

GIRL SCOUTS OF CONNECTICUT

Timber Trails Resident Camp

Confirmation Packet

Summer 2010



Let's Splash into Summer 2010!



GSOFC Registration Department
North Haven Service Center
20 Washington Avenue
North Haven, CT 06473

(800) 922-2770 (203) 239-2922 Fax (203) 234-6828
www.gsofct.org camp@gsofct.org

Letter from the Camp Director

We are so happy that you have selected Camp Timber Trails for your camper to spend part of her summer.

We want your camper's experience at Camp Timber Trails to be fun, enjoyable, and, most of all, memorable. Camp Timber Trails is a community-based camp focused on teaching girls the skills for living harmoniously with others. We work tirelessly to maintain this focus by following the Girl Scout Promise and Law.

Girl Scouts of Connecticut summer resident camps provide great environments where girls can make friends and gain confidence in their social and physical skills. Summer camp promotes strength of character as girls learn the importance of cooperation when living in a community. Girls can try something new or practice a favorite skill while making friends and having the adventure of a lifetime! Our resident camp promotes diverse and exciting programs to give each girl a chance to be challenged and to excel.

Girls will be camping in a semi-primitive setting. There have been bugs and other critters out in the woods. It gets very dark at night. None of the "units" sleeping areas has electricity, so flashlights and extra batteries are a must. There is a washstand in each unit with 4 flushing toilets, and the enclosed shower house is centrally located for the camper's convenience.

Programs are balanced with general activities and specific areas of concentration. Girls of the same age are grouped together in "units" and participate in small group activities, as well as all-camp festivities. All resident camp programs include kapers (chores). These kapers will be shared by all girls, performed daily, and may include sweeping, picking up litter, collecting and stacking firewood, cleaning port-o-lets or flushies, hopping (setting and waiting tables), and Flag Ceremonies. Kapers build a sense of responsibility and camaraderie.

The daily schedule includes many fun activities for each group, and will vary slightly. When a camper signs up for a particular program, every effort will be made to include those activities in her schedule for each day. **Unfortunately, we cannot control the weather, and some activities may be suspended because of rain, excessive heat, or thunderstorms.** No matter what, you can rest assured that your camper will continue to participate in fun camp programs, rain or shine.

The staff at the resident camps of Girl Scouts of Connecticut are highly dedicated and thoroughly screened, trained, and certified. Many are in college learning to be teachers, or choosing career paths related to children. All staff participate in one or two weeks of specialized training, which may include Red Cross First Aid and CPR, lifeguard training, small craft training, horseback riding, and stable management. Program consultants and specialists, expert volunteers, and international staff enhance the overall resident camp experience.

A camper may leave her uniform, sash or vest, Badge book, and Handbook at home. These items tend to get dirty and ruined at camp. We will have Handbooks and Badge books available if needed. Campers also need to leave their electronic devices at home. Parents/guardians should discourage campers from bringing these devices (especially cell phones) to camp. These items have the potential to get lost or ruined at camp, and they distract from the community-building process.

I am thoroughly looking forward to seeing your girl at camp!

Thank you again for choosing Camp Timber Trails for your camper's summer adventure.

Valorie Rykowski
Director, Camp Timber Trails

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Open House at Camp Timber Trails

If you or your camper(s) have never been to Timber Trails, a pre-camp visit is highly recommended. Campers and their families are encouraged to visit camp during the Open House on Sunday May 2, 2010 from 2:00 - 4:00 p.m. held rain or shine. During Open House there will be opportunities to meet some of the staff, tour the facility, and get a feeling of how girls enjoy nature and the great outdoors. Please visit www.gsofct.org for complete driving directions from your area. If you are unable to make the Open House date, please email Valorie Rykowski vrykowski@gsofct.org for information on self guided tours.

WHAT TO DO NOW

- ❑ If you have general camp questions email Valorie Rykowski at vrykowski@gsofct.org.
- ❑ Make an appointment with the doctor if a physical exam has not been completed within two years of the start of your girl's camp session.

Welcome!

The Timber Trails staff is so excited that your girl is coming to camp this summer! We want you to know what camp is going to be like. Every summer is special and different, so even if your girl has been to camp before, you both may want to look over this information so she can be prepared. See you soon!

Getting Ready

- Visit camp early! Come to our Open House on May 2 so your camper knows where she is going, what camp will be like, and who the Camp Director is.
- Talk about camp ahead of time! Discuss what the following things will be like: group living, taking care of oneself, noises at night, new activities, making new friends, living outdoors. Also discuss her fears and assure her that camp is fun and safe, and that you will be excited to hear about all she has done.
- Practice for camp! Let her live out of a suitcase for a few days, address envelopes to mail to friends and relatives, count down the days to camp, go over the packing list, change her flashlight batteries.
- Remind your camper that she will be away from her television, cell phone, iPod, and other electronics. *Electronics and cell phones discovered at camp will be turned in to the camp office and returned to the camper on the last day of camp.*
- Remember that a prepared child is less likely to become homesick, but many campers can experience homesickness nonetheless.

Camp Activities

Programs are balanced with general activities and specific areas of concentration. Girls of the same age are grouped together in “units” and participate in small group activities, as well as in all-camp festivities. When a camper signs up for particular program, every effort is made to include those activities in her schedule each day. **Unfortunately, we can not control the weather, and some activities may be suspended because of rain, excessive heat or thunderstorms.** However rest assured that your camper will continue to participate in a fun camp program rain or shine.

Daily Schedule

Wake Up
Morning Flag Ceremony
Breakfast
Kapers (Chores)
Program Time
Lunch
Siesta (Rest Time)
Program Time
Evening Flag Ceremony
Dinner
Evening Program Time
Unit Closing Activity
Taps (Bedtime)

Weekly Camp Day Themes

Wacky Tacky Day
Twin Day
Pirate Day
Backwards/Inside Out Day
Pajama Breakfast Day
Dress your counselor Day

Precise times depend upon many factors, such as a unit’s chosen activities and programs, all-camp events, specials, and weather. Exact times of some events may change from week to week.

Sleeping Accommodations

Accommodations at camp consist primarily of rustic cabins with no electricity. Campers will be given housing assignments upon arrival. Assignments are made based on program, grade, and number of participating girls. It is recommended that each girl bring mosquito netting with her to camp, but it is not required.

Camp Buddies

Whenever possible, we will honor a camper’s request to be with a friend (you may only have one buddy), if both girls request each other on the application and both girls are in the same program in the same session. Groups of girls who try to create “buddy chains” will need to be split up. Multiple buddies can cause the exclusion of other campers.

Camp Trading Post

The Camp Trading Post will be open during arrival and departure times. Campers will also visit at least once during the week. Sweatshirts, T-shirts, mugs, patches, postcards, and a variety of personal items are available.

You will be able to open a Trading Post account for your camper by depositing spending money in her Trading Post account during check-in. Please do not under any circumstances pack cash in your camper's luggage. There is no reason for campers to carry cash during their stay at camp.

Unit Photos

During each camp session, a photographer comes to camp to take unit photos. For many campers, that photo is a nice way to remember both her camping experience and her new friends. The 8X10 professional photos will cost \$12.00. There will also be an opportunity to purchase a staff photo for \$12.00 also at check-in. The photographer is independent of camp staff, so **unit photos must be ordered and paid for separately during check-in.** Your personal check payable to GSOFCT or cash will be accepted. Unfortunately, photo orders cannot be accepted earlier or charged to a Trading Post account.

Homesickness

Be careful not to talk too much about how much you will miss your camper. Campers sometimes feel guilty about leaving people or pets behind. Make sure to say "I love you" a lot and that you will be very happy to hear about all her new adventures. Be sure to send mail to camp for her and encourage her to make new friends and have fun. Because many campers on the first night send letters home requesting you to pick them up immediately, don't assume they want to be picked up days later. Usually by the time you receive your child's letter she has already adjusted and is having fun. Please don't call your child's cell phone. If you are unsure please feel free to call the Camp Director.

Mail

Frequent, cheerful, and supportive letters are important to campers. Mail service can be slow, so allow several days for delivery. We recommend writing letters to your camper and dropping them off in the box provided on opening day. Your camper's name, her program name, and the desired delivery date should be written on the outside of each envelope. We will make every effort to delivery letters on a timely basis.

If mailing letters see below:

Camper's Name, date of desired delivery

Camper's Program

Timber Trails Resident Camp

1266 East Otis Road

Tolland, MA 01034

Opening Day

Special Instructions for campers

- Wear comfortable shoes.
- Keep all **medications, forms, money, bedding, and swim gear** separate from luggage.
- Leave pets, food, and electronics, **including cell phones**, at home. *Electronics and cell phones discovered at camp will be turned in to the camp office and returned to the campers on the last day of camp.*

Check-In

- Check-in for all 1, 2, 4 week and Junior 3 day sessions is always on Sunday(**Exception is first session when check-in is Monday July 5**)
- 3-day Brownie programs check-in on Wednesday
- Check-in time for all is 2:00 - 4:00 p.m.

Upon arrival, please be sure to follow these steps.

- Check in with the greeter just before the parking lot, and he/she will guide you to the parking lot, give you instructions about the check-in stations and your camper's unit.
- Staff will direct the parking. After parking, place your camper's luggage in her unit's designated area (in trailers). **She may choose to carry her bedding to set up when she arrives in the unit. She should take her swim gear because the swim test follows the check-in process.** The remainder of her luggage will be moved to her unit for her. Rainy day check-in is at the shop and you will be directed if the weather is inclement.

The check-in stations

- Parking Lot
- Dining Hall
- Healthcare Staff
- Trading Post and Photos
- Camper's Unit

You should have the following with you for check-in

- All forms on the packing list are to be brought to check-in and not packed in luggage
- Trading Post deposit money and photo money
- All medications and vitamins in their *original* containers **with Girl/Staff Health Record** page 1 and 2 **and Medication Administration Authorization forms for each medication – all signed and completed**
- Camper mail

Closing Day

- Please be prompt. Check-out is between 9 - 10 a.m. on Saturday morning. If you need to arrange an earlier date, please do so on opening day with the healthcare staff.
- 3-day Junior Jam pick-up is Wednesday morning at 9 a.m. in the same location.
- When you arrive, staff will direct you where to park.
- **Please remember to bring your picture ID with you!** We need to verify that each camp is picked up by the designated adult on the release form. The campers will be with their units gathered in the vicinity of the West Wind parking lot (In the maintenance shop for inclement weather).
- Find your camper's unit and her counselor. You **must first** sign her out of camp with her Unit Leader. At this time you will also collect her picture (if you ordered one), and other important items. You then proceed to the healthcare station to collect and sign out her medications/vitamins.
- You and your camper should find her luggage in the parking lot placed by her unit. Be sure to have YOUR CAMPER look at everything before leaving. Make sure nothing is missing. Make sure she hasn't collected someone else's belongings.
- Your camper will have a chance to check the **Lost and Found** before leaving camp at breakfast. All lost and found items will remain at camp until August 18, 2010. After that date they will be donated to charity.
- Please fill out the Parent Evaluation form and mail it back to the council. We appreciate your feedback!

Healthy Camping

Camp takes place during the summer with sun, dirt, heat, and bugs. These things can remain minor issues by teaching girls preventative care to maintain their own wellness. Please send your camper with the following items and lessons.

- **Sunscreen** with an SPF 15 or greater. Teach her to put it on right away in the morning and to reapply it frequently. Show her how to put it on.
- **Bug repellent** (no aerosol cans). As with sunscreen, teach her about its importance and application.
- **Rain jacket or poncho**. This can be a matter of both health and comfort!
- **Water bottle**. Because we are so active at camp, we get dehydrated faster. Each person should drink at least three large water bottles per day, in addition to water at meals. Please send your camper with a large bottle, preferably one with a strap for easier carrying.
- **Ticks**. We do have ticks at camp. Please talk to your daughter about what a tick is and what it looks like. Teach her to check herself daily and to tell her counselor if she finds a tick. Her counselor will send her to the Health Center to have it removed. Ticks removed within 24 hours have less chance of causing health problems.
- **Showers**. Girls will typically shower every other day. Teach your camper how to keep clean, shower, and shampoo. Discuss how to dress and change in a room with other campers and still maintain modesty.
- **Swimwear**. Most campers swim and rinse every day. It is important to tell your camper that she should only wear her swimsuit when she is swimming. Wearing it all day can cause health problems.
- **Personal items**. Please send supplies if your camper has ever had her period or is about to start (sometimes physical activity and heat can cause girls to begin). Encourage your camper to talk to her counselor or the health care staff if she has any problems or needs additional supplies.

Medical Information

State law requires every person at camp to have a health record or religious waiver on file at camp. Page 1 of the health record must be completed by the parent/guardian within three months of the start of camp. The health record physical examination and immunization on page 2 must be signed and dated by a licensed doctor no more than 24 months before the start of camp. **These forms MUST BE MAILED to the council before campers arrive at camp. Please bring COPIES of all these forms to camp with her on opening day. Health forms must be at camp for a camper to be at camp.**

Medications brought to camp must be in the original container. Medications are kept and distributed by the Healthcare Supervisor (except inhalers and Epi-Pens). Campers with inhalers are asked to bring two (2) so that one may be kept with the nurse. All medications, whether prescription or over-the-counter, require a doctor's order, as well as parent/guardian permission, in order for camp staff to administer them. With permission from the camper's parent/guardian **and** physician, we administer prescription medications to the person named on the label according to the directions written on the pharmacist's label on the bottle.

Bed Wetter

If your camper is a bed wetter, please be certain to provide that information on the front of your camper's health record and alert her unit cabin staff. Tell your camper to alert her staff members if bedwetting occurs and assure her that it happens to many campers and we will be discreet. Wet linens will be laundered. Sheets and blankets are advised (instead of sleeping bags) for ease of laundering. Please note that sometimes girls who are not normally bed wetters may have an incident at camp.

Parent Notification

Parents/guardians will be notified by telephone in the following situations:

- Illness requiring the camper to be in the Health Center overnight;
- Illness requiring medical attention so that the parent/guardian may take the child to her own personal physician;
- Injury which requires outside medical attention;
- Injury which interferes with the camper's participation in her chosen program.

Frequently Asked Questions

Whom do I call when I have questions about registration or if spaces are left in a program?

You may call the Registration Department at (800) 922-2770.

Whom do I call for more information about camp and camp programs?

You may call or email the Camp Director at the council office at (860) 522-0163, x3235, or at Timber Trails Resident Camp at (413) 258-4592 during the camp season. Valorie Rykowski vrykowski@gsofct.org.

May I bring my puppy to visit camp on opening or closing days?

Unfortunately, the answer is no. Girl Scouts of Connecticut policy states that no animals are allowed at any of the program areas/camp properties.

Can my camper make phone calls home? May I call my camper while she is at camp?

Your camper's happiness and welfare are of the utmost concern to the Camp Director and staff. One way to maintain happiness and welfare is to avoid interrupting a camper's adjustment. Campers do not receive or make phone calls during their stay at camp. Parents or guardians can call camp and speak with the Camp Director about their camper. Emergency messages will be delivered as soon as possible. If there is a problem or if your camper is not doing well, the Camp Director or the healthcare staff will contact you.

May we visit our camper during the camp session?

We ask that parents/guardians only come to camp on the opening and closing days of their camper's session to avoid disrupting her enjoyment of and adjustment to camp.

How much luggage should my camper bring?

A packing list is enclosed. Girls should only bring what is needed, as space is very limited and there is no room for a large footlocker. Please label all personal gear, as well as luggage, to avoid loss. Leave valuables, food, pets, cell phones, and all electronics at home. **Girl Scouts of Connecticut cannot be responsible for campers' personal possessions.**

Is there a laundry service for my camper at camp?

There are no laundry facilities available to campers. Please be sure she has enough clean clothes, towels, washcloths, etc., to last the length of her stay. It is a good idea to include a laundry bag. The girls will be able to rinse out swimsuits and hang them out to dry.

How much money should I leave for the Trading Post? What items are in the Trading Post?

There will be an inventory and price list for the Trading Post found at check-in to look at to determine how much money to deposit at the Trading Post. Call Timber Trails Resident Camp at (413) 258-4592 for Trading Post information if you are not going to be present on opening day.

What is the camp's policy on Lost and Found items?

Girl Scouts of Connecticut is not responsible for lost, damaged, or stolen items or medications. If you think your camper is missing anything, call Timber Trails Resident Camp at (413) 258-4592. Lost property is held up to August 18. Campers are encouraged to check Lost and Found before leaving camp on closing day.

May we leave mail at camp to be delivered to her each day?

Yes. Parents/guardians may leave mail at camp for their campers. A drop box will be available at check-in.

**Camp Timber Trails
1266 East Otis Road
Tolland, MA**

DIRECTIONS

From Massachusetts Route 8 North or South. Turn onto Route 57 East. Turn left onto East Otis Road. Go approximately 2.5 miles. At street light, turn right and enter camp.

From Massachusetts Route 57 West. After entering the town of Tolland, look for a large overhead sign indicating a steep hill. Take a right turn onto East Otis Road. Go approximately 2.5 miles. At street light, turn right and enter camp.

From East or South of Hartford. Take I-91 North to Exit 40, Bradley International Airport. Take Route 20 to Granby. At Granby Center, follow signs to Route 189 North.

*In Granville, MA, turn left off Route 189 North onto Route 57. Go approximately 11.2 miles. You will see a small sign for Camp Timber Trails on your right. Turn right onto East Otis Road. Go approximately 2.5 miles. At street light, turn right and enter camp.

From West of Hartford. Pick up Route 189 North near the University of Hartford and proceed from * above.

**Emergency Telephone Number at Camp
(413) 258-4592**

Packing List-Timber Trails

Clothing and Supplies

- Swimsuit (2 preferred)
- Sunscreen: SPF 15 or higher
- Insect repellent (no aerosol)
- Hat
- Bandanna
- Pajamas (sleepwear)
- Underwear (1 for each day, plus 2 spare)
- Socks (1 pair for each day, plus 2 spare)
- Sturdy shoes/sneakers (closed toes and closed heels) **must** be worn at all times
- 1 pair of wet shoes (for boating)
- 1 pair **old sneakers** for Brook Stomping
- Jeans or long pants
- Raincoat or poncho
- Toiletry articles in a carrying bag (soap, shampoo, toothbrush and paste, comb, hair ties)
- Shorts
- T-shirts
- Sweatshirt or summer jacket
- Shower shoes (these can be flip flops, but are **only** to be worn *in* the shower)
- Fitted sheet (twin size) and/or flat sheet
- Sleeping bag or blanket and sheets
- Pillow
- Laundry bag for dirty clothes
- Plastic bag for wet or soiled items
- 3 towels
- Washcloths
- Flashlight *and extra batteries* (camp gets dark at night!)
- Water bottle (preferably 1 liter with strap)
- Day pack (book bag or backpack)
- NEW Mess Kit**

Horseback Riding Program

- Long pants for riding
- Riding boots or tie shoe with hard sole and 1" heel

Optional

- Stationery and stamps
- Headlamp
- Address book
- Camera and film (disposable)
- Daily Camp Theme attire

- Lantern (Battery Operated)
- Mosquito netting

Leave at Home

- Cell phones**
- Duct tape
- Electronics (personal music players, video games, etc.)
- Food** (snacks and meals will be provided)
- Pets
- Pocket knives or hazardous materials (such as matches)
- Anything that could be considered a weapon
- Alcohol, cigarettes, drugs

The above items are prohibited and will be confiscated.

Bring to camp for Check-In on first day (Do **Not** Pack in Luggage.)

- Medication/vitamins in original containers (for both prescription and over-the-counter)
- Medication Administration Authorization **ONE** for each medication
- Camper Release form
- Camper/Parent information sheets (**attach small picture of camper**)
- Copy** of both Health Record (Page 1) and Health Record Exam with immunizations (Pages 2)
- Bedding
- Towel
- Swim gear
- Trading Post/photo money

Mail to GSOFACT Before Camp Session

Required Forms

- Behavior Agreement
- Liability Release Form
- Health Record (Page 1) Health Record Exam with immunizations (Page 2)

Meningococcal Disease and Camp Attendees: Commonly Asked Questions

April 2008

What is meningococcal disease?

Meningococcal disease is caused by infection with bacteria called *Neisseria meningitidis*. These bacteria can infect the tissue (the “meninges”) that surrounds the brain and spinal cord and cause meningitis, or they may infect the blood or other organs of the body. In the US, about 1,000-3,000 people get meningococcal disease each year and 10-15% die despite receiving antibiotic treatment. Of those who survive, about 11-19% may lose limbs, become deaf, have problems with their nervous system, become mentally retarded, or have seizures or strokes.

How is meningococcal disease spread?

These bacteria are passed from person-to-person through saliva (spit). You must be in close contact with an infected person’s saliva in order for the bacteria to spread. Close contact includes activities such as kissing, sharing water bottles, sharing eating/drinking utensils or sharing cigarettes with someone who is infected; or being within 3-6 feet of someone who is infected and is coughing and sneezing.

Who is at most risk for getting meningococcal disease?

People who travel to certain parts of the world where the disease is very common are at risk for meningococcal disease. Children and adults with damaged or removed spleens or an inherited immune disorder (called “terminal complement component deficiency”) are also at risk. People who live in settings such as college dormitories are also at greater risk of disease.

Are camp attendees at increased risk for meningococcal disease?

Children attending day or residential camps are **not** considered to be at an increased risk for meningococcal disease because of their participation.

Is there a vaccine against meningococcal disease?

There are currently 2 vaccines available in the US that protect against 4 of the most common of the 13 serogroups (subgroups) of *N. meningitidis* that cause serious disease. Protection with the meningococcal polysaccharide vaccine lasts about 3 to 5 years. A meningococcal vaccine (conjugate vaccine), which was licensed in January 2005, is expected to help decrease disease transmission and to provide more long-term protection.

Should my child receive meningococcal vaccine?

Meningococcal vaccine is **not** recommended for attendance at camps. However, this vaccine is recommended for certain age groups; contact your child’s health care provider. In addition, parents of children who are at higher risk of infection, because of certain medical conditions or other circumstances, should discuss vaccination with their child’s healthcare provider.

How can I protect my child from getting meningococcal disease?

The best protection against meningococcal disease and many other infectious diseases is thorough and frequent handwashing, respiratory hygiene and cough etiquette. Individuals should:

1. wash their hands often, especially after using the toilet and before eating or preparing food (hands should be washed with soap and water or an alcohol-based hand gel or rub may be used if hands are not visibly dirty);
2. cover their nose and mouth with a tissue when coughing or sneezing and discard the tissue in a trash can; or if they don’t have a tissue, cough or sneeze into their upper sleeve.
3. not share food, drinks or eating utensils with other people, especially if they are ill.

You can obtain more information about meningococcal disease or vaccination from your healthcare provider, your local Board of Health (listed in the phone book under government), or the Massachusetts Department of Public Health Division of Epidemiology and Immunization at (617) 983-6800 or toll-free at (888) 658-2850 or on the MDPH website at <http://www.mass.gov/dph>.

Provided by the Massachusetts Department of Public Health in accordance with M.G.L. c.111, s.219.

Forms

The following forms are included in your confirmation packet and should be completed, signed, and sent to council and **copies of all brought to camp for check-in.**

- Behavior Agreement
- Consent to Participate and Release
- Consent to Medical Treatment for Camper
- Health Record (Page 1)
- Health Record Examination and Immunization (Page 2)
- Medication Administration Authorization (one for each medication)
- Camper Release

Attention Campers Attending July 5th Session

Camp is **not** open on July 4, 2010. Check-in will be on Monday, July 5, 2010.

If your camper has chosen a 1 or 2 week session beginning on July 5, then your camper is eligible to receive a FREE hoodie.

Fill out the information below, circle your camper's hoodie size, detach and mail this portion of the confirmation in with your health forms. The hoodies will be available at camp during the camper's session.

Camp Timber Trails hoodie July 5th week 1 and 2 week sessions only

Camper's Name: _____

Program Name: _____

Child Small Child Medium Child Large Adult Small Adult Medium Adult Large

Girl Scouts of Connecticut Behavior Agreement

(This form **must** be signed by **both** Camper & Parent/Guardian and turned in on arrival at camp.)

Girl Scout camp is a community which comes together to help girls live together in the out-of-doors. Girl Scout program helps girls develop *Courage*, Confidence and the integrity of *Character* needed to live cooperatively as positive citizens in our ever changing world. We maintain this focus by following the Girl Scout Law and Promise everyday.

The Girl Scout Promise

On my honor I will try,
To serve God and my country,
To help people at all times,
And to live by the Girl Scout Law

The Girl Scout Law

I will do my best
To be honest and fair,
Friendly and helpful,
Considerate and caring,
Courageous and strong,
And responsible for what I say and do,
And to respect my self and others,
Respect authority,
Use Resources wisely,
Make the world a better place,
And be a sister to every Girl Scout.

Camper Agreement

I _____ agree to follow the Girl Scout Promise and Law while at Girl Scouts of Connecticut Summer Camp and on the bus traveling to and from camp. I will do this by doing my best to be:

- Honest and Fair
- To help where I am needed
- To be friendly and considerate of both fellow Campers and Staff
- To ask for help
- To respect authority
- To use resources wisely
- To protect and improve the world around me
- To show respect for myself and others through my words and actions
- To follow the Girl Scout electronics policy as outlined in the parent handbook**

I understand that if I am unable to follow these rules that my Parents/Guardian will be contacted and I could be sent home from camp at any time by the Camp Director.

Camper Signature _____ Date _____

Parent/Guardian Agreement

I _____ have discussed the above with child and feel that she understands what is to be expected of her while at Girl Scouts of Connecticut Summer Camp. I also understand that should she be unwilling or unable to live within these guidelines, I may be called to pick up my child at her camp. Parents must pick up their child within four hours at day camp, and within 24 hours at resident camp. If a parent fails to collect his/her child within this reasonable amount of time, the child will be reported as abandoned to the local police. I further acknowledge that should my camper be asked to leave due to her behavior there is no refund of tuition.

Parent/ Guardian Signature _____ Date _____



GIRL SCOUTS OF CONNECTICUT

(800) 922-2770 www.gsofct.org

CONSENT TO PARTICIPATE AND RELEASE

Camper's Name (Please Print) _____ **Camp** _____

Girl Scouts of Connecticut camps and outdoor program centers frequently have rustic facilities and uneven terrain that may include hills, woodlands, and waterfront areas whose navigation may require concentrated physical exertion (such as walking, hiking, or swimming). Many of the programs/activities described in camp or program literature and provided by Girl Scouts of Connecticut include a variety of rigorous physical activities in the outdoors. By signing this consent for your child to participate, you acknowledge that your child's participation in the program activities, as described in the camp brochure and other materials, requires an acceptance of possible serious injury to your child. You have made your own judgment that your child is capable of participating in activities at camp. You also are representing to Girl Scouts of Connecticut that your child has no undisclosed condition that might affect her fitness or ability to participate with or without reasonable accommodation. Please list below any conditions that might affect your child's ability to participate fully in a particular activity and identify any medical restrictions. We are requesting this information so that we can work with you to determine an appropriate level of participation. Disabilities or medical restrictions will not automatically exclude your child from participating in an activity.

In any program/activity at summer camp, there is always some risk of personal injury or property damage. In return for the agreement to permit your child to participate, you agree that you will not sue Girl Scouts of Connecticut (hereafter the "Council") and its members, employees, agents, assigns, or volunteers for any injury to your child that results from or is aggravated by the inherent risks of your child's participation in a program/activity at summer camp. The inherent risks involved in participation in any program/activity include those injuries which result from circumstances or actions of persons who are not employees or agents of the Council.

Please read this agreement carefully and make certain that you understand it fully before signing it. By signing below you may be giving up substantial rights that belong to you and your child. You agree that you are signing this consent freely and voluntarily.

My child is in good health and does not have any health condition or disability that might affect her ability to participate in:

- | | Yes | No |
|---|--------------------------|--|
| General activities (All camps) | <input type="checkbox"/> | <input type="checkbox"/> Please initial: _____ |
| Challenge Course and Climbing Wall activities (Candlewood, Pattagansett, Timber Trails) | <input type="checkbox"/> | <input type="checkbox"/> Please initial: _____ |
| Horseback Riding activities (Aspetuck, Katoya, Laurel, Timber Trails) | <input type="checkbox"/> | <input type="checkbox"/> Please initial: _____ |

If No, please identify the health condition or disability. Please include such items as allergies, medical restrictions, inability to read directions at an age-appropriate level, or similar factors that employees, agents, assigns, or volunteers of the Council should keep in mind when working with your child.

I certify that I, as parent/guardian with legal responsibility for _____, do consent and agree to her participation in camp programs as described in the camp brochure or other Girl Scout program literature on the terms described above and state that I have completed the form truthfully to the best of my knowledge and ability. I understand that without this form, my camper may not participate in any programs/ activities at summer camp. I agree to instruct my camper to follow all safety instructions given by staff during programs/ activities.

Parent/Guardian's Name (Please print)

Parent/Guardian's Signature

Date Signed



GIRL SCOUTS OF CONNECTICUT

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| |
|----------------|
| CAMP NAME: |
| SESSION DATES: |

GIRL/STAFF HEALTH RECORD - HEALTH HISTORY

Page 1

- To be completed by parent/guardian or staff member, as applicable.
- This form should provide current information for summer camp.
- If you wish to use this form for other purposes, you should copy it prior to sending it to GSOFACT. GSOFACT maintains forms as required by law, but requires new submission of form annually.

Mail completed health record to:
Girl Scouts of Connecticut
Outdoor Program Department
20 Washington Avenue
North Haven, CT 06473

| Participant Information | | | | | |
|-----------------------------|----------------------|-------------------|-------------------|-------------------|-----|
| Name (Last, First, Initial) | | Parent/Guardian | | Birth date | Age |
| Address | | | City | ST | Zip |
| Home Phone () | Work Phone () | Cell Phone () | | | |
| In Emergency Notify | Relationship to Girl | Cell Phone () | Home Phone () | Work Phone () | |

| Insurance Information (List your primary policy. This information may be released, if necessary, for insurance purposes.) | | |
|---|-----------|--|
| Carrier | ID Number | Group Number |
| Member Services Phone Number | Address | I accept full responsibility for the costs of any medical care/treatment I have hereby authorized. |

| Health History (Check all that apply.) | | |
|---|---|--|
| Diseases | Allergies | Chronic or Recurring Illness |
| <input type="checkbox"/> Chicken Pox <input type="checkbox"/> Measles <input type="checkbox"/> German Measles <input type="checkbox"/> Mumps <input type="checkbox"/> Rheumatic Fever <input type="checkbox"/> Tuberculosis <input type="checkbox"/> Kidney | <input type="checkbox"/> Animals <input type="checkbox"/> Food <input type="checkbox"/> Hay Fever <input type="checkbox"/> Insect Stings <input type="checkbox"/> Medicines <input type="checkbox"/> Asthma <input type="checkbox"/> Penicillin | <input type="checkbox"/> Drugs <input type="checkbox"/> Plants <input type="checkbox"/> Pollen <input type="checkbox"/> Other (Specify) _____ |
| <input type="checkbox"/> Ear Infections <input type="checkbox"/> Heart Defect/Disease <input type="checkbox"/> Seizures/Convulsions <input type="checkbox"/> Bleeding Disorders <input type="checkbox"/> Asthma <input type="checkbox"/> Mononucleosis <input type="checkbox"/> Fatigue | | |
| <input type="checkbox"/> Bed Wetting <input type="checkbox"/> Diabetes <input type="checkbox"/> Musculoskeletal Disorders <input type="checkbox"/> Arthritis <input type="checkbox"/> Sinusitis <input type="checkbox"/> Frequent Headaches <input type="checkbox"/> Other _____ | | |

My daughter has permission to take or use the following, if available or if provided by me in their original container. During summer camp, over-the-counter medications may only be administered in an emergency when an R.N. is the camp's Director of First Aid and according to the Camp Physician's Standing Orders.

| | | |
|--|--|---|
| <input type="checkbox"/> Tylenol/Acetaminophen <input type="checkbox"/> Antibiotic Ointment/Bacitracin/Bactoban <input type="checkbox"/> Antacids <input type="checkbox"/> Calamine/Caladryl <input type="checkbox"/> Wound Wash | <input type="checkbox"/> Benadryl/antihistamine <input type="checkbox"/> Antidiarrheal <input type="checkbox"/> Tums/antacid <input type="checkbox"/> Robitussin/expectorant <input type="checkbox"/> Swimmer's Ear/alcohol-vinegar solution | <input type="checkbox"/> Hydrocortisone Cream <input type="checkbox"/> Hydrogen Peroxide <input type="checkbox"/> Epinephrine <input type="checkbox"/> Advil/ Ibuprofen <input type="checkbox"/> Epi-Pen Jr. (up to 9 years of age) <input type="checkbox"/> Epi-Pen (over 9 years of age) |
|--|--|---|

Restrictions (The following restrictions apply to this individual.)

Does not eat: Red meat Pork Dairy products Poultry Seafood Eggs Peanuts Other (describe)

Explain any restrictions to activity (e.g., what cannot be done, what adaptations or limitations are necessary). Attach explanation, if needed.

| General Questions (Please explain any "yes" answers, noting the number of the questions. Attach explanation, if needed.) | | | | | |
|--|--------------------------|--------------------------|--|--------------------------|--------------------------|
| Has/does the participant: | Yes | No | Yes | No | |
| 1. Had any recent injury, illness, or infectious disease? | <input type="checkbox"/> | <input type="checkbox"/> | 9. Have frequent nosebleeds? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Ever had a head injury? | <input type="checkbox"/> | <input type="checkbox"/> | 10. Have a history of bedwetting? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Wear glasses, contacts, or protective eye wear? | <input type="checkbox"/> | <input type="checkbox"/> | 11. Have any skin problems (e.g., itching, rash)? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Ever passed out during exercise? | <input type="checkbox"/> | <input type="checkbox"/> | 12. Have problems with diarrhea/constipation? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Have problems with sleepwalking? | <input type="checkbox"/> | <input type="checkbox"/> | 13. Have severe menstrual cramps? | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Ever had emotional difficulties for which professional help was sought? | <input type="checkbox"/> | <input type="checkbox"/> | 14. Have an orthodontic appliance being brought to activity? | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Had an operation or serious injury? | <input type="checkbox"/> | <input type="checkbox"/> | 15. Ever been hospitalized? | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Had a chronic or recurring illness or medical condition? | <input type="checkbox"/> | <input type="checkbox"/> | | | |

Health Information Privacy Statement

The Girl/Staff Health Record is for health care concerns at summer camp only. All records will be handled by staff/volunteers whose job includes processing or using this information for the benefit of the participant. All medical records will be held in limited access by the health care supervisor during summer camp. Minimal necessary information may be shared with camp staff in order to provide adequate participant safety and health care. The health form will be retained by the sponsoring council or GSUSA until it is destroyed. All forms/records with noted treatment will be retained for seven years past the age of maturity of the participant. Access to the information will be limited, but copies may be requested from the event coordinator by the participant or her legal representative. I have read the above procedures for handling the health form information, and I agree to the release of any records necessary for treatment, referral, billing, or insurance purposes.

This health history is complete and accurate. My child has permission to engage in all prescribed activities, except as noted by me and/or the examining physician. I hereby authorize the Girl Scouts of Connecticut (GSOFACT) and any medical personnel selected by the Camp to provide medical assessment and routine medical treatment/services to my child, including hospitalization, and necessary related transportation, and in case of an emergency, authorize the provision of medically necessary treatment/services, including transfer to a hospital or facility for emergency treatment/services. I release GSOFACT and its officers, directors, employees, personnel, agents, and contractors, from and against any and all claims and liability arising from or related to the provision, authorization and administration of medical treatment, services and medication to my child. My child has not had any serious illness, injury or operation since the day of her last medical examination.

Signature of Parent/Guardian/Staff Member _____ Date _____



GIRL SCOUTS OF CONNECTICUT

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GIRL/STAFF HEALTH RECORD - HEALTH EXAMINATION AND IMMUNIZATION P2

- **To be filled in by physician** after review of health history with parent/guardian/staff member.
- This form must be completed within the 24 months preceding a girl's participation in summer camp.
- If you wish to use this form for other purposes, you should copy it prior to sending it to GSOFC. GSOFC maintains forms as required by law, but requires new submission of form annually.

Mail completed health record to:
Girl Scouts of Connecticut
Outdoor Program Department
20 Washington Avenue
North Haven, CT 06473

| | |
|----------------------------------|---------------------|
| Girl Name (Last, First, Initial) | Date of Examination |
|----------------------------------|---------------------|

Health Examination (This part is to be filled in by physician after review of health history with parent/guardian.)

| | | | |
|---|--------------|----------------|--|
| Height | Weight | Blood Pressure | Appearance-Nutrition |
| Eyes: Without Glasses | Left: 20/___ | Right: 20/___ | With Glasses Left: 20/___ Right: 20/___ |
| Color Vision: | | | Physician's Comments |
| Ears: Hearing: Right: _____ Left: _____ | | | |
| Code: Satisfactory: <input checked="" type="checkbox"/> Not Satisfactory: <input type="checkbox"/> Not Examined: <input type="checkbox"/> | | | |
| Nose | | | |
| Throat | | | |
| Teeth | | | The applicant is under the care of a physician for the following conditions: Current Treatment (include current medications): Explanation of any reported loss of consciousness, convulsion or concussion: Does the applicant have epilepsy? <input type="checkbox"/> Yes <input type="checkbox"/> No Does the applicant have diabetes? <input type="checkbox"/> Yes <input type="checkbox"/> No |
| Heart | | | |
| Lungs | | | |
| Abdomen | | | |
| Urinalysis* | | | |

* Not required for every health examination. A girl 5-10 should have this test if she has not already had it, either when entering school or at any time since. A girl 11-18 should have this test if she has not had it since entering puberty.

Record of Immunizations

| Immunization | Year Primary Series Completed | Year of Last Booster | Immunization | Year Primary Series Completed | Year of Last Booster |
|----------------------------|-------------------------------|----------------------|--------------|-------------------------------|----------------------|
| DTaP | | | Oral Polio | | |
| Diphtheria | | | Measles | | |
| Pertussis (Whooping Cough) | | | Mumps | | |
| Tetanus | | | Rubella | | |
| Hep B** | | | Chicken Pox | | |
| Td*** | | | Meningitis | | |

| | |
|-----------------------------------|--------|
| Tuberculin test - year last given | Result |
|-----------------------------------|--------|

Other _____
 **Effective January 1, 1999, for all children born on or after January 1, 1992, three doses of Hepatitis B vaccine are required (105CMR430.155(4)).
 ***Adult tetanus-diphtheria toxoid

When an R.N. is the camp Director of First Aid, I give permission to administer the medication marked below, according to the Camp Physician's Standing Orders.

| | | |
|--|---|---|
| <input type="checkbox"/> Tylenol/Acetaminophen <input type="checkbox"/> Antibiotic Ointment/Bacitracin/Bactoban <input type="checkbox"/> Antacids <input type="checkbox"/> Calamine/Caladryl <input type="checkbox"/> Wound Wash | <input type="checkbox"/> Benadryl/antihistamine <input type="checkbox"/> Anti-diarrheal <input type="checkbox"/> Tums/antacid <input type="checkbox"/> Robitussin/expectorant <input type="checkbox"/> Swimmer's Ear/alcohol-vinegar solution | <input type="checkbox"/> Hydrocortisone Cream <input type="checkbox"/> Hydrogen Peroxide <input type="checkbox"/> Epinephrine <input type="checkbox"/> Advil/ Ibuprofen <input type="checkbox"/> Epi-Pen Jr. (up to 9 years of age) <input type="checkbox"/> Epi-Pen (over 9 years of age) |
|--|---|---|

Physician's Recommendations

Has the applicant been on any medication within the last six (6) months? Yes No If yes, please explain:

For female: Has this person menstruated? Yes No If not, has she told you about it? Yes No If yes, is her menstrual history normal? Yes No

Physician's Recommendations and Restrictions While at Camp

Any treatment to be continued at camp: _____

Any Medications to be administered at camp (specific dosages): _____

Any medically prescribed meal plan or dietary restrictions: _____

Any allergies (food, drug, plants, insects, etc.): _____

Any physical activity to be restricted? _____

Additional health information: _____

This person is in satisfactory condition and may engage in all usual activities, except as noted.

| | |
|---------------------------|--------------------------------|
| Licensed physician's name | Licensed physician's signature |
|---------------------------|--------------------------------|

| | | |
|------|----|----------|
| City | ST | Zip Code |
|------|----|----------|

| | |
|-------------|------------|
| Phone _____ | Date _____ |
|-------------|------------|

If over-the-counter or prescription medications may be taken at summer camp, PLEASE COMPLETE, SIGN, AND ATTACH THE CAMP MEDICATION ADMINISTRATION AUTHORIZATION FORM. INCLUDE DOSAGE AND ANY POTENTIAL HARMFUL INTERACTIONS (e.g., food, medications, environmental).



MEDICATION ADMINISTRATION AUTHORIZATION

for Summer Camp Only

In Connecticut, licensed camps administering medications to children shall comply with all requirements regarding the Administration of Medications described in the CT State Statutes and Regulations. **Parents/guardians requesting medication administration to their child from camp staff shall provide the program with appropriate written authorization(s) and the medication before any medications are dispensed. Medications must be in the original container and labeled with child's name, name of medication, directions for medication's administration, and date of the prescription. All unused medication will be destroyed if not picked up within one week following the camper's departure from camp.**

In Massachusetts, all medications are administered in accordance with 105 CMR 430.160.

105 CMR 430.160(A)

Medication prescribed for campers shall be kept in original containers bearing the pharmacy label, which shows the date of filling, the pharmacy name and address, the filling pharmacist's initials, the serial number of the prescription, the name of the patient, the name of the prescribing practitioner, the name of the prescribed medication, directions for use and cautionary statements, if any, contained in such prescription or required by law, and if tablets or capsules, the number in the container. All over-the-counter medications for campers shall be kept in the original containers containing the original label, which shall include the directions for use.

105 CMR 430.160(C)

Medication shall only be administered by the health supervisor* or by a licensed health care professional authorized to administer prescription medications. The health care consultant shall acknowledge in writing the list of medications administered at the camp. If the health supervisor is not a licensed health care professional authorized to administer prescription medications, the administration of medications shall be under the professional oversight of the health care consultant. Medication prescribed for campers brought from home shall only be administered if it is from the original container, and there is written permission from the parent/guardian.

105 CMR 430.160(D)

When no longer needed, medications shall be returned to a parent or guardian whenever possible. If the medication cannot be returned, it shall be destroyed.

**Health Supervisor – A person who is at least 18 years of age, specially trained and certified in at least current American Red Cross First Aid (or its equivalent) and CPR, has been trained in the administration of medications and is under the professional oversight of a licensed health care professional authorized to administer prescription medications.*

Instructions to Parents/Guardians

Page 2 of this Medication Administration Authorization form must be completed and signed by both you and the authorized Prescriber (Physician, Dentist, Physician Assistant, Advanced Practice Registered Nurse) for EVERY medication – whether over-the-counter (e.g., Advil) or prescription (e.g., Albuterol) – and each medication must have its own form.

Self-Administration Authorization applies to asthma and Epi-Pen medication only.



MEDICATION ADMINISTRATION AUTHORIZATION CAMP

Authorized Prescriber's Order (Physician, Dentist, Physician Assistant, Advanced Practice Registered Nurse) Only one medication per form, please.

Name of Camper _____ Date of Birth ___/___/___ Age ___ Today's Date ___/___/___

Medication Name _____ Controlled Drug? YES NO

Dosage _____ Method _____ Time of Administration/Frequency _____

Specific Instructions for Medication Administration (e.g., on empty stomach, with milk, etc.) _____

_____ Specify Precautions _____

Medication Administration: Start Date ___/___/___ Stop Date ___/___/___ Quantity Received _____

Expiration Date of Medications Received ___/___/___ Special Storage Requirements _____

Relevant Side Effects/Adverse Reactions _____

Plan of Management for Side Effects _____

Known Food or Drug: Allergies? YES NO Reactions to? YES NO Interactions with? YES NO

If "yes" to any of the above, please explain _____

Diagnosis (at parents discretion) _____

Camper may self administer this medication YES NO Prescriber's Initials _____

Prescriber's Name _____ Business Telephone (____) _____

Prescriber's Signature _____ Prescriber's Emergency Telephone (____) _____

Prescriber's Address _____ Town/State/Zip _____

Parent/Guardian Authorization

I hereby authorize that medication be administered to my child as described and directed above and in accordance with CT State Statutes and Regulations and MA 105 CMR 430.160.

Name of Camp where medication administration will occur _____

Camp Program (if applicable) _____ Dates Attending _____

Child's Name _____ Address _____ Town _____

Name of Parent/Guardian Authorizing Administration of Medication _____

Relationship to Child: Mother Father Guardian/Other (explain): _____

Address _____ Town _____ Home Telephone (____) _____

Business Telephone (____) _____ Emergency Telephone (____) _____

Camper may self administer this medication YES NO Parent's Initials _____

Signature of Parent/Guardian _____ Today's Date ___/___/___

Name of Camp Staff Receiving Written Authorization and Medication _____

Title/Position _____ Signature (in ink) _____

GIRL SCOUTS OF CONNECTICUT

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RESIDENT CAMP AUTHORIZATION FORM (CAMPER RELEASE)

- This document identifies people who are authorized to drop off/ pick up the below-named child at camp.
- This form must be signed at camp by the person dropping off/ picking up the child.
- Only authorized adults listed on this sheet may drop off or pick-up child from camp.
- The individuals listed below will be asked to present proper identification before the child is released.
- **Your child will not be able to participate in any program activities without this form.**

Complete and bring form with you to summer camp.

| | | | |
|--------------------|----------------|---------------------|---|
| Camper's Last Name | Middle Initial | Camper's First Name | Age Level <input type="checkbox"/> D <input type="checkbox"/> B <input type="checkbox"/> J <input type="checkbox"/> C <input type="checkbox"/> S <input type="checkbox"/> Boy <input type="checkbox"/> Non-Scout |
|--------------------|----------------|---------------------|---|

| | |
|------------------------------|---------------|
| Program Name (i.e. Survivor) | Session Dates |
|------------------------------|---------------|

Camper Lives with: Mother Father Both Other (please specify):

I authorize the following people to drop off/ pick up the camper. Should the camper need to leave camp when I am on vacation or otherwise unreachable, these persons are authorized and instructed to pick up this camper. Please list parent(s) and/or legal guardian(s).

| 1 st Guardian's Name | Home Phone | Work Phone | Cell Phone | Email |
|---------------------------------|------------------------|------------|---------------|-------|
| 2 nd Guardian's Name | Home Phone | Work Phone | Cell Phone | Email |
| Name | Relationship to Camper | Day Phone | Evening Phone | |
| | | | | |
| | | | | |

| For Early Departures and Special Circumstances | | |
|--|--------------|------------------|
| | Day and Date | Anticipated Time |
| I need to pick-up my camper early on: | | |
| I will bring my camper back to camp on: | | |

Camp Use Only (Please do not write below this line.)

| Camper Drop-Off | |
|---|--------------|
| I am dropping off the above-named camper at camp. | |
| Signature of Person dropping off child: | Date Signed: |
| Staff Witness: | |

| Camper Pick-Up | |
|---|--------------|
| I am picking up the above-named camper at camp. | |
| Signature of Person picking up child: | Date Signed: |
| Staff Witness: | |

About my Camper

Please answer the following questions. We welcome any additional information about your child that you would like to share with us. Feel free to add an additional page or two. Don't forget to also bring your Health History and Examination forms to camp with you!!

1. What unique qualities or abilities will your child contribute to the camp community? What do you particularly wish your child to gain from her stay at Camp Candlewood?

2. How does your child interact with other children individually and in a group? At home? How does your child function at school?

3. How does your child interact with adults?

4. Has your child ever been to overnight camp before? Please describe the experience. If not, has your child been able to articulate any fears or worries about coming to camp?

5. Is there a quote from your child that would describe her feelings about coming to camp?

6. Has your child experienced any major change which is impacting on her life? (a move, birth, divorce, etc) If so, how is she adapting?

7. What activities does your child enjoy participating in?

8. What creates stress in your child? How does she cope with stress?

9. Is there anything else you think your child's counselor should know about her? (Bed wetting? Outstanding leader? Extremely shy? Poor dexterity? Etc.) We already know she is your most precious person in the world and will do our best to make sure she continues to know this.