



# Camp Family Guide 2024

**Welcome to the 2024 Camp Season! We can't wait to see you!**

Safety is our top priority at Girl Scouts of the Jersey Shore (GSJS). 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 enjoy – archery, arts & crafts, nature, swimming, boating, zipline, climbing wall, badgework and much, much more. Led by the Girl Scouts of the Jersey Shore, we embrace these values, and strive to inspire our campers to develop and advance their courage, confidence, and character, helping them be successful throughout their lives.

Whether it's making new friends or learning a new skill at camp, campers make friendships and memories that last a lifetime!

We encourage you to put this guide in a safe place, as it has lots of helpful information for you to refer back to throughout the summer.

**This guide contains information about:**

- 🍀 Health & Safety
- 🍀 What to Bring
- 🍀 What We Provide
- 🍀 Procedures
- 🍀 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, respiratory, and/or Covid-like symptoms, has a fever, or is vomiting, the camper **MUST** be picked up and **may not** return to camp until she/he is symptom-free for 24 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 camper's name and unit name (you will find that in the Friday emails that are sent each week) – 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 mesh bag. You may purchase one at a local Girl Scout council shop and Trading Post/Camp Store)

**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/Camp Sacajawea is **not** responsible for personal items brought to camp.

### We provide:

- Water- It 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**, Apple/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.



## Procedures

**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 (online only – we cannot accept paper forms)
- Code of Ethics
- Policies and Reminder

To access or update your forms, visit [www.gsfun.org/camp](http://www.gsfun.org/camp) and click on the Camp Sacajawea Logo mid-page, to log into your account with your unique username and password. Once there, click on the 3 horizontal white bars on the top left, and click on the link for the 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**. Please complete the forms to the best of your ability and contact us via email to notify us of any 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 directions, 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 directions, 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, **BEFORE 2:45pm**, so we may have your camper ready for you at the camp office. **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 added by you as an Authorized Pick-Up in your online camp 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. Please call camp if you have last minute changes!!!

**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:** We take all recommended precautions; however, 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:** The Girl Scouts of the Jersey Shore/Camp Sacajawea 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.

**Absences:** 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 visits are by arrangement of the camp office and council, only.

**Trading Post/Camp Store:** Ice cream and camp-related items will be available for purchase daily. Purchases may be made with funds that you are able to deposit into your camper's online camp account. Cash is accepted, of course, however it is not encouraged, as owners of dollar bills flying through camp cannot be easily identified, lol! All funds deposited into trading post accounts must be used up by September 30, 2024. They may be spent at the trading post or one of the council shops. If funds are not used by September 30, 2024, 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 Ethics in your online account (forms) for more information about proper behavior at camp.



## Cookout

**Thursday Cookouts:** Weekly cookouts are held for **basic camp sessions** (not specialty camps). Camp spirit is in full swing 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. On Monday evening, you will be receiving an email informing you of the campers' choice for lunch at cookout. This is decided by majority vote. 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":** Needed for Thursday's cook-out lunch, they consist of reusable plate, bowl, utensils, and cup in a mesh bag (also can be purchased at the Girl Scout council shop and Trading Post). Campers will wash up their supplies, but we always 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 the end of the camp day for more themed adventures and fun! Campfires and overnight activities are tons of fun! Registration is required for all/any After Camp Adventures.

**Campfire:** Every week, campers are welcome to stay with us 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 menus will be sent out in the weekly 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! A packing list will be provided so that your camper will be ready for the fun! (Note: Campers participating in the 3-Night Overnight session do not need to add this option!)

**Family BBQ:** 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. This year, it will be offered during weeks 4 and 9 only.

**Extended Childcare:** Convenient extended childcare is available for all campers. Before Care (morning) begins at 7:00 am, and After Care (evening) is offered until 6:00 pm. Before Care will include a snack, and your camper will participate in small/individually designed activities. During the evening session After Care) campers will also get a snack, and they will swim most days (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 allows campers to take appropriate risks safely and try new activities with confidence!
- While in the outdoors, campers will make new discoveries and expand their confidence in themselves and their abilities.
- Each camper’s seasonal fee affords each girl between the ages of 5 to 18 with an active Girl Scout Membership, for the fiscal year ending September 30, 2024. New girl members who opted for the extended year membership upon registration will be registered in the Girl Scouts Movement through September 30, 2025.

## 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 **Director of Program & Facility** and leave a message. She will return calls within two business days.

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