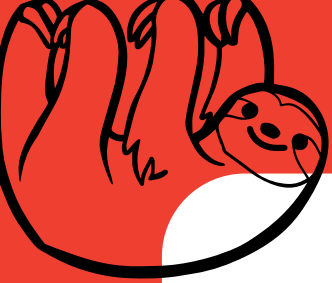




Sleepover
pack





Rainbows Go Wild 2019

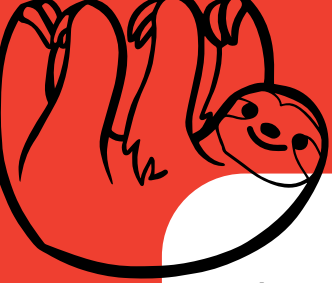
Over the weekend of the 12 - 13 October 2019 Rainbows across the region will be visiting a zoo, wildlife park, aquarium or nature reserve as part of Rainbows Go Wild. Rainbow units will also be encouraged to hold a sleepover at some point over the weekend. Units will be able to download the pack to support in planning their visit, their sleepover and fun activities to complete as well.

Our cheeky monkey and her friends will share their top tips for a successful sleepover along the way!



This is a wonderful opportunity to arrange a sleepover for your units! This pack will support you with planning and suggestions for fun activities. You can use it again and again.





In this pack you will find...

- Guidance on the practicalities of organising and running a sleepover event with Girlguiding members.
- New to running a sleepover? Information about where you can go for support.
- Top tips.
- Details of how to order the event badge.
- Lots of ideas, activities and resources for your sleepover.

During the event we would love to hear how your sleepover is going, so please tag us in any posts you make on Facebook, Twitter or Instagram, and use the hashtag #RainbowsGoWild on Twitter and Instagram too!

We'd love to receive blogs for the Girlguiding LaSER website about your experience planning your sleepovers, as well as posts written with help from your Rainbows about what it was like to go wild and have a sleepover. You can submit ideas to us through the website [here](#).



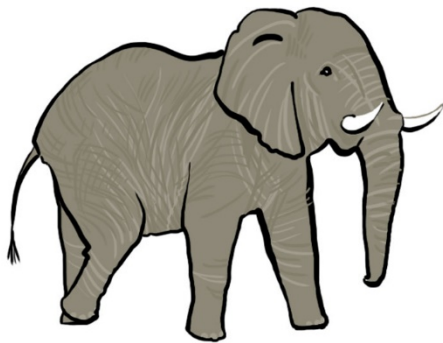


Running a successful Rainbow sleepover

Whether you are thinking of holding a sleepover during the Rainbows Go Wild weekend or another time, we hope you will find the following guidance and practical advice helpful. We want you and your girls to have the best sleepover possible! You can find more information about residentials on the Girlguiding website [here](#).

Planning

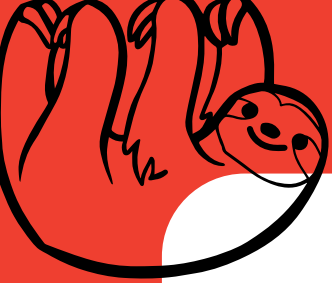
Get your event leadership team together and start thinking about the programme for your



Rainbow overnight events must not exceed 24 hours from the time that care of the girls is transferred to the leader. That includes travel!

If your Rainbows will be having a sleepover and attending the zoo, farm or other venue, this will all need to fit within 24 hours, so timing will be very important.





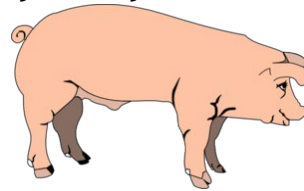
Suggested timings that work well:

- 12pm to 10.30am (packed lunch / evening meal and breakfast)
- 5.30pm to 2pm (evening meal / breakfast and lunch)
- 6pm to 11am (evening meal / breakfast)
- 9.30am to 9 am (packed lunch/evening meal and breakfast)

Make sure you discuss your plans with your commissioner as early as possible and start to complete a Residential Event Notification (REN). This can be done electronically. There must be someone in the event leadership team who holds the Going Away With licence (Modules 1-4) or is working towards modules 1 - 4 of the Girlguiding Going Away With scheme.

The four Going Away With scheme modules cover:

- Planning a successful residential event.
- Administration of a residential event.
- Managing safety and security away from home.
- Making health and first aid arrangements.



There are county and division residential advisers who you can contact for information and support. To find their details, contact your local commissioner or email info@girlguidinglaser.org.uk.

The REN should have as much information as possible on it, but as it is a working document it can be amended along the way as more details become available or anything changes.





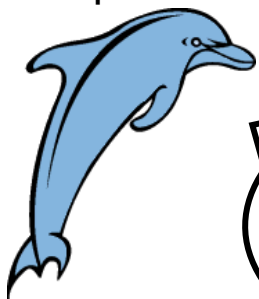
Your commissioner has to be completely satisfied with all your arrangements before she can give approval for the sleepover event to go ahead.

Remember, you will also need to fill out a risk assessment for your sleepover venue. A template can be downloaded from the Girlguiding LaSER website [here](#).

Venues

A suitable venue for your Rainbow sleepover will need to be booked and the venue will need to have been approved by your local residential adviser as a suitable place to hold a residential event. The venue should be close enough for a parent to collect their child should the need arise.

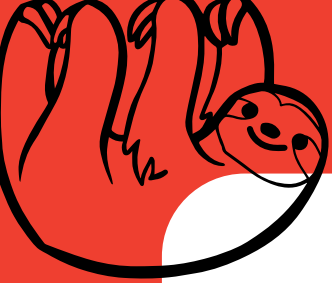
You might choose an equipped centre with bunk-beds and showers, or you might just want a large floor space where everyone can huddle down in a sleeping bag and blankets. [The Royal Society for the Prevention of Accidents](#) recommends that no child under the age of six sleeps in the top bunk. Seek parental permission if younger girls will need to sleep in top bunks.



You can use ready-beds, sleeping bags and duvets! Have a spare sleeping bag and blankets in case of night time accidents.

If you're [camping](#), get the tents set up early to maximise your time! If outside, make sure you have solid shelter available in case of bad weather.





- All non-member volunteers must be assigned the role of ‘residential occasional helper’ on Go! and undertake a DBS check.

Young leaders must be supervised at all times by adult volunteers, as they are not included in ratios.

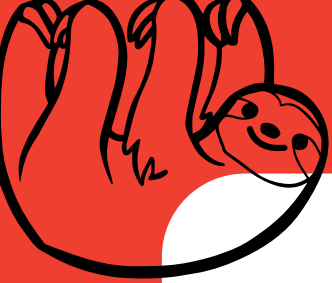
Remember to take into account any families and children of volunteers at residential events.

Team roles

Even with an overnight, it is worth giving people in the leadership team roles to share the responsibility.

- Event coordinator - responsible for planning the event, agreeing team roles, setting the budget and finalising the programme.
- First aider - must have attended a suitable and valid first aid course such as 1st Response or a professional similar or more advanced course. There must also be at least one other adult present with first aid knowledge. The first aider is responsible for sourcing the first aid kit for the event, checking members’ health forms before





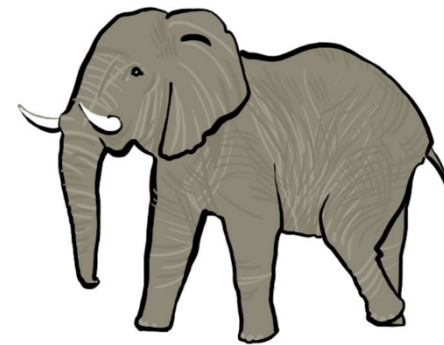
the event for any special health requirements to be aware of, and making sure hygiene is taken care of in general during the event.



Keep general and personal medication (except inhalers and EpiPens!) in a locked first aid box. Quick-access first aid items can be kept ready to use.

- Caterer - this person is responsible for working out the menu and quantities (checking for everyone's dietary requirements and any food allergies before finalising the menu), as well as ordering the food, sourcing the equipment and overseeing all food storage and hygiene requirements during the event. Anyone over 18 who is familiar with food hygiene requirements can be a caterer for the event. A qualification is not required for this role but those wishing to increase their knowledge can complete the Girlguiding Catering scheme.

Get the Rainbows to help choose the theme and activities!
Keep it simple.





Catering for a sleepover



Make sure you are aware of any food allergies and take medical advice where appropriate. The girls should be involved in food preparation but check that no one has an allergy to any of the ingredients, then make sure long hair is tied back, hands are washed and aprons are put on!

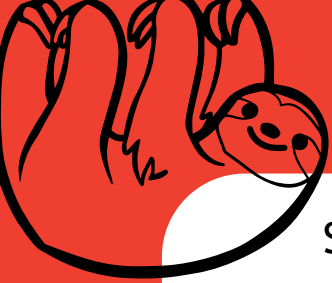
What you choose for the menu will depend on several things:

- Location - how far are you from shops?
- Preferences of the girls attending - wanting a plain and simple menu or something a bit more adventurous?
- The available catering facilities at your venue: is it a microwave and a kettle, or a fully equipped large kitchen?
- How long you'll be there - is the first meal going to be lunch, dinner or supper?

Time is short, so try to choose meals that are quick and straightforward to prepare, cook and serve.

If the event starts early enough on the first day you might ask parents to supply a packed lunch for the first meal, and then the evening meal and breakfast is catered for within the event's budget.





Suggestions for food options:

- Tuna pasta salad.
- Spaghetti Bolognese.
- Soup, rolls and oven chips.
- Home-made baguette pizzas and green salad.
- Chicken goujons and jacket potatoes.

Suggestions for desserts:

- Fresh fruit.
- Instant whipped cream with fruit.
- Cheesecake.
- Mini fruit pies and readymade custard.
- Yoghurt, a piece of fruit and a small chocolate bar.



Have healthy snacks available for the girls to have at any time. Breakfast suggestions range from a simple bacon roll and a cup of tea through to cereals, toast and a range of toppings so the girls can help themselves, buffet-style.

Informing parents and carers

It is important to hold a parents' meeting before a sleepover to give out the details and answer any questions.

It also gives parents the opportunity to meet the leaders before the event to have all the plans explained to them including the [home contact system](#).

Give parents a pack containing the following:

- Event notice with details of date, times, venue and cost.
- Information and consent form.





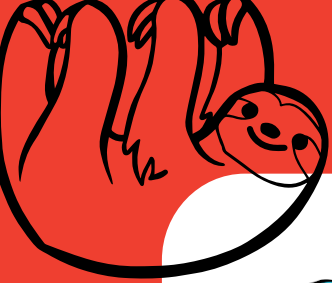
- Health information form, including consent for what over-the-counter medications can be included in the first aid box contents.
- Sleepover kit list - what the girls should bring and wear.



It's best to bring proper slippers (not slipper socks!) in case the girls need to go outside in an emergency!

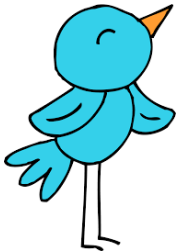
- Home contact system.





Rainbow Sleepover

Date/venue



Leaders

Kit List

- Rainbow uniform
- Spare t-shirt
- Sleeping bag and fleece blanket (we suggest this is brought in a 'bag for life')
- Nightwear - pyjamas, dressing gown and slippers
- Pillow if needed
- Underwear and socks
- Toiletries
- Favourite cuddly toy
- Nightlight or torch

Timetable

Saturday

1pm	Rainbows arrive and set up
2.30 - 4pm	Activities and games Drink and snack
4 - 5.15pm	Visit the play park
5.30pm	Help to prepare dinner
6pm	Dinner Prepare sleeping space
7.30pm	Games and campfire songs
8pm	Get ready for bed
8.30pm	Drink, story, bed

Sunday

7.30am	Prepare breakfast
8 - 8.30am	Wash, dress and tidy up
8.30 - 9am	Activities and games
10.00am	Snack
10.15 - 11.15am	Activities and games
11.15am	Prepare for home

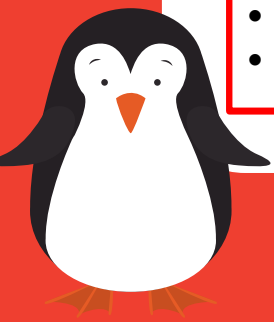
There are two forms to complete. One needs to be returned as soon as possible and the other is a health form to be submitted the day before or even on the day.

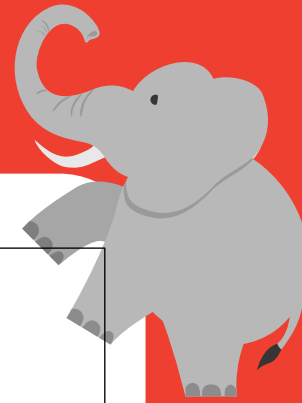
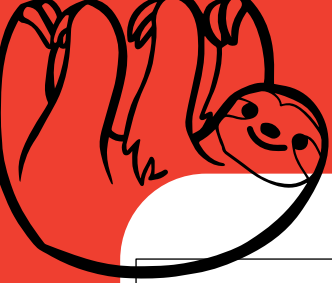
The cost is £

Parents will be responsible for transport of Rainbows to and from the venue.

We will give you a card with our mobile number.

Theme/activity details





Rainbow overnight menu

Saturday afternoon

Juices
Biscuits, cake and fruit



Evening

Snacks

Bedtime

Hot chocolate
Biscuits

Sunday breakfast

Choice of cereals including porridge
Toast
Jam, chocolate spread
Boiled egg and soldiers

Morning snack

Juice
Fruit

Saturday dinner

Choice of wraps or pasta
Homemade potato wedges

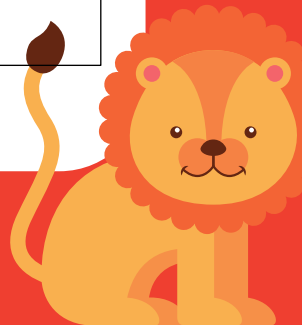
Fillings

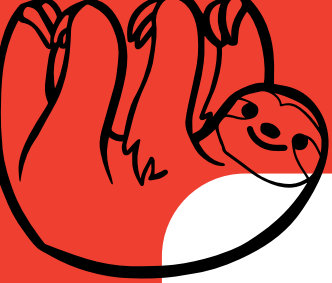
Chunks of chicken breast
Grated cheddar cheese
Lettuce
Tomatoes
Cucumber
Mixed beans in tomato sauce
Mayonnaise
Tomato sauce

Dessert

Jelly and fruit
Ice cream

The Rainbows will be helping with all food preparation and washing up.





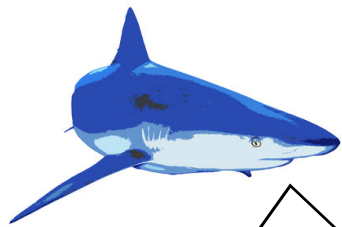
Activities for your Rainbows Go Wild sleepover

We'll be sharing some suggested activities for your sleepover based on your Rainbows Go Wild outing over the coming months. They could also be used at a later meeting to extend the fun!

There'll be quick ideas and games as well as extended activities that have been designed to be similar to the new programme resources - lots of ideas and adaptations are possible.

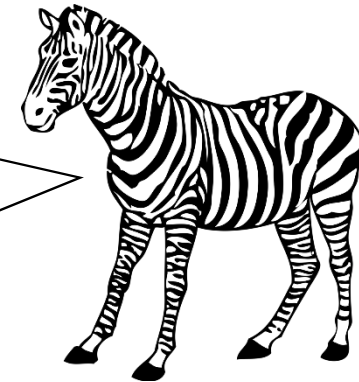
You'll also be able to download an additional song book and games book from our website for use during the sleepover, while travelling or at any other event.

Here are some top tips for planning your sleepover programme...



Settle the Rainbows into bed and read them a story while gradually darkening the room.

After a physical activity or outing, do something calming before bedtime, like a DVD or CD story time!



Provide a bag or something for the Rainbows to take home craft items!

