

girl scouts
of greater atlanta

2020 Sleepaway Camp **Camp Timber Ridge** **What to Expect**



Friendship



Adventure



Fun



Confidence



Courage



SUMMER
CAMP

Contents

Message from the Director Team	4
Who to Contact	5
Camp Open House	5
Driving Directions to Camp Timber Ridge	5
No Tobacco, No Vaping, No Pets, Drive Slowly	5
American Camp Association	6
Registration	6
Camp InTouch	6
Camp Fees	6
Scholarships	6
Girl Scout Membership	6
Patches and T-shirts	7
Cancellation and Refund Policy	7
Program Overview	7
Daily Schedule	7
Leadership Sessions	8
Kapers	8
Camp Store	8
Swim Evaluations	8
Buddies	9
Camp Counselors	9
Logistics	10
Check In Day	10
Check Out Day	10
Field Trips	11
Email	11
Mail	11
Photos	12
Phone Calls	12
Packing Checklist	13
Disconnecting at Camp	14
Lost and Found	15
Camper Health and Wellness	15
Let Us Be Your Parenting Partner	15
Camper Essential Functions	16
Health History and Forms	16
Medication Administration	17
Communicable Illness Policy	17
Head Lice Policy	17

Bed Bugs.....	18
Wellness Tips.....	18
Homesickness	18
When Do We Contact Parents?	19
Meals	19
Food Allergies and Restrictions	19
Evaluations – Parent Online Surveys	20

Message from the Director Team

I would like to welcome new campers to our Timber Ridge family and say welcome back to returning campers. We are excited that you have chosen Timber Ridge for your daughter's camp experience this summer. This will be my 15th year as the Camp Director at Timber Ridge and each year has brought some changes that make the experience better for our girls.

Camp Timber Ridge is a place your camper can relax, have fun, and enjoy moments away from television, computers, cell phones and other distractions of the average child's life. Camp Timber Ridge staff strive to fulfill their mission of building girls of courage, confidence and character by increasing self-confidence, enhancing team building, improving cooperation and communication skills, taking responsibility and an "I can do that!" attitude. Through dedication to our campers we promise to provide them with an opportunity to develop their confidence and independence in a positive and comfortable environment, with the nurturing support of the staff and the camp community.

Beth "Gleam" Griffin is the Assistant Camp Director of Summer Programs for Camp Timber Ridge. She is working to provide a quality program and to get your questions answered. She is a lifelong Girl Scout and has worked in various roles at camps all across the country. She is looking forward to her third summer at Timber Ridge and hopes to have a fantastic time with your girls.

Caitlyn "Nasa" Brune is the Assistant Camp Director of Three Seasons Programs for Camp Timber Ridge. She grew up attending Camp Timber Ridge and is excited to see new and familiar faces at camp this summer. She knows how special camp is and wants to help all girls experience camp magic.

We want this to be a successful and wonderful experience. Please let me know if you have any questions or concerns as you get ready for camp. The best way to reach me is via e-mail: ctrdirector@gsgatl.org

Kristi F. Fulford
Camp Timber Ridge Director

Who to Contact

If you need further assistance in your preparation for camp, please use the following phone numbers to determine who to call:

General information about camp

Beth Griffin, Assistant Camp Director..... bgriffin@gsgatl.org or 770-702-9072
Kristi Fulford, Camp Director.....770-702-9070

Registration changes, payment questions and refunds

Jessica Burgett, Operations Coordinator.....camp@gsgatl.org or 770-702-9103
MaryEllen Waiting, SR. Operations Coordinator.....770-702-9140

Camp Open House

Open House is a great opportunity to tour camp facilities and cabins. This is also a wonderful chance to meet some of our staff, learn what and how to pack, what types of meals are served, what to expect at check in/check out, and ask questions of the camp staff. Bring a picnic snack and spend the afternoon at Camp Timber Ridge! Return campers – this is your chance to get excited about coming back to camp! We will have a s'more fire burning if the weather allows. Come spend the afternoon with us!

We have three Open Houses scheduled this year:

Sunday, March 8th from 2:00-4:00 PM

Sunday, April 19th from 2:00-4:00 PM

Sunday, May 3th from 2:00-4:00 PM

Visit www.girlscoutsatl.org/openHouse to see Open House dates for our other Girl Scout camps.

Driving Directions to Camp Timber Ridge

Directions to Timber Ridge from Atlanta

- Take I 285 to west side of Atlanta to exit 12—US 78.
- Go west toward Mableton 3.7 miles.
- On your right you will pass the fire station. Take the next right on North Allen Road.
- Camp is at the end of the road. (You will pass the council office gate) Come thru camp gate and following directional signs.

Camp Timber Ridge
5540 North Allen Rd

Mableton, GA 30126

No Tobacco, No Vaping, No Pets, Drive Slowly

Thank you, in advance, for respecting our camp facilities when you visit. We ask that you leave your pets at home, do not use tobacco or vape devices while on the property and please do not litter on the site. As you drive in and out of camp please keep the girls in mind and drive slowly. Take your time, enjoy your glimpse into camp life and help everyone stay safe.

American Camp Association

We meet the highest standards set by the Girl Scouts of the U.S.A. and the American Camp Association. The Girl Scouts of Greater Atlanta, Inc. summer resident and day camps proudly display the American Camp Association symbol of accreditation. The accreditation process involves extensive preparation of written documentation, such as risk management, food safety and staff hiring procedures, and an onsite observation visit performed by a team of specially trained camp professionals.



Registration

Camp InTouch

Girl Scouts of Greater Atlanta uses [CampInTouch](http://www.gsatlanta.campintouch.com) for registration and to keep track of all the forms needed from each girl's guardian. Please visit www.gsatlanta.campintouch.com to make sure all the necessary forms are completed before dropping off.

Camp Fees

All camper fees are due one month prior to the start of your camper's session.

If you register for camp one week or less prior to the start of that camp session, you will be charged a \$25 late fee. Payment in full will be required at this time.

Scholarships

The council has established a Camp Scholarship Fund for girls who are registered members of the Girl Scouts of Greater Atlanta. Preference is given to girls who have participated in the Greater Atlanta Girl Scout Cookie Program. Scholarships are designed to make camp available to all girls who are part of our program – regardless of income. Girls are encouraged to apply for a scholarship if the camp fee is a hardship for their family. Scholarship applications are available at <https://girlscoutsummer.com/registration-prep/#registration-pricing> or from the link under Pricing at GirlScoutSummer.com

Girl Scout Membership

All girls must become registered Girl Scout members to attend camp. It is not necessary to belong to a troop. The Girl Scout membership fee is \$25 and is valid until 9/30/20. If you are a non-member, please complete membership registration online, [Girl Scout Membership Registration](#). This will also provide your camper with the opportunity to participate in a variety of Girl Scout events at the camp and in the community for the rest of the program year!

Patches and T-shirts

Each girl will receive a camp patch and any badges fully earned while at camp. She will also get a t-shirt from the first GSGATL camp she attends included as part of the registration fee.

Cancellation and Refund Policy

Please contact the operations coordinator at camp@gsgatl.org if for some reason your camper cannot attend camp. Prompt notification may allow another camper to come off the waitlist.

A refund, less a \$50 deposit, is available if:

- Cancellation in writing is received 30 days prior to the confirmed session date.
- The camper is physically unable to attend camp due to illness or injury. A physician's statement is required no later than Sept. 1, 2020.
- There is a death in the immediate family, within seven days prior to the opening day of the confirmed session. Notification to the council office by telephone should be made as soon as possible with written notification submitted no later than Sept. 1, 2020.
- Other special situations will be considered. Requests should be made in writing.

Program Overview

Camp Timber Ridge is a Girl Scout Camp, so Girl Scout programming is at the heart of what we do. This summer every girl will have the chance to earn a Girl Scout Badge, Award, or work on a service project. She can also look forward to Girl Scout traditions like silly camp songs.

We offer a wide variety of programs to peak the interest of each girl. The options for your camper will vary based on the grade she will enter for the 2020-21 school year. The best way to ensure your camper does an activity at camp, is to sign up for a session that focuses on that activity.

Some activities will be pre-planned based on the session theme. The girls in the unit will work together to plan the rest of their schedule. Campers have a wide variety of choices offered to them each week. Some favorites include: archery, canoeing, challenge course, crafts, drama, outdoor cooking, sports and games, swimming, and weird science. Our staff will work with the girls to ensure all girls in the group have input into the schedule.

Daily Schedule

The schedule may vary a bit based on the session, but an average day at camp is:

8:15 a.m.	Breakfast
9:00 a.m.	Flag raising
9:10 a.m.	Activity 1
10:40 a.m.	Activity 2
12:10 p.m.	Turtle Time/ Kapers
1:15 p.m.	Lunch
2:15 p.m.	Community Time
2:45 p.m.	Free Swim

3:45 p.m.	Snack
4:00 p.m.	Activity 3
5:45 p.m.	Flag Ceremony
6:00 p.m.	Dinner
7:15 p.m.	Activity 4
8:30 p.m.	All-Camp Program
9:30 p.m.	Return to units, shower, & cabin time
10:30 p.m.	Lights Out

Leadership Sessions

While at camp these girls will work on leadership skills, experience camp, and get to work with younger girls. Their schedules will be determined by girls' interests and the demands of their session. CIT girls will be staying over through the weekend. During that weekend they will do their laundry, play around camp, and relax.

Kapers

Kapers are chores that each camper and staff member are assigned to help with "camp-keeping." The kapers at camp include flag ceremony, pool house tidiness, camp garden, and sweeping. Unit kapers include keeping their bunks straightened, cleaning bathrooms, gathering fire wood, cooking at cook-out, and fire building. Help prepare your camper for her kapers by letting her help at home before coming to camp. Kapers are a Girl Scout tradition that helps build self-confidence and team work skills.

Camp Store

The camp store offers camp essentials and souvenirs, such as water bottles, flashlights, day packs, stuffed animals, items for autographs, and more! (The store does not offer snacks or beverages.) Items in the Trading Post range from \$1 - \$40 each.

The store will be open for parents to shop during check-in. Girls can also shop on their own by bringing cash with them or setting up an account. Accounts can be set up with cash, credit card, check, or cookie dough. Cookie Dough must be spent whole increments as council does not provide Cookie Dough change. Any unspent cash, exceeding \$2, in the Trading Post accounts will be refunded Friday at check-out, or parents may choose to donate it to the camp. Cash refunds cannot be given for checks, cookie dough or credit card funds. Credit cards left on file will be charged when the purchases are made.

Swim Evaluations

For safety reasons, each camper will be evaluated on her swimming skills. Campers are placed into swimming groups based on ability. All swimmers are under the careful supervision of lifeguards and watchers while at the pool.

Each camper will take a swim evaluation that begins with bobbing three times in the three-foot end of the pool and swimming approximately ten yards in three feet of water without touching the bottom. If they pass the first segment, they will be asked to jump in four feet of water and swim 15 yards using any coordinated stroke. Lastly, they will have to tread water for two minutes.

Campers will be provided colored bands indicating their swimming abilities. The lifeguards who supervise all the campers in the pool will indicate areas of the pool where girls may swim based on their band colors.

Red band: Likes to play in shallow water, is uncomfortable in deep water. May still participate in pool games/sports from the shallow end. Campers who opt out of the swim evaluation will receive red bands.

Yellow band: May swim in the shallow and middle areas of the pool. Can swim on top of and under the water. Can jump off side of pool into water. Strokes are uncoordinated or incomplete.

Green band: May swim in all areas of the pool. Strokes are recognizable but may be weak.

Buddies

Campers are welcome to sign up for camp with friends who are within one grade level of each other and signed up for the same session of camp. If camp buddies are in different grades (for example: fourth and fifth grade), they will be placed in a tent or cabin based on the younger camper's grade. We get many buddy requests, if your camper doesn't get placed in a tent or cabin with her buddy please let us know so we can fix it.

Even the best of friends need time to explore their individual interests and make new friends while at camp. Camp buddies will be in the same tent or cabin but may or may not be together for every camp activity. If they choose different activities or are placed in different activities due to skill level, they will still be together again during meals, unit time and free swim.

Many girls come to camp without a buddy. Camp is a wonderful place for girls to make new friends. Our annual outcome survey of campers tells us that 99% of girls make new friends at camp.

Camp Counselors

Camp counselors are recruited from the local Girl Scout community, colleges, universities and web-based employment services. Our camp counselors include home grown Girl Scouts who have many years of experience in Girl Scouting and students from local colleges and universities who desire to be a part of the Girl Scout organization. We also recruit and hire international counselors through the "Camp America" program. All counselors are required to have an interview with the Camp Director, provide references and pass a criminal background check. The most important trait we are looking for in our camp staff is the desire to create a lasting experience for your camper.

During the weeks prior to camp, all camp staff complete an intensive two-week camp training covering topics such as: behavior management, how to work with different age groups, specific activity training, prevention of child abuse, first aid/CPR, camper supervision, homesickness and much more. Additionally, specialized staff such as lifeguards, boating instructors and challenge course facilitators, possess certifications or relevant experience related to their jobs.

During staff training, each camp staff member may choose a "camp name." Camp names are nicknames used at Girl Scout camp for several reasons. A camp counselor is a unique position between big sister and authority figure. She guides your camper in a gentle manner and her camp name helps distinguish her from a teacher, parent, or other authority figure. It also keeps us from having two "Karen's" or five "Amanda's" at camp at one time. And lastly, camp names add to the magic of Girl Scout camp tradition that has been passed down for generations. Please don't be surprised when camp staff introduces themselves as "Snow White" or "River."

Logistics

Check In Day

Check In is Sunday from 7:30-8:30 pm.

Please note that dinner is NOT provided on Sunday. Please eat dinner with her before dropping her off.

Steps for a Successful Check-in Process

Step 1: Park and get luggage out of the car

Step 2: Bring luggage to the platform at the bottom of the parking lot and receive your daughter's unit assignment.

Step 3: Proceed to Health Check-In. You will check in any medication your child needs. Refer to the Health Procedures for more details about leaving medicine at camp.

Step 4: Drop off camper's pre-written mail (optional).

Step 5: Drop off money for the camp store and/or trips.

Step 6: Head to the unit with her things. Wheel barrows are available to help move things the short distance to the unit.

Step 7: Help your camper settle in at her tent or cabin and meet her counselors.

Step 8: Give her one last hug, wish her happy camping, and leave her in our capable hands.

Check Out Day

Check Out is Friday from 6:00-6:30 pm. The only exception is Astronaut Training. These girls will be picked up on Saturday upon return from Space Camp. They will leave Space Camp at 2:00 pm and are expected back around 6:30 pm.

When you arrive at camp to pick up your camper you will park in the parking lot and she will be waiting there. Her luggage will be on the trailers in the parking lot area as well. You will need to check her out from a camp staff member before we can release her to you. She will have any medication that was provided to camp.

Early pick-up: If you need to pick your camper up before the assigned check out time, please communicate with the camp staff team to arrange your pick-up day and time. Early pick-up is not possible for girls in Astronaut Training unless they chose to forgo the trip and be picked up on Friday by 6:30 pm.

Late pick-up: Late pick-up is not available. Camp Timber Ridge does not have staff available to stay with your camper beyond the designated pick-up time. Please be on time. She will be excited to see you and ready to share her camp experience.

Field Trips

Trip Fees

Your camper's session fee includes all admission to attractions, activities and meals while off site, transportation, and supervision of your camper. Items sold by vendors and shops are not included in the trip fee and must be purchased separately by your camper if she desires a memento or extra snack.

Permission Forms and Travel Agreements

All campers will be required to complete a travel agreement in order to participate in a field trip. Some trips may also require special permission forms in addition to our travel agreement.

If your camper is attending a trip that requires a special permission form, information concerning those trips will be provided prior to or at check in.

Transportation

All trip drivers will be 21 years of age or older, and successfully complete an extensive driver training following Girl Scout Protocols. Campers will be transported to off-site field trips in 12 passenger vans or large SUVs rented from an outside provider. If a girl rides in a car seat/booster seat, the car seat must be left at camp for the trip. Please label the seat with her name.

Spending Money

Spending money for your camper may be set up on Sunday during check-in. You may leave cash or an activated Visa/Master Card Gift Card. This money will be given to her to spend as she chooses on the trip.

Camper Belongings

All campers are responsible for any bags, purses, or day packs that they choose to bring along on day trips. They are also responsible for any items they purchase on the trip. Camp assumes no responsibility for lost or broken personal property while off site.

Camper Schedule

Your camper's schedule will be altered during the day of her field trip. It is normal to expect an earlier or "to go" breakfast in order to make arrival times at many of our venues. Some trips also require a later dinner than usual. The day and time of the trip will be communicated to you and your daughter at check-in. Girls participating in a field trip will miss activities that day at camp, as well as some or all of evening program.

Email

Directions for emailing campers will be sent out during the week prior to her stay with us. Emails should be text only with no attachments or photos. Place the camper's unit/cabin and camper's first and last name in the subject line to ensure proper delivery. Emails are a one-way communication and cannot be responded to by campers.

Mail

Mail is very important to campers; letters can "make or break" a camp experience. Please keep news light and cheerful. Telling her about the number of fun trips she's missed or how much the family pet is missing her, will add to any feelings of homesickness.

Since most letters take two to three days to arrive, parents might want to mail a letter a couple of days before camp so that mail will be waiting when she arrives. Packages of games, books or cards are fine but please do not send candy, food, sodas, or gum; it is unfair to other campers and attracts critters. (Camper's birthdays will be celebrated by the whole camp at lunch.)

You may bring mail to camp check in to be handed out during the week. Please write the day of the week on the letter or package reflecting when you would like your daughter to receive the mail.

Mail and e-mail are distributed to the girls once a day, usually before lunch. Any mail that arrives for campers after they have gone home will be marked Return to Sender and sent back.

Tips for Mail:

- Make sure mail is cheerful and positive.
- Ask about what she is doing at camp.
- Include preaddressed, stamped envelopes or postcards to remind her to send YOU mail.
- Let her know how much fun you want her to have at camp.

To ensure your mail reaches your camper, please address as follows:

Camper Name
Session Date/Name
Camp Timber Ridge
5540 North Allen Rd
Mableton, GA 30126

Photos

An online photo resource will be available with details provided at check-in or in e-mail communication prior to camp. While we understand photos give parents peace of mind, our primary focus must be on the campers ensuring a fun and safe camp experience.

Phone Calls

Parents are welcome to contact the camp office at any time with questions or concerns. In general, we work to promote independence and group cohesion in campers by discouraging telephone contact during camp session, but there are exceptions to this philosophy. The Camp Director will contact the parent/guardian if a camper is having trouble adjusting to camp life after 24 hours onsite or if there are health concerns. We look forward to partnering with you to find the best solution for your camper, which may include having your daughter talk with you on the telephone.

Due to the nature of camp, the camp staff spends most of their day out of the office with campers and staff. The camp office is not staffed 24-hours a day. Please leave a voicemail with your name, number and campers name if we are not able to pick up when you call. We will get back to you as soon as possible.

Packing Checklist

Packing Tips

- Label everything with your camper's name and pack in plastic tub or trunk
- Send old clothes that can get dirty and return home damaged
- Leave items that are valuable or sentimental at home
- Limit camper's luggage to 2 pieces

Bring to Check-In (Do Not Pack)

- ☐ All camp forms completed in [CampInTouch](#)
- ☐ Any prescription and over the counter medications
- ☐ Day pack filled with: swim suit, towel, water bottle, sun screen, and bug spray
- ☐ Money for trading post
- ☐ Any waivers required for trips
- ☐ Spending money or gift cards for trips

Clothing

- ☐ T-shirt (1 per day plus 2 extra)
- ☐ Shorts (1 per day plus 2 extra)
- ☐ Socks (1 pair per day plus 2 extra)
- ☐ Shoes, Tennis shoes or sandals with backs, 2 pair
- ☐ Shower shoes - flip flops
- ☐ Rain Coat or Poncho
- ☐ Pajamas or Nightshirt (2 sets)
- ☐ 2 bathing suits
- ☐ 1 pair of long pants
- ☐ Underwear (1 per day plus 4 extra)
- ☐ Hat or visor

Optional Items

- ☐ Camera
- ☐ Stuffed animal
- ☐ Book
- ☐ Stationary, pen, and stamps
- ☐ Coloring books and crayons
- ☐ Extra glasses and contacts
- ☐ Sunglasses
- ☐ White 100% cotton item for Tie Dye

Gear

- ☐ 2 wash cloths
- ☐ 2 bath towels
- ☐ 2 beach towels
- ☐ 1 set twin sheets
- ☐ Blanket or sleeping bag
- ☐ Pillow with extra pillow case
- ☐ Laundry bag
- ☐ Backpack or fanny pack
- ☐ Flashlight with extra batteries
- ☐ Reusable water bottle
- ☐ Plastic bag for wet items

Toiletries

- ☐ Sunscreen (SPF 15 or higher)
- ☐ Bug spray
- ☐ Shampoo and conditioner
- ☐ Brush or comb
- ☐ Body wash or soap
- ☐ Deodorant
- ☐ Toothbrush and paste
- ☐ Bucket to take to shower with above items in it
- ☐ Sanitary napkins or tampons as needed
- ☐ For CIT - laundry soap and money in quarters (about \$5 per load)

Space Camp

- ☐ Overnight backpack or small duffle bag
- ☐ Travel size toiletries: soap, deodorant, shampoo, toothpaste, toothbrush
- ☐ Thin sleeping bag or twin-size sheets, blanket and pillowcase (pillow provided)
- ☐ Close-toe shoes (required for some simulators)
- ☐ Shower shoes
- ☐ Change or \$1 bills for vending machines

Do Not Send These Items to Camp

- iPods with games or texting apps
- iPads or Tablets
- Electronic Games
- Cell Phones
- Smart Watches
- Digital Cameras or Other Electronic Devices
- Food, Gum, Candy- These can attract ants and roaches, turning personal gear into a disaster area!
- Valuables, Jewelry, Treasured Family Items, etc.
- Do not bring weapons of any type, alcoholic beverages, cigarettes, vape devices or illegal drugs. Anyone in violation of this policy will be sent home immediately.

Items will be collected by staff, held at the camp office and returned to the parent/guardian at the end of the session. Camp will not be responsible for the loss or damage of any items brought to camp from this list.

Disconnecting at Camp

Camp provides a unique chance for her to disconnect from her devices. We know you may be accustomed to knowing your camper's every move and she may be used to calling or texting you with updates periodically. While she is in our care, please keep all devices that call, text, or have games at home. Our staff are prepared to help her work through the challenges she will face at camp. Know that we will contact you if needed and you can always contact us as well.

Leaving her devices at home provides a unique opportunity for her to reconnect and grow in ways that are different from anywhere else. It helps build resilience, teamwork,

creativity, collaboration, and communication- all of which are skills that are ultimately needed today, all while building friendships that will truly last a lifetime.

Devices that only play music or display books are allowed. The device must not contain apps for texting, calling or playing games and must not connect to cellular networks. The songs and books on the devices must have appropriate content for camp and are to be used only by the owner. Headphones must be used for music. Devices are only to be used during rest times in the cabin or tent. Camp is not responsible for loss or damage.

Shoes

Athletic sandals like Chacos or Tevas (with a back strap on) are fine around camp but not always appropriate in all activity areas (e.g. ropes course). Crocs are not always the best shoe due to our rocky terrain. Flip flops are only permitted on the pool deck and showers but not around camp. Athletic shoes are required on the ropes course and some other activities around camp. Athletic shoes are your camper's best choice of shoes to wear at camp.

Lost and Found

The Girl Scouts of Greater Atlanta, Inc. is not responsible for any items left at camp. If you label your girl's items with her name, we can help her reconnect with her things during the week. At the close of the session all lost and found items are displayed at pick up. Any items left will be held for two weeks. Parents/guardians may contact the camp office and arrange a time and date to pick up the items. After two weeks, all items are donated to charity.

Camper Health and Wellness

Let Us Be Your Parenting Partner

On [CampInTouch](#) your camper's interactive camper profile, make sure you complete the health history information. Make sure to be detailed about any allergies or medical challenges your camper has so we can provide her the best possible care at camp.

Some parents hesitate to provide camps with personal information about their camper's behavior or experience. Some fear the information may be misused, while others are concerned about their child being labeled, singled out or treated differently. All parents want to see their child have a strong, fresh start at camp, unencumbered by past problems.

As seasoned camp professionals, we appreciate these concerns. We also know how invaluable such information can be in assisting us to help your child make as smooth and happy an adjustment to camp as possible – something we know all parents want too!

Having prior knowledge about a learning difficulty, bedwetting, ADHD, medical condition or a recent loss or major change in the family or child's life makes a tremendous difference in helping us to be sensitive to your child's need for patience, understanding and reassurance – especially in the first few days of camp.

This is especially true for children who have an attention problem or who are nervous about new situations. Many parents fear that a camp will not accept their child if they are completely forthcoming about these situations, yet a child needs us to be partners with you in planning for a safe and successful summer. If your child's needs cannot be met at a Girl Scout camp, we would like the decision to be made with the parents in the spring and not on opening day of the camper's session.

Furthermore, children often use their behavior rather than their words to tell us something is bothering them. Having advance knowledge of areas that might be difficult for your child helps us understand the message in her actions. The better we understand your child, the more we can assure you of a better summer for her.

Our commitment is to use such information only to help your child adjust to camp. It will never be used at camp unless necessary and then only with the greatest discretion and your prior knowledge.

Remember, when faced with challenges, we can help your child be successful if you help us. We encourage you to make us a full partner in planning for your child's summer. Please contact the Camp Director this spring and set your camper up for a successful camp experience.

Camper Essential Functions

To attend Girl Scouts of Greater Atlanta Girl Scout camps, campers must meet the following essential functions.

- Move independently from place to place
- Effectively interact in a group based on program content
- Be able to meet personal needs (bathing, toileting, dressing, diet management, etc.)
- Capable self-manager of chronic illnesses

Health History and Forms

A physical examination is not required to attend Girl Scouts of Greater Atlanta Sleepaway or Day Camps.

We do require the completion of a Health History available online through your [CampInTouch](#) Login. We also require that your camper is up-to-date on all her immunizations. Please visit [vaccines.gov](https://www.vaccines.gov) to answer any questions about vaccines. Vaccinations must be submitted on the Georgia Form 3231 (the same form used for school in Georgia). If your family ops-out of immunizations or is not from Georgia, you must submit an exemption form or get permission to provide alternative vaccination verification. Please email bgriffin@gsgatl.org to receive a copy of this form or a list of additional options.

We require a parent or guardian's signature on the Parent Authorization form. This vital form gives us permission to give your camper first aid and seek any necessary medical care.

Medication Administration

List all medications on the Health History, including over-the-counter, and bring them to check-in. All medications for campers and staff are stored in the health center for safety purposes.

- Any medication to be dispensed must be listed online in [CampinTouch](#) on the Medication Administration Form (MAR).
- **All medications, including vitamins, must be in the original container and marked clearly with the child's name and directions for use. Only the dosage listed on the original container will be followed at camp.**
- Medication can only be dispensed to the person listed on the original prescription container.
- After a discussion with the Health Staff, it may be determined that a camper who uses an inhaler on an as needed basis may carry the inhaler in her backpack to all her activities. The parent and Health Staff will determine if the camper can take on this responsibility. In this situation, we recommend a second inhaler remain in the health center if the other is misplaced.
- First aid supplies, acetaminophen (comparable to Tylenol) and many other over-the-counter medications are available for camper use in the health center. Please make sure to fill out the [CampInTouch](#) health section in detail to give us permission to give your camper medication in the event she needs something.

Please disclose other health related concerns, such as bedwetting, sleep walking, etc. on the Health History so we can best meet the needs of your camper.

Each camp has a designated Health Center used for managing basic first aid and dispensing medication.

Communicable Illness Policy

If a camper shows signs of a communicable illness, such as vomiting, diarrhea, fever, lice, rash, flu symptoms, or an eye infection, she will be immediately isolated from other campers. The parent/guardian will be notified, and she must be picked up immediately. Campers may return to camp once they have been free of symptoms for 24 hours. Once she returns to camp our Health Staff will do a quick health check.

If your camper exhibits signs of an illness at home, please let us know.

Head Lice Policy

If a camper shows signs of head lice, she will be immediately isolated from other campers, and all clothing and bedding will be packed and bagged. The parent/guardian will be notified, and she must be picked up that day. Campers may return to camp once they are lice and nit free, as documented by a physician, nurse practitioner, physician assistant or county health department nurse. If your camper is unable to return to camp, the family may request a partial refund, or switch to another session, if available. Campers who arrive at camp with signs of head lice will not be allowed to stay.

Prevention is the key. Please discourage your daughter from sharing hair brushes, combs, headbands, scarves, hats or any other items that may touch another girl's head and/or hair.

For more information about head lice prevention, please visit www.headlice.org.

Bed Bugs

Prevention: We have all our cabins inspected for bed bugs three times a year: May (just before summer camp); August (after summer camp); and January. Our exterminator uses visual inspection as well as a bed bug dog. If there is any indication that we have bed bugs, we have the building treated by a professional with high heat.

On any given day, bed bugs could be introduced into a cabin from someone's luggage. So, without having every building checked every week, it is impossible to know that we are clear all the time. Bed bug bites are like mosquito bites and are not usually serious. Of more concern is transporting the bed bugs to other buildings or back home.

Recommendation: Anytime you travel to camp or a hotel, you should treat all your belongings when you get home. Put everything into a dryer on high heat for at least 30 minutes.

Wellness Tips

Remember these four steps to a happy, health camper:

Hydration – pack a water bottle with your camper's name on it. Talk with your camper about the importance of drinking three to four bottles of water a day at camp. With increased activity in the sunshine, campers can easily become dehydrated.

Sunscreen – pack SPF 15 or higher sunscreen. Encourage your camper to apply sunscreen at least 10 minutes before going out into the sun. Camp staff will remind campers to reapply throughout the day. Other sun protection items include hats and swim shirts.

Bug Spray- pack a bug spray with DEET. Encourage your camper to apply bug spray after using her sun screen. We recommend bottles with a pump rather than aerosol cans. She can also avoid bugs by using unscented toiletries. Camp is not the time to smell like flowers or fruit.

Rest – the first night of camp is always the latest for campers and staff. Everyone is excited about the start of a new adventure. After the first day, campers will be exhausted and ready to sleep. Encourage your camper to giggle during the daytime and dream the night away.

Homesickness

Every camper misses her family, friends and favorite pet during their stay at summer camp. Homesickness is normal behavior among first time and experienced campers, but it usually disappears within the first two days of camp. Most campers need two-three days to adjust to a new routine, new cabin/tent mates and an increase in activities.

During their first 24 hours at camp, a camper may send home a letter requesting to come home. If you receive such a letter, consider that it has taken time to reach you

and by the time you have received the letter your camper has probably adjusted to camp life. Please call the Camp Director with any concerns. We will update you on your camper's experience.

One challenge campers and staff have, are the promises parents make to pick up a camper if she is homesick. When a camper hears this promise, she is not as determined to be successful and often gives up at the first sign of homesickness. We encourage parents to reassure their campers that they will be successful, and that they look forward to seeing them on closing day.

Occasionally campers will exhibit signs of atypical homesickness. These signs include needing constant attention, clinging to adults, needing someone by her side to fall asleep, disrupting camp activities or crying constantly. In these situations, the Camp Director will contact the parent/guardian to partner with them and make a plan for the camper, which may involve going home immediately. Campers who are sent home with atypical homesickness may not return to summer camp during the same season until they present documentation that they have been assessed by a licensed counselor.

If a camper leaves camp due to homesickness, no refund is available.

Please visit the American Camp Association web site at www.campparents.org to learn more about how to help prepare you and your daughter for her stay at camp.

When Do We Contact Parents?

We will contact the parent or guardian if a camper:

- Experiences atypical homesickness (needing constant attention, clinging to adults, needing someone by her side to fall asleep, disrupting camp activities or crying constantly)
- Experiences behavior challenges
- Has an acute, sudden illness
- Has a temperature of 100.5 or higher
- Has an active case of head lice
- Needs to be taken to Urgent Care or the hospital

Meals

Meals for all sessions are served in our dining hall except for cookout nights, which are planned and carried out by the girls in the unit (with the help of the counselors, of course!). We offer a wide range of nutritionally balanced, kid friendly meals. There is a full salad bar (available during lunch and dinner), and fresh fruit at each meal offering items such as: apples, bananas, grapes, oranges, and fruit salad. Seconds are available after everyone has eaten. Water is available at every meal and a variety of fruit punches, milk, and juice are served with the appropriate meal.

Food Allergies and Restrictions

We have limited ability to accommodate food allergies and restrictions at camp. Our food is ordered in bulk and items may be substituted by the distributor so it is difficult to say in advance what may or may not contain an allergen or restricted item. If your child has complex allergies or restrictions, and/or is likely to turn down alternatives we provide, then we recommend food be sent from home.

Please insure any allergies or food restrictions are listed on your child's Health History. Our staff are trained to assist children in avoiding exposure to allergens and to recognize and respond appropriately to a reaction.

We do NOT provide "Allergy Free Zones". We do encourage "Allergen Safe" areas which, by CDC definition is:

"The term allergen-safe refers to an environment that is made as safe as possible from food allergens. The phrase should not be interpreted to mean an allergen-free environment totally safe from food Revised August 2017 allergens. There is no fail-safe way to prevent an allergen from inadvertently entering a school or ECE (early childhood education) program facility. When guarding against exposures to food allergens, a school or ECE program should still properly plan for children with any life-threatening food allergies, to educate all school personnel accordingly, and ensure that school staff are trained and prepared to prevent and respond to a food allergy emergency".

<http://www.foodallergy.org/file/cdc-guidelines.pdf> page 12

What can Parents do to reinforce the Allergen-Safe Zones at camp?

- Fill out the Health History well in advance of her camp dates with details about the allergy
- Educate your child to NEVER share food with anyone
- Provide emergency medications to camp
- Encourage your child to wear a Medical-Alert bracelet or necklace
- We will provide a pink wrist band with her allergy written on it, please encourage her to leave this on for the duration of her camp session
- Teach your child to read food labels
- Teach your child to ask questions before ingesting new foods
- Teach your child to recognize symptoms and summon help ASAP
- Encourage your child to thoroughly wash his/her hands with soap and water (rubbing for 20 seconds) prior to ingesting any foods
- Teach your child to avoid touching his eyes or placing fingers in his mouth
- Send in NON-FOOD items as incentives or treats for your child's group.

Please contact the Assistant Camp Director at bgriffin@gsgatl.org if you need further information on accommodating an allergy or restriction at camp.

Evaluations – Parent Online Surveys

We need your feedback...

The week after your camper attends summer camp, watch for an online parent evaluation. Camp staff reviews these evaluations throughout the summer. Your feedback will give us new ideas and direction as well as confirm the practices we have in place that support you and your camper.

If you have an immediate concern, please contact the Camp Director Team at 770-702-9070 or bgriffin@gsgatl.org