



# Camp Family Guide 2023

**Welcome to the 2023 Camp Season! We can't wait to see you!**

Safety is our top priority at Girl Scouts of the Jersey Shore. We have made accommodations to secure the health and well-being of all campers, families, and staff while upholding our standard of quality care and outdoor fun! We know our children need camp more than ever for their physical, emotional and psychological well-being. We are the camp for you, and we thank you for choosing us.

At camp, we have a variety of different activities for campers to participate in – archery, arts & crafts, nature, swimming, boating, badgework and much, much more. As a Girl Scout run day camp, we strive to instill in girls the courage, confidence, and character that will help them to be successful throughout their life. Whether it's making new friends or learning a new skill at camp, campers make friendships and memories that last a lifetime!

Please be sure to hold onto this camp guide as it has a lot of helpful information for you to refer back to throughout the summer.

**This guide contains:**

- 🍀 Health & Safety
- 🍀 What To Bring
- 🍀 What We Provide
- 🍀 Procedurals
- 🍀 Cookout and After Camp Adventures
- 🍀 Benefits to your camper
- 🍀 Contact Information



## Health & Safety

- Health and safety are our top priorities for all campers, families, and staff.
- Our staff completed courses and took part in webinars that were offered by the American Camp Association and other organizations that focused on keeping all campers safe during the summer.
- Morning drop-off and afternoon pick-up are carpool-line style with ID check at pick-up.
- If your camper is ill or injured and needs to be sent home, you will be called and are required to make arrangements for your child to be picked up in a reasonable amount of time.
- If a child is ill, shows flu-like symptoms, has a fever or is vomiting, the camper **MUST** be picked up and cannot return to camp until she/he is symptom-free for 72 hours without medication



## What Your Camper Needs for a Successful Camp Experience

### Check List:

- ☐ Refillable water bottle
- ☐ Comfortable outdoor clothing; Change of clothes (campers may get wet during camp activities)
- ☐ Sneakers or other closed toe/closed heel shoes (Crocs with backs are acceptable)
- ☐ Spare pair of shoes and socks (campers may get wet during camp activities)
- ☐ Bathing suit and towel
- ☐ Sunscreen (non-aerosol preferred)
- ☐ Hat, cap, hair tie or bandana
- ☐ Insect repellent (non-aerosol preferred)
- ☐ Raincoat or poncho (hopefully we won't need these much!) **No umbrellas, please.**
- ☐ Lunch (with drink) - marked with name and unit – lunches will be stored in a cooler until lunch (campers do not have access/ability to reheat food)
- ☐ Small hand sanitizer (not required but ok to bring)
- ☐ Mess Kit for Thursday Cookouts (reusable plate, bowl, utensils, and cup in a mess bag also can be purchased at the Girl Scout council shop and Trading Post)

**HELPFUL TIP:** Clearly print your camper's name on everything with permanent ink. Campers will get dirty and sometimes wet– all in the name of fun! GSJS is **not** responsible for personal items brought to camp.

### We provide:

- ☐ Water is available all day in each unit and activity area
- ☐ A fun-filled day of adventure and activity
- ☐ Extra attention to health and safety of our campers, staff and families

### Please note the following:

**No cell phones**, smart watches, radios, iPods, iPads, tablets, e-readers, or electronic games, etc. are allowed in camp. These items will be collected and may be picked up by an adult at the end of the camp day in the Camp Office. **Phones are available at the Camp Office for emergency use.**

Camp is a smoke and drug free facility. No weapons, firearms, fireworks, or drugs are permitted.

We love your pets as much as you do but animals or pets are not allowed in camp. They cannot be at drop-off or pick-up at the end of the day.



## Procedurals

**Forms:** Please complete all of the online forms and update your authorized pickups, no later than two weeks prior to your child's first day of camp.

These are the forms that must be completed prior to your child participating in camp with us:

- ☐ Camper Information
- ☐ Health History
- ☐ Immunization record
- ☐ Code of Ethics
- ☐ Policies and Reminder

To re-access forms, log in to your account at [www.gsfun.org/camp](http://www.gsfun.org/camp) and click on click into the "Camper Login." Click on additional options from the top left toolbar under the camp logo and choose Document Center.

Children are only permitted to participate in camp activities when all forms are complete. Forms **MUST** be completed as soon as possible, with the **final deadline two weeks prior to your child's first day of camp. Do not delay** the completion of all the forms. Please complete the forms to the best of your ability and contact us via email to notify us of the delay in getting the health forms completed. We will review this information and contact you if there is a problem.

**Medications:** ALL medication **MUST** come in the original labeled container, with clearly written directives, both inside of a self-closing plastic bag, clearly labeled with the camper's name, and be given to the Health Supervisor upon arrival at camp. Health Forms should include medication and specific directives, when they are completed with camp registration.

**Time:** Camp hours are from **9:00am to 4:00pm**. Please have your camper(s) dropped off between 8:30 am and 8:55 am so they don't miss out on any of the fun as our day begins promptly at 9:00 am (morning care available beginning as early as 7am). If you need to pick up your camper early, please call 732.751.2766 so we may have your camper ready for you at the camp office, **BEFORE 2:45pm. Campers will not be able to be brought to the camp office for early pick up after 2:45pm**, as campers will be finishing up their day and cleaning up.

**Camper Pick-Up:** Only authorized adults listed in the Authorized Pick-Ups section on the Account Detail page of your online account will be allowed to pick up your child. **Photo ID MUST be presented for signing out campers DAILY. All adults will be required to show proper identification and remain in their vehicles.** Any changes to authorized pick-ups must be submitted in writing prior to pick-up.

**Early Dismissal Pick-Up:** For early dismissal, please send a note in with your camper or call the camp office to make arrangements. **Any early pickups must be BEFORE 2:45pm.** We do our best to have your camper ready and waiting outside of the camp office with a staff member. Sometimes, the activity scheduled for your camper may cause some delay in getting her/him prepared for early pick-up. **Photo ID MUST be presented.**



**TICKS:** Our camp undergoes a controlled burn on a rotating schedule in the spring and is sprayed for ticks beginning in April and throughout the summer. While we do take precautions on our end, we ask that you also discuss tick-safety with your child. Staying on the paths in camp is essential!

**By taking proper precautions, you can limit your exposure to ticks:**

- 🍀 Wear white socks and sneakers
- 🍀 Light colored clothing is recommended
- 🍀 Always stay near the center of the trails (avoid walking in brush and undergrowth)
- 🍀 Check camper for ticks when arriving home

**Lost and Found:** GSJS, Inc. is NOT responsible for valuables brought to camp. Do not bring items you do not wish to share or that do not relate to camp. If you do happen to lose something, there will be a lost-and-found behind the trading post. **Items uncollected from the prior week will be donated to a local charity.**

**Parent communication:** The Health Supervisor will call home in case of sudden illness such as vomiting, fever, broken bones, and other serious illness or injury. In case of other emergencies, parents will receive an email with updates on emergencies that affect camp, as well as text notifications if signed up for text messaging alerts.

**Absentees:** If your child will be absent, please notify the camp office. Office staff may email or call to check-in.

**Visiting camp:** For the health and safety of our campers and staff, we limit permitted visitors on camp property during hours of camp operations and are by arrangement of the camp office and council.

**Trading Post:** Ice cream and camp-related items will be available for purchase daily. Purchases can be made by using credit that is deposited into each camper's account via Girl Scouts of the Jersey Shore or through in-person cash transactions. All funds deposited to trading post accounts must be used up by September 30, 2023. They may be spent at the trading post or one of the council shops. If funds are not used by September 30, 2023, they will be transferred to Girl Scouts of the Jersey Shore as a donation.

**Statement of Discipline and Expulsion:** At Camp Sacajawea discipline is handled with much thought and care. We use two methods of discipline with our campers. First, counselors are taught to redirect the child by focusing their attention on an appropriate activity. Second, we use positive reinforcement with all campers. If a camper displays repeated inappropriate behaviors, they will be sent to the camp director's office for a conversation and possibly a phone call home. If a serious issue arises, steps may be taken to suspend or expel a camper. Girl Scouts of the Jersey Shore reserves the right to dismiss a child from camp whose special circumstances we are not able to meet or whose conduct is not in the best interest of the entire camp community. Please see the Camper's Code of Conduct for more information about proper behavior at camp.



## Cookout

**Thursday Cookouts:** Weekly cookouts are held for **basic camper sessions** (not specialty camps). Camp spirit is in full swing on these days, and it is common for your campers to want to dress up for the theme of their unit's cookout. Campers will learn basic outdoor cooking skills and how to work collectively to prepare a meal to share. Meals are kid friendly and will be sent out in the weekly lodging email to registered camp families the Friday before their week at camp. If your child does not like the set menu for the week's meal, they will still participate in the preparation with their unit, but you are welcome to pack them an alternative lunch.

**Mess Kits:** Are needed for Thursdays and consist of reusable plate, bowl, utensils, and cup in a mess bag (also can be purchased at the Girl Scout council shop and Trading Post). Campers will wash up their kit, but we recommend a thorough washing at home before its next use.

## After Camp Adventures

What better way to keep the magic of camp going than staying after for more themed adventures and fun! We are excited to be reintroducing evening campfires and overnight activities this 2023 season. Registration is required for all/any After Camp Adventures.

**Campfire:** Every week, campers are welcome to stay after for more themed activities, and swimming weather permitting on Wednesdays at Camp Sacajawea. Dinner is then served, followed by an end to the evening with a not-so-traditional campfire (weather permitting), filled with music, dancing, laughter and more! Parents are responsible for picking up campers by 8:00pm. Typical meals for the summer campfires are kid friendly and will be sent out in the weekly lodging email sent to registered camp families the Friday before their week at camp.

**One-Night Overnight:** Girls entering grade four and older can sleep over during weeks 2-9. Activities, campfire, and dinner are included as well as breakfast and lunch the following day. Girls will explore the wonder of camp under the stars! Three-Night Overnight campers will receive a packing list two weeks before the session.

**Family Campfire:** Families are welcome to join their campers for dinner and all the excitement of the campfire portion of the evening, from 6:00pm to 8:00pm during select weeks. Registration for dinner guests is required.

**Extended Care:** Convenient extended childcare is available for all campers. Before Care begins at 7:00 am. and After Care is offered until 6:00 pm. Before and After Care both include a pre-packaged snack, and your camper will participate in small/individual activities and swim most day (weather permitting). Please be mindful this is separate to an After Camp Adventure Campfire Night. Enrollment is limited. Please plan ahead and pre-register if possible. Full-week and daily options are available.



## Camp Outcomes: Our Commitment to Excellence Helps your Child Benefit

- Children in the 21<sup>st</sup> Century are suffering from “Nature Deficit Disorder.” Therefore, our aim is to have all campers gain an appreciation of the outdoors along with acquiring a respect for nature. Many of our programs either have an overt or subliminal emphasis on the environment.
- Campers will develop and maintain healthy relationships by meeting new friends in camp.
- Taking on new experiences and challenges allow campers to take appropriate risks and try new activities such as archery!
- While in the outdoors, campers will make new discoveries and expand their confidence in themselves and their abilities.
- All girls between the ages of 5 to 18 will be registered in the Girl Scout Movement, Girl Scouts of the USA for the fiscal year ending September 30, 2023. New girl members who opted for the extended year membership upon registration will be registered in the Girl Scouts Movement through September 30, 2024.

## Contact Information

Should you have any questions regarding the daily happenings at camp or if you need to cancel or change week(s) call Girl Scouts of the Jersey Shore at **(800) 785-2090 and speak with a Customer Care Associate** (press “0” for a Customer Care Associate).

If you would like to speak to a camp supervisor, ask a Customer Care Associate to speak with the **Camp Administrator** and leave a message. She will return calls within two business days.

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