girl scouts of connecticut



2027

Camp Aspetuck Day Camp Parent/Caregiver Handbook

gsofct.org | customercare@gsofct.org | (800) 922-2770

Letter from our Director, Camp Programming

Dear campers and caregivers,

Welcome to Summer Camp 2027! We are thrilled that you've chosen Girl Scouts of Connecticut (GSOFCT) as part of your summer adventure. Whether this is your first time joining us or a return to your home-away-from-home, we're excited to share another season filled with exploration, creativity, friendship, and outdoor fun.

We know that preparing for camp comes with a lot of details such as forms, dates, deadlines, packing lists, and schedules. That mixture of excitement and stress you're feeling is completely normal. Please know that our entire Outdoor Program team is here to make the lead-up to camp as smooth as possible. You can trust that we are dedicated to creating a meaningful, memorable, and safe camp experience for every camper.

This 2027 Camp Handbook is designed to help your family feel fully prepared. Inside, you'll find answers to many common questions plus a few you may not have thought to ask. We encourage you to read through it carefully and share relevant information with anyone supporting your camper this season. If you find yourself wondering about anything not covered in these pages, please don't hesitate to reach out. Our team is here to help, every step of the way.

We can't wait to welcome you to camp for an unforgettable summer!

Warmly,
Melissa R. Mason
Director, Camp Programming
Girl Scouts of Connecticut

On behalf of the Summer Camp team

Campership & Payment Information

Balance Due

The balance of the camp fee, less the deposit, must be paid online by credit card by June 1, 2027. You can manage your payments in your myGS account.

After June 1st, your registration(s) will be forfeited (deposits and Girl Scout Memberships are non-refundable).

To use cookie credits

A jotform will be sent out asking if you want your cookie credits applied to camp, by choosing yes we will automatically add them to your balance due (and double them) sometime in May.

To make any payments

1. We use myGS for you to make payments: https://mygs.girlscouts.org/
2. Enter your email address (example: jsmith@email.com) and password
3. After you log on click on “My Events” and your camp weeks should be listed
4. Select the appropriate event and click “Pay Now” to make a payment for an individual registration

Opportunities for Financial Assistance

Every Girl Scout who sells at least 200 boxes of cookies earns cookie credits. These are doubled to help pay for camp.

Campership Fund - financial assistance available to all Girl Scouts, regardless of specific circumstances and challenges.

Where can I Apply for Campership Funds?

Financial Assistance is available. It is conducted on the honor system. No documentation of income will be required to apply.

All registrations not paid in full by June 1st will be cancelled and the financial aid will be waived. Should there be a foreseen issue making your final payment on time, we ask that you reach out to customer care who will direct you to the correct team member.

Refunds and Cancellations

If you transfer weeks after April 15th, you will be responsible to pay the $75 early registration fee for the new week.

For summer camp cancellations, written notice must be submitted at least five (5) weeks prior to the start of the session to customercare@gsofct.org. Upon cancellation, the $75 deposit is non-refundable.

Please note that financial assistance awards and Cookie Credits are non-refundable and non-transferable.

Arrival at Camp

Let the fun begin!

Camp Hours

Monday—Friday from 9:00 a.m. to 4:00 p.m.

Upon Arrival

We assure seamless check-in by directing you through a drive-through drop-off within the parking lot. You will be given instructions about the check-in stations. We ask that drivers stay in their vehicles at drop off to minimize risk of injury due to moving vehicles.

Health Screening and Check-in Procedure

All campers and staff will be required to have a health screening at check-in (e.g., 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?). Any camper or staff with potential symptoms of illness will not be allowed in the camp until cleared by a medical professional.

If your camper has a food allergy, please make sure it is noted on the health form (see page 15). We will need documentation of the reaction they have to the allergen.

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. Healthcare staff will also be available to answer questions.

Have The Following Items With You For Check-In:

Prescription Medications

*In their original containers

Over-The-Counter Medications

(e.g., vitamins, Advil, etc.)
*In new, unopened, containers

An Administration of Medication Form

*For each medication, including over-the-counter

See "Packing Medication" (page 15) for more information

Absences

Please notify us of any absences, by phone call or email, **by 9:30 a.m.**

Departure From Camp

Camper Pick-up Authorization

We will only release campers to those listed on their registration. We will be crosschecking the name with Photo Identification, so please have **everyone** use their legal name.

Check-Out Procedures

- When you arrive, staff will direct you to park. Word of your camper(s) being escorted to your vehicle will be sent to their counselor
- Adults, please be sure to have a photo ID ready
- 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 please remove them as soon as possible
- Check the lost and found before leaving camp

Late Arrivals and Early Departures

We kindly ask that you arrive on time for check-in and pick-up as activities are run on a prompt schedule. If you are late picking up your camper(s), you will incur a $10 late pick-up charge for every 15 minutes.

We understand there may be an occasion for an early pick-up. If you need to pick up your camper(s) **before 4:00 p.m.**, please write a note or send an email to notify us. The camp will have your camper(s) ready and waiting. Notes sent with younger campers should be followed up with a call for verification of notice.

Upon arrival for early pick-up, call the camp office and please have your photo ID ready. Your camper will be escorted to your vehicle, where you will sign them out. According to state regulations, anyone that is outside the camp community must remain in their vehicles.

Transportation

Bus Drop Off and Pick Up

Dattco Bus, Inc. is serving GSOFCT this year.

Please remember to be at the bus stop **10 minutes prior** to stated departure time.

You will be contacted by the Camp Director or a designee via your primary phone number, or email, in the event of emergency, or delays of 15 minutes or more.

Anyone escorting campers from the bus stop must be on our approved pick-up list. Have photo ID ready. Notify your camp's office prior to drop off if the person escorting your camper(s) changes at any point. Without someone to escort your camper(s) at drop off, the bus will wait 10 minutes before continuing. You may contact the camp and arrange to meet the bus at the next stop. However, without contact from the camp, the bus driver will bring your camper(s) back to camp.

Late pick-up fees may apply.

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

Personal Transportation

- Drop-off is between 8:45 a.m. and 9:00 a.m.
- Pick-up is between 4:00 p.m. and 4:15 p.m.

Dismissal begins after all buses have departed. Campers utilizing personal transportation will do so for both drop-off and pick-up.

We remind you that we cannot allow anyone driving into camp to get out of their vehicle due state restrictions. Have your photo ID ready. If you have any questions upon arrival, an administrator can assist you at your vehicle.

Communication

Rallyhood is a private social media platform that we will use to share files and links to forms, photos from camp, and share information with you before and during camp. You will receive an invitation to join the rally that is associated with the week(s) that your camper is registered for camp. Rallyhood invitations will be sent out around mid-May. Until then, pertinent information will be sent out via email.

No Cellphone Policy

Do not send your camper(s) to camp with cellphones. All internet enabled devices are prohibited (e.g., smartwatches). Your camper should not be distracted from the camp experience as well as a connection with nature. If brought to camp, these devices will be collected and kept in the director's office until pick-up. GSOFCT is not responsible for prohibited items being lost or damaged.

Camp Phone Calls

Camps can be reached via phone from early June to mid-August. Our Camp Directors and Camp Administrative Staff are happy to talk with parents/caregivers. While we are at camp during the camp season, we are not always near the phone. When leaving a voicemail please speak slowly; provide your name, your camper's name(s), your phone number, and the best time to reach you. We make every effort to return phone calls as soon as we can.

There is one office telephone line, and it serves emergencies only. Campers are NOT allowed to make or receive calls. This line must be kept free whenever possible. Please be assured that camp will contact you if there is ever any concern about campers' health or well-being.

Parents/Caregivers will be contacted in the following situations:

- If your camper visits the First Aid Station and is ill, 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 while at camp (e.g., COVID-19 or Measles).

Parents/Caregivers may be contacted if:

- The Director of First Aid has a question regarding your camper's health history (e.g., medications, chronic health conditions, etc.).
- Camp staff need your assistance/support regarding your camper's well-being.

Camp Prep

Tips for Adults

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

- Use these pages to help talk with your camper(s) about daily camp life and safety. Show them how much fun they will be having 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 with shoes/sneakers to camp, and during camp unless otherwise directed. **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(s) to camp.
- We encourage labeling campers' belongings with first and last name so that we can attempt to return lost items.
- Help your camper(s) pack their backpack for camp (but do not do it for them!). If they pack their own backpack, it is more likely they will know where everything is and be able to describe it in case misplaced.
- Review "Packing Medication" (see page 14) and take note.

Tips for Campers

Going to camp for the first time is an exciting experience. It offers a safe space for you to be you. Here are some ideas for helping prepare for your camp experience.

- Visit an outdoor setting with an adult to identify common sounds you hear in the woods.
  - Learn to be sensitive to nature. As an example: Daddy Long Leg 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.
  - Check out your local library or bookstore to find a story that talks about camping and nature.
  - Visit your local GSOFCT shop to pick up camping/nature gear and patches.
- Learn how to properly apply sunscreen and bug repellent. We will not be able to apply sunscreen and bug repellent for you.
- Remember to drink water throughout the day. We encourage always carrying a water bottle with you. Please label all bottles with your first and last name.
- In fact, write your first and last name on all of your belongings.
- Be sure that you have all of your items as you leave each program area.

What To Pack In Your Backpack

- We tie dye once a week, so please come prepared to get messy. Dye AND the t-shirts are provided for each camper—Please indicate your camper's size on the health form.
- A Mess Kit for possible cookouts
  - 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" (page 10)
- Refillable water bottles
- Sunscreen (non-aerosols only)
- Insect repellant (non-aerosols only)
- A towel, one-piece bathing suit, or two-piece (i.e., a tankini)
- A plastic bag for wet items
- Rain poncho
- Sweatshirt
- Extra change of clothes in a plastic zip-lock type bag

Do Not Bring the Following to Camp

They will be removed from the backpack and stored in the camp office until the end of camp.
Girl Scouts of Connecticut is not responsible for lost or damaged items.

- Electronics—cell phones and hand-held video games should be left at home
- Expensive clothing and jewelry
- Sports equipment
- Alcohol, drugs, or weapons
- Pets

Special Accommodations

If your camper requires special accommodations, please make these requests directly to Customer Care.

Include your phone contact so that we can discuss any specific needs and determine if our program is right for your camper(s). GSOFCT can make reasonable accommodations for medical, behavior modifications, and individual educational program needs. Our goal is to provide the best possible camping experience for all our campers.

Camp Activities

Our camp programming 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" to 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 the weather. Rest assured that your camper will continue to participate in a fun and challenging camp programming, rain or shine.

Campers will have many opportunities to participate in activities to be applied to specific badges during camp and may even complete some of them! 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 (Subject to change)

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 ceremony
4:00 p.m.	Buses depart/parent pick-ups arrive

**What are "Kapers"? (Page 21)*

Lunch and Snacks

Campers attending Aspetuck should bring a lunch with a drink—in a thermal lunch bag with an ice pack or frozen juice box—every day. 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.

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(s) 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.

See "Special Accommodations" (page 9) for more details.

Camp Photos

Staff take photos throughout the day/week as they are able. These photos are shared via Rallyhood - via google drive link. Photos may include your camper's unit, them participating in activities, or their creations made throughout the day. Individual photos of campers are never guaranteed.

Leadership Labs

At Girl Scouts of Connecticut Day Camps, leadership starts early and grows with every summer. Our Leadership Labs help campers build confidence, teamwork, and outdoor skills while having fun with friends.

Junior Aide (Grades 4–5)
Every Junior camper participates in the Junior Aide experience—learning how to be a positive role model, lead songs and games, and guide younger campers. By the end of the session, they earn the Junior Aide Award, a first step on their leadership journey.

True North (Grades 6–8)
Cadette campers explore what it means to be a leader by discovering their personal "true north." Through team challenges and reflection, they learn to set goals, make decisions, and stay true to their values as they prepare for the next step in leadership.

Program Aide (Grades 7–9)
The Program Aide (PA) experience is a hands-on leadership program where campers plan and lead activities for younger units. PAs develop communication, problem-solving, and teamwork skills in a supportive environment. Three progressive levels—PA 1, PA 2, and PA 3—allow campers to build responsibility each year.

Counselor-in-Training (Grades 10–12, age 14+)
Our Counselor-in-Training (CIT) program prepares high school Girl Scouts to take on real leadership at camp and beyond. CITs learn about camper care, program planning, and teamwork while assisting staff and leading activities. Each level (CIT 1–3) adds new challenges and greater independence.

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. These activities could include more water games/activities, indoor programs, or shaded games. Staff will also encourage more sunscreen and increase water breaks.

Hydrated campers are happy and healthy campers. Many campers are not 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!)

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: swimming, target sports, and hiking activities.

Each camp practices emergency drills with their campers weekly. In the event of a weather related, or national emergency, the most up-to-date information will be conveyed through Rallyhood and direct communication via email and/or phone calls as appropriate.

Weather and 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 rain showers. Should camp need to be cancelled in the event of an emergency, information will be conveyed through Rallyhood and direct communication via email and/or phone calls as appropriate.

Camper Safety

At Girl Scouts of Connecticut, the safety and well-being of every participant is our highest priority. We maintain clear policies and procedures designed to ensure a safe, respectful environment for all members. When we receive a report about behavior that may cause harm, we act promptly and follow all required protocols as outlined by the State of Connecticut.

Empowering young people to build healthy relationships and treat others with kindness and respect is central to our mission of developing individuals of courage, confidence, and character who make the world a better place.

Camp Facilities

Sharing Common Areas

Campers will be sharing common areas—such as the pool house. Your camper will be changing into their bathing suit in individual stalls (within a common area). 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/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. We have put this procedure in place for campers' safety. Swim evaluations take place on the first day of each week's session. Campers walk into the pool and demonstrate they can float on their own, go under water, and swim from one side of the pool to the other. Campers stop at whatever their comfort level is, then receive a colored buddy tag with their swim level and are assigned an area of the pool they can swim in. At any point they can ask to try again.

More information will be provided in the camp specific newsletter the week prior to your camper's week at camp.

Camp Staff

Our staff are terrific!

Our Camp staff are enthusiastic, talented, caring individuals, and 18 years of age or older. We recruit both regionally and from around the world—carefully selecting 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, and to learn more about people who are different from them.

All staff members go through an extensive screening, which includes an interview, references, and background checks. They are required to attend an intensive pre-camp training session including safety, activity planning, camper care, teambuilding, and much more. Those supervising high-adventure activities (e.g., swimming, archery, canoeing, etc.) receive additional training and certifications. We expect our staff to maintain high moral standards and act maturely in all areas of their lives during their time of employment.

Camp staff enjoy hearing from parents and campers about how much they enjoyed their time at camp. Not only excited about fun, staff also enjoy helping campers gain a better understanding of themselves and their leadership potential. Please keep in mind, however, that policy prohibits camp staff from receiving gratuities (e.g., gifts, tips/money, etc.) Your camper(s) having a great time at camp is "thank you" enough! If your camper(s) would like to thank them for their time at camp, they can write them a thank you letter.
Everyone LOVES letters at camp!

Camp Names (Nicknames)

Ever wonder why the counselors at camp have such fun names? It is a Girl Scouts Summer 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— calling counselors by their first names is too familiar. Nicknames also help when we have two or three staff named Amanda.

Counselors choose names that remind them of things they like or places they are 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 do not 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.

Health and Wellness

Health Forms

Health forms will be completed as a JotForm—link posted on Rallyhood (see page 20).

Campers' **registration may be cancelled** if their health form is not completed by June 1, 2027.

Campers' health history must be updated **every year**. A health examination (i.e., physical) is provided by a health provider, and valid for **36 months** from the date of the actual physical—not the physician's signature date. We will accept the State of CT Health Examination form that may already be filed at a campers' school if it includes an immunization record, current tetanus with date of immunization, and signature of your healthcare provider.

Please do not ask us to retrieve your information from previous years. Our past years' health documents are not accessible for privacy reasons; they are safely stored for shredding.

Packing Medication

Medications sent to camp—**including all prescription and over-the-counter medications** (see "What Is Considered a Medication" on page 16)—will require an authorization to dispense medication form. The form(s) must be signed by a parent/caregiver and physician. The form(s) and the medication(s) will be turned in to the camp's Director of First Aid or Healthcare Director during the check-in process. All medications must be stored in the camp Health Center and administrated under medical supervision.Exceptions are for emergency medications, such as inhalers, which will stay with campers' counselor in a med bag—carried to each activity during the day.

If your camper has an EpiPen, inhaler, or has diabetes, the appropriate authorization to dispense medication form **and the Plan of Care (PC) form** must be printed, signed by a physician and parent/caregiver, and sent in with the health form. The PC form must also be submitted by June 1, 2027.

It is a good idea to keep 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 Is Considered a Medication

Medications include any substance a person takes to maintain and/or improve their health including: all prescription medications and all over-the-counter medications.

- **Prescription Medications:** A pharmaceutical substance that legally requires a medical prescription to be dispensed.
- **Over-The-Counter (OTC) Medications:** Pain relievers (e.g., Aspirin, Ibuprofen, etc.), vitamins, supplements, anti-itch cream, anti-bacterial cream (e.g., Neosporin), anti-fungal creams and other non-prescription medicated creams, cough drops and throat lozenges, glucose tablets, oral contraceptives, and more.

Medication Protocol

- **Prescription Medication Protocol:** 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(s) has a prescription for a new medication, at least one dose **must be given at home** before beginning to bring the new medication to camp.
- **Over-The-Counter Medication Protocol:** All over-the-counter medications must be brought to camp in **new and unopened original packaging**. 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. Unless with a written physician's order, staff cannot dispense medication for reasons or in doses other than indicated on the container.
- **Medication Consistency:** It is 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.
- **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 adult picking up the camper(s). A signature is required upon receiving the medication. Medications left at camp will be held for one week after campers have left before being 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 camper(s) and the Plan of Care they receive while at camp. A copy of campers' school or daycare PC will suffice if already in place. 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 to 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 identified concerns.
- It includes medications, as well as behavior management.
- It brings together the camper's parents/caregiver and the camp staff in adopting these approaches consistently, while taking into consideration any guidance specified by their healthcare provider.

Health Care at Camp

The Director of First Aid at a minimum has CPR/First Aid certification as well as Medication Administration training. They may also be licensed as an CT EMT or hold a nursing license in the State of CT. This staff member is stationed within the camp. 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 week's session or for a week's session later in the summer, with permission of the Director of First Aid and space permitting.

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 American Camp Association and the State of CT Youth Licensing.

Menstruation

Please send supplies if your camper(s) 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 healthcare staff if problems occur, or supplies are needed. Also, to understand discretion as not all campers know what menstruation is, it is a parent/caregiver's right to have the opportunity to explain and teach their camper(s).

Illness/Injury

Each camp has a Director of First Aid (see "Health Care at Camp" on page 16) who is responsible for the health needs of campers and staff. We do not call you for every bump or scrape, but parents/caregivers will be contacted at the discretion of the Director of First Aid in case of:

- Fever and/or vomiting
- Unresolved asthma attack
- Any injury requiring stitches
- Injuries that have resulted 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 or other communicable disease

Communicable Diseases

The protocols that we follow are based on Center of Disease Control (CDC) Guidelines and the American Camp Association (ACA).

Should a camper or staff member be exposed to a communicable disease (e.g., measles, chickenpox, etc.) the entire group of campers and staff members of that group will be asked to self-quarantine and be cleared by a physician before returning. To return to camp, a written request must be received—along with a note from a physician—by Customer Care within two weeks of the camper's initial departure.

Refunds for any potential exposure instances will be given on a pro-rated basis minus deposit and membership fees.

Head Lice

We strongly suggest checking your camper(s) for head lice and nits (i.e., eggs) **a few days prior to the start of their camp session(s)**. Head lice are more common in the warm summer months, are highly contagious, and extremely hard to find. Symptoms vary, so you or your camper(s) may not even be aware of their presence. You may treat your camper(s) and all of their belongings, removing all nits, and return to camp the next day to be re-checked. **GSOFCT 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.

Refer to online resources for further information on treatment and prevention.

Mosquito, Insect, and Tick Safety

We encourage the use of bug repellant at our camps (non-aerosol only). When campers are changing, we ask them to do a "tick check"—looking 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 to doublecheck 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.

Learn more regarding ticks:

To help further protect from mosquitos, insects, and ticks: pretreat socks, shoes, and other clothing items with permethrin repellent. This protection usually lasts for up to 6 weeks.

Learn more regarding repellents and prevention.

Frequently Asked Questions

Can my camper(s) and a friend group together?

Yes! Each camper may request 1 buddy to be placed in the same unit. While we do our best to honor requests, placement cannot be guaranteed due to Connecticut OEC and GSUSA supervision ratio requirements. Buddies must be in the same Girl Scout level to ensure appropriate programming and safety. We encourage all campers to make new friends and enjoy meeting others throughout the week!

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

Closed-toe shoes with socks (e.g., tennis shoes, sneakers, or hiking boots), must be worn during all activities such as hiking and target sports (e.g., slingshot, archery, etc.). Camp is a natural environment and campers are regularly active, so appropriate footwear must always be worn properly.

- **For all other land activities**
  - Campers can wear closed-toe shoes with socks or closed-toe sandals with socks (e.g., Keen). Closed-toe sandals must have a sturdy rubber sole and a secure heel strap.
- **Flip Flops**
  - These, or other open-toed sandals are only allowed in the pool area.

If campers choose to bring only one pair of shoes that pair should be closed-toe tennis shoes or sneakers.

Staff have the right to determine what footwear is appropriate and can ask a camper to change their footwear at any time. **Campers who arrive with** inappropriate footwear will have their parent/caregiver contacted, and they will not be able to participate until proper footwear is provided.

How will I know my camper(s) 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. If there is an emergency, we will call you. We understand your concerns as a parent and appreciate the trust that you place in us.
For further information refer to *"Camp Phone Calls"* (page 7).

What is Rallyhood?

Rallyhood is our chosen platform for camp-wide communications. Participation on this platform is by invite only. You will receive your invitation beginning mid-May. You will be able to find documents, communicate with staff and other parent/caregivers, and enjoy a secure network to keep up with your campers' summer adventures.

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, and playing water games, campers naturally adapt to 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!). Spaghetti strapped shirts are discouraged due to sun exposure. It is important that your camper wears a good waterproof sunscreen, SPF 45, whenever outdoors. A hat and sunglasses are always reliable sun protection as well.

Cool drinking water is available in all units and activity areas and campers are encouraged to drink consistently. In the event of extreme heat, the camp has action plans and procedures to keep everyone safe and follow Girl Scouts Summer Camp and ACA safety standards.

For more details refer to "Severe Heat" (page 12) and "Tips for Campers" (page 8).

What are "kapers"?

Kapers are daily community chores we encourage campers to participate in for the sake of instilling the philosophy of community based on everyone respecting themselves, each other, and their environment.

Kapers include: cleaning-up, setting tables for meals, participating flag ceremonies, sweeping porches, picking up and disposing of litter, emptying small waste baskets from the handwashing stations, stocking shelves, and 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!

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

A written individual PC 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 healthcare practitioner on the camper's physical examination record or on a medication order, may be supported by accompanying documentation. You may also use the PC that you may already have for your camper to attend school. If you have questions about your camper's PC, its best to contact your healthcare provider for clarification.

Camper Behavior

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 the camper, others, or the camp program.

Our camp staff will do everything possible to help campers adjust to camp life. However, bullying is one type of unsuitable behavior that is not tolerated at Girl Scouts Summer Camp. 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(s). Talk with your camper(s) before they come to camp and tell them that if they witness any of these behaviors going on, affecting them or any other campers, then they should tell their counselor immediately.

Please remind your camper that their counselors are there for them, and that Girl Scouting builds girls of courage, confidence, and character, who make the world a better place. Encourage your camper(s) to ask their counselors if help is needed and to talk with them if feeling sad, if witnessing anything that makes them uncomfortable, or if they have any issues while at camp. We want to help your camper have a wonderful camp experience!

Any campers who engage in bullying may be subject to disciplinary action such as **dismissal from camp**.
A parent/caregiver, or preauthorized adult, is responsible for picking the camper up immediately. In this situation, no refund will be given.

Camper Code of Conduct

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.

First, staff will allow the camper to step away from activities to cool down and regain self-control. With another instance of inappropriate behavior, the Camp Director will call the parent/caregiver to discuss ways to help the camper succeed. Finally, if deemed necessary by the Camp Director, the camper will be immediately removed from the camp program. A preauthorized adult must come to the camp to pick up the camper.

Camper Expectations

Girl Scouts of Connecticut has guidelines that we follow to make sure everyone has a safe and fun experience at camp.

- 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 end of day; returned to a parent/caregiver.
- 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, at the expense of my parent/caregiver—without receiving a refund.

girl scouts of connecticut

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