

They are
a force of
nature.
Get your
Girl Scout
outside!



Timber Ridge Day Camp

What to Expect 2024

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Message From the Team of Directors

Hello Campers and Families!

Whether this is your first time heading to camp or you have been coming for years, summer 2024 is going to be filled with plenty of new adventures! We are excited to dive into the summer again at Camp Timber Ridge!

When you send your camper to Girl Scout camp, they gain more than badges! You can make sure that while your camper is playing at camp, they are also learning skills that will help them to become adults of courage, confidence and character, who make the world a better place. As a camp we focus on building new relationships, facing fears, enjoying new experiences and building on existing skills. We look forward to helping campers work through challenges and come out the other side with a sense of accomplishment.

Timber Ridge is a comfortable fit into your hectic schedule. Located only 20 minutes from Atlanta and with flexible check-out options, our camp staff will help to give your camper a camp experience in a way that best fits your family. They can come for one week, two weeks, or all of them! Camp Timber Ridge can fit into a packed summer schedule or be a primary summer activity. We have enough variety to keep campers busy all summer and to keep them coming home with new stories each week they attend!

Camp Timber Ridge is open to anyone entering Kindergarten through 12th grade who joins Girl Scouts, not just those who are already registered Girl Scouts or who participate in troops. We hope that you will share Camp Timber Ridge with your classmates, friends, neighbors, cousins... anyone who is looking for an exciting summer! We look forward to seeing you this summer!

 [Facebook.com/gsgatl.TimberRidge](https://www.facebook.com/gsgatl.TimberRidge)  [Instagram.com/CampTimberRidge](https://www.instagram.com/CampTimberRidge)

Who to Contact

If you need further assistance in your preparation for camp, please utilize the following information to determine who to contact:

General Information About Camp Timber Ridge:

Connie Crunkleton, *Camp Director*.....ctrdirector@gsgatl.org or 770-702-9070

Caitlyn Brune, *Asst. Camp Director*ctrsummer@gsgatl.org or 770-702-9070

Registration Changes, Payment Plans and Refunds:

Jessica Burgett, *Operations Coordinator*.....camp@gsgatl.org or 770-702-9103

MaryEllen Waiting, *Sr. Operations Manager*.....camp@gsgatl.org or 770-702-9140

Camp Open House Dates

Open House is a great opportunity to view camp facilities and cabins. This is also a wonderful chance to meet some of our staff, learn what to bring, get informed about our camp programming, find out what to expect at check-in/check-out and ask questions of the Directors and camp staff.

We will have a s'more fire burning if the weather permits. Spend an afternoon with us and let's get excited about camp!

Camp Timber Ridge Open House Dates:

- Sunday, February 11, 2024 — 2:00-4:00pm
- Sunday, March 10, 2024 — 2:00-4:00pm
- Sunday, April 14, 2024 — 2:00-4:00pm

Open House sessions may become virtual events, if necessary. Please register for the Open House session you wish to attend so we can keep you updated on any changes. Visit [Events.GirlScoutsATL.org](https://www.girlscoutsatl.org/events) to register and to see Open House dates for our other Girl Scout camps.

Driving Directions to Camp Timber Ridge

- Take I-285 to the 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.
- Pass the Council office gate and camp will be at the end of the road. Go through the camp gate and follow directional signs.



A Safe & Healthy Visit

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 go slowly. Take your time, enjoy your glimpse into camp life and help everyone stay safe.

American Camp Association Accreditation

We meet the highest standards set by the Girl Scouts of the U.S.A. and the American Camp Association (ACA). Girl Scouts of Greater Atlanta's summer resident and day camps proudly display the ACA 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.



Registering for Camp Timber Ridge

Girl Scouts of Greater Atlanta uses **CampInTouch** for registration and to keep track of the forms needed from each guardian. Please visit gsatlanta.campintouch.com to make sure all the necessary forms are completed at least two weeks before the first day of camp.



Girl Scout Membership

All campers must be registered Girl Scout members to attend camp. It is not necessary to belong to a troop to be a Girl Scout. You can be a Juliette! Learn more about Juliette Girl Scouts at girlscoutsatl.org/en/our-program/Juliette-Girl-Scouting.html.

The Girl Scout membership fee is \$25 and is valid until 9/30/24. If you are a non-member, please complete a [Girl Scout Membership Registration](#) online.

Accessibility: Essential Camper Functions

We will make every effort to be sure our day camp is accessible to all campers; however we recognize that the camp environment does have some limits. 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

Camp Fees

Camp fees are subsidized for every camper by Girl Scouts of Greater Atlanta and do not cover the full costs of offering the camping program and maintaining our properties year-round. Every effort is made to keep the fees as low as possible while ensuring a safe, quality program. Fees are set based on the services provided for each camp program: Classic Camp, Classic Camp with Ponies, Leadership Camps and Specialty Camps can be found at [girlscoutsummer.com](https://www.girlscoutsummer.com).

Remember, you must be a registered Girl Scout member in order to attend camp. It is not necessary to belong to a troop. The Girl Scout membership fee is \$25 and is valid until 9/30/23. A membership will qualify you to participate in a variety of camp and community events all year long (available on the Girl Scouts of Greater Atlanta website). If you are a non-member, please complete a [Girl Scout Membership Registration](#) online.

Girl Scout membership will also provide your camper with the opportunity to participate in a variety of Girl Scout events at our camps and in the community for the rest of the program year! If your camper is on Medicaid-based insurance, their insurance company may cover this cost. Contact us at ctrsummer@gsgatl.org, if you would like more information about this program.





Funding Your Camping Experience

We understand that attending Girl Scout camp is a significant investment for our families. Camp Scholarships are available for campers who are registered members of Girl Scouts of Greater Atlanta. Preference is given to those who have participated in the Greater Atlanta Girl Scout Cookie Program. In addition, they can earn Cookie Dough from selling cookies that can also be used to pay for the camp experience.

Scholarships are designed to make camp available to all who are part of our program, regardless of income. Families are encouraged to apply for a scholarship if the camp fee is a hardship. Please visit [Register | Girl Scouts \(girlscoutsummer.com\)](https://www.girlscoutsummer.com) for more information about scholarship applications.



Monthly Payments

You can make monthly payments by logging into your [CampInTouch](#) account. We do not automatically charge your account; you must trigger a payment. For example, if you were to register your camper in December and the total cost was \$645 — you can pay the \$50 deposit and then make monthly payments in Jan., Feb., March and April in the amount of \$125 each. Then, in May, finish up with a \$95 payment and you are paid in full before camp. Payments are due in full by May 1, 2024 for all camp sessions.



Patches & T-Shirts

Each camper will receive a camp patch and T-shirt, along with any badges they earned included as part of the camp registration fee! If you have registered for more than one camp this summer, you will receive a T-shirt and camp patch from each camp attended.



Changes, Cancellations & Refunds

To make a change to your camper's session, please contact the Operations Coordinators at camp@gsgatl.org. Changes are made based on availability.

Cancellations must be submitted via email to camp@gsgatl.org no later than 30 days before the start date of your camper's session to receive a refund less the deposit and camper registration fee. All deposits are non-refundable. The deposit for day camp sessions is \$50. The camp registration fee of \$50 and Girl Scout Membership fee are non-refundable.

In the event of illness or the death of an immediate family member, a refund less the deposit and registration fee and membership fee is available with a doctor's note or other form of documentation. Documents must be received no later September 1, 2024.

Program Overview

Camp Timber Ridge is a Girl Scout Camp, so Girl Scout programming is at the heart of what we do. This summer our campers will have the chance to earn a Girl Scout Badge, Award, or work on a service project. Campers can also look forward to Girl Scout traditions, like silly camp songs and the Girl Scout Promise and Law being part of our daily activities.

We offer a wide variety of programs to meet the interests of each camper. Options will vary based on the grade they will enter for the 2023-24 school year. Our Classic Camp program is a wonderful choice for trying a bit of everything at camp. Some favorites include archery, canoeing, challenge course, crafts, drama, outdoor cooking, sports and games, swimming and weird science. We also offer programs that focus on specific activities. Our specialty programs are a great option for campers who want to focus on a certain activity or earn a particular badge. Some of our specialty programs are further enhanced with off-site trips.

Each dynamic program is created with progression in mind. As they progress in Girl Scouting and life, they can try new things that are suited to their individual age group. Many of our activities are open to all ages but a few, such as the following, are age restricted:

- **Archery:** 2nd grade and up
- **High Ropes:** 4th grade and up
- **Giant Swing:** 2nd grade and up
- **Kayaking:** 4th grade and up



Daily Schedule

The schedule may vary based on the group, but here is a sample of the daily schedule:

Check-In	7:45-8:45am
Flag Raising	9:00am
Activity 1	9:10am
Activity 2	10:45am
Lunch	12:15pm
Free Swim K-3rd/ Activity 3	1:15pm
Activity 3/ Free Swim 4th-9th	2:45pm
Afternoon Snack	4:15pm
Check Out	4:30pm-5:15pm
After Care	4:30-6:00pm





Swimming

All swimmers are under careful supervision of a lifeguard at the pool. For safety reasons, campers will be evaluated on their swimming skills and are placed into swimming groups based on ability. Campers will participate in a swim check, which entails:

- Bobbing three times in the three-foot end of the pool and swimming approximately ten yards in the three feet of water without touching the bottom.
- If they pass the first segment of the test, they will be asked to jump into four feet of water and swim 15 yards using any coordinated swim stroke.
- If they pass the second segment of the test, they will have to tread water for two minutes in the deep end of the pool.

The goal of the evaluation is to ensure all campers will remain safe in the pool and swim in areas that are appropriate to their swimming abilities. Campers will take the swimming test each week they attend and many improve their skills over the course of the summer.

Upon evaluation, campers will be provided colored bands indicating their swimming abilities. Lifeguards who supervise all the campers in the pool will indicate areas of the pool where each individual may swim based on their band colors:

Double Yellow Band:

Worn by campers who aren't tall enough to stand in three feet of water with their head out or keep head above water while swimming.

These campers will be provided with a Coast Guard-approved life jacket to wear while they play in the shallow end.

Yellow Band:

Camper may play and swim in the shallow end of the pool. They may still participate in pool games/sports, but from the shallow end.

Campers who opt out of the swim evaluation will receive yellow bands.

Purple Band:

Upon passing the first two segments of the swim evaluation, camper may swim in the shallow and middle areas of the pool.

Camper is capable of swimming on top of and underneath the water. They can jump off side of pool into water.

Green Band:

Upon passing the first three segments of the swim evaluation, camper may swim in all areas of the pool.





Sleepover Experience

Our sleepover experience is extremely popular, so early registration is recommended. Bed space is limited, so please do not promise that your camper can stay over unless you have reserved a spot. You can reserve a space through your [CampInTouch](#) account, by visiting Forms and Documents and then Additional Options. If you do not see the sleepover listed, it is full for that week.

Many campers have their first night away from home with us. Our environment is a safe place to build some independence and improve your camper's confidence. They may feel amazingly comfortable spending a Thursday overnight with us since they already know our staff and the other campers. If they do feel nervous, they may experience a bit of homesickness overnight. Our counselors will work to make sure they feel comfortable and reassured. If they show signs of extreme homesickness, we will call you.

On Thursday afternoon, the overnight campers will have a snack at the regularly scheduled time. At 4:30pm, they will head out to their unit and, with the assistance of the staff, get their belongings set up. They will have the opportunity to cook dinner over the campfire, if weather and pandemic guidelines permit (otherwise, everyone will be provided with a boxed dinner). After dinner, they will participate in an evening activity that is sure to be a hit. Our counselors sleep in cabins or tents near the campers, but not inside the same room or tent. **Here is a sample cook-out menu for a day camp overnight:**

- Chicken Fajitas
- Vegetarian Option: Veggie fajitas with veggie crumbles
- Fruit
- S'mores

Campers will assist with the set-up, cooking and clean-up of their meal using appropriate Girl Scout methods. On Friday, breakfast and lunch will be provided for campers who slept over the night before.

Due to the nature of our sleeping arrangements at camp, our overnights will be subject to change or cancellation based on GSGATL's COVID-19 protocols at the time. Our top priority is the health and safety of both our campers and staff. If a cancellation is necessary, it may occur with limited notice and all overnight fees will be refunded.





Buddies

Campers are welcome to sign up for camp with a friend, who is within one grade of each other and attending the same camp program. If camp buddies are in different grades, such as 5th and 6th grade, they will be placed in the younger camper's age group.

Make sure to list your buddy's first and last name while completing your registration. Changes cannot be made at camp check-in. Buddy Request changes can be made by updating the application or by contacting camp@gsgatl.org. Changes should be made no later than two weeks prior to your camper's session.



Leadership Programs

Camp Timber Ridge offers a progressive leadership program for campers who may be interested in working with younger campers. These programs are designed for older Cadettes, Seniors and Ambassadors (middle and high school). While at camp, they will work on leadership skills and gain experience leading younger campers. As they progress in the program, their focus at camp will shift to creating experiences for younger campers. For our middle school campers, we offer Program Aide. For our high school campers, we offer the Counselor in Training (CIT) programs. The CIT programs are progressive and some pre-requisites are required.



Camp Store

The camp store offers camp essentials and souvenirs, such as water bottles, T-shirts and more (costs range from \$1-\$40 each)! The store does not offer snacks or beverages. Each group has one scheduled shopping opportunity during the week.

You will be provided a camp store form on Monday to set up a store account. We do not recommend younger campers be sent with cash in their bags; and camp is not responsible for lost cash. Accounts can be set up with cash, credit card, check or Cookie Dough. Any unspent cash in the store accounts will be refunded by Friday during 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.



Camp Staff

Camp counselors are recruited from the local Girl Scout community, colleges, universities and web-based camp 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. Depending on travel restrictions, we hope to have international counselors from various countries again this summer. All counselors are required to have an interview with the Camp Team of Directors, provide references and pass a criminal background check. When selecting camp staff, the most important trait we are looking for is the desire to create a lasting, positive experience for our campers.

During the weeks prior to camp, all camp staff complete an intensive two-week camp training, which covers 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 life-guards, boating instructors, challenge course facilitators and horseback riding instructors, 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 a big sister and an authority figure. They guide your camper in a gentle manner and camp names help distinguish them from a teacher, parent or other authority figure. This also protects the privacy and identity of everyone involved at camp. It keeps us from having two “Emily’s” or five “Amandas” 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 members introduce themselves as “Snow White” or “River.”

Daily Logistics



Check-In

Check-in is from 7:45am to 8:45am.

Here are the steps to checking in:

- Stop at the first platform and check-in.
- Pull forward to the next platform where staff will help your camper get out of the car and carry out a health check.
- Drive out the gate.

Notes about forms on Mondays:

Please be patient. Monday check-in may take longer due to the review of paperwork. You will be given a check-out card that will be used to expedite the process. If someone without this card is checking out your camper, they must bring ID and be on the authorized grown-up list.

Please adjust your schedule to allow for longer check-in time on the first day. Having your camper's belongings ready and easily accessible will help speed up the process. If you are checking in someone else's camper, we highly recommend you have them show you that all forms have been completed in **Camp InTouch**.

Another important note:

If you are dropping your camper off after 8:45am, you will need to wait at the gate at 5540 North Allen Rd and call 770-702-9070 for instructions. It can take up to 15 minutes for one of our staff members to assist you.



Check-Out

Check-out is from 4:30pm to 5:15pm.

After Care is from 4:30pm to 6:00pm. (Campers should be registered for After Care if they cannot be checked out by 5:15pm each day).

Here are the steps to checking out:

- Enter camp through the gate and pull down to the first platform. Please remain in your vehicle.
- You will be greeted by a camp staff member who will verify that you have the check-out card or will ask to see your ID and ask you to sign your camper out.
- Once your camper is signed out, we will call for your camper and they will be brought to your car.
- For the safety of all our campers and staff, and to increase the efficiency of check-out, please do not exit your car.

If you need to check-out your camper early, please notify us at check-in and let us know what time you will come. Our groups are scattered all over our 280 acres and they could be scheduled to swim when you plan to come. Letting us know early will help us get them to the gate to meet you in dry clothes on time. Early check-out cannot be accommodated after 3:00pm.

If your camper remains at camp after 5:15pm, you will be charged for After Care. This fee applies no matter how many days your camper stays late that week. If you are later than 6pm, an additional \$5 charge will be assessed for every 5 minutes you are late.



What to Bring to Camp

Monday Check-In:

- All forms on **Camp InTouch** are complete.
- Daily prescribed medication, according to procedures listed under Health Forms & Procedures from this packet.

Daily Items:

- Daypack or backpack
- Water bottle
- Raincoat or poncho
- Cream or spray-on sunscreen (at least SPF 15)
- Insect repellent (containing DEET recommended)
- Hand sanitizer
- Swimsuit
- Towel

Optional Items:

- Money for camp store
- Plastic bag for wet items
- Digital or disposable camera
- Sunglasses
- Hat or visor
- Toiletries, such as deodorant
- Extra set of clothes including socks, underwear & shoes
- Mask (fresh each day)

Thursday Night Sleepover:

- Sleeping bag, twin sheets and a pillow
- Flashlight
- Stuffed animal (not the irreplaceable one)
- Clothes for the next day
- Pajamas
- Bath towel
- Shower supplies and toiletries

For the sleepover, pack the sleeping bag and pillow in a large plastic bag and the other items in a small bag your camper can carry. Please label both bags with your camper's name.

Do not send these items to camp:

- MP3 players
- iPods
- iPads or tablets
- Electronic games
- Cell phones
- Smart watches
- Other electronic devices
- Gum
- Valuables, jewelry, treasured family items, etc.
- Weapons of any type, alcoholic beverages, cigarettes, vape devices or illegal drugs. Anyone in violation of this policy will be sent home immediately.



Disconnecting at Camp

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

Leaving all devices at home provides a unique opportunity for us to connect and grow in ways that are different from anywhere else. It helps build resilience, teamwork, creativity, collaboration and communication — all of which are needed today. Disconnecting from electronic devices also helps everyone connect with nature and other campers, building friendships that will truly last a lifetime.



Shoes



Athletic shoes (sneakers) are your camper's best choice of shoes to wear at camp. Athletic sandals like Chacos® or Texas® (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 shoes 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.



Lost & Found

Girl Scouts of Greater Atlanta is not responsible for any items left at camp. Please label all of your camper's items with their full name, so we can return them. Socks and underwear will be discarded at the end of the day and are not held at lost and found. All other lost and found items are displayed during the camp day and at check-out. Unlabeled items will be discarded at the end of the camp week. Labeled items will be kept for two weeks and then discarded or donated to charity. Parents/guardians may contact the camp office and arrange a time and date to pick up items.



Field Trips

Cancellation Note:

All field trips are contingent on our ability to provide trips safely. Offsite trips could be canceled with limited notice and campers will be offered an alternative activity onsite. Trip fees will be refunded if a cancellation is deemed necessary. Communication about these cancellations will happen as soon as we have made the determination to cancel.

Trip Fees:

Your camper's session fee includes admission to attractions/activities, transportation and supervision of your camper. Items or souvenirs sold by vendors and shops are not included in the trip fee and must be purchased separately by your camper.

Permission Forms:

Some trips may require special permission forms or waivers. If your camper is attending a trip that requires a special permission form or waiver, information concerning those trips will be provided at check-in and/or by email.

Transportation:

During offsite field trips, campers will be transported in vehicles rented from an outside provider. If your camper rides in a car seat/booster seat, the car seat must be left at camp on field trip days. All drivers will be 21 years of age or older for SUVs/minivans and 25 years of age or older for 12-passenger vans. Drivers must pass background and DMV checks, as well as successfully complete extensive driver training following our protocols.

Meals:

Meals on field trips will be provided by camp. If your camper is a picky eater and less likely to eat a cold meal packed at camp, please bring a packed lunch.

Spending Money:

Spending money should be given to campers on the day of the trip. If your camper will be spending the night with us prior to the trip, you may leave spending money at the check-in tent when they arrive for the overnight. This money will be theirs to spend as they choose.

Camper Belongings:

All campers are responsible for any bags, purses, lunch boxes or day packs they bring on day trips. They are also responsible for any items purchased while on the trip. Camp assumes no responsibility for lost or broken personal property while offsite.

Camper Schedule:

Your camper's schedule may be altered during the day of the field trip. The day and time of the trip will be communicated to you by email. The departure time may require arriving at camp earlier than normal and some trips may also return after normal check-out.



Companion App (Updates, Emails, Photos, Etc.)

The Companion App is back by popular demand! The Companion App helps with pre-camp preparations, and you get fun updates and photos of your camper right to your phone. Companion makes you feel closer to your camper's experience than ever before! **To get started with the app, please follow these simple steps...**

- 1. Download the App** — (Apple: <https://apps.apple.com/us/app/campanion/id1457911692>) (Android - Google Play: <https://play.google.com/store/apps/details?id=com.campanionapp>)
- 2. Login** — (Use Your **CampInTouch** account email and password to login.)
- 3. Complete Forms Online** — (And then upload completed paperwork right in the app!)
- 4. Upload a Training Photo of Your Child** — (This will enable the app to send you photos of your camper over the summer.)
- 5. Ensure You Have Push Notification Enabled Within Your Phone Settings** — (So you can receive important updates from camp all summer long!)

Let us know if you have any questions, and we look forward to sharing the experience of camp in a new, modern way this summer!

Can I have photos of my camper? All photos will be posted through the Companion App. While we understand photos give parents peace of mind, our primary focus must be on the campers and ensuring a fun and safe camp experience. Parents will only be able to see photos of the week(s) their camper is registered.



Camper Health & Wellness



Let Us Be Your Parenting Partner

On **CampInTouch**, your camper's interactive camper profile, complete the health history information and make sure to be detailed about any allergies or medical challenges your camper has so we can provide their the best possible care at camp.

Some parents hesitate to provide camps with personal information about their camper's behavior or past experience. Some fear the information may be misused, while others are concerned about them being labeled, singled out or treated differently. All parents want to see their camper have a strong, fresh start at camp, unencumbered by any past issues. As seasoned camp professionals, we appreciate these concerns. We know how invaluable such information can be in assisting us to help your camper make a smooth and happy adjustment to camp — something we know all parents want, too!

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

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

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

Our commitment is to use such information only to help your camper 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 camper have great success if you help us. We encourage you to make us a full partner in planning for your their summer. Please contact the Camp Director if you would like to discuss anything of this nature in more detail and help ensure your camper has a very successful camp experience.



Health Forms & Procedures

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

We do require the completion of a Health History form, available via your **CampInTouch** login. We also require that your camper is up-to-date on all their immunizations. Please visit 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 opts-out of immunizations or is not from Georgia, you must submit an exemption form or obtain permission to provide alternative vaccination verification. To receive a copy of this form or a list of additional options, please email camp@gsgatl.org.

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.

While you are in the forms section, we recommend filling out the Authorized Grown-Up form. This form lets us know who can pick your child up from camp. Please also be sure to list any adults who we might need to call in the unlikely event there is an emergency and we are unable to reach you.



Medication Administration

- List all medications on the Health History form, including over-the-counter, and bring them to check-in labeled with your camper's name. All medications for campers and staff are stored in the health center for safety purposes.
- Any (prescribed or over-the-counter) medication to be dispensed must be listed in **CampInTouch** on the Medication Administration Form (MAF).
- 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 or EpiPen on an as-needed basis may carry the inhaler or EpiPen in their backpack at day camp. The guardians and Health Staff will determine if the camper can take on this responsibility.

- First aid supplies, acetaminophen (comparable to Tylenol) and many other over-the-counter medications are available for camper's 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 they 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.



Communicable Illness Policy

Should a communicable illness occur at camp, Girl Scouts of Greater Atlanta bases our response on guidance from medical experts, Girl Scouts of the USA, (GSUSA), the Georgia Department of Public Health, the CDC and the American Camp Association. Information from these sources guide our decisions on we how to best manage camp programs for the safety of both campers and staff.

If a camper shows signs of a communicable illness, such as vomiting, diarrhea, fever, lice, rash, flu symptoms or eye infection, they will be immediately isolated from other campers. The parent/guardian will be notified, and they must be picked up immediately. Campers may return to camp once they have been free of symptoms for 24 hours. We may require a negative COVID-19 test, if appropriate. Once they return to camp, our Health Staff will do a health check.

If your camper exhibits signs of an illness at home before camp, please keep them at home and let us know. Depending on the circumstances and availability, you may be offered the opportunity to reschedule to a later session when your child is healthy. Please also notify us if your child gets sick after returning home from camp.



Head Lice Policy

If a camper shows signs of head lice, they will be immediately isolated from other campers and all their clothing and bedding will be packed and bagged. The parent/guardian will be notified and they must be checked out. 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 week, 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 camper from sharing hairbrushes, combs, headbands, scarves, hats or any other items that may come in contact with someone else's head and/or hair. Please visit [headlice.org](https://www.headlice.org) for information about head lice prevention.



Bed Bugs

Bed bugs are a possibility at camps, dormitories, hotels or other communal living settings. We take reasonable preventive measures that follow American Camp Association protocols to minimize the possibility that bed bugs will be an issue at our camps. Bed bug bites are like mosquito bites and are not usually serious. Of more concern is the transporting bed bugs to other buildings or back home. (Anytime you travel to camp or a hotel, you should treat your belongings by putting everything into a dryer on high heat for 30+ minutes).

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 and a bed bug dog. If there are any indications of bed bugs, the building is treated by a professional pest management firm with high heat and other measures.



Wellness Tips

Hydration — Pack a water bottle with your camper's name on it. Talk with your camper about the importance of drinking 3-4 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. Our camp staff will remind campers to reapply throughout the day. If your camper isn't used to putting on their own sunscreen, please practice with them before they come to camp. We also recommend other sun protection items, such as hats and swim shirts.

Bug Spray — Pack a bug spray with DEET. Encourage your camper to apply bug spray after using their sunscreen. We recommend bottles with a pump rather than aerosol cans. They can also avoid bugs by using unscented toiletries. Camp is not the time to smell like flowers or fruit.

Rest — 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.

Meals & Snacks

Meals for all sessions are prepared in our Dining Hall except for cookout night, which is planned and carried out by the girls in the unit (with the help of the counselors, of course!). Meals may be handled a little differently this summer in order to meet current COVID-19 guidelines. Care will be taken to be sure there is no cross contamination at mealtime. We offer a wide range of nutritionally-balanced, kid-friendly meals. Campers have a choice of several hot or cold items, including vegetarian dishes. Water is available at every meal and, with the appropriate entree on various occasions, a variety of fruit punches, milk and juices are also served.



Food Allergies & Restrictions for Sleepovers & Cooking Programs

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 camper has complex allergies or restrictions, and/or is likely to turn down food alternatives we provide, food must be sent from home.**

Please ensure any allergies or food restrictions are listed on your camper's Health History. Our staff are trained to assist campers 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 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 — Revised August, 2017)



What can parents do to reinforce the Allergen-Safe areas at camp?

- Provide details about their allergy in the Health History form, well in advance of camp.
- Educate your camper to NEVER share food with anyone.
- Supply camp with any emergency medications your camper may need.
- Encourage your camper to wear a Medical-Alert bracelet or necklace.
- We will provide an orange wristband with the allergy written on it. Your camper needs to leave this on for the duration of their camp session.
- Teach your camper to read food labels and ask questions before ingesting new foods.
- Teach your camper to recognize symptoms and summon help ASAP.
- Encourage your camper to thoroughly wash their hands with soap and water (rubbing for 20 seconds) prior to ingesting any foods.
- Teach your camper to avoid touching their eyes or placing fingers in their mouth.
- Send in NON-FOOD items as incentives or treats for your camper's group.

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



When Do We Contact Parents?

We will contact the parent or guardian if a camper:

- Experiences atypical homesickness (wanting constant attention, clinging to adults, needing someone by their side to fall asleep, disrupting camp activities, etc.).
- Experiences behavioral challenges (see Behavior Expectation Agreement, found in your camper's **CampInTouch** forms section).
- Has an acute, sudden or communicable illness.
- Has a temperature of 100.5°F or higher.
- Has an active case of head lice.
- Needs to be taken to Urgent Care or the hospital.
- If there is a concern about a communicable disease (including COVID-19 or head lice) in your camper's group.



All Girl Scouts Are Welcome!

Whether it is a classic camp, a horseback riding adventure, outdoor adventure or cooking camp, we are committed to creating an environment where all Girl Scouts can feel welcome and part of our Girl Scout family. Our safety and program procedures are all in alignment with our GSGATL inclusivity policy:

GSGATL, in recognition of its responsibility to its volunteers, its staff, and the girls it serves, and in keeping with the Girl Scouts of the USA's (GSUSA) emphasis on pluralism, reaffirms its policy to ensure fair and equitable treatment in all its practices to all persons, regardless of race, color, religion, ethnicity, age, socio-economic status, disability, sexual orientation, gender identity, gender expression, or national origin. Our efforts include combating discrimination, promoting respect, and creating a sense of belonging as exemplified through the values of our Girl Scout Promise and Law.

Specific camp procedures or programming may vary by age, in recognition of the development needs of age groups. If you have specific questions or concerns about our inclusivity policy or how we create a respectful, inclusive and caring environment at camp, please reach out to your camp team or camp@gsgatl.org.



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We want your feedback!

The week after your girl attends summer camp, please watch for an Online Parent Evaluation. (Don't forget to check your spam/junk folder!)

Our Camp Staff reviews these evaluations throughout the summer. Your feedback will provide us with new ideas and directions, as well as affirm the practices we have in place that support you and your camper.

Thank you! We look forward to seeing you soon!



Camp Timber Ridge

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770-702-9070 | [GirlScoutSummer.com/Timber-Ridge](https://www.girlscoutsummer.com/Timber-Ridge)