

# Day Camp Parent Information

Thank you for registering for Day Camp at Camp Coleman. We are looking forward to an exciting summer. Please review the following information and keep it in a convenient place to help you prepare for camp and ensure your child has the best experience possible.

## About the Day Camp Program

GSNCA has spent the past few years developing the ideal summer camp program that is all about camper's choice. The unique "choose as you go" schedule has gained popularity with both campers and parents. This schedule allows each individual child to choose their morning activities upon arrival and afternoon activities at lunch. Some activities are offered multiple times per week or even per day, other activities are only offered once per week.

Activities offered include: swimming, boating, hiking, archery, sling shots, riflery, hatchet throwing, crafts, tea parties, pony rides (Camp Coleman only), rock wall climbing (Camp Coleman & KPC only), games, hole digging, rock throwing, creek stomp, STEM activities, tubing, water trampoline (Camp Trico only), dam building, fire building, s'more making, and more.

## Before summer camp:

- Talk to your child about summer camp. Let them know what to expect.  
<https://www.acacamps.org/resource-library/parents/preparing-children-summer-camp-experience>
- Make sure all forms are completed and all questions are answered honestly. The questions are a tool for the summer camp staff to be best prepared for your child. The information is confidential and is only shared with staff members who really need to know.

## Packing for camp

Packing for camp may seem very challenging. Start early. When purchasing summer clothes, keep camp in mind. Things at camp will get dirty, they may get damaged, and unfortunately occasionally lost. Please keep this in mind and do not send anything to camp that you would be devastated if it returned ruined, or did not return at all. In an effort to reduce lost items, we have partnered with Mable's Labels. This company creates high quality labels that are made for camp life. Girl Scouts of North Central Alabama also receives a percentage of the proceeds of your purchase. We recommend <https://mabelslabels.com/us/index.php/when/camp/sleep-away-camp-label-pack.html>. If you choose to not purchase labels, please write your child's name (not initials) on EVERYTHING!

Pack all belongings in 1 bag. A smaller bag (like a drawstring backpack) is helpful to take to activities with just the essentials.

## Packing List: BRING YOUR OWN LUNCH!

Complete change of clothes (including socks and underwear)	2 modest bathing suite (one for the pool and one for the river) goggles and floaties optional. We strongly recommend swim wear with sleeves that provide extra SPF protection.	Book bag/ back pack
Tennis shoes	Swim/ beach towel	Refillable water bottle that fully closes
Water shoes (Chaco/ Keen type- NO FLIP FLOPS)	Sunscreen and insect repellent	Hat/ sunglasses (optional)

Do not bring: pets, alcohol, tobacco, e-cigarettes, firearms, fireworks, explosives. *Any Camper found to be in possession of these items will be sent home from camp. No refund will be given.*

Pack separately: medications (prescription, over the counter, topical, vitamins/ supplements) and bedding

### Payment of Balance of Camp Fees

The balance of all camp fees is due on Friday the week before arriving at camp. Any fees not paid by the first day of the camp session will be charged to the credit card on file with your account.

### Cancelations/ Refunds

Registrations may be canceled at any time. The \$100 deposit is non-refundable. The amount of the balance of the fees paid will be refunded based on when cancellation request is made. Requests made prior to 4 weeks before start of camp session will be refunded 100 % (Less \$100 deposit). Cancelations made 2-4 weeks prior to the start of camp session will be refunded 50% (Less \$100 deposit). Registrations made less than 2 weeks prior to the start of the camp session, will not be refunded. Refunds in the event of true emergency/ medical need will be determined by GSNCA CEO. All requests must be made via email. Requests to cancel should be emailed to Tonya Sails [tsails@girlacoutsnca.org](mailto:tsails@girlacoutsnca.org).

### Snacks

Daily snacks are now included in the camp fee. Campers will choose a snack and drink each day. Soft drinks, water, Gatorade, candy, ice cream, crackers and fresh fruit cups will be available.

### Camp Store

NEW IN 2019- You may order T shirts and gift kits online.

The camp store will be open during check in and check out for each session as well as 1 additional day during the week. The store offers t-shirts, stuffed animals, water bottles, patches, and other camp swag.

## **Food at Camp**

*Lunch for Day Campers is available for an additional fee. Day Camp lunch must be purchased online at least 2 weeks prior to the camp session.* Breakfast is included in early drop off. Food at camp is very important. The average camper walks 20,000 steps or more each day and is expending a great deal of energy doing camp activities. Please keep this in mind when packing your camper's lunch. Meals are prepared in a commercial kitchen that is inspected by the local health department. The menu consists of popular food items that most campers enjoy. If your child has special food preferences or dietary needs, please contact [acanterbury@girlscoutsnca.org](mailto:acanterbury@girlscoutsnca.org) to discuss how we can best meet these requests. Requests not received at least 2 weeks in advance, cannot be guaranteed.

## **Daily Schedule**

Activities start at 9:00 a.m. and run until 4:00 pm. with lunch at noon. All campers are able to swim each day (weather permitting.) There is no scheduled rest time at camp. With the choose as you go schedule, children can select activities based on their energy level. Every hour will offer both high and low energy activities.

## **Camp Staff**

Camp is led by an administrative team with a combined 50 years of camp leadership experience. Summer camp staff consist of young adults. All staff must undergo an application and interview process complete with reference checks, background check and drug screening. Staff also participate in an intensive training period that includes sessions on child development, being a good mentor, recognizing and reporting possible child abuse, preventing bullying, conflict resolution, positive discipline, camp procedures, emergency procedures, leading activities, inclusion, and many other sessions to ensure your child has a positive, safe camp experience. All summer camp staff have been trained in first aid and CPR as well as specific camp activities that they will be assigned to lead. A health care manager with level 2 medical training, a maintenance team, and a group of dedicated volunteers keep everything at camp working and help keep everyone safe.

## **Health Care at Camp**

All summer camp staff are trained in first aid and CPR. A designated first aider is onsite at all times. Emergency Medical Services will be notified of the summer camp schedule and are familiar with the camp's location. Medical professionals are also on call and are only a phone call away.

The first aid area is well stocked with common over the counter medications, wound care supplies, and general health care essentials.

## **Medication**

All medications are stored in a locked cabinet in the first aid room except for emergency inhalers and epi pens. All medications must be in the original container. Medications will be dispensed as directed unless accompanied by instructions from the prescriber. Emergency inhalers and epi pens will be with the camper in the care of their counselor. Please label the actual inhaler/ epi pen in the event that it is accidentally separated from the original box.

Please complete the attached medication form and include it with your child's medication. Please note that the health care center at camp is well stocked with common over the counter medication. There is no need to send Tylenol, bug bite medication etc. with your camper. If they need it, we have it on hand.

## **Pictures at Camp**

Camp staff will take pictures and videos of campers that will be posted on the photo sharing page. These photos may be downloaded for a small fee. We will attempt to do a "Facebook Live" video each day. You are welcome to send cameras with your child if you desire.

## **Technology at Camp**

Summer camp is a great way for children to unplug from technology, learn to be comfortable and confident in the out of doors and gain independence. It is strongly recommended that tech devices are not sent to camp. Campers will be busy all day, there is a high likelihood of the device being damaged, and service is very spotty at camp. If you feel that you need to send a device to camp with your child, GSNCA will not be responsible for any damages to or loss of the device. In an effort to protect the safety of all campers, if the camper is found to be using a device, it will be taken to the camp office and stored until a parent picks it up.

## **Camp Rules**

- Absolutely no tobacco/ e-cigarettes, alcoholic beverages, illegal drugs, fireworks, explosives or pets are allowed at camp.
- Use the buddy system and use a flashlight at night. Do not leave the group/ area without notifying a counselor.
- Let counselors know if you need help.
- Wear the appropriate shoes and clothes to each activity. Campers who arrive at an activity not wearing the appropriate shoes or clothes will not be allowed to participate.
- Bullying, hazing, physical/ emotional torment, initiation practices, forced rituals and the like are strictly prohibited.
- Help keep camp clean! Pick up trash when you see it.
- Do not bring food, candy, or drinks into the cabins. The smell of these items attracts insects, animals, and worse. Chewing/ bubble gum is strictly prohibited at camp.
- Parents will be contacted to pick up any camper who exhibits behavior that is dangerous, disruptive, destructive, endangers other participants, or disrupts the program to such an extent that it negatively impacts the experience for other campers. If a camper is dismissed for these reasons, there will be no refund or reduction in camp fee.
- Parents will be required to reimburse Girl Scouts of North Central Alabama for any damages caused by a participant to property including graffiti, torn or cut screen, damaged beds, buildings, program equipment, etc.

## **When will we call you?**

The summer camp staff will notify parents/ guardians in the event of:

- Medical emergencies- in true emergencies, EMS will be called then the parent notified. Unless specifically requested otherwise, the child will be transported to the hospital via ambulance accompanied by a summer camp staff member.
- Non-emergent, serious, medical situations (potential broken bone/ cut requiring sutures) The camp staff will notify the parent who will have the option to pick the child up from camp, meet camp staff at a medical facility, or request transportation via ambulance.

- Illness/ significant injury- The camp staff will notify you in the event of your child being seen by the first aider for an injury requiring more than a band aid, or illness with fever or vomiting.
- If the child is reported to exhibit abnormal behavior believed to be caused by a medical/ mental health condition.
- If the child violates a camp rule repeatedly or breaks multiple camp rules.
- If the child's behavior is dangerous to themselves or disruptive to the general camp population.
- If the child is homesick to the point that the camp staff feel that parental consultation will be beneficial.

### **Leaving Camp early/ for appointment**

If your daughter needs to leave camp for any reason, please let the camp director know as soon as possible. Come to the camp office to sign your daughter out and pick up any belongings that she will be taking with her. If she is to return to camp after the appointment, return to the office to sign her back in.

### **Authorized Pick Up**

Campers will only be allowed to leave camp property with the persons listed as "Authorized Pick-Up." Parents should be listed as authorized pick-ups. If the authorized pick-up list needs to be changed while your child is at camp, please notify the camp director via email. [acanterbury@gmail.com](mailto:acanterbury@gmail.com)

### **Check in and out:**

- Camp Coleman is located at 7717 North Lake Drive, Trussville, AL 35173.
- Camp Trico is located at 315 Trico Drive; Guntersville, AL 35976
- Day camp check in and out will work similarly to carpool at school.
- Drop off can be as early as 8:00 am and should be no later than 8:45 am. Early drop off is available for an additional fee and must be paid for online at least 2 weeks prior to the start of the session.
- Pick up can be as early as 4:15 pm and no later than 5:30 pm. Late pick up can be arranged for an additional fee. Late pick up must be paid for online at least 2 weeks prior to the start of the session.
- When you pick up your child from camp, you will be asked to show a photo ID and sign them out.
- Please use caution when driving in and out of camp as campers use the road like a sidewalk.

### **Transportation:**

Transportation is available for an additional fee. Campers will be transported in either 12 passenger vans or school busses. All drivers will have a driving record check, background check, and specific training for the vehicle for which they are driving. In addition to a driver, all vehicles will have at least one additional adult chaperone. The chaperone will be responsible for monitoring camper behavior on the ride to and from camp. If you have chosen to use transportation, additional information will be sent to you closer to the scheduled camp date with details including pick up/ drop off times and procedures.