

## **MEDICATIONS**

*All medication sent with your camper to camp **MUST** be in original containers (with the doctor's name and dosage directions). Vitamins must also come in the original container.* The camp health center has a supply of commonly used over-the-counter medications. It is not necessary to send these to camp. The health supervisor will keep all of your child's medications, vitamins, ointments, etc. in the health center during her stay at camp. If she is on a trip, we will send her medications, etc. with her. The counselor will hold them for safekeeping. Inhalers, bee sting kits, and other necessary items will be kept with campers at all times as determined by the health supervisor and information you note on the health history form.

If your camper has specific health needs (i.e. injections, specialized equipment, dietary concerns) contact the camp director four weeks prior to your camper's attendance.

## **ILLNESS, COMMUNICABLE DISEASE, LICE**

***Do not send your Girl Scout to camp if she has been exposed to a communicable disease or if she is ill.***

We encourage all parents to check their campers for lice before they come to camp.

**Camp has a no nit policy.** This means that we will not allow any child with lice or nits to remain at camp. All girls are screened upon arrival at camp. Any child with lice or a communicable disease will need to leave camp. We will make every effort to reschedule your girl in a different session, but no refunds will be issued if a camper goes home due to nits or lice. For more information on screening for lice, you can contact the National Pediculosis Association, Inc. at 617-449-NITS or [www.headlice.org](http://www.headlice.org).

## **BEDWETTING**

On the health history form and confidential sheet, indicate if the camper is a bed wetter (which is not unusual and nothing to be worried about). Your camper should talk with her counselor, or another staff person with whom she feels comfortable, if she has an accident during the night. Staff will discreetly take care of laundering the bedding and clothes.

## **EMERGENCY CONTACTS**

Make sure that you or your designated emergency contacts will be available while your camper is at camp. Reasons camp staff would contact you include, but are not limited to the following:

- Homesickness of your camper that is getting worse not better;
- Conduct by your camper that is inappropriate at Girl Scout camp;
- Illness or injury to your camper that requires her to stay in the health center for an extended period of time, requires medical attention outside of the camp health services, or requires her to be picked up from camp by the parent/guardian.

## **MEDICAL INSURANCE**

Please make sure to attach a copy of your camper's insurance card to the health form. Supplemental sickness and accident insurance is provided for campers through their Girl Scout membership. The Girl Scouts' plan provides secondary insurance coverage and is not intended to replace the benefits that are available under a family medical plan.

## **LYME DISEASE AND WEST NILE VIRUS**

As with any outdoor activity in the Midwest, participants run the risk of being bitten by mosquitoes, ticks, and other insects. Tick checks are part of the daily routine at camp. Parents/guardians should be aware of the symptoms of Lyme Disease and West Nile Virus. The Center for Disease Control (CDC) [www.cdc.gov](http://www.cdc.gov) can provide in-depth information about these conditions. Exposure to these diseases can be minimized by using an effective insect repellent (the CDC recommends using an insect repellent with DEET) and wearing long sleeves and pants when possible.

## **SEVERE WEATHER**

In case of severe weather, please do not call the camp. The camp staff is trained to handle emergencies and will be busy taking care of campers. The phone lines must be kept open for communications with officials. There are emergency shelters located at each camp.

## **HEALTH CARE VOLUNTEERS NEEDED**

Camp seeks volunteer doctors, nurses, and EMTs to help staff our health center during the summer. If you are interested in volunteering your time while your camper is at camp, please contact the camp director. Room, board, and fun are provided during your stay!

## **CANCELLATIONS AND REFUNDS**

Written cancellations must be received **at least four weeks prior to the session start date** in order to receive a refund of all fees paid, minus the non-refundable deposit. All summer camp sessions are subject to cancellation or rescheduling. Any session that does not have sufficient enrollment may be canceled. If a session is canceled, and the camper is unable to attend an alternate session, all fees paid will be refunded, including the deposit.

## **CAMP ACTIVITIES**

All camp programs and activities are subject to change due to weather, availability of materials, facilities, and staff.

## **CAMP STORE**

There is a camp store at each camp to purchase special camp souvenirs. Items may include: camp T-shirts, stuffed animals, stationery, stamps, a camp patch, and postcards. Prices range from 50¢ - \$30. Campers in all programs deposit their money in a personal camp account (to prevent it from being lost) to be used throughout the session; the balance is returned on checkout day. Cookie Credits are accepted at the camp store.

## **GIRL PLANNING**

All camp sessions include girl planning. Girls work together with their group and practice decision making to plan some activities while they are at camp. The number of activities varies by session length and program focus.

## **BEHAVIOR**

All girls are expected to follow the Girl Scout Promise and Law while at camp. Camp policy states that girls and adults cannot bring or use weapons, alcoholic beverages, drugs (other than those prescribed to them by a physician), or tobacco products on camp property. If, *for any reason*, a child's behavior is not within our expectations of a camper at camp we will expect the parent/guardian to pick up the camper as soon as possible. This is at the expense of the parent/guardian. We will not grant a refund of session fees.

## **WATER SAFETY**

All campers participate in a swimming skills assessment as one of the first activities at camp. This ensures your camper is safe and ready for swim time. Campers will be assigned to swim areas according to their swimming ability. If campers are not comfortable in the water at all, or in taking the swim skill assessment, please note this on the confidential form.

Everyone is required to wear a life jacket in all boats, regardless of swimming ability. All aquatic activities are supervised by certified lifeguards, including those during trips.

## **E-MAIL**

We will be offering one way e-mails to campers this summer. Detailed information is posted on our website under Bunk 1. Information will also be available on opening day.

## **PHONE CALLS**

Please note that we do not allow campers to make or receive phone calls. Please do not tell your camper they can call home whenever they'd like to. There are times when we will call you from camp, such as if your camper has an illness that lasts longer than four hours or requires an extended stay in the health center, or if your camper needs to go to the clinic or hospital. We will also call if there is a need to discuss how your camper is doing.

## **WEATHER AND EMERGENCY PREPAREDNESS**

A Girl Scout is always prepared, and that includes at camp. During training, all camp staff learn and practice all weather procedures and emergency action plans and then review drills with girls throughout the summer. If the weather is unusually hot or cold, activities are changed to keep campers safe.

Weather alert radios are monitored throughout camp and there are designated storm shelters for each unit. When severe weather appears likely, one staff member is assigned to monitor the weather and keep in contact with the rest of the staff by radio. Please remember that during weather alerts we will need the phone lines kept open to contact different parts of camp or emergency services; please do not call at that time.

## **SAMPLE CAMP SCHEDULE**

a.m. wake up

- breakfast
- kapers (camp chores to keep camp looking fabulous)
- Connection or Discover Path activities

p.m. lunch

- quiet/rest hour taken in the girls' cabins
- activity time may include open swim, "verb"/action time, Connection or Discover Path time, or other large group activity time, or camp store
- dinner
- activity time may include open swim, "verb"/action time, Connection or Discover Path time, or other large group activity time
- campfire, all camp game, or camp store
- lights out

## **MEAL TIMES AND FOOD**

Our cooks work hard at providing appealing, healthy meals for our camp community. In the dining hall, meals are typically served family style. In addition to the three meals served each day, we also provide healthy snacks. Please do not send any food or snacks to camp with your child. If your child has any dietary restrictions, please make sure to contact the camp director at least four weeks in advance of her session.

## **SHOWERS AT CAMP**

Camps all have shower facilities. Younger campers may not be accustomed to showering or washing hair. Please help teach this skill to your camper prior to her coming to camp. We do strive to have girls shower at least every other day while they are at camp.

## **BIRTHDAYS**

Please let us know if your camper's birthday will occur during her camp session. We want to make sure to recognize her on her special day!

## **GIFTS FOR STAFF**

Girl Scouts of Minnesota and Wisconsin River Valleys staff may not receive or accept any tips, gifts, or gratuity, monetary or otherwise. Please consider a donation to River Valleys if you have a great camp experience or would like to say "thank you" for a job well done. To make a donation visit [www.girlscoutsrv.org](http://www.girlscoutsrv.org) and click on "Support Girl Scouts" and submit your donation online or call the fund development department at 800-845-0787.

## **EVALUATIONS**

Each parent/guardian will receive an evaluation form when picking up their camper. Please complete the form and return it at your earliest convenience. Evaluations help us to know what we are doing well or where we could improve throughout the summer.

## **TRY-IT, BADGE, AND INTEREST PROJECT PATCH WORK**

During a camp session several requirements for different badges or interest projects may be completed. Some camp sessions focus on completing a badge. Girls in those sessions will receive the badge to bring home. A checklist of accomplishments at camp will be sent home with girls who don't earn a badge.

## **VISITORS**

Visitors are typically not allowed during camp sessions. Parents and families are encouraged to visit camp during the open house scheduled early in the summer. If you can't make the open house, but would still like to visit camp, please contact the camp director to arrange a time that works with the camp schedule.

## **HOMESICKNESS – IT'S NORMAL AND DOESN'T HAVE TO RUIN THE CAMP EXPERIENCE!**

This summer millions of children will experience their first taste of independence at summer camp. For many it will also be their first encounter with homesickness, but families don't have to feel helpless about homesickness. The best prescription for homesickness is a simple solution of preparation and patience. According to a study by Dr. Christopher Thurber, feeling homesick is a normal occurrence at camp. A whopping 83 percent of the campers studied reported homesickness on at least one day of camp. The American Camp Association (ACA) suggests the following tips for families to help their camper deal with homesickness at camp:

- Encourage independence throughout the year. Practice separations, such as sleepovers at a friend's house, can help prepare for the camp environment.
- Discuss what camp will be like before your camper leaves. Role play anticipated situations, such as using a flashlight to find the bathroom.
- Reach an agreement ahead of time that you will not be able to contact each other via phone during your campers stay. Since our camps have a no phone call policy, let your camper know you plan to honor it.
- Send a note or care package ahead of time to arrive the first day of camp. Acknowledge, in a positive way, that you will miss your camper. For example, you can say "I am going to miss you, but I know that you will have a good time at camp."
- Don't bribe. Linking a successful stay at camp to a material object sends the wrong message. The reward should be your camper's newfound confidence and independence.
- Pack a personal item from home, such as a stuffed animal.
- When a "rescue call" comes from the camper, such as a letter saying she is miserable, offer calm reassurance and put the time frame into perspective. Avoid the temptation to take the camper home early.
- Talk candidly with the camp director to obtain his or her perspective on your camper's adjustment. The camp director has had much experience in dealing with homesickness. If you have a concern, voice that to the camp

director before camp starts so that the staff can provide the best experience for your camper.

- Don't feel guilty about encouraging your child to stay at camp. For many children, camp is a first step toward independence and plays an important role in their growth and development.

Other resources for preparing for camp can be found at: [www.acacamps.org](http://www.acacamps.org)

### **PACKING FOR CAMP**

Packing for camp can be a challenge—what to pack, how to pack it, and making sure it all comes home! Here are a few tips and tricks to help you and your camper.

**Pack together.** Work with your camper to ensure everything gets packed and she knows what she has. As you pack, label everything with your camper's first and last name. Old clothes are best.

**Pack medications in a Ziploc bag with the camper's name printed in permanent ink on the bag.** All prescription and non-prescription medications must be in the ORIGINAL container with camper's name and dosage clearly stated.

**Please do not pack items of value for camp.** The camp does not assume responsibility for lost or stolen personal belongings or money.

### **LAUNDRY FACILITIES**

We do not have laundry facilities available for camper use. Please ensure you pack enough clothes for your camper's entire stay.

### **LOST AND FOUND**

Camp is not responsible for items left at camp. Unclaimed items will be taken to the service center closest to camp and kept until August 31, 2009. Any items not claimed by that time will be donated to charity.