

Excel Sports Academy Ltd

Day Care of Children

St. Georges School for Girls
Garscube Terrace
Edinburgh
EH12 6BG

Telephone: 07736320086

Type of inspection: Unannounced
Inspection completed on: 11 April 2018

Service provided by:
Excel Sports Academy Ltd

Service provider number:
SP2006008170

Care service number:
CS2006116581

About the service

The Care Inspectorate regulates care services in Scotland. Information in relation to all care services is available on our website at www.careinspectorate.com.

Excel Sports Academy, referred to as the club throughout this report, is based in St. George's School for Girls which is located in a quiet residential area of Edinburgh. The club offers a holiday programme of sports activities during the Easter, summer and October holiday periods. The club has access to the school's dining hall, sports hall, games room, futures rooms, television room, hall, The Lodge and gym. Outdoors areas include the Astro Turf, sports fields and tennis courts.

The club is registered to provide a care service to a maximum of 180 children aged 5 years to 16 years.

The stated aims and objectives of the club include:

'Excel aims to provide a day care facility that is (i) safe, (ii) enjoyable, (iii) informative and (iv) different.

(i) A careful balance must be made at times between what is fun and what is safe.

(ii) Encourage children to participate.

(iii) All sports sessions and activities will be well planned.

(iv) Excel Sports Academy is a fun camp not an extended school sports session and the difference should be how Excel's staff interact with the children.'

This service was previously registered with the Care Commission and transferred its registration to the Care Inspectorate on 1 April 2011.

The Care Inspectorate is committed to improving the health and wellbeing of all children receiving a care service. We want to ensure they have the best start in life, are ready to succeed and live longer, healthier lives.

We check services are meeting the principles of Getting it Right for Every Child (also known as GIRFEC). Set up by the Scottish Government, GIRFEC is a national approach to working in a consistent way with all children and young people. It is underpinned by the principles of prevention and early intervention. The approach helps services focus on what makes a positive difference for children and young people - and what they can do to improve. GIRFEC is being woven into all policy, practice, strategy and legislation that affect children, young people and their families.

There are eight wellbeing indicators at the heart of GIRFEC. They are: safe, healthy, achieving, nurtured, active, respected, responsible and included. They are often referred to as the SHANARRI indicators. We use these indicators at inspection, to assess how services are making a positive difference for children. Information on SHANARRI can be found at: <http://www.scotland.gov.uk/Topics/People/young-People/gettingitright>.

What people told us

We observed and spoke with a number of children throughout the inspection. They are placed in groups dependent on their age which are called the littlies, the middlies and the biggies. The children were happily engaged in the activities on offer. They engaged in a programme of challenging sports activities throughout the day. Staff promoted a friendly and nurturing ethos which contributed to children feeling respected and included. Children told us about the activities they enjoyed. Children's comments included:

'I like it, we have fun.'

'I enjoy the different sports. I really enjoyed the handball.'

We took 20 Care Inspectorate care standards questionnaires with us to the service for staff to distribute to parents. We received three completed questionnaires after the inspection. Parents strongly agreed that they were happy with the quality of care their child received in the club. Some parents and carers wrote comments which we discussed with the manager whilst ensuring their anonymity. Representative comments included:

'My child has been enjoying the camp immensely, stimulated and engaged, every evening looking forward to the next day.'

'Excel is a fantastic activity centre. I have used other providers and Excel is by far the best - staff are enthusiastic and experts, the range of activities and the facilities.'

'Both my children go to Excel and they love it! The day is well planned with lots of fun activities but they also have flexibility so the children can choose different sports/activities to do. The instructors are wonderful and there are a significant number of male instructors which I think is great for my son. Would highly recommend Excel to any parent.'

Self assessment

The service has not been asked to complete a self assessment in advance of the inspection. We discussed the quality assurance systems used by the manager and he informed us of the service's priorities for development and how he monitored the quality of the provision within the service.

From this inspection we graded this service as:

Quality of care and support	4 - Good
Quality of environment	not assessed
Quality of staffing	not assessed
Quality of management and leadership	4 - Good

What the service does well

There was a relaxed and welcoming and atmosphere in the club. We saw that children arrived happily and were greeted warmly by staff. Children settled quickly and were motivated by the different activities on offer throughout the day.

Information about the children was gathered from parents in a variety of methods. For example using online registration forms and daily discussions where information was shared. Staff had built up good relationships with parents and communication with them was informative and relevant to their child.

Activities and resources were planned and set up by staff. Staff led and instructed the children during the activities to expand their knowledge and understanding of different sports such as indoor curling, basketball, football and tennis. Children had downtime between sports activities where they could engage in activities such as drawing, jigsaw puzzles, read their book or watch DVDs appropriate to their ages. The biggies group had their own breakout room where they could play table tennis, pool, table football and use computer games. Planning

was informed through feedback and information received at the end of the previous camp which identified the different activities children had enjoyed. Activities were evaluated by staff and informed future planning.

There was a focus on health and safety at the club. Infection control measures were in place and staff were aware of the importance of minimising the risk of spreading infection by ensuring children washed their hands after toileting and before snack. There were exclusion period in place for illness and parents were made aware of this. Accidents and incidents were recorded informing parents what had happened to their child and the actions taken by staff.

Staff had established clear expectations of behaviour which were reinforced throughout the day. Children were aware of the boundaries and this had allowed a respectful relationship to be established between them and staff, who were observed to be responsive and supportive. Staff had a relaxed, friendly rapport with the children and they listened to their ideas and suggestions.

The manager was confident and settled in his role. He demonstrated good leadership skills which supported the development of the service. The manager was responsible for completing the quality assurance systems within the club, including monitoring the quality of provision. We found the manager to be open and approachable and had a friendly and professional manner in his engagement with children, staff and parents.

What the service could do better

The use of care plans should be developed to record information about those children who have an additional support need such as medical, allergies or dietary requirements. They should include clear information about the strategies in place to support these children. The manager agreed to do this and we will follow it up at the next inspection.

The manager used an informal system to support the service to identify and review priorities for improvement which he shared during the inspection process. We discussed with him that a formal improvement plan should be developed to record this information. We will follow this up at the next inspection.

We examined a sample of the staff's files and found that they needed to be better organised with detailed records of references and evidence of satisfactory PVG (Protection Vulnerable Groups) checks being carried out. Forms should be dated to show when they had been completed. This would ensure appropriate vetting had been undertaken to protect children and ensure that staff working with children were fit to do so. We will follow this up at the next inspection.

We discussed with the manager that some of the younger children appeared to need more support at times during the day as they were restless and tired during activities. We asked the manager to consider how long each activity lasted and whether it would be more beneficial for the younger group to be offered more activities for shorter periods. Also, the younger children needed more help during lunch and breaks. It was discussed that perhaps having a designated member of staff offering them support would encourage their independence. We will follow this up at the next inspection.

Requirements

Number of requirements: 0

Recommendations

Number of recommendations: 0

Complaints

Please see Care Inspectorate website (www.careinspectorate.com) for details of complaints about the service which have been upheld.

Inspection and grading history

Date	Type	Gradings
1 Sep 2014	Unannounced	Care and support 5 - Very good Environment 5 - Very good Staffing 4 - Good Management and leadership 4 - Good
2 Jul 2013	Unannounced	Care and support 4 - Good Environment 4 - Good Staffing 5 - Very good Management and leadership 4 - Good
10 Aug 2011	Unannounced	Care and support 5 - Very good Environment 5 - Very good Staffing Not assessed Management and leadership Not assessed
20 Oct 2010	Unannounced	Care and support 5 - Very good Environment Not assessed Staffing 5 - Very good Management and leadership Not assessed
23 Oct 2009	Unannounced	Care and support 5 - Very good Environment Not assessed Staffing 3 - Adequate Management and leadership Not assessed
1 Aug 2008	Unannounced	Care and support 4 - Good

Date	Type	Gradings	
		Environment	4 - Good
		Staffing	4 - Good
		Management and leadership	4 - Good

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