

# 2022 SUMMER CAMP OVERNIGHT CAMPER INFORMATION



# Find Your Adventure at Camp!

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# **Required Information**

The following forms should be completed and are due at camp CHECK-IN. **Forms are not accepted by mail or at the office. Please do not print forms double sided.** They must be turned in on the first day of camp. Look for them at the end of this packet:

□ Code of Conduct Form
□ Camper Pick-up Form
□ Parent Questionnaire
□ Camper Letter to Counselor
□ Waivers (if applicable, for Equestrian and Challenge Course)
$\square$ Health Record with vaccine record or signed exemption (Signed by a physician.)
□ Negative COVID-19 test results OR proof of vaccination

**Code of Conduct** - Behavior agreement that campers and parents sign, agreeing to abide by all camp and council rules. Used as the first reminder if behavior problems arise.

**Camper Pick-Up** - Grants permission for your camper to be picked up from camp. Parents must list themselves on the form in addition to any other adult who may pick up the camper.

**Parent Questionnaire** - Enables staff to become familiar with campers and with parent expectations. Please provide us with information on your camper's mental, emotions, and physical needs. We want to make camp a positive experience, so we need to know what makes her unique.

**Letter to the Counselor** – Many of our campers want a chance to share more about themselves and what they hope to do over the summer in their own words. The letter to the counselor is a chance for a girl to share her traits and characteristics about her.

**Waivers** - We recommend that all campers submit an equestrian waiver as well as a challenge course waiver if you would like your camper to have the opportunity to try these activities. We do not guarantee that a group will do these activities if it is not in your session's program description; however, she may still get a chance if the group is interested and scheduling allows.

**Health Record** – A Health Record is required for all resident campers. This form must be signed by a physician within the past 24 months OR you must submit a copy of a physical completed within the past 24 months of the last day of the camp session she will be attending. Health forms from previous years of camp are not available, as they are permanently stored upon closure of the camp season. Be sure to keep a copy of the health form for your records. Campers will not be allowed to attend camp without a current health form. Please contact the camp director two weeks prior to camp if there are any special medical or dietary needs so we can make arrangements and be prepared at camp.

**Medications** – Medication information must be included on the health record, if applicable. <u>DO NOT</u> pack any medications in your camper's luggage, including inhalers, epi-pens, prescriptions, or over-the-counter medication/vitamins/oils. All medications are required to be turned over to the health supervisor upon arrival. All medications must be in original containers with instructions from a physician or pharmacy—times and dosage should be clearly stated, and medications must not be expired. If your camper has special medical needs, arrangements will be made to transport her to a doctor's office. Parents are responsible for these expenses.

**Negative COVID-19 Test Results**—Proof of a negative COVID-19 test within the 72 hours prior to arrival at camp is required for resident campers. While this does not assure that no active COVID-19 cases will enter the camp setting, it is part of a multilayered approach to minimize the possibility. As of January 2022, this is not required if you provide proof of full vaccination. Travel campers (those staying away from camp overnight) are required to have both a negative COVID-19 test AND proof of full vaccination.

## **Health & Safety**

#### **Health Information**

Camp staff is First Aid and CPR-certified and trained to respond to minor scrapes, bumps and bruises. An on-call registered nurse is available if needed. The local police and fire departments are notified at the start of the camp season and are prepared to respond within minutes.

Should a camper become ill, injured, or displays COVID-19 symptoms at camp, the staff will administer first aid and follow written procedures given by the camp physician. This may include a visit to a local doctor's office or emergency room after hours. If a camper requires a long rest period for recovery or cannot remain at camp, the camper will be sent home. If a camper's illness or injury is severe, emergency care will be given at the scene and the camper will be transported to the hospital emergency room. Parents/guardians will be notified, but in life-threatening situations, treatment may begin before notification, as indicated on the health consent form.

During overnight camp, a qualified health supervisor is on duty at all times to supervise the distribution of medications and oversee the health and wellness of all campers and staff.

#### **COVID-19 Information**

Girl Scouts of Central Illinois understands the seriousness of COVID-19 and will implement a multi-layered approach to mitigate the possibility of COVID-19 at camp, and to act appropriately in the event of a COVID-19 case at camp.

- 1. Overnight campers must show proof of a negative COVID-19 test performed within 72 hours prior to the start of the camp session OR show proof of full vaccination (currently defined as 2 weeks or more after the second dose.) This requirement may change as camp approaches. The camp director will notify you of any changes.
- 2. Masks will be required at any time an individual is interacting with another individual who is not a part of their group/session, regardless of vaccination status. Masks are currently not required while within a camper's own unit.
- 3. Groups will be kept physically distanced from other groups at camp to the degree possible. As such, groups will have limited interactions with each other. Siblings attending camp at the same time but in different sessions should be prepared for this possibility
- 4. Increased hand hygiene, cough etiquette, and sanitizing procedures will be in place.
- 5. Activities will take place outdoors as much as possible.
- 6. Daily symptom checks will be performed each morning
- 7. All travel campers (staying overnight away from camp) must show proof of full vaccination AND a negative COVID-19 test within 72 hours prior to arrival at camp.
- 8. Parents/guardians must be prepared to have someone pick up their camper in a timely manner in the event that your camper develops COVID-19 symptoms. For travel camps, campers who display symptoms will be tested via rapid test by designated staff, If positive parents/guardians must arrange for pick up wherever they are at the time of the positive test.
- 9. We ask that campers arrive at camp healthy, and as such we ask that all campers are especially careful the 10 days prior to arrival at camp.
- 10. Drop off and pick up will be staggered and limited in time frame (see page 10).

In the event that your campers begins exhibiting COVID-19 symptoms while at camp, you will be informed and you must come pick up your camper immediately. The camper may be able to return to camp with a negative test and approval from the camp nurse.

In the event that another camper becomes ill with COVID-19, you will be informed if your camper is a close contact and must pick up your camper. Close contacts may be permitted to stay at camp if exposed if they are fully vaccinated and not showing symptoms

If a session must be cancelled, your camper is sent home due to COVID-19, or your camper is unable to attend altogether due to COVID-19, refunds will be issued. Refunds may be pro-rated if camp is cancelled mid-week.

#### **Health Check**

All campers will receive a health screening by trained staff upon arrival at camp. This will include a check for contagious scalp and skin conditions and current body temperature. Any camper with a temperature over 100° F, who has evidence of nits or lice, or who is otherwise ill will be sent home by the camp director. Parents must remain at camp until their camper has been screened.

#### **Activity Insurance**

The camp fee includes insurance providing supplementary coverage to campers' personal insurance and includes sickness and accident coverage for any incidents that occur during her stay at camp.

#### **Lice Procedures**

Campers will be checked for head lice and nits during their health check at check-in. If a camper is found with evidence of lice or nits, she will be sent home until she no longer has evidence of them. Please be aware that your camper may be asked to remove braids and other hair dos to ensure a thorough check. If, after all precautions, a head lice outbreak occurs, parents/guardians of the campers who have head lice will be notified. It will be parents'/guardians' responsibility to pick up their campers from camp, launder all clothing and sleeping bag, and provide lice shampoo treatment for their camper. After a minimum of 24 hours, if there is no longer evidence of head lice or nits, the camper may return to camp. Camp fees are not refunded when a camper arrives with a pre-existing condition. We recommend you carefully check your camper in bright light before she heads to camp in order to avoid any unpleasant surprises.

#### Homesickness

Being homesick is a completely natural experience and is experienced by all campers on some level. Learning to cope with homesickness is a great life skill to learn, and we are well-equipped to help them through this at camp! You can help your camper cope with homesickness by:

- Discussing it with her prior to camp. Encourage her to talk to her counselors about how she is feeling and what she is thinking about camp—both the good and the bad. Role-play at home so she will find it easier to talk about her feelings.
- Making her aware of what camp life is like: deep woods, sounds of nature, bugs, platform tents, latrines, outdoor cooking, making new friends, learning new skills, rainy days, sunny days, hot days, bugs and, most of all, fun times.
- Encouraging her to bring something familiar from home, such as a favorite stuffed animal, a favorite book or new paperback she has wanted to read, a photo album, or stationery and stamps to write letters.
- Writing positive and encouraging letters and e-mails—don't dwell on how much you or her pets miss her.

Please <u>do not</u> tell your camper that she can call you or you will pick her up if she becomes homesick. This is vital to her development and to learning coping skills. Tell her that you believe in her and know she can do it!

<u>REMEMBER</u>: If your resident camper writes home that she is unhappy at camp and wants to come home, take into account when the letter was written. During the first 24-36 hours of camp, it is very common for campers to feel homesick, as they are adapting to the new environment and meeting new people. By the time you receive that letter, she has more than likely adjusted to the camp setting, made new friends, and loves being at camp. Our counselors are trained to recognize and positively manage the symptoms of being homesick. If your camper is showing signs that she is struggling and shows no signs of improvement past the first 24-36 hours at camp, the camp director or camp nurse will contact you.

#### **Insect Repellent and Sunblock**

Our camps are in wooded settings with bugs and lots of sun. Campers are expected to be able to properly apply sunblock and insect repellent on their own with limited assistance from friends/counselors. Make sure the sunblock and insect repellent are not expired, as they lose their ability to be effective. Look for waterproof sunblock that has a high SPF and repellent that doesn't have a sweet smell, is non-aerosol, and has a lower level of DEET (under 30% is preferred; DEET is harmful to children if ingested). Pack natural-colored clothing (white and dark colors attract bugs). Prior to camp, wash clothing in unscented detergent. While at camp, girls should use unscented hair products and lotions. Teach your camper how to take extra precautions, such as wearing a t-shirt when swimming, or wearing a hat while hiking.

#### **Weather Conditions**

Camp activities may change due to weather. If the weather is inclement, campers may not be able to participate in activities that are affected by rain, storms, and extreme heat, including but not limited to horseback riding, boating, swimming, challenge course, and archery. Activities and schedules will be modified as necessary. In the event of severe weather, a building at camp is reserved for the safety of campers. Staff members are able to communicate with each other and the camp office for weather updates and emergencies. When severe weather occurs, all campers are safely moved to the designated buildings for shelter and an all-camp activity takes place to occupy them, such as a dance, camp idol contest, or pajama party. This helps to ease the campers' concerns about the weather and keeps the focus on fun!

#### **Visitors**

For the safety of all campers and staff, visitors will not be allowed at camp during the week. We invite you to join us for Friday Finale to meet your camper's new friends, counselors, and see songs and skits from the week. Please register for Friday Finale when registering for camp, or call 888-623-1237 to be added. If your camper forgot something from home (e.g., pillow, toothbrush, rain coat), please call the camp director – we have extras! If you would like to see camp before attending, contact the camp director or sign up for an event at camp.

#### **Cancellations**

Refund requests must be submitted in writing and will be considered at the discretion of the Program Director of Camp and Events. No refund will be issued if a camper is sent home due to unacceptable behavior or homesickness or if the camper is a "no show" for the session. The deposit fee will not be refunded once the registration has been processed.

# Life at Camp

#### **Facilities**

Flushable toilet facilities are located at our shower house, the main lodge, and in every unit.. Campers sleep and have quiet time in rustic units that are tucked into the woods. A unit typically consist of six to ten open-air platform tents or rustic cabins. Each tent holds four sleeping cots. Each cabin holds 10 sleeping cots.



We encourage all campers to visit the facility before camp. This can be done at an event with your troop or by contacting the camp director to arrange a time to see camp.

#### **Trading Post**

Your camper will get the opportunity to purchase camp memorabilia (T-shirts, water bottles, stuffed animals, bandanas, etc.) at the Trading Post. If you would like to send money with your camper for shopping, we recommend an amount between \$15 and \$25. You may have already added trading post money during the registration process. If not, money will be collected for Trading Post at check-in and deposited in your camper's Trading Post account. Trading Post accepts cash, check, Cookie Dough, and Nutty Bucks. Unused money deposited at the beginning of the week will be returned to the parent/guardian at the end of the session. Unused money that was deposited during registration will NOT be refunded, and will be applied to our campership fund.

#### Meals



Camp menus are reflective of typical school lunch menus and meet recommended dietary guidelines. Most camp meals are prepared by food service staff. Encourage your camper to try new foods if she's given the opportunity to do so at camp! Please note all dietary restrictions (diabetic, vegetarian,

allergies, etc.) on the Health Information sheet and Letter to the Counselor. Please also contact the camp director at least 2 weeks prior to the start of the session so we can be ready at camp. For specific questions or concerns about menus, call the camp director. Campers with strict dietary restrictions are welcome to bring "alternative" meals and store them in the kitchen area (these must be turned in at check-in to ensure proper food handling and sanitation).

#### **Sending Food**

Three meals a day and snacks are part of camp life, so sending food to camp is not necessary; in addition, it attracts critters and insects. However, if you do send snacks, be sure to explain to your camper that the snacks must be turned into the staff and will be made available to them only at special times during the day and upon request. **Additionally, please do not send snacks containing peanuts or tree nuts.** 

#### Telephones

Campers do not have access to a telephone and cannot be called directly. If there is an emergency, call the camp director. Parents will be notified by phone of any accident, illness, or other problems involving their camper. Do not send cell phones—your camper will not be allowed to keep a phone with her.

#### **Girl Planning**

Campers work together to create their own experiences at camp by building their schedules of activities. Counselors facilitate this process as they keep in mind the program the campers have

signed up for and guide them as needed. The campers also play an active role in creating rules for their group and creating a unit agreement. **Encourage your camper to speak up about any activities she may want to experience while she is at camp.** 

#### **Badge Work**

Just as girl planning is a fundamental aspect of Girl Scouting, badge work is also a strong component of Girl Scout camp. Counselors work with campers to focus the girls' activities on badges and Journeys. Campers may choose to work on badges that are unrelated to their program area or stick to their program – it's up to them. At the end of the week, parents will be given a badge sheet outlining activities girls completed toward badges and Journeys that can be purchased at any GSCI Trefoil Boutique.

#### Kapers

Kapers are simple daily chores campers share while attending camp. Each staff member models and teaches campers proper ways to care for the environment and their camp surroundings. Each unit is responsible for the upkeep and cleaning of their area and for additional small daily camp responsibilities. Campers are closely monitored to make sure that established health and safety procedures are used in completing cleaning tasks. Living in a community setting assures the whole community to take an active role in keeping the community running smoothly and safely.



#### Overnight Camp Mail/Email

Many campers love to receive mail/care packages while at camp! To ensure that mail arrives while your camper is at camp, send it a few days prior to your camper's departure or bring it with you to check-in. Mark each piece of mail with the day you would like it delivered to your camper (Tuesday, Wednesday,

etc.). Mail is delivered to campers once daily. Address the letters with camper's first and last name, camp name and session, and delivery day. If you choose to send a one-way email, include camper's full name and session name in the subject line. Camper will not be able to send an email response.

#### Send all mail and/or email to:

Camper Name/Camper Session Camp Tapawingo 1450 Hickory Point Rd Metamora, IL 61548

OR

Subject Line: Camper Name / Camper Session camptapawingo@girlscouts-gsci.org

Remember to keep letters/emails to your camper positive and cheerful; positive letters will help reduce homesickness.

#### **Packing Tips**

It is a good idea to have your camper practice suitcase living at home. Let her pack her suitcase so she knows what clothes she has brought and will be able to repack the suitcase at the end of her session. Attach an inventory list inside her suitcase. Your camper must be able to carry her own luggage. All clothing and equipment must be labeled with the camper's name. When possible, use a permanent marker or label-maker. Weather can be unpredictable and range from a cool 50 degrees to a very hot 115 degrees. Please send clothes to cover all temperature ranges - and don't forget extra socks!

#### **Camp Birthdays**



If your camper will spend her birthday at camp and would like to bring treats, please make arrangements with the camp director prior to first day of camp.

#### **Swimming**



Campers at Camp Tapawingo will have the option to swim most days. The first day, campers will participate in a swim check to assess their abilities. Those that complete the swim check satisfactorily to the aquatics staff's discretion will be allowed in the deep end. Campers will be required to wear a colored

swim cap that designates which areas of the pool she is allowed to swim in. Camp provides these swim caps. Lifeguards and watchers will be monitoring whenever campers are swimming.

#### **Adventure Activities**

Your camper may have the opportunity to go boating, shoot archery, or take on the challenge course. These are great learning experiences for campers and will build self-esteem. These activities are supervised by trained facilitators. See your camp description for information if your camper will be participating in these activities.

# **Packing for Camp**

# **What Not to Bring**

The following items are not allowed at camp: Strapless tops, sandals; Crocs or open-toed shoes; hair dryers; curling irons; cell phones; tablets or similar electronic devices; headphones; radios; CD players; MP3 players; gaming systems; DVD players; iPods; expensive jewelry; weapons or weapon look-a-likes; alcohol; illegal substances; tobacco products; cannabis products; vapes, e-cigarettes, or similar; pets/animals; or personal sports equipment. Campers will be checked for these items. If found, items will be held by the camp director for safe keeping until the end of the camp session. Do not pack your medication.

Girl Scouts of Central Illinois is not responsible for lost or stolen items. If your name is not on it - it may not be returned.

Please pack with your camper so she knows what's in her luggage!

I lease pack with your camper so she knows what s	in ner ruggage.
SLEEPING GEAR:  ☐ Pillow and pillowcase ☐ Sleeping bag (or substitute with sheets and blankets) ☐ Fitted and flat twin sheet	<ul> <li>Laundry bag (a trash bag or other waterproof bag works well as items will get wet and smelly at camp)</li> <li>Waterproof or sports sunscreen (not suntan oilmust have at least SPF 30)</li> </ul>
CLOTHES (No laundry facilities available):	<ul><li>Insect repellent (non-aerosol with less than 30% DEET)</li></ul>
TIP: Roll clothes to save space. For younger campers,	Sunglasses with strap
pack an outfit for each day in a big zip top bag.	Lip balm with SPF
Shorts (1 pair for each day)	Hand sanitizer
1 or 2 pair jeans, leggings, or other long pants.	1 Harid Sariidzei
Campers in horseback riding camps should bring	MUST-HAVE ITEMS:
extra.	Sturdy backpack to carry items throughout the day
T-shirts (1 for each day)	Multiple face masks. We recommend labeling with
☐ 1 or 2 long sleeve t-shirts	your girl's name and purchasing neck straps to keep
☐ 1 really old outfit to get really dirty	track of it. Face masks must meet all CDC
Warm jacket, sweater, or sweatshirt	recommendations. As such, gaiters and bandanas
☐ 2 pairs of shoes—sneakers and sturdier ones for	are not acceptable.
hiking (No open toed shoes or crocs—shoes must be	☐ Mess kit (non-breakable plate, cup, bowl, and
worn at all times)	silverware with a mesh bag)
☐ 2 pairs of underwear for every day (please pack more	☐ Water bottle
than enough)	☐ Flashlight, headlamp, or lantern with extra batteries,
☐ 2 pairs of socks for each day—A MUST	<ul> <li>Plastic bags for wet things and camp treasures</li> </ul>
☐ Warm pajamas	☐ Flip-flops (for showers only)
☐ 2 bathing suits (Must be something comfortable for	
active play, such as a one piece or tankini style suit)	OPTIONAL ITEMS:
1-2 beach towels	Disposable camera (digital cameras are discouraged)
O Bandana or hat	Stationery, stamps, envelopes, pens, and addresses
☐ Rain coat or poncho—A MUST	of friends and family (stamped, addressed, peel &
DEDCOMAL IMPMO.	seal envelopes are ideal!)
PERSONAL ITEMS:	<ul> <li>Money for trading post –turn in at check-in</li> <li>Stuffed animal, t-shirt or autograph book and multi-</li> </ul>
<ul><li>Comb and/or brush &amp; hair ties/bands</li><li>Small bag to carry items to the shower house</li></ul>	
<ul><li>Small bag to carry items to the shower house</li><li>Bath soap—non-scented and in travel case</li></ul>	colored permanent marker to collect signatures  1 pair of water shoes/old tennis shoes (NO OPEN-
Shampoo/conditioner - non-scented or lightly	TOED SHOES)
scented, no fruit scented shampoos (it attracts	☐ A new/special book to read at camp
animals/bugs)	Notebook for addresses, phone numbers, and song
☐ Toothbrush, toothpaste, dental floss	lyrics
Deodorant	Something to tie-dye (white t-shirt, socks, bandana)
☐ Sanitary items	Note: not all camps will tie-dye, but it's good to be
Shower towels and washcloths	prepared, just in case.

Additional session-specific packing lists will be sent prior to camp

## Arrival/Departure

#### Arrival

Check-in will take place between 2:00 and 4:00 pm on Sunday afternoon. Please choose a time during that time frame to arrive. Campers will not be permitted to check-in early so please do not arrive before 2:00.

During check in at Camp Tapawingo, a staff member will greet you at your vehicle and collect medications, trading post money, mail, health records, COVID-19 forms, and complete a COVID-19 screening. Be sure all of these items are accessible to you in the car, not buried in luggage or in the trunk!

You will then be directed to the check-in location for your unit. You will turn in all the remaining required forms (see page 1) to the counselor at this check-in location. The remainder of the non-COVID health check (such as the lice check) will also be completed at the check-in location.

Once you have completed the check-in process, your camper will spend time getting to know the rest of the group. Once everyone has arrived, the group will go move-in. Luggage will be transported to the unit on a trailer and counselors will make sure your camper gets settled in and comfortable!

Note: Pets must stay in vehicles or at home; they are not allowed on camp property (even if they are on a leash). Please do not arrive early or late.

#### **Departure**

A staff member will greet you in your car and check your identification card. Anyone picking up a camper from camp, INCLUDING parents/guardians, must present a driver's license or other picture identification AND be listed on the Camper Pick-Up Form. For safety and risk management purposes, campers will not be released to anyone not listed on the pick-up form and cannot be released to anyone without photo identification. Any leftover trading post money, their badge sheet, and any medications will also be returned at this point. You will then be instructed where to proceed to pick up your camper and their luggage. If you signed up for Friday Finale, please arrive between 11:00-11:30. The Finale will start at 11:30 at Bullfrog.

## **Post-Camp**

#### **Lost & Found**

Girl Scouts of Central Illinois is not responsible for valuables or lost, stolen, or damaged personal items. Please mark everything with your camper's full name and check her luggage before leaving camp on check-out day. All lost and found articles will be donated to a charitable organization or disposed of two weeks after the end of the camp season. Please contact camp or your local service center to check for lost items.

#### **Evaluating Camp**

We appreciate and welcome your feedback so that we may provide the best experience for our campers. After your camper's session is over, you will receive an evaluation form. Please take the time to let us know how your camper liked camp. Have your camper help you answer some of the questions (girls will also complete evaluations at camp to let us know how they enjoyed their experiences).

## **Helpful Tips**

#### Talking about Camp

Shortly before camp begins, remind your camper about the benefits of going away to camp—she will meet new friends and try new activities. Stay positive! Your attitude shows your camper how she should react. Don't stress how you are going to miss her—it may make her feel bad for wanting to go, and she may hold herself back from having fun while at camp. When the big day arrives, say goodbye to your camper cheerfully—the fewer tears for everyone, the better. It will be difficult for you as parents, but if she sees you upset, it may cause her to be fearful of her new situation.

#### **Making New Friends**

Tell your camper not to be afraid to introduce herself. Other campers are probably just as shy to start a conversation. Role play and practice at home! Remind your camper to keep an open mind, not to judge others, and to give others the same chance that she deserves. Tell your camper to stay involved, even if she is having a bad day, and to talk to her counselors about how she is feeling! Remind campers to have a friendly attitude. Smiles go miles! The more approachable you are, the more others will talk to you.

#### **If Your Camper Needs Something**

If your camper has an issue with a fellow camper or counselor we want your camper to tell us! Please share with your camper the importance of speaking up if something is not right. They can always speak to any of our counselors or directors.

#### Camp-sickness

After camp, campers may come down with a case of camp-sickness. This is also entirely normal, as your camper will have friends and places that she must say goodbye to. Even though your camper may be sad to leave, know that she is still excited to see you and her family! Encourage her to trade addresses with her new friends before you check out and head home. Camp friends are often lifelong friends; help your camper keep in touch.

#### **Packing Tips**

Helping your camper pack is a fun activity! Have a special journal, book, or flashlight that is new and just for camp. Label everything so nothing is accidentally taken or lost; campers don't always recognize their things. To help your camper feel connected to her family even though she is away, pre-address and stamp envelopes. Send peel-and-seal envelopes so they don't seal themselves in the heat.

#### Above All...

Contact the camp director if you are worried about something or have questions. With an open dialogue, we'll be able to work together so your camper will thrive at camp.



### **Code of Conduct Form**

(All campers must complete and turn in at check-in)

This Code of Conduct, combined with the Girl Scout Promise and Law, is our guide for behavior at all Girl Scout activities and camps (including trips). To be read and signed by **both** parent/guardian and girl participant.

- I understand that rules are made to protect me and others; to help make sure program activities and travel are safe, fun, and successful; and to create a welcoming camp community.
- I will treat other people, myself, property, and equipment with respect.
- I will follow the principles of the Girl Scout Promise and Law.

# The Girl Scout Promise On my honor, I will try;

To serve God and my country, To help people at all times, And to live by the Girl Scout

# I understand the following are unacceptable and will be grounds for dismissal from camp::

- Violence, bullying, name calling, and put-downs in person or using technology
- Cursing or verbally abusing anyone for any reason
- Intimidating, threatening use of verbal or non-verbal language that makes others feel that their safety is at risk
- Fighting, threatening, stealing, damaging property, or endangering the well-being of self or others
- Inappropriate clothing, jewelry, or swimwear
- Swimming, boating, archery, or challenge course after dark or without a facilitator present
- Entering the Health Center without a counselor
- Leaving the group without permission; leaving camp property without a counselor. The buddy system and adult supervision is required at all time at camp and on trips.
- Inappropriate conversations/topics or touches

# I understand the following are not allowed at camp and will be taken by the counselor or director and will be grounds for dismissal from camp:

- Cell phones, tablets, or similar communication devices
- Headphones, CD/MP3 players, radios
- Weapons or look-a-likes
- Alcohol, cannabis, or illegal substances

- Tobacco products
- Vehicles
- Pets/animals
- Personal sports equipment
- Medication which is not turned in to the Health Center (All medications must be turned in to the Health Center in the original container with the specific, unaltered directions of a licensed physician on the original prescription bottle. Do not send expired medication to camp.)

Girl Scouts of Central Illinois reserves the right to send home any camper who exhibits unsuitable behavior. Parents/guardians are responsible for picking up their camper in a reasonable timeframe as deemed necessary by the camp director. There is no refund in the event a girl is sent home. Person listed as emergency contact may be contacted if parent/guardian cannot be reached.

Parent/Guardian signature	Date
Camper signature	Date

# The Girl Scout Law I will do my best to be

honest and fair, friendly and helpful, considerate and caring, courageous and strong, and responsible for what I say and I do,

#### And to

respect myself and others, respect authority, use resources wisely, make the world a better place, and be a sister to every Girl Scout.



# Camper Pick-Up Form

(All campers must complete and turn in at check-in)

This form must be completed and turned in at camper check-in. Anyone who will be picking up your camper from camp, including a parent/guardian, must be listed. The person picking up your child must show a photo ID before the child will be released. Siblings attending camp at the same time may be listed on the same form. Campers attending multiple sessions may use one form for all sessions.

hereby authorize the follo	owing person(s) to pick up my chi	ld from camp:
	o ming person(s) to provide my one	
Name	Relation to Camper	Phone #
Name	Relation to Camper	Phone #
Name	Relation to Camper	Phone #
Name	Relation to Camper	Phone #
Name	Relation to Camper	Phone #
ny Special Pick-Up Notes	::	
Parent/Guardia	n Signature	 Date



# **Equestrian Consent and Release Form**

The undersigned hereby agree to assume responsibility for the risks of engaging in equine activities as defined by the Equine Activity Liability Act (745 ILCS 47/1 et seq. "ACT"). Specifically, the undersigned understand that there are risks in engaging in equine activities including, but not limited to: (1) the propensity of an equine to behave in dangerous ways that may result in injury to the participant; (2) the inability to predict an equine's reaction to sound, movements, objects, persons, or animals; and (3) the hazards of surface or subsurface conditions.

The undersigned on behalf of himself or herself, the participant, his or her heirs, administrators, agents and representatives, HEREBY RELEASES Girl Scouts of Central Illinois (GSCI), and any and all of its employees, administrators, board members, successors, agents and assigns from any and all claims, causes or action, demands, damages, liability, and rights of action, of whatsoever kind of nature, arising in any way from the participant's participation in or presence at any equine activity as defined in the Act.

If any suit is filed or any claim or demand is made against GSCI based upon any equine activity of participant as defined in the Act, the undersigned, on behalf of himself or herself, the participant, his or her heirs, administrators, agents and representatives, agrees to indemnify and hold harmless GSCI, and further agrees to pay any and all costs, expenses, judgments or settlements incurred by, or on behalf of, GSCI as a result of each suit, claim or demand, including the payment of reasonable attorney's fees incurred by GSCI in defense of each such suit, claim or demand.

		Session:	Date:
Name of Minor Participant			
Signature of Parent/Guardia	an #1 Date	Signature o	of Parent/Guardian #2
Street Address		Street Address	
City, State	 Zip Code	City, State	 Zip Code



# Challenge Course, Climbing, and Bouldering Wall Form

Waiver and Release of Liability, Assumption of the Risk and Indemnification Agreement (All campers at Camp Tapawingo, and Camp Widjiwagan must complete and turn in at check-in)

City, State	Zip	City	State	Zip
Street Address		Street Address		
Parent/Guardian #1 signature	Date	Parent/Guardian #2 sign	nature	Date
Name of Minor Participant				
Severability: The Undersigned expre Indemnification Agreement is intend Agreement is held invalid, the other	ded to be as broad and i	nclusive as permitted b	y the law, and if	any portion of this
<u>Initial of Parent/Guardian #1</u>	Initial of Parent/Guardi	an #2	Initial of Particip	pant
Initial of Parent/Guardian #1  Indemnification and Hold Harmless: any and all claims, actions, suits, pro (including without limitation, court Climbing and Bouldering Wall, and t	ocedures, costs, expense costs and attorneys' fee	agrees to INDEMNIFY A es, judgments, damages es) arising out of or relat	s, settlement, an ted to the Challe	HARMLESS from d liabilities nge Course and
Assumption of Risk: Participation in avoid injury. Risks may be affected by participants. Injury risks range from injuries such as broken or sprained j concussions, to 3) catastrophic injur Undersigned fully understands the rafter adequate and full inquiry and i in undertaking the Challenge Course written. The Undersigned agrees that voluntary. The Undersigned has read voluntarily assumes all risks arising Bouldering Wall.	the Challenge Course c by variable factors such a: 1) minor injuries such oints, tendons, ligamen ies such as paralysis an isks. In any event, the Uni- e and Climbing and Boul at participation in the Cl d this paragraph careful	arries certain inherent in as the weather, course as scratches, bruises, buts, legs, or arms, other lad death. The risks have Jndersigned accepts, as dersigned. The Undersigned and to follow allenge Course and Clintley in its entirety and known as the course are the course as the course and known as the course are the course t	risks regardless condition, and comps, and spra limb injury or lot been explained sumes, and und gned agrees to us ow instructions, mbing and Bould lows, understan	of the care taken to conduct of ins, to 2) major ss of use, and and the ertakes all risks se sound judgment whether oral or dering Wall is ds, accepts, and
Waiver and Release of Liability: In couse facilities, equipment and material him/herself, for his/her spouse, and individually referred to as the Under Scouts of Central Illinois, Inc. (GSCI) assigns (collectively and individually and all claims, including without limany other federal, state, or local law loss arising directly or indirectly from Undersigned voluntarily and forever unknown claims, actions, and/or liab person (including death) or property	als and to participate in for and on behalf of the signed), does hereby real, its officers, agents, enverenced to as the Relectivation, those based in the due to any illness or injury or related to the Chale releases and discharge bility of any kind including the control of the chale of the	the Girl Scouts' Challer e participating minor chalease, waive, discharge aployees, representative ased Party), from and/cort (strict liability or ot jury (including without lenge Course and Climbes the Released Party froing, without limitation,	nge Course, the I hild or ward (coll , and agree not t es, volunteers, so or for any and all herwise), contra limitation death oing and Boulder om any and all k	lectively and o sue the Girl uccessors, and l liability and any act, negligence, or a) and/or property ring Wall. The nown and ge, or injury to



# GIRL/ADULT HEALTH RECORD FOR CAMP

This form is required for Overnight Camp, Day Camp, trips of 3 days or more, and certain adventure activities.

Overnight Campers must have this form completed by a physician.

Day Campers may have the form completed by a parent/guardian. Physician signature is not required.

Fill out all sections completely. Indicate None or Does Not Apply as necessary.

	Day Ca				licate None or Does			ot requir	cu.	
<b>A.</b> Participant Name (	(Last, First, Initial)		Name this fo		o of parent/guard	lian completing	Phone			
Address (Street & Nu	mber)		City or Town State Zip Code		Date of	f Birth	Age	Sex		
	Y/TRANSPORTAT M=Mother,SM=Stepn						g form.			
NAME	RELATIONSHIP	DAY PHON	Έ	EVENING PHONE	CELL PHONE	THIS PERSO EMERGE CONTA	ENCY	MAYB	E REL	COUT EASED RSON
						□ Yes	□ No	□ У	es	□ No
						□ Yes	□ No	□ У	es	□ No
						□ Yes	□ No	□ У	es	□ No
						□ Yes	□ No	□ У	es	□ No
Physician's name		_Phone (	)	Dei	ntist's name		Phone	:()_		
Are there any legal cut If yes, please explain C. HEALTH HISTO	in		_			se contact the	camp dir	ector he	efore	the
start of camp if y	you would like to dis any items checked s	cuss any a	accom	modations or ne	eds to ensure you	ar camper is su	ccessful a	at camp	).	tiic
ALLERGIES (Complete reverse side.)	DISEASES	CHRO		R RECURRING NESS	0	THER HEALTH	CONDIT	IONS		
□ Animals □ Food □ Hay fever/Pollen □ Insect stings □ Medicine/Drugs □ Plants □ Other (Specify)	☐ Chicken pox ☐ Eating disorder ☐ German measles ☐ Measles ☐ Mononucleosis ☐ Mumps ☐ Other (Specify)	□ Diab □ Diab □ Ear l □ Hear □ Hypo □ Kidr □ Mus □ Seizo	nma ding d ding d detes T detes T Infect rt defe ertens ney dis culosk ures/E le Cell isitis erculo	lisorders Type 1 Type 2 Iions ect/disease sion sease keletal disorders Epilepsy Anemia	□ ADD/ADHD □ Anxiety □ Bedwetting □ Behavioral dia □ Constipation □ Depression □ Diarrhea □ Emotional dis □ Fainting □ Frequent colo □ Frequent sore	sturbances sturbances sturbances daches	Freque Hearing Learnir Menstr Motion Night to Noseblo Pedicul Sleepw Wears Wears	g impai ual cran sickne errors eeds osis (lic alking glasses, orthodo	rmen pility mps ss ce) /cont pontic	t acts

#### In the past year has your daughter had:

- an injury/illness requiring medical
- □ a surgical operation or fracture
- □ restrictions from participation in physical education
- □ an illness lasting longer than 5 days
- □ hospital treatment
- □ exposure to contagious disease

#### Is your daughter currently:

- □ receiving psychological counseling
- □ under a physician's care
- □ restricted in physical activity
- □ taking prescription medication (Complete reverse side.)
- □ taking over the counter medication (Complete reverse side.)
- □ taking no medication on a routine basis

Please explain any items checked on the lines below. Include dates and any information that would be helpful to camp staff in relation to these health conditions. Add a separate sheet if needed. Allergies and medications should be explained on reverse side.

D. OTHER INFORMATION				
Height;Weight:				
Specify any special dietary regin	nen to be followed:			
Specify activities to be encourag	red:			
Specify activities to be restricted	d:			
List necessary adaptations or li	mitations:			
Has your daughter been taught a	about menstruation?	Has your o	daughter begun menstruation?	
□ Yes □ No		□ Yes	□ No	
□ Tums/Maalox/Mylanta/ar tacid □ Kaopectate/anti-diarrheal	is complete and accurate. activities, including strem horseback riding (if applied of the property of the daughter under the super under the Medicine Practice contacted before medical HEALTH INFORMATION of the Girl/ Adult Health Recamp or resident camp services a participant. All medical resupervisor at the camp. Me staff/volunteers in order of Scouts of Central Illinois, forms/records with noted maturity of the participant form information and I agreferral, billing or insurant	My daughter uous activities cable), except he camp staffer should the rabove can be vision of and a ice Act. If my of treatment is general provide activities or using ecords will be stoprovide ade will retain the lateral threatment wint. I have read gree to the release purposes.	ATEMENT  ITEMENT  ITEMENT  All records will be handled by staff/volous this information for the benefit of the held in limited access by the health se sary information may be shared with dequate participant safety and health can be health form until it is destroyed. All will be retained for seven years past the lithe above procedures for handling the ease of any records necessary for treat	escribed hills, and ysician. edical e of my ensed l not be  Scout day lunteers ervice other are. Girl e age of e health
	Signature of Parent/Guar		Date	

**F.** MEDICATION INFORMATION - To be completed by the parent/guardian. Your daughter's over-the-counter and prescription medications will need to be brought with her to camp in the original containers with their correct label and dosage information. Attach a separate sheet if necessary.

Medication	Condition Treated	Dosage		Time of Day	Taken With Food
			□ Breakfast	□ Bedtime	□ Yes
			□ Lunch □ Dinner	□ Other	□ No
			□ Breakfast	□Bedtime	□Yes
			Lunch	□ Other	□No
			□ Dinner		
			□ Breakfast	<b>□</b> Bedtime	□Yes
			□ Lunch	□ Other	□ No
			□ Dinner		
			<ul><li>Breakfast</li></ul>	□ Bedtime	□Yes
			□ Lunch	□ Other	□ No
			□ Dinner		

PARTICIPANT NAME (LAST, FIRST	INITIAL)	
-	ne parent/guardian. List all known allergies. A REACTION OR SYMPTOMS	Attach a separate sheet if necessary.  MANAGEMENT OR TREATMENT
FOOD ALLERGIES	REACTION OR SYMPTOMS	MANAGEMENT OR TREATMENT
OTHER ALLERGIES (animals, hay fever, etc)	REACTION OR SYMPTOMS	MANAGEMENT OR TREATMENT
understands how to use the inhaler, s	to self-administer her inhaler ince she has been self-administering t s changed since Governor Ryan signed	has asthma an the inhaler for some time. (In the past, nurses kept th I SB979 into law amending the School Code to require
Doctor Signature and Date	·	nt/Guardian Signature and Date
I. IMMUNIZATIONS  An immunization record is required for public school attendance in Illinois. The immunization record.	all day camp and overnight campers. It record may be completed by a physici	mmunizations should meet current requirements for an or you may attach a current copy of your
IMMUNIZATIONS	YEAR PRIMARY SERIES CO	OMPLETED YEAR OF LAST BOOSTER
Diphtheria		
DTP/DTaP		
Hepatitis B		
HIB (Haemophilus influenza b)		
Measles		
Oral polio		
Pertussis (Whooping Cough)		
Rubela		

Year last given\_

Result

TD (Adult tetanus-diphtheria toxoid)

Tetanus

Tuberculin test

COVID-19 Other (w/in last 10 yrs)

#### PHYSICIAN DOCUMENTATION

Physician documentation is required for overnight camps or trips of 3 nights or more. It is not required for day camps. Complete all sections as well as the immunization record on page 3. Required health exam must be completed by a licensed physician, nurse practitioner, physician's assistant, or registered nurse with 24 months prior to the start of the camp session.

J. HEALTH EXAMINATION atient's first and last name	Не	eight W	'eight	Blood Pressure
YES – Without Glasses R 20/ L 20/	With Glasses R 20/	_ L 20/ E.	ARS – Hearing R _	Hearing L
ORGANS, ETC.	SATISFACTORY	NOT SATIS	FACTORY	NOT EXAMINED
Abdomen				
Color vision				
General physical and emotional status				
Genitalia				
Heart				
Hernia				
HGB*				
Lungs				
Musculoskeletal				
Nose				
Skin				
Teeth				
* Not required for every health examination school or at any time since. A Girl Scout in g  L. PHYSICIAN'S COMMENTS AND R ote any restrictions, limitations, needed adapta gnificant illness.	rades 7-12should have this to	est if she has not had it :	since entering pub	perty.
L. LICENSED PHYSICIAN'S RELEA his person is in satisfactory condition and may orseback riding (if applicable), except as noted	engage in all prescribed activit	cies, including strenuous	activities such as hi	iking, swimming, climbing hills, a
hysician's signature	Date of	`physician's signature	Date of pat	tient's last health examination
hysician's name (please print) acility address				



# Parent Questionnaire

	Camper Name Nickname, if any				
	Session Name & Date				
	Age # of years as Girl Scout # years as Camper				
	# of Sisters # of Brothers Pets				
1.	What responsibilities does your camper have at home?				
2.	What kind of eater is your camper typically? Hearty Moderate Light				
3.	What are your camper's favorite foods?				
4.	Is your camper prone to stomach problems? Yes No				
	Comments:				
5.	Has your camper ever been away from home without members of your family? Yes No				
	a. For how long?				
6.	What is her comfort level in the outdoors?				
7.	What is your camper looking forward to at camp?				
8.	What are your hopes/goals of her camp experience?				
9. What worries/fears does your camper have about camp?					
	What worries/fears do you have?				
10.	. How long do you anticipate it will take her to adjust to camp?				
11.	What situations at camp do you expect to be particularly challenging for your camper?				
	How have you encouraged her when things are challenging?				

12.	What behaviors does your camper typically show when stressed/uneasy?					
	What can her counselors do to help her in those situations?					
13.	Is your camper likely to speak up if something is wrong or bothers her?					
14.	Does your camper have any special needs/ behaviors of which our camp staff should be aware?					
15.	Does your camper know anyone else attending camp? Who?					
16.	How easily does your camper usually make new friends?					
17.	What kind of sleeper is your camper typically? Heavy Moderate Light					
	Is she prone to sleeping problems? Yes No Comments:					
18.	Is there anything else you would like the camp staff to know?					



# **Camper Letter to Counselor**



Dear Camp Counselor,

My name is	and my friends call								
I am	years old and will be in the	grade next year. My favorite color is							
	and my favorite food is	If I could be any animal I							
	I decided to come to camp because								
This will be my summer at Girl Scout Camp. The thing that worries me about camp is									
	v this about me;								
Sincerely,									

Tell us a little more about you!	Disagree a lot	Disagree a little	Agree a little	Agree a lot	Not sure
I often tell people how I feel about things					
I feel comfortable being outdoors at camp.					
I think I will have fun making new friends at camp.					
Nature is important to me.					
I like to try things I've never done before.					



- **From Bloomington:** Take I-74 West toward Peoria, exit Highway 116/Metamora. (continue with Highway 116 directions below)
- **From Quincy**: Take Highway 24 east towards Peoria. Merge on to I-474 toward Bloomington, take exit 9 (IL-29). Take ramp towards East Peoria; turn left onto Main St/IL-29. Main Street becomes Highway 116.
- From Decatur: Take 51 North to I-74 toward Peoria until you reach Highway 116 (see below).
- **From Springfield**: Take 55 North; merge onto 155 north to Peoria. Get on I-74 to Peoria, exit Highway 116/Metamora.
- From Highway 116: Take Highway 116 toward Metamora. Just past Germantown Hills, you will see the State Police Post (tall antenna). Turn left on Lourdes Rd. Take this road to a T-intersection. Turn right onto Santa Fe Trail. Go about 1 mile to Hickory Point Rd. Turn left on Hickory Point Rd. for .07 miles. The camp entrance will be on your right.



# **Camp Contact Information**

Feel free to contact the camp director for the camp you are attending:

**Camp Director** Kailyn "Lumos" Miller

krmiller@girlscouts-gsci.org / 217-670-3423

**Equestrian** Jessica "Hoops" Groszek

**Coordinator** <u>igroszek@girlscouts-gsci.org</u> / 217-720-2101

**Program Director** Chloe "Tippy" Machula

cmachula@girlscouts-gsci.org / 217-433-0636



#### Facebook:

Each camp director and camp have a Facebook page. We encourage you to become friends with the camp director and like the camp's page.

Camp Tapawingo - Camp Tapawingogsci Girl Scouts of Central Illinois - gscentralil

# WE CAN'T WAIT TO SEE YOUR GIRL AT CAMP