



DAY CAMP PARENT/GUARDIAN HANDBOOK 2022

Dear Camper, Parents or Guardians,

Welcome! So, now you've completed the registration and ready to take the next step toward a great camp experience with Girl Scouts of Connecticut. A summer adventure like no other is just around the corner for your camper. Nowhere else can a child experience as much fun, challenge, and excitement as they can at Girl Scout Camp!

We are so happy your camper(s) will be attending camp with us this summer! We know that sending a child to camp in normal times can be both an exciting and stressful experience for parents, filled with forms, dates, and packing lists. During this time of COVID-19, we ask for your patience as we adapt our camp traditions to make sure our camp community stays safe and healthy. We are staying on top of the latest updates and will be posting updates regularly on our website, www.gsofct.org. We are committed to making the lead up to camp easier for you and dedicated to making your camper's experience a memorable one.

We have put together this booklet to help prepare your family for camp and make your camper's experience safe, fun, and fulfilling. We expect that you read and share the information in this booklet with your child before camp. Please read through it carefully, as it contains answers to many of your questions, and maybe even some you didn't think to ask! If you have any questions when you are through, please do not hesitate to reach out to us using the contact information below.

Looking forward to what's new in 2022!

Jane Bielefield, Director of Camping Services

At Girl Scouts of Connecticut, the safety and wellbeing of girls is our number one priority. Girl Scouts of Connecticut has strict policies and procedures designed to keep girls safe. If/when we receive a report pertaining to behaviors that may harm others, we move quickly and follow the appropriate protocols as mandated by the State of Connecticut.

Providing girls of all ages the tools they need to develop healthy relationships is at the core of Girl Scout's mission of building girls of courage, confidence, and character who make the world a better place.

General Camp Questions or Membership Renewal

camp@gsofct.org

Customer Care 800-922-2770

For Questions Regarding: on-line registration, changing program/session, adding or changing transportation or before/after care, camp forms, payments, refunds or financial aid contact Bonnie Stewart, Camping Services Office Specialist at 800-922-2770 X3320 or bstewart@gsofct.org.

Si Necesita Ayuda En Español

Santa Gonzalez 800-922-2770 X3317

These phone numbers and email addresses are monitored from June 20th through August 10th.

Camp An-Se-Ox

47 Condon Rd

Oxford, CT

Phone: (203) 888-9246

Email: anseox@gsofct.org

Camp Clatter Valley

158 Town Farm Rd

New Milford, CT 06776

Phone: 860-350-5056

Email: clattervalley@gsofct.org

Camp Merrie-Wood

650 Gardner Street

Manchester, CT

Phone: (860) 649-4209

Email: merriewood@gsofct.org

Camp Aspetuck

88 Old Easton Turnpike

Weston, CT

Phone: (203) 226-6536

Email: aspetuck@gsofct.org

Camp Laurel-Day

175 Clubhouse Road

Lebanon, CT

Phone: (860) 423-8461

Email: laurel@gsofct.org

Does my camper need to be a member of Girl Scouts to attend camp?

Before you can attend a Girl Scout Summer Camp, you must be a registered Girl Scout. **Hold on, don't stop reading...** if you do not wish to be a member of a troop at this time, then you can enroll your child as a Juliette member for reasons of attending camp only. If you have not gone on to our website to join either a troop (which we highly encourage as you will have so much fun as a Girl Scout in a troop), or as an independently registered Juliette, please visit www.gsofct.org and select “**join or renew**”. You can also request assistance over the phone with your questions by contacting **Customer Care at 800-922-2770**.

Open House at Camp

Join us at our camp open houses. Open Houses will be as follows:
Camp An-Se-Ox- Sunday, May 1, 2022, from 1:00 p.m. to 3:00 p.m.
Camp Aspetuck- Sunday, May 15, 2022, from 2:00 p.m. to 4:00 p.m.
Camp Laurel-Sunday, May 22, 2022, from 1:00 p.m. to 3:00 p.m.
Camp Merrie-wood-Sunday, May 15, 2022, from 2:00 p.m. to 4:00 p.m.
Camp Clatter Valley-Sunday, July 17, 2022, from 4:00 p.m. to 6:00 p.m.

Payment Information and Financial Assistance

Balance Due

The balance of the camp fee, less the deposit, must be paid online by credit card on or before **June 1, 2022. (Note: CIT's must have their applications and in-full payment by May 1, 2022, so that we can schedule your training before camp. More information will come.)** Please note that the Doubleknot registration portal will not automatically charge the rest of your balance payment **unless you click on that option** to pay the balance on June 1st. Payments made by June 1st will confirm your registration at camp. Payments not made by June 1st will forfeit your registration and the opening will go back into the available spots (**your deposit and Girl Scout Membership will be non-refundable**), making room for other girls to attend who are on the waitlist. **To qualify for the early bird discount, see below.**

To pay your final Payment:

- To pay, copy and paste the following URL into your browser:
<http://app.doubleknot.com/signon/3538>
- Enter your user ID example-[jsmith](#) and password. (If you need help logging in, click “Need help logging on?”)
- After you logon, locate **Upcoming Payments** under **Summary**.
- Click **Pay Now** to make payment for an individual registration or **Pay All** (at the top) to make payment for all registrations.

Where can I apply for Financial Assistance?

Financial Assistance will be a drop-down menu within the registration. It is conducted on the honor system. No documentation of income will be required to apply. You will be notified by email within a week of the award you've been designated. **You will have 48**

hours to respond to the award email, accepting the aid. Within 5 working days, the amount will be credited to your camper's account. At this point, you will have until June 1st to make your final payment of the difference for all weeks reserved. **All registrations not paid in full by June 1st will be cancelled** and the financial aid will be awarded to another child waiting. Should there be an issue with making this payment on time, we ask that you make payment arrangements with the camping services office by calling 800-922-2770 X3320.

Early Bird Discount

Who doesn't like a discount? Make your full payment by April 1, 2022, receive a \$10.00 per week discount for An-Se-Ox, Aspetuck, Clatter Valley and Merriewood. \$15.00 discount for Laurel Day Camp. (There is no discount for CIT 3.) The Early Bird discount will automatically apply when you have clicked the "Pay in Full" option by April 1, 2022. The discount will auto fill your cart at checkout.

Cookie Credits

Cookie credits earned from selling cookies can be used toward camp. The credit is doubled when applied to camp, so for example, if you have a \$50 cookie credit awarded to your Girl Scout, mail the original (no copies accepted) cookie credit **by August 31st, to Girl Scouts of CT, Attention: Camping Services, 20 Washington Avenue, North Haven, CT 06473**. Remember to check the box stating you are using it for camp and note which camp. When it arrives to us, it will be processed into your camp registration account and the \$50 will become \$100. Please note: the cookie credit does expire on August 31st, so your immediate response to send in the cookie credit is important. Remember all payments in full must be made by June 1st regardless of waiting for cookie credits. If your cookie credit is processed after you pay in full, GSofCT will refund your credit card used at registration for the doubled amount you paid in advance, (valid only until the expiration date on the cookie credit). If the cookie credit is sent to your troop Co-leader and they are unable to get the credit to you in time before expiration, the troop Co-leader can mail the credit directly to us, at the above address, making note that your wishes are for the credit to be applied to camp.

Refunds and Cancellations

The \$25.00 deposit is non-refundable. The remainder of the camp fee (less the deposit) will be refunded if the following occurs:

- The camper withdraws registration and GSOFCT receives a written request at least **five weeks** prior to the start of the session.
- The camper has a communicable illness such as Covid-19 or has an unforeseen injury, a written request from parent/guardian along with a note from physician must be received by Camping Services (camp@gsofct.org) within two weeks of camper's return home. In this case, we will allow a pro-rated refund due to a medical issue.
- A program is cancelled, and no alternate program is offered. In this case, you will receive a full refund.
- A camper chooses to leave camp early due to home-missing, parent request, or camper behavior. In this case, there will be no refund.

- Cookie Credits are non-refundable.
- Due to limited space in Horse Fun, any cancellations within five weeks prior to arrival at camp, will not be refunded due to the operational expenses incurred from your registration.
- If Council cancels in-person programming for summer 2022 due to Covid-19, registrants will receive a full refund.

Arrival at Camp

Let the fun begin!

Camp hours are Monday through Friday from 9:00 a.m. to 4:00 p.m.

Upon Arrival: Please be sure to follow these steps:

- To provide you with a seamless check-in arriving at our parking lot, once you arrive, you will be directed through a drive-through drop-off. You will be guided and given instructions about the check-in stations. We ask that parents stay in their vehicles at drop off to maintain social distancing and minimize exposure.
- Each camper and staff will be required to have a health screening (looking for symptoms or exposure) at check in. Any camper or staff with potential symptoms of COVID-19 will not be allowed in camp until cleared by a medical professional and proof of a negative test. Your camper will be asked questions such as: Have you been sick in the past week? Have you been in close contact with anyone who has been sick in the past two weeks?
- Should your camper have any allergies, medications, or an individualized care plan, you'll be able to meet with the health care staff and discuss any questions or concerns. Important: if medications are needed at camp...

**Have the
Following Items
with you for
Check-in:**

**All prescription
medications must
be in their **original**
containers.**

**All over-the-
counter
medications
(vitamins, Tylenol,
etc.) must be in
new, unopened
containers.**

**One
Administration of
Medication Form
for each
medication,
including
vitamins and
pain reliever.**

Note: Regardless of sending in your camper's health form, you may be wise to bring a copy of your health form to camp. This will alleviate the possibility that it is not at the camp health office ahead of your camper's week.

Absences

If your camper is going to be absent, please call or email the camp office **by 9:30 a.m.** Camp contact information is at the beginning of this handbook.

Late Arrivals/Early Departures

We ask that you arrive on time as activities start immediately upon arrival to camp. Same goes with departure from camp. Pick up time is vital to your camper enjoying activities right up until the end of the camp day. We kindly ask that you to adhere to our time schedule. We understand there may be an occasion for an **early pick-up**. If you need to pick up your camper before 4:00 p.m., please write a note or send an email to notify camp. If you have a young camper, please call camp to verify they received your note. The camp will have your camper ready and waiting in the camp office. When you pull into the parking lot, call the office. Your camper will be brought to you in your vehicle. We ask that you not get out of your vehicle. According to state regulations, anyone that is outside the camp community must remain in their vehicles. Have your Photo ID ready and someone will bring your camper to you so you may sign them out.

Before care

Before care is available at all day camps except Clatter Valley for an additional fee of \$50 per week. Parent/Guardian drop off can be as early as 7:30 a.m. Campers are offered a light morning snack and are able to start their camp adventure early.

This option is not available for campers taking bus transportation.

After care

After care allows the fun to continue until **5:30 p.m.** For an additional fee of \$50 per week, campers receive a snack and continue camp activities. After care is only available at the following day camps: An-Se-Ox, Aspetuck and Merrie-Wood.

No late bus transportation is available.

Please note if you are late picking up your camper, you will incur a \$10 late pick-up charge every 15 minutes.

Bus Behavior

Please review proper bus behavior with your camper.

- A. Wait for the bus in a safe location at your chosen stop.
- B. Let the bus come to a complete stop before approaching.
- C. Tell the bus driver your first and last name.
- D. Find a seat quickly and stay seated.
- E. Hands, head and other items are to remain inside the bus.
- F. Our bus company serving GSofCT this year is Dattco Bus, Inc.

Bus Drop Off and Pick up

Please remember to be at the bus stop early, at least **10 minutes** prior to stated departure time. In the event of a bus delay resulting in more than 30 minutes, or in an emergency, you will be contacted at your primary number or via email by the camp director or a designee. Anyone picking up a camper at a bus stop must have the “Authorized Pick-up” slip which will come to you via e-mail with the camp newsletter. Be prepared to show a photo ID before the camper will be released. If the person picking up your camper changes at any point throughout the day, please call your child’s camp so they will be informed of the change prior to reaching your child’s stop. If you miss getting to the bus stop by drop off time, your camper will remain on the bus and the bus will continue after a 10 minute wait. Contact the camp and let them know you are going to meet the bus at the next stop. If the bus driver does not have contact from camp that you have called, your camper will be brought back to camp to be picked up there.

NOTE: Please note that GSOFACT reserves the right to cancel or change any bus stop or bus route at any time prior to or during the camp season.

If you choose to transport your camper to and from camp, drop off is between 8:45 a.m. and 9:00 a.m. and pick up is between 4:00 p.m. and 4:15 p.m. to avoid conflict with the bus service. We must have consistency, so if your camper rides the bus, drop off and pick up will be the same. If your camper is dropped off at camp, it will be the same at pickup. Campers who do not ride the bus will be dismissed after the buses have departed. We remind you that we cannot allow anyone driving into camp to get out of their vehicle due to the restrictions from the state of CT. You will be met by a camp administrator who will radio for your camper so they can come to you. If you have any questions, that administrator can assist you or get the person you need to speak with. When picking up your camper at camp, please have your Photo ID ready. If your camper is able to drive themselves to camp, please review the speed limit and restrictions with them. We ask everyone to be considerate of our camp posted speed limit and restricted areas from vehicles whenever visiting camp.



Communication

DO NOT SEND CELL PHONES. (There is a no cell phone policy at camp.)

Cell phones deter from your camper’s connection with nature and the camp experience and increase home missing. All cell phones brought to camp will be collected and kept in the director’s office until the camper returns home. Other devices that connect to the internet, such as smartwatches, are also prohibited.

Camp Phone Calls

Camp phones are turned on from early June to mid-August. Our Camp Directors and Camp Administrative Staff are happy to talk with parents/guardians. While we are at camp during the camp season, we are not always near the phone. If you are trying to

ring us and get the answering machine, please speak slowly, and leave us your name, your camper's name, your phone number, and the best time to reach you. We make every effort to return phone calls as soon as we can; however, we are actively involved in daily camp life and our time in the office is short. Camp is a very busy place. There is one telephone line to serve the office and for emergencies; therefore, campers are NOT allowed to make or receive calls from parents. Please be assured that camp will contact you if there is ever any concern about your camper's health or well-being.

If you need to contact camp for any reason other than an emergency, please email the camp at the email address listed at the front of this handbook.

Parents/Guardians will be contacted in the following situations:

- If your camper visits the First Aid Station and is ill or running a fever for an extended period or needs to see a doctor/visit the Emergency Room.
- If your camper's behavior is a threat to themselves or others in the camp community.
- If a camper or staff member tested positive for a communicable disease at camp such as COVID-19 or Measles.

Parents/Guardians may be contacted:

- If the Director of First Aid has a question, regarding information supplied on your camper's Health History form (medications, chronic health conditions, etc.).
- If a camp staff person needs your assistance/support, regarding your camper's well-being.

Parent Prep Tips

Camp is always a fun place for campers! **Use these tips to help make sure it is also a fun experience for you too.**

- We strongly recommend that new families attend Camp Information night or the Open House to take a tour of camp and meet some of the staff. Returning families are always welcome. You may want to see what's new in 2022.
- Talk about camp with your camper & use these pages to learn more about daily camp life. Tell your camper how much fun they will have at camp. Encourage them to always go to their counselors if there is a problem or concern.
- Campers should dress for fun and outdoor play. They will get dirty. All campers must wear socks that cover their ankles and shoes or sneakers to camp. **Please do not wear sandals, clogs, flip flops, Crocs, water shoes, or arrive with bare feet.** If this occurs, we will call you and ask that you bring appropriate footwear for your camper to camp. We encourage you to label your camper's belongings with first and last name so that we can attempt to return items to their owners. We will contact you to pick up labeled items found after your camper has left for the session. Unmarked items will be placed in lost and found and held for two weeks after camp closes for the season. All items left at camp will then be donated to a charity.

- Check your camper for head lice and nits.
- Help your camper pack their backpack for camp (don't do it for them!). If they pack their own backpack, it's more likely they'll know where everything is and be able to describe it if it gets misplaced. Some campers have found it helpful to pack their extra clothing in a zip-lock bag, then the wet or dirty clothes go back into the same zip-lock before going into their backpack.
- Check the times for drop-off at camp and follow the directions.
- Bring any medication for your camper to camp or the bus stop in the original container and in a Ziploc bag labeled with the camper's name and session.
- If participating in the overnight at day camp and your camper has never spent the night away from you before, try it out at a friend's house or with your troop at an overnight before camp so that you both know what to expect.

Camper Prep Tips

Going to camp for your first time is a very exciting experience. Camp will offer opportunities to grow and develop in a safe space. Here are some ideas for helping prepare for the first camp experience.

- Go outside with a parent/guardian in a natural setting to identify common sounds you hear in the woods. Learn to be sensitive to nature. As an example: Daddy Long Legs Spiders are quite common at camp and completely harmless. Learn to identify a Daddy Long Legs, that way you will be able to help move them away calmly. Learn the "Leave No Trace" practice. Check out your local library or bookstore to find a story that talks about camping and nature. We have patches in our shops that relate.
- Remember the importance of drinking water while at camp. We encourage you to drink water throughout the day and always carry a water bottle with you. Please label all bottles with your name.
- Learn how to properly apply sunscreen and bug repellent. At camp, staff will not be able to apply sunscreen and bug repellent for you.
- Learn to take care of yourself and your belongings so that you will be more comfortable and less likely to misplace things.
- Write your first and last name on your belongings to keep track of them. Prep together and "Be Prepared".

Preventing Home Missing

Camp staff will do everything possible to make your camper's stay at camp enjoyable. If your camper is missing home, camp staff will comfort them and help them join in activities. If they are unable to do so, you will be contacted. We do not allow campers to call their parents as it usually increases home missing and results in the camper going home and missing camp. If you have any concerns, you may always contact the Camp Director (contact info is at the beginning of this handbook). Here are some tips to help reduce home-missing!

- Participate in one of our in-person Open Houses held in June at multiple locations. (Dates are listed in this handbook.)
- Be honest when you are completing the registration form questionnaire it will help the staff be better prepared to care for your camper.

- Tell your camper how they will be getting home from camp if by bus or what time you will be picking them up.
- Let your camper know that if they need anything during their stay at camp that they just need to let a counselor know.
- Reassure your camper that they will have a good time at camp. Talk about the fun activities they'll be able to do like water play, arts and crafts, hiking, and cooking over a campfire. For more specific information, look at the program description of the program they are attending. Within the registration description and in the newsletter the camp will send home, a few days prior to camp start date, more details about what to expect at camp on that thematic week.
- Let your camper know that missing home is normal! Plan for what they will do if sad, such as, draw a picture, or jump into activities. If you are missing your camper, engage your camper in conversation about what they did at camp. The more open-ended questions you ask your camper, the more likely they will be to talk about their day.
- Please don't suggest to your camper to telephone home or for you to come get them if homesick. Since talking with parents on the phone may make homesickness worse for many campers, the camp procedure for handling homesickness generally does not include phone calls between parents and campers. Parents with concerns are encouraged to call the camp director during the day or drop an email to the camp.

Trading Post – Camp Store

You will be receiving a newsletter from the camp at the beginning of the week prior to the camper's first day. Attached to this newsletter will be a link to the Trading Post. You will find many items for sale including camp sweatshirts and t-shirts. This link is available to you as a part of the registration process. The link is also available on our website. If you have trouble navigating the link, please contact the shop in Hartford or North Haven and they can assist you with your purchases. 800-922-2770 X3240 for Hartford and X3330 for North Haven.

Camp Activities

Our camp program is balanced with traditional camp activities, theme-based activities, and specific areas of skill building. Campers of the same age are grouped together in "units" and participate in small group activities, as well as all-camp festivities. When a camper signs up for a particular program, plans are made to include those activities in their schedule. Campers should be encouraged to participate in themed dress up days and special events. To keep ALL participants safe and healthy we must be flexible in our daily offerings and may need to adjust activities due to weather. Rest assured that your camper will continue to participate in a fun and challenging camp program, rain or shine. Campers may work on specific badges during camp and may even complete some of them. They will participate in many activities that can be applied toward badges and Journeys. Campers will go home with a list of badge steps (requirements) completed. There will be three different program tracks based on Girl Scout levels:

Daisy & Brownies level 1, Juniors & Cadettes level 2 and Seniors & Ambassadors level 3. Campers will take home a checklist of those badge requirements completed at camp so they can finish them on their own at home or with their troop.

Sample Daily Schedule (<u>Subject to change</u>)	
9:00 a.m.	Arrival at camp
9:15 a.m.	Flag ceremony
9:30 a.m.	Unit time/Morning Kapers
10:00 a.m.	2 activity periods
12:00 p.m.	Lunch
1:00 p.m.	2 activity periods
3:30 p.m.	Unit time/afternoon Kapers
3:45 p.m.	Closing flag
4:00 p.m.	Buses depart/parent pick-ups arrive

Leadership Programs

The Counselor in Training (CIT) program is an opportunity for campers entering grades 10, 11 and 12 to participate in our premier leadership program. As a CIT, your camper will focus on experiences in program goals, contemporary issues, leadership styles, child development, outdoor living skills, group dynamics, positive resolution for differences and program interaction with other campers. Although the leadership portion of their time at camp will be a partial focus, they will equally immerse themselves in camp activities along with fellow campers, in recreational events such as archery, swimming, hiking, field games, arts & crafts and more. Our capacity is limited in this program, so don't delay in completing the CIT application process located within the registration portal.

Daisy Try It

A single half-day program at many of our summer camps. Running from 10:00 am – 1:00 pm. Calling all pre-registered Daisy Girl Scouts going into the Daisy program for the first time in the fall 2022! Come and try summer camp with us this summer! Many of our summer camps are offering a single, half-day program this summer for your pre-registered Daisy and an adult over the age of 21. Enjoy a taste of summer camp, from hiking to crafts and roasting marshmallows. Come and experience all the splendor of summer camp! **Bring your own lunches, please.** A Daisy Girl Scout in this program will receive their first camp patch at the end of that day.

- An-Se-Ox: Tuesday, July 19th from 10:00 a.m. to 1:00 p.m.
- Aspetuck: Wednesday, July 20th from 10:00 a.m. to 1:00 p.m.
- Clatter Valley Day Camp: Wednesday, July 20th from 10:00 a.m. to 1:00 p.m.
- Merrie-Wood: Tuesday, July 19th from 10:00 a.m. to 1:00 p.m.
- There will not be a Daisy Try it at Camp Laurel.

Emergency Procedures



Severe Heat

At times during the summer, the camps may be affected by extreme heat. During those times, the schedule may be altered with other activities so that campers are not in the direct sunlight during the hottest part of the day. The activities could include more water games/activities, indoor programs, or shaded games. Staff will also encourage more sunscreen and increase water breaks.

Thunderstorms

Occasional storms may roll through the area during the summer. Each camp has a designated area where they gather for severe storms. If thunder or lightning is observed, certain program activities are postponed until the threat has passed. These activities might include, depending on the camp, swimming, (canoeing, kayaking at Laurel), target sports, and climbing activities.

Each camp practices emergency drills with their campers each week so they know what to do in an emergency. **In the event of a weather-related or national emergency, the most up to date information will be conveyed through Facebook (GSOFCT day camps) and the Girl Scouts of CT website: www.gsofct.org.**

Weather/Cancellations

Camp is open rain or shine. There are cabins, shelters, and covered porches where activities take place. Please pack a raincoat or poncho daily for summer showers.

Should camp need to be cancelled in the event of an emergency, we will attempt to call your primary phone number. The announcement will also be posted on the homepage of www.gsofct.org.

Camp Facilities

Sharing common areas

The campers will be sharing common areas such as the pool house. Your camper will be changing into their bathing suit in our multi-person (individual stalls) unit. Since we are sharing this area with other campers, this requires all of us to be sensitive to each other's differences. Please, take time to discuss how to dress and change in a room with other campers and the practice of personal space and privacy.

Pools/swimming

Our pools are maintained daily by the GSOFCT Maintenance Staff. For your camper's safety we have put this procedure in place. Each camper's swimming levels will be assessed during their first day of each session. Colored bathing caps will designate their swimming level and will be worn every time entering a swimming venue. As part of our program, campers will receive instructional swim daily, weather permitting. All campers will also enjoy free swim time. Campers are encouraged to participate in all

water activities. **(Swimming is not available at Camp Merrie-Wood or Clatter Valley. Unique to Camp Merrie-wood, campers participate in “Brook Stomping”. The local fire department visits Clatter Valley for splash day and they also have brook walking for a chance to cool down. Both camps cherish these time-honored traditions!)** More information will be provided in the camp specific newsletter the week prior to your camper’s week at camp.

The new pool at An-Se-Ox will be under construction for summer 2022. Details to come as camp gets closer. Our plans to find alternative swimming are in the works.

Camp Staff

Our staff are terrific!

Our Camp staff are enthusiastic, talented, and caring individuals, 18 years of age or older. We recruit both regionally and from around the world, and carefully select staff based on maturity, program skills, experience, and their ability to serve as role models. We believe that a diverse staff offers campers of all ages the opportunity to meet people from near and far to learn more about people who are different from them. Camp staff are excited about having lots of fun at camp and enjoy helping campers gain a better understanding of themselves and their leadership potential. We expect our staff to maintain high moral standards and act maturely in all areas of their lives during their time of employment. All staff members go through an extensive screening, which includes an interview, references, and background checks. Chosen for their maturity, program skills, and experience with children, they are required to attend an intensive pre-camp training session including safety, activity planning, camper care, teambuilding, and much more. Staff members who supervise high-adventure activities such as the pool, challenge course, archery, carving, and other areas receive additional training and certifications.

Camp staff enjoy hearing from parents and campers about how much they enjoyed their time at camp. However, policy prohibits camp staff from receiving gratuities (gifts, money, etc.) Your camper having a great time at camp is “thank you” enough! If your camper would like to thank them for their time at camp, they can write them a thank you letter. Everyone LOVES letters at camp!

Staff Camp Names – “Nicknames”

Ever wonder why the counselors at camp have such fun names? It’s a Girl Scout camp tradition that staff choose a “camp name” for the summer. Even the founder of Girl Scouts, Juliette Gordon Low, had a camp name: “Daisy.” The relationship between counselors and campers is a special one. Calling the counselors ‘Mrs.’ is too formal for the camp setting, and counselors are advisors/teachers/helpers/guardians, and so calling counselors by their first names is too familiar. Camp Names has proven to be a great way to handle the ‘what to call them’ question and has now become a time-honored tradition. It also helps when we have two “Melissas” or five “Amandas” on staff. Counselors choose names that remind them of things they like or places they’re from, or sometimes just use a nickname from their own childhood. At camp, you may meet a Snoopy, Sunshine, Winter, or Moxie. Campers do not get to use camp names until they have completed their first leadership programs. Please don’t be surprised when camp

staff introduce themselves as “Skittles” or “River.” When you call the camp office, staff will always answer with their real name. On the last day of camp, camp staff may reveal their first names to their campers.

Lunch and snacks

Campers attending Aspetuck, An-Se-Ox (An-Se-Ox could change if we have a donor for the lunch program this year, to be determined at a later date) and Clatter Valley should bring a lunch with a drink every day, in a thermal lunch bag with an ice pack or frozen juice box. We will ensure that lunches are stored in shady areas to help maintain their temperature. If your camper forgets to bring a lunch, you will be notified by the camp office that it has been forgotten. Camps Merrie-Wood and Laurel Day campers have lunch provided for them. A daily snack is provided to all the campers at all camps, however if your child has a food allergy or sensitivity, please pack an alternate snack for them to enjoy. Water is available throughout the day so campers can refill their water bottles. Please help us by encouraging your camper to drink plenty of water while at camp. We encourage campers to carry refillable water bottles, starting the day filled. Staff will ensure that they can refill it as needed.

What to pack in your backpack?

- We tie dye once a week, so please provide a white T-shirt, socks, pillowcase, or a bandana. **Camp An-Se-Ox** will need an additional T-shirt or pillowcase for their camp Silk Screen.
- A Mess Kit for the cookout: This should be a heat safe bowl &/or plate, fork, spoon, knife, and a cup
- Lunch in a thermal lunch bag with a frozen water bottle or ice pack, see lunch and snacks for details
- A refillable water bottle
- Sunscreen (no aerosols)
- Insect repellent (no aerosols)
- One-piece bathing suit or two-piece (such as a tankini) and towel
- A plastic bag for wet items
- Rain poncho
- Sweatshirt
- Face masks (two for each day at camp)
- Extra change of clothes in a Ziploc-type bag (for youngest campers)
- A day backpack to carry it all

Do not bring the following to camp, they will be removed from backpack and stored in the camp office until end of camp.

- Sports equipment
- Expensive clothing and jewelry
- Alcohol, drugs, or weapons
- Pets
- Electronics including cell phones and hand-held video games should be left at home.
- Girl Scouts of Connecticut is not responsible for lost, stolen, or damaged items.

Camp Photos

We will be taking group photos of all the units and email them to you during your campers stay. You will then have a great photo to share on social media or for your own use digitally.

Birthdays at Camp

If your camper is celebrating a birthday while at camp, please let our camp staff know on check-in day so that we can help make their day special. We ask that you not send in cake or other treats, we will give them a special day in camp tradition. Contact the camp director if you have questions.

Health and Wellness

Covid Protocols

The protocols that we follow are based on CDC Guidelines and the American Camp Association. Please note the pandemic is a fluid situation and protocols may change before your camper's arrival to camp. Please check the GSOFCT website and click on the CAMP tab prior to your camper's arrival for the current COVID protocol updates. Currently planned, there will be 2 counselors per group. Each group will participate in activities such as swimming (at camps that have a water feature), archery, field games, crafts, environmental education, and outdoor living skills. The group will need to practice social distancing within their own camp group. Masks are required to be worn daily by campers. Please check the CDC web site for acceptable masks. We ask that you speak to your camper about this. Please plan to pack a mask daily for their use, along with a spare one just in case, and show them how to put one on. Masks may be stored in a Ziploc bag in their backpack. Staff will not be able to help them put the mask on.

If exposure occurs: Should a camper or staff member be exposed to COVID-19, the entire group of campers and staff members of that group will be asked to self-quarantine at home for 7 days. They must be symptom-free without the use of medications for 24 hours. Campers and staff will not be allowed back to camp until after this quarantine period is complete and a negative test result is obtained. You must bring the negative test result to camp for return. Refunds for any potential exposure instances will be given on a pro-rated basis minus deposit and membership fees.

Health Form

Starting in March, a week after your completion of registration, you will receive a welcome letter and health form packet via mail. Every camper must have a Health Form completed by a parent/guardian giving accurate and timely information about your camper's health. **Your camper's registration may be cancelled if the health form is not completed by June 1, 2022.** The Health History is the parent's/guardian's portion of the health information and should be completed by the parent/guardian and must be

updated **every year**. The Health Examination (physical) is the Health Care Providers portion of the health form. **This portion is valid for 24 months from the date of the actual physical not the physicians signature date.** We will accept the State of CT Health Examination form that you may already have for your camper's school if it includes an immunization record, including current tetanus with date of immunization and signature of your health care provider. Please do not ask us to retrieve your information from previous years, our past year health form documents are not accessible. They are packaged and safely stored for shredding. After you have all the documents completed, **make a copy**. It's wise to bring the copy to camp on the first day in case there was an issue with the health form missing pieces in the processing of thousands of health forms in one office. **Promptly mail the completed and signed original packet with all enclosures to: GSOFCCT Camps, 20 Washington Ave, North Haven, CT 06573, Attn: Health Form Coordinator and ensure it arrives to us prior to June 1st so we can distribute them to the camps.**

Packing Medications to send to camp: (Authorization to dispense medication form)

Medications sent to camp (including ALL **prescription medications as well as over-the-counter medications, vitamins, and supplements**), will require an authorization to dispense medication form **signed by both the parent/guardian AND the child's physician**. The form(s) and the medication(s) will be turned in to the camps healthcare Director during the check-in process. All medications, except for emergency medications (such as an inhaler which will stay with your camper's counselor in a med bag and be carried to each activity during the day.), must be stored in the camp Health Center and administered under medical supervision. If your camper has an EpiPen, inhaler or has diabetes, the appropriate **Authorization to dispense medication form and the Plan of Care form must be printed, signed by a physician and parent/guardian, and sent in with the health form. This form must also be completed and mailed to us by June 1, 2022.** It is a good idea to take copies of these forms as well. You can attach them to the medications and hand them directly to the Director of First Aid at camp on the first day of camp. Just as in our Girl Scout tradition...Be a ready Girl Scout.

What's considered a medication?

- Medications include any substance a person takes to maintain and/or improve their health including: all prescription medications, all over-the-counter medications (ie. Tylenol, Ibuprofen), vitamins, supplements, medicated creams, anti-itch cream, anti-bacterial cream (Neosporin), anti-fungal creams, cough drops, throat lozenges, glucose tablets, oral contraceptives. Sunscreen and bug spray will be self-applied and may be packed in your camper's backpack.
- **Prescription Medications:** By law, all prescription medications must be brought to camp in their original containers, with a pharmacy label that includes prescription number, date filled, prescribing physician's name, name of medication, directions for use, and the patient's name. If your camper has a

prescription for a new medication, at least one dose **must** be given to the camper at home before bringing the new medication to camp.

- **Medication consistency:** It's important for medication routines that have been established with your physician be maintained consistently throughout camp. If your camper requires a medication at a certain time, you either need to send in the paperwork to denote this or come to camp at that time each day to give your camper their medication.
- **Over-the-counter Medications:** All over-the-counter medications must be in the original container. Please write the camper's name on the box or bottle and indicate if the medicine is taken daily or as needed. For "as needed" medications, be specific as to what symptoms warrant administration. Staff cannot dispense medication for reasons or in doses other than indicated on the container, unless with a written physician's order.
Do not pre-dispense or use a daily pill holder, wrap in outer materials, or ask to dispense medications in ways other than the doctor's orders, or as indicated. Expired medications, prescription medications not in their original container, or over-the counter medications in an opened container **will not be dispensed at camp.**
- **Medications Returns:** On the last day of the session, medications will be given to the person picking up the camper. Parent will need to sign that the medication was received. Medications will be held for one week after the camper has left and then it will be disposed of.

Plan of Care

The State of CT Office of Early Childhood's Youth Camp Licensing department, who issues the licenses for all our camps has set a regulation to which all summer camps must adhere. This regulation affects your child and their Plan of Care they receive while at camp. This would give the specific situation under which their medication would be administered. Should your child have a Plan of Care in place already for school or day care settings, a copy of that would suffice. This kind of document is also required for any behavioral concerns with the specific steps needed to help your camper control behavior. We are looking to make each camper's experience the best possible.

What is an Individual Plan of Care?

- It is a written plan of care for an individual camper
- It documents specific needs or concerns for that camper
- It includes specific approaches to be used to prevent, minimize, or eliminate the concerns identified for this camper
- It includes medications, as well as behavior management
- It brings together the camper's parents/guardians and the camp staff in developing these approaches so that all are using the same agreed upon approaches taking into consideration any guidance specified by the health care provider

Health Care at Camp

Each camp has a Director of First Aid who is responsible for the health needs of campers and staff. Should the director determine that health care outside of camp is necessary, you will be contacted to pick up your camper. Campers may return to camp during their session or for a session later in the summer, space permitting and with permission of the Director of First Aid. In the event of an emergency, emergency medical services will be called, and you will be contacted. If your camper needs to visit the health center, you will receive written documentation of the cause and treatment when you pick up your camper at the end of their stay.

The health and safety of every camper is our first priority. We meet or exceed standards set by GSUSA, the ACA and the State of CT Youth Licensing.

Health screening and checking in procedure

Upon arrival at camp all campers will receive a health screening by trained staff to check for signs of COVID-19 or other communicable disease that could prevent your camper from having a successful camp experience or spread to others. If it is determined by health staff that they may not stay at camp, the camper may return to camp during her session or for a session later in the summer, space permitting and with permission of the Director of First Aid. Campers will also do a daily health screening to monitor for COVID-19 symptoms. During this check-in time, medications and paperwork will be collected by the camp counselors and delivered to the Director of First Aid to be locked in the secure space. (Please refer to the medication portion of this manual). If your camper has a food allergy, please make sure it is noted on the health form. We will need the documentation of the reaction they have to the allergen.

Illness/Injury

The Director of First Aid at a minimum has CPR/First Aid certification and Medication Administration Training or is EMT or nurse licensed in the State of CT. This staff member is stationed within the camp should your camper need care. We do not call you for every bump or scrape, but parents/guardians will be contacted at the discretion of the Director of First Aid.

- Fever and/or vomiting
- Unresolved asthma attack
- Any injury requiring stitches
- Injuries that result in broken bones
- Head injuries
- A bee or wasp sting
- Tick bite
- If they spend more than two hours in the First Aid Station.
- For any professional medical care needed outside of camp.
- Any suspected symptoms of COVID-19.

Camp is NOT Nut Free

Day camp is not a nut-free environment. Please let us know of any food sensitivity/allergy your camper may have so that we may take precaution for your child's safety.

Special Accommodations

If your camper requires special accommodations, please make these requests directly to Camping Services. GSOFACT can make reasonable accommodations for medical, behavior modifications, and individual educational program needs. Please **contact the Director of Camping Services at jbielefield@gsofact.org** and attach your phone contact so that we can discuss any specific needs and if our program is right for your child. Our goal is to provide the best possible camping experience for all our campers.

Menstruation

Please send supplies if your camper has ever had their period or is about to start (sometimes physical activity and heat can cause it to begin). Our staff are prepared should a camper get their very first period at camp. Encourage your camper to talk to their counselor or the health care staff if problems occur or supplies are needed. Also, to understand discretion as not all campers know what this is and it's a parent's right to have the opportunity to explain and train their individual child.

Hydrated Campers are Happy Campers

Many campers aren't used to being outdoors in the summer heat for long periods. Our staff make sure campers are all taking frequent water breaks and drinking water at every meal. You can help by getting your camper in the habit of carrying a water bottle throughout the day and encourage them to take sips of water, always avoid chugging!).

Head Lice

We **strongly suggest** you check your camper for head lice and nits (eggs) a few days prior to the start of their camp session. Head lice are more common in the warm summer months, are highly contagious, very hard to find, and symptoms vary, so you or your camper may not even be aware that they have them. You may treat your camper and all of their belongings, remove all nits, and return to camp the next day to be re-checked. **GSOFACT camps have a 'no nit' policy. Nits** must be removed before returning to camp. This is for the health and safety of all campers and staff. You can find more information on the internet on treatment and prevention.

Mosquito, Insect, and Tick Safety

We encourage the use of bug repellent at our camps. When campers are changing, we ask them to do a "tick check" to look for ticks in common areas. While our staff carefully observe campers for ticks, please teach your camper the important places to check for ticks, and double check when they return home at the end of each day. If a tick is found on your camper, it will be noted on the health notes sent home. For more information regarding ticks, visit: <http://www.ct.gov/dph/cwp/view.asp?a=3136&q=528408>

To help protect your camper from ticks, consider pretreating socks, shoes, and other clothing items with permethrin. Pretreating clothing and shoes with permethrin repellent (usually last for up to 6 weeks) prevents mosquito bites and tick attachment. <https://www.npr.org/sections/health-shots/2018/07/09/625459326/to-repel-ticks-try-spraying-your-clothes-with-a-pesticide-derived-from-mums> Or <https://tickencounter.org/prevention/permethrin>

Horse Riding Program (Camp Laurel only)

Horse riding at Camp Laurel requires a special registration. The camper must be grade 4 or older to participate. During the registration process, campers will be given a horse experience survey to tell the counselors what experience level your camper is before mounting the horses. The horse liability waiver is for safety and equipment use or for acknowledging that your camper will be bringing and be using their own equipment. Campers without the proper waiver filled out completely will not be eligible to ride. Camp will provide ASTM-approved helmets. Campers who would like to provide their own helmet must ensure it meets these requirements. If you did not get these two forms (survey and waiver) during that process, please contact the Camping Services office at camp@gsofct.org and we will send them to you. Clothing: Horseback riding requires proper attire. Campers need long pants (preferably no JEANS as they can be uncomfortable and pinch in the saddle), a close-fitting shirt (T-shirts are acceptable), and boots with a minimum of a one-inch heel. Soles should be smooth.

Camper Pick-Up Authorization:

We will only release campers to those listed on their registration, so remember to list parents' names as well. We will be cross checking the name with Photo Identification, so please use their legal name, even for Grandma and Grandpa. Authorization for pick-up forms will be sent to you via e-mail with the camp newsletter the week before the camper's first week.

Checking out procedures

Check out Friday.

- When you arrive, staff will direct you to park. They will then let your camper's counselor know that your camper is being sent to the vehicle.
- Adults, please be sure to have a photo ID with you.
- You **must** sign each camper out of camp with their counselor each day. At the end of the week, you will also collect their medications/vitamins and other important items. Medications will be placed in camper's backpacks, so parents/guardians, please remove them when home immediately for safety.
- Check the lost and found before leaving camp.
- Parent Evaluation - after camp. A Survey Monkey link will be emailed to you. We appreciate your feedback.

Sunset Thursday

Every other Thursday evening from 5:00 p.m.– 7:00 p.m., on weeks 1, 3 and 5 at all day camps (except Laurel and Clatter Valley), our staff will host an opportunity for families to enjoy a walk-through camp, meet your camper's counselors and other camp staff, get a view of camp from your camper's eyes. We ask that you bring a picnic meal to share with your camper. Call or email the camp (camp phone #'s and emails are at the front of this handbook) to register for attendance to Sunset Thursday. We need a head count for staffing purposes.

Optional Overnight Sleepover

All campers 2nd grade and up who enroll in camp (except Camp Clatter Valley) during weeks 2, 4 and 6, are invited to attend the overnight camp out. This optional overnight is an additional \$15 per sleepover camper which includes dinner.

Parents/guardians can preregister for this opportunity at camp during their session as long as, it is a sleepover week. The packing list/permission slip will be sent home on the first day of the session that includes the sleepover information. If you don't receive one on the first night home from camp, email the camp office for a copy. All overnight guests, preregistered or registering at camp, must have a signed permission slip to attend and \$15 cash or check made out to GSOFCT (credit cards are not accepted at the camp).

Frequently Asked Questions

1. What if I need to change a week? Something came up.

If you need to change a week, there will be a \$10.00 administrative fee added to your week change and must be paid at the time of the change. Contact camp@gsfct.org, leave your phone contact and we will get back with you to make the arrangements.

2. Can my camper and a friend stay together?

Yes. Campers may request **one** "buddy" to request being in the same counselor's unit. Campers must be in same age group to comply. We encourage your camper though to make new friends. **We will not accommodate troop groups.**

3. What type of shoes should we pack, and how many?

Camp is a natural environment and campers are very active, so appropriate footwear must always be worn properly. **Closed toe shoes with socks** (tennis shoes, sneakers or hiking boots), must be worn during all activities such as, challenge course, climbing, backpacking and target sports (slingshot, archery, etc.). Campers who arrive with inappropriate footwear, parents will be contacted, camper will not be able to participate until proper footwear is provided.

For all other land activities - campers can wear closed toed shoes with socks or closed-toe sandals with socks (such as keens). Closed toe sandals must have a sturdy rubber sole and a secure heel strap.

Water shoes - or other closed toe shoes/sandals that can get wet are required for all campers participating in water activities such as Brook Stomping at Merrie-wood.

Flip Flops - or other open toed sandals are only allowed in the pool area.

Staff have the right to determine what footwear is appropriate and can ask a camper to change at any time. If campers choose to bring only one pair of shoes that pair should be closed toe tennis shoes or sneakers unless they are in a horseback riding program. (Consult the horse camp section for foot cover requirements.)

4. How will I know my camper is, okay? Can I talk to my child or visit?

We know that you worry when your camper is away from home. We are dedicated to providing them with a safe and fun experience. If you are ever worried, please contact the camp, and a staff will be happy to update you on your camper's experience. Family visits and phone calls to campers are not permitted, as they can cause a disruption to

the camp program and increase feelings of missing home. If there is a problem, we will call you. We understand your concerns as a parent and appreciate the trust that you place in us. Happy campers are our goal.

5. I am concerned about the heat; it is so hot outside. What do you do?

By staying hydrated, resting during the hottest part of the day, swimming in the lake at Laurel or pool at Aspetuck & participating in water games, campers naturally adapt to living in the summer heat without air conditioning or fans. Please make sure that your camper packs/wears cool, comfortable clothes (light colored cottons are best. T-shirts, too!). It is important that your camper wears a good waterproof sunscreen (SPF 45) while swimming and boating (Laurel). A hat and sunglasses are always more protection. Spaghetti strapped shirts are discouraged due to sun exposure. Cool drinking water is available in all units and activity areas and campers are encouraged to drink constantly. In the event of extreme heat, the camp has action plans and procedures to keep everyone safe and follow Girl Scouts and ACA safety standards.

6. What are “kapers”?

Girl Scout camp is a community based on everyone respecting themselves, each other, and their environment. We encourage this philosophy by having everyone participate in daily community chores called kapers. Kapers include cleaning-up, stocking shelves, setting tables for meals, running flag ceremonies, sweeping porches, picking up and disposing of litter, emptying small waste baskets from the handwashing stations, and generally helping to keep the camp clean. When living in a community, we all share the work toward the common goal of keeping camp clean. You might be surprised when your camper comes home and helps with chores around the house!

7. How do I know if my camper needs an Individual Plan of Care?

A written individual Plan of Care is required when a camper has a special health care need or special accommodation where it is necessary that special care be taken or provided while at camp. The special health care need or special accommodation which necessitates the individual plan of care typically documented by your health care practitioner on the camper’s physical examination record or on a medication order may be supported by accompanying documentation. You may also use the Plan of Care that you may already have for your camper to attend school. If you have questions on your child’s Plan of Care, its best to contact your health care provider for clarification.

For more questions

Contact the Camping Services office at 800-922-2770 X3320.

American Camp Association Accreditation



Girl Scouts of Connecticut is proud that our summer camps are accredited by the American Camp Association. ACA Accreditation means that your camper’s camp cares enough to undergo a thorough review of its operation (up to 300 standards) — from staff qualifications and training to emergency management. American Camp Association standards reflect the most up-to-date, research-based standards in camp operation.

Camper Behavior

The camp staff will do everything possible to help campers adjust to camp life. However, **Girl Scouts of Connecticut reserves the right to send home from camp any camper who is disruptive, presents a safety concern, medical risk, or engages in behavior that is detrimental to themselves, others, or the camp program.** Bullying is one type of unsuitable behavior that is not tolerated at Girl Scout camp. Girl Scouting builds girls of courage, confidence, and character, who make the world a better place. Bullying behaviors are those that are meant to provide repeated direct harm either emotionally or physically to a single or small group of campers. Camp staff are trained to recognize and halt bullying in its many forms, including physical and emotional.

Unfortunately, bullying can be subtle, and often occurs when the counselors are looking in the other direction or working with another camper. Talk with your camper before they come to camp and tell them that if they witness any of these behaviors going on, affecting them or another camper, then they should tell their counselor immediately. Counselors are happy to help and are trained to handle these situations with discretion. Please remind your camper that their counselors are there for them. Encourage your camper to ask their counselors if help is needed and to talk with them if feeling sad, sees anything that makes them uncomfortable or has any issues while at camp. We want to help your camper have a wonderful camp experience!

Any camper who engages in bullying may be subject to disciplinary action such as dismissal from camp. A parent/guardian is responsible for picking the camper up immediately. In this situation, no refund will be given.

Camper Code of Conduct

Girl Scouts of Connecticut has guidelines that we follow to make sure everyone has a safe and fun experience at camp. Our Camper Code of Conduct combined with the Girl Scout Promise and Law is our guide for behavior at Girl Scout Camp (including transportation and bus stops). To manage disruptive and inappropriate behaviors that violate the code of conduct, staff will acknowledge the behavior, address it with the camper, assess the reason for the behavior, and redirect behaviors when appropriate. Staff will allow the camper to step away from the activity to cool down and regain self-control. The Camp Director will call the parent/guardian to discuss ways to help the camper succeed. Finally, if deemed necessary by the Camp Director, the parent/guardian will be called, and the camper will be removed from the camp program. If the parent/guardian cannot come to the camp, it remains the parent/guardian's responsibility to plan for someone else to pick up within 2 hours.

Camper Code of Conduct—It is our expectation

- I will be respectful to my fellow campers, camp staff, property, and environment with my words and actions. Bullying will not be tolerated. I will respect myself and will refrain from any self-harming behavior.
- I will be responsible for my personal belongings and equipment and will not hold Girl Scouts of Connecticut or any other person(s) responsible for loss or damage due to negligence or neglect. I will treat belongings of mine, others, and the camp with courtesy and care.

- I will follow all rules and regulation of the camp and staff.
- I will use safety equipment provided by Girl Scouts of Connecticut for my own safety, observing the guidelines and instructions provided by camp staff.
- I understand that the misuse of prescription drugs and use of illegal drugs, alcohol, tobacco (including vaping), profane and/or threatening language will not be tolerated and will result in immediate removal from the camp program.
- I understand that **cell phones and other electronics, including smart watches, are not permitted at camp**, and can be confiscated by camp staff at any time and held until returned to a parent/guardian at the end of the session.
- I am willing to participate in camp activities, though they may be challenging either physically, mentally, emotionally, or socially, knowing that they will benefit my growth and development.
- I understand that if the previously mentioned code is broken, I could be sent home at the discretion of the Camp Director, and the expense of the parent/guardian and will not receive a refund.

PARENT/GUARDIAN CHECKLIST FOR DAY CAMP

Let's put this handbook into one final checklist which will assist you and your camper as you prepare for camp. By following the checklist, you and your camper will be prepared to have a positive camping experience!

___ Read camp handbook and share information with your camper(s).

___ Final balance paid **by June 1st**, (if not previously paid in full at registration), **May 1st** for CIT and WIT programs.

___ Make appointment for Camp Health exam with physician/health care provider or get copy of exam that is within 24 months of camper stay.

___ Make sure the people you assigned to the registration portal are "in the know" on pick up procedures should you need to ask them to cover for you.

**Before camp (mailed back to GSofCT in envelope provided no later than June 1st)
All these forms are in the Health Packet sent to you.**

___ Consent to Participate – completed and signed by parent/guardian.

___ Code of Conduct – completed and signed by parent/guardian.

___ Summer Camp Health History

___ Summer Camp Health Exam/Physical – completed and signed by physician within 24 months of camper stay

___ Complete hard copy of Medical Administration Form (one form per medication) – completed and signed by physician and parent/guardian to be mailed in with your health form and also to be taken to camp on the first day accompanied by the medication.

___ Plan of Care should your child have one or need one to participate in camp

Day before Camp

___ Camper's clothing and other personal items will be **LABELED** with their first and last name!

___ Bus times and/or driving directions have been double checked and are being carried by the person providing transportation.

___ Go over Bus Rules with camper.

Day of Camp

___ Arrive at the bus stop 10 minutes early for departure time.

___ Camper's medication with the camper's name, dosage, and date of medication in its original container, put in a **zip-lock bag** and labeled with the camper's name (permanent marker works best). Medication is to be checked in with Director of First Aid at camp upon arrival. Medications taken on to a bus will remain in the camper's backpack until arrival at camp in which the camper will deliver to their counselor.

___ Lunch in a thermal lunch bag with an ice pack or frozen water bottle with camper's name for Aspetuck, An-se-Ox and Clatter Valley.

___ Reusable water bottle labeled with camper's name.

___ Backpack with your camper's items for a day at camp.

___ Socks and shoes **EVERY DAY!**

___ Pack a snack if you have a food allergy or sensitivity.