



*campione*  *sailing*



COMITATO ITALIANO PARALIMPICO  
ITALIAN PARALYMPIC COMMITTEE



# International Sail Camp

*Campione del Garda*

**Summer 2025**

## THE STRUCTURE

The sailing school within Univela is managed by the "Campione Sailing" team, an integral part of the Univela Sailing sports club, affiliated with CONI and the Italian Sailing Federation, as well as a non-profit company. This means that all proceeds go to finance the charitable activities that take place regularly conducted together with AIL Brescia and the Lombardy Paralympic Committee.

## CAMPIONE GARDA

Campione del Garda remains completely free from cars, traffic and pollution. We are on a peninsula connected only by two tunnels to the other villages on the coast. An oasis of peace where you can devote yourself to sport and nature.

The famous road called the Forra di Tremosine starts from Campione del Garda: the road that Winston Churchill called the Eighth Wonder of the World, and in more recent times the scene of important films, commercials, video clips.

## ACCOMMODATION STRUCTURE

Campione Univela, Via Riccardo Cozzaglio 1, 25010, Campione del Garda, Tremosine sul Garda, Brescia. See the property on Google Maps: <https://goo.gl/maps/eS9rixwpavffUNJS6>

Organizing secretariat: 0365791105 (also available via Whatsapp)

Hotel telephone: 0365791102

24-hour emergency telephone: 351 5001660 \*

\*IMPORTANT: please use this number only for urgent matters. For any other communication, contact the camp directly in the indicated time slots (see below).

Accommodation in 4-bed rooms (two single and two bunk beds) with private bathrooms.

The rooms are equipped with: shower, television, personal locker.



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NB: the combinations are made according to the available rooms, at the sole discretion of the organizers. Any matching preferences (e.g. between friends) will be taken into account as far as possible but cannot be considered binding in any way.

Entry time at the beginning of the shift: Sunday between 18:00 and 19:00

Exit time at the end of the shift: Saturday between 11:00 and 12:00

The camp begins with dinner on the first day and ends with the graduation ceremony at 11:00 am on the last day. Any entrances or exits at times other than those indicated above must be agreed directly with the staff on site, remaining in any case subject to the program provided for the field.

## REQUIRED DOCUMENTATION

In order to access the camp, it will be necessary to provide the following completed and signed forms:

- Non-competitive Sports Medical Certificate with ECG (only for Italian citizens - also in digital format)
- Health Form, to be filled out online at the link: <https://forms.office.com/e/n5w5CVG2Gi>
- Photocopy of the health card (only for Italian citizens - to be delivered on site)

NB: failure to sign and deliver the required documentation will make it impossible to enter the field and will void any right to reimbursement for non-participation.

## RULES AND INDICATIONS FOR TELEPHONE COMMUNICATIONS

To talk to the manager about the progress of the camp or any specific needs, please call only from 18:00 to 19:00, as during the day he may be engaged in activities and excursions and therefore unreachable or unavailable.

Phone calls between children and families will also be concentrated from 20:00 to 21:00, unless specifically necessary. The same mobile phone will be collected by the camp staff, and returned to the boys only in the time slots indicated above. Families are asked to let the children contact them (thus refraining from calling their children) so as not to compromise the regular flow of activities.

The mobile phone at the camp is allowed, but its use will be strictly regulated and allowed only and exclusively during the moments when your children will call home and in any case never during common activities. However, it is preferable to avoid excessively expensive or sophisticated smartphones.

## CELIAC DISEASE

The restaurant can cook with specific products for celiac disease but is not equipped with a "gluten free" kitchen, i.e. it cannot guarantee the total absence of any contamination since it does not have separate areas and equipment for food preparation.



However, it is mandatory to enter the menu request for celiac disease by email to [info@univela.org](mailto:info@univela.org) or the availability of gluten-free products cannot be guaranteed.

## NEAREST HEALTHCARE FACILITIES

Arco Hospital, Gavardo Hospital

## SPECIAL WARNINGS

To participate in the camp it is essential to know how to swim, at least at an elementary level (autonomy in buoyancy and for small movements, sufficient aquatics)

## SMALL EXPENSES ON SITE

A deposit of €20 will be required from the students, also to raise awareness of treating the structure and rooms with care and attention.

## THE NECESSARY EQUIPMENT

- Soft backpack suitable for small excursions, (packed lunch, water bottle and jacket must fit comfortably), avoiding backpacks with shoulder straps (shoulder straps) too thin or single-shoulder backpacks.
- in general, comfortable clothing (during the day temperatures can still be high).
- at least two changes of long trousers
- at least two Bermuda shorts and shorts
- a suit
- swimwear and beach towel
- personal linen (changed daily), pyjamas, personal hygiene bag
- Towels (1 small towel, 1 shower towel)
- T-shirts (one for each day)
- two sweaters or sweaters or fleeces or sweatshirts
- K-way or waterproof windbreaker in case of rain
- Socks (at least one pair a day), avoiding the "ghosts" to be used with hiking shoes: they cause blisters!
- Sun hat with visor
- plastic sneakers and slippers
- water bottle, the lightest and most airtight possible
- sun cream
- Sunglasses
- mosquito repellent products and any antihistamines post-bite cream.
- Bed linen/towels are provided by the property.



## PROHIBITED ITEMS

Army knives of any kind. In general, any object considered dangerous will be collected by the staff at their discretion and returned only when they return to the family.

## UNNECESSARY ITEMS

MP3 players, video games. In particular, with regard to the last two, we ask families for their full collaboration in not leaving children with tools that facilitate individual isolation from the group.

## MONEY AND VALUABLES

It is asked not to bring with you other types of valuables, nor amounts over 50 euros for personal expenses.

## MEDICINES

As far as the administration of drugs to minors is concerned, we necessarily refer to the guidelines of the MIUR (Ministry of Education) in agreement with the Ministry of Health to direct schools in the administration, during school hours, of drugs to students, a guideline then extended to educational trips (i.e. the closest thing there is to our summer camps).

In particular, if the minor needs to take any type of medication, it is necessary and indispensable that you proceed as follows:

-fill in the "health card" in full, expressly indicating all the necessary therapeutic indications <https://forms.office.com/e/n5w5CVG2Gi> ;

- Strictly comply with the information on the card itself, making sure to provide the child with what is requested (medical prescription, dosage, medicines packaged as required, etc.).

Since any omission will force our staff on site to take the minor to the nearest health facility, we reserve the right to retaliate against the parents for any additional expenses.

A special note should be made of "self-administration" or "over-the-counter" drugs that families frequently ask to administer in case of mild ailments such as fever or erythema. However, since these are medicines, although with the peculiarity of not requiring a medical prescription, written authorization from the parents is still required. On this health card you will therefore find a special section in which to authorize or not the use, in case of need, of some of the most common of these self-administered drugs, without prejudice to the operator's right to resort to authorized health facilities if he deems it necessary.

In all other cases, or if the resulting card is missing or inaccurate, no drug can be administered by our operators. We therefore recommend the scrupulous compilation of the health card and its prompt submission.



## PROGRAM

### Sunday

- 17:00 Welcome during arrival in Campione del Garda
- 19:00 Dinner
- 20:00 Games and entertainment
- 22:00 Lights out

### Monday, Tuesday, Wednesday, Thursday and Friday

- 7.30 Wake up and breakfast
- 9:00 a.m. – Boat Viewing
- 9:15 – How to rig the boat
- 9:45 – Major Nodes
- 10:15 – Environmental observations
- 10:20 – Wetsuit and life jacket preparation. Going out into the water
- 10:45 – Example of exercise in the water: weight distribution, use of the rudder, crew position, rudder operation, downwind gait.
- (Depending on the weather conditions and the ability of the participants, activities will be conducted on kayaks, SUP)
- 12:15 – Return and safety
- 12:30 – Lunch break
- 13:30 – Exit in the water
- 13:45 – Example of exercise in the water under sail: direction control, sail adjustment, luffing and leaning, capping and letting go, downwind gait.
- 16:00 – Return and disarmament.
- 16:20 – Commentary and speeches
- 17:00 – End of work, snack, rest and shower
- 18:00 – Outdoor play activity
- 19:00 Dinner
- 20:00 Entertainment
- 22:00 Lights out

### Saturday

- 08:00 Breakfast
- 09:00 Activities on the water or on land
- 11:00 Delivery of diplomas and return to parents



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## SAILING and STAND UP PADDLING - *WHAT DO YOU LEARN?*

A fun experience with games and challenges, trying a wide range of boats. It's about learning to love the waves and the wind. Multiple, single, catamaran and SUP boats are used adapting to the weather conditions and the objectives of the group. The activities on the water and on land are all very interesting and fun. The instructors operate proven methods to make the children interact with each other and nature. Depending on the level of the participants, age and weather conditions, the instructors will opt for some of the following activities.

### General

- Safety in the water
- Outline of meteorology
- Top Nodes
- Maintenance and storage
- Start and finish at the slide
- Gaits: upwind, downwind and downwind
- Wind direction
- Sailing upwind, downwind, downwind
- Boat Viewing
- Arm and disarm
- Environmental observations

### Sailing (specific exercises in the water):

- weight distribution
- Use of the rudder
- Crew Position
- downwind pace

- elementary technique of maneuvers
- elementary turn
- Elementary knocked down
- Return and disarmament
- Direction control
- Sail adjustment
- luffing and resting
- and let go
- downwind
- Paces: the upwind
- steering with sails or weight

### SUP (specific exercises in the water):

- Safety on board
- keep an eye on the equipment
- How to change direction
- How to ride efficiently
- Planning a trip

## VIDEO EXAMPLE TAKEN FROM SAIL CAMP 2023

<https://youtu.be/9rpRoINyHCU>



## OUR BOATS

### Rs Quest

2 RS Quest boats capable of accommodating up to 5 sailors. Ideal for the first outings with the instructor on board and then to be conducted independently.

Technical details: Simple dinghy for 5 people with mainsail, jib, gennaker and harness



### Rs Toura

1 RS Toura boat capable of accommodating up to 7 sailors. Ideal for the first outings with the instructor on board and then to be conducted independently.

Technical details: Simple dinghy for 7 people with mainsail and jib.



### Rs Quba

7 RS Quba boats ideal for 1 or 2 sailors. Ideal for the outings of students with sailing rudiments to be conducted independently.

Technical details: Simple dinghy for 1 or 2 people with mainsail.



### CII Bytes

5 Byte-CII boats ideal for 1 sailor. Ideal for outings by experienced students to be conducted independently.

Technical details: Technical dinghy for 1 person with battened mainsail.





## OUR BOATS

### Hobie Cat 15

4 Hobie Cat 15 catamarans capable of accommodating up to 5 sailors. Ideal for the first outings with the instructor on board and then to be conducted independently.

Technical details: Simple catamaran for 5 people with mainsail, jib and double trapeze



### J 22

2 J-22 class cabin cruisers capable of accommodating up to 5 sailors. Ideal for the first outings with the instructor on board and then to be conducted independently.

Technical details: Technical cabin cruiser capable of accommodating up to 5 people with mainsail, jib and spinnaker.



### STAND-UP PADDLE

10 stand-up paddles capable of accommodating up to 3 people. Ideal for windless days for half-day hikes.



### MOTOR BOATS

10 inflatable boats capable of accommodating up to 6 people, ideal for ensuring safety in the water during sailing school sessions.



## TREKKING "ANELLO DI CAMPIONE DEL GARDA"

Visit to the open-air hydroelectric power plant and trekking from the lake to the Tremosine plateau

Length: **8.38 km**

Difference in altitude: **350 m**

Duration: **3h**

Max altitude: **416 m**

In this short circular excursion of about 3 hours you climb the north side of the gorge (orographic left). Once you reach the S. Michele hydraulic outlet (20'), turn right across a metal bridge and follow path 267 to "Lo" (50'). Here you join path 142 (ex-202) which leads to the village of Pieve di Tremosine (40'). The town is famous for having a panoramic terrace from which you can enjoy a spectacular view of Lake Garda. The return is made by descending along path 141, an ancient steep but safe path that leads back to the old western Gardesana road. All that remains is to follow it to find yourself in Campione sul Garda (1h).

### The climb.

Campione with red roofs of the neighborhood that housed the workers of the cotton mill, in business until the 80s. In the foreground is the penstock necessary for the power plant of the former cotton mill for the production of electricity. At the time, many workers also came to Campione by boat from the other side of the lake.

### The plateau

In the churchyard of the Church of San Giovanni Battista with its Romanesque Bell Tower, dating back to the year 1000, you can enjoy a breathtaking view.

### The descent

Trail 141 is old and well-maintained. Until the beginning of the last century this path was the only road that connected Tremosine to the port.





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## PRICE

The price varies according to the booking period, the number of participants registered and the current promotions.

The following services and activities are included in the price calculation:

1. Continuous surveillance from Sunday at 6 pm until Saturday at 11 am
2. **6 nights** at the hotel on full board;
3. use of technical clothing including neoprene wetsuit and life jacket;
4. use of educational spaces;
5. parking for vehicles with which participants and companions arrive for unloading and loading;
6. access to the private beach and the lawn in front of Univela;
7. diploma of participation;

For any communications, please contact the manager Tristano Vacondio at the email address [info@univela.org](mailto:info@univela.org) or by phone at +390365791105.



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## SOME OF THE GROUPS HOSTED FROM 2012 TO TODAY

