

# Summer Camp Frequently Asked Questions

Summer 2024

## **Is my Girl Scout ready for Overnight Camp?**

Although age is one factor in readiness for overnight camp, a child's maturity level and personality can be more important indicators. Talk to your child before registering her. If she is enthusiastic about attending, then she will enjoy camp. The following questions may help guide you when learning if your child is prepared for overnight camp:

- Has your Girl Scout ever been away from home for more than one night without family members?
- Will she feel comfortable sleeping in living quarters separate from the counselors?
- Can she take care of her own basic hygiene needs such as showering, toileting, and brushing her teeth without assistance?
- Can she keep up with her personal belongings?
- Can she cope with unfamiliar people, unfamiliar places, and group schedules?
- Does she enjoy making new friends?
- Does she like group situations?

## **Am I ready for my Girl Scout to attend Overnight Camp?**

Parents and guardians sometimes have a tough time sending their Girl Scouts to Overnight Camp. Asking yourself the following questions may help in your decision making:

- Can you relax and enjoy yourself while your Girl Scout is at overnight camp?
- Are you prepared to be away from your Girl Scout for several days and not be able to talk to her on the phone?
- Are you confident in your Girl Scout's ability to care for herself, make her bed and keep track of her belongings?
- Do you believe that camp provides Girl Scouts with a fun and rewarding experience that builds self-worth and independence?
- Are you willing to trust camp staff with the care of your Girl Scout?

## **Can my camper come to camp if she is not currently a Girl Scout?**

Yes! All our camps welcome all girls, even if they are not active in a Girl Scout troop during the school year. However, you will need to register your camper as a Girl Scout member for insurance purposes prior to registering for a camp session. This is a \$40 fee and will cover her GSUSA membership until September 30, 2024. You can complete this easily during the summer camp registration process! Contact our Member Care team at (800)341-4007 or [MemberCare@cbgsc.org](mailto:MemberCare@cbgsc.org) for more information.

## **Check in/out**

- All individuals picking up campers must be listed as an authorized pickup in their camper registration forms. Please contact GSCB by emailing [MemberCare@cbgsc.org](mailto:MemberCare@cbgsc.org) if anyone needs to be added to your forms. Individuals picking up campers must present a photo ID at check out.
- Late arrivals and Early dismissals must notify their camper's camp counselor the day of camp. Guardians will proceed directly to the camp office to drop off or pick up their child.

## **General Safety**

- We provide each staff member with a minimum of weeklong pre-camp training. All Camp staff are certified in First Aid and CPR.
- All campers must have an up-to-date and completed health history form on file.
- All individuals picking up campers must be listed as an authorized pickup in their camper registration forms. Individuals picking up campers must present a photo ID at check out.
- Certified lifeguards and watchers are on duty during for all swims.
- Campers are tested to identify their individual swimming ability and receive a bracelet identifying their level.
- Non-swimmers unable to recover to a standing position are required to wear a U.S. Coast Guard approved life jacket during swims.
- All campers will wear PDF during waterfront activities.
- Certified instructors are used for specialty programs such as archery, kayaking, high ropes, hatchet throwing and more.

## **For day campers, how will I know what is happening at camp?**

We use email and phone to keep you informed about activities regarding camp. Each week you will receive an email with your camper's counselor's name, activity, and event information. You will also receive a weekly electronic information with upcoming events and highlights from the week. GSCB uses Shutterfly albums to share photos each week of camp with families.

## **How do I communicate with my camper while she is at overnight camp?**

- You can send us an email at [kosborne@cbgsc.org](mailto:kosborne@cbgsc.org) with the subject "Camper Mail – First Name, Last Initial" and we will deliver the letter to your camper after lunch for 'mail call'.
- You can write letters for your camper ahead of time and drop them off at check in, to be delivered throughout the week.
- We have found mailing letters through the post office is not the most timely route for our location.
- Give your camper a card, envelope, and a stamp. We encourage girls to write home.

## **Swimming**

Swimming is an integral part of the camp program for both health and safety reasons.

- Camp Todd has free swim in Lake Williston
- Campy Country Center has a wading stream. Campers will walk in stream.

## **Lost and Found**

- All lost and found items are placed on shelves in the lost and found area.
- We will encourage campers to check for lost items daily.
- **Items are kept for only one week after the session ends and are then donated to a local homeless or pet shelter.**

## **Inclement Weather - Camp is OPEN!**

- Wet weather makes it feel chilly at camp even when it is warm. Campers should bring pants, sweatshirt, boots, raincoat.
- Our camp staff are watchful of the weather and will follow inclement weather procedures as needed. In the event of a storm, campers will go to nearest building

## **Illness/Injury**

- Please do not send your child to camp if she is not feeling well.
- Guardians are responsible for picking up their ill child immediately.
- Every camp staff member is certified in First Aid and CPR to deal with the many small injuries such as splinters and bug bites that occur at camp. Camp staff will treat minor injuries (small cuts, scrapes, bumps, etc.) and log the incident in the health log.
- Each camp also has trained staff and health facilities to deal with more serious illness and injuries.
- Any time a camper spends more than a short stay in the health facility a call will be made to guardians for further advice and directions.
- Camp will call guardians as needed to inform guardians of illness.
- Guardians are notified immediately for illnesses or injuries that need further medical attention, any injuries involving the head, or any situation that requires the guardian to observe.
- Campers who require immediate medical attention are taken to the following emergency center:
  - Camp Country Center - Christiana Hospital in Newark, DE
  - Camp Todd - University of Maryland Shore Medical Center in Easton, MD

## **Are there any medical forms required?**

- Families will be able to enter most medical information online during registration.
- An additional form will be required with a signature from a guardian and a medical professional for any medications campers bring to camp.
- An additional form will be required with signature from a guardian and a medical professional for a camper to receive the as needed over-the-counter medications provided by GSCB.

## **What are the rules about medication?**

- Medications **MUST** be in original containers and prescribed specifically for the camper.
- Medications will be locked in a cabinet and not dispensed in any manner than what is specified on the label without written instructions from a physician.
- Campers that occasionally need treatment such as medication for a headache, allergies, or lactose intolerance will need to be able to communicate to staff that they need this medication.
- Camp carries over-the-counter medication such as Tylenol, Ibuprofen, Tums, Benadryl, and cough drops.
- All medication will be dropped off on arrival by guardians. Campers should not have any medication on their personal belongings.
- Any camper's emergency medication, such as epinephrine or inhalers, will be carried with the unit by counselors.

\*Please note a Medical Screening is required upon check-in to include head, foot, and temperature checks.

## **What if my camper has food allergies or dietary restrictions?**

Parents/guardians of Girl Scouts with special dietary needs (vegetarian, vegan, etc.) or food allergies must list that information when prompted on the camp registration. If you have any concerns, please contact the Camp Director to discuss the meal plans. We may need you to bring a few key items for your camper if she requires very specialized foods. We can accommodate Vegan and Vegetarian diets. Not all of our kitchens are not peanut-free.

## **Food - Day Camp**

- Day campers bring their lunch.
- GSCB will provide snack.
- Needs to be non-perishable lunch and beverage daily. Please send bagged lunch with camper's first and last name.
- Refillable water bottles labeled with your child's name should be brought every day.

## **Food - Overnight Camp**

- All meals and snacks will be provided by GSCB.
- Cookout Dinner and Picnic Lunch – Overnight camp offers a few fun meal experiences. At least once per week your camper's group will have a campfire cookout where they can try to a new campfire recipe for dinner and dessert! Also, at least once per week your camper's group will have the opportunity to have a picnic lunch, where the group gets to pack a picnic lunch and decide any place across camp where they would like to have their picnic!

## **Positive Guidance and Behavior Policy**

- GSCB expects all participants to conduct themselves in a manner that reflects the Girl Scout Promise and Law.
- Counselors will encourage appropriate choices and make every effort to redirect inappropriate behavior to meet our promise and law using positive behavior management techniques.
- Guardians may be called to work with the counselor and camper to achieve a positive outcome. Campers who repeatedly misbehave or put themselves and other camp participants in harm's way, may be dismissed from the camp program.
- GSCB reserves the right to take disciplinary action, including dismissal from the camp program, based on what it deems to be appropriate in any given situation. All past disciplinary actions will be taken into consideration when addressing any violation.

## **Are Girl Scouts allowed to have visitors?**

Visitors are not allowed at camp.

## **Can my child choose a buddy?**

We do offer friend requests! Girls may list one friend as her buddy on her registration forms, to bunk in the same adirondack/tent. The request must be mutual.

## **How is missing home/homesickness handled?**

We devote time during our staff training to teach our staff the most effective methods for working with homesick campers. Our instruction is focused on evidence-based tactics that help campers overcome the anxiety of being away from home. Homesickness can be a natural part of overnight camping and tends to affect anywhere between 20 and 60 percent of our campers each year, and affects our young campers, older campers and staff alike.

Usually by the third day of camp, we have worked with the camper successfully, and they are having a wonderful time. If there are concerns of extreme homesickness, the Camp Director will communicate with the family

Practice being away from home:

- Send your camper to a relative's house for the weekend. This will help your child get used to a different environment with slightly different rules.
- If possible, avoid guarantees or assurances that you will come pick up your child at any time. As guardians, it is natural to want to comfort and support your child. Telling them that you are going to get them if they become distressed may not be the best tactic to prevent the feelings of homesickness from surfacing. If the child believes that you will get them, it may increase the likelihood that they will act out, to get the directors to call you. Also, if you do not fulfill your promise to come pick up your child then it represents a breach of trust. Be warm, reassuring, and express confidence in their abilities. Tell them that they can write you if they have problems and let them know that they can always talk to their counselors.

### **How do I request Financial Assistance for my camper?**

Financial assistance is available and you can apply online during the registration process. You will be contacted by GSCB for approval/denial. The \$50 deposit will be required at registration even for those applying for financial assistance, to hold your camper's place in the program.

### **Cancellations and Refunds Request**

A written request is required for all camp registration changes or cancellations. Your request must be submitted at least four weeks prior to the start of your camp session to receive a refund for camp registration.

### **Can I pick up my camper earlier than pick-up time?**

Yes. We understand that family plans or last minute situations may require a camper to be picked up early. We ask that you communicate this information to the camp staff as early as possible, with an estimated arrival time. This will help the staff be assured that your camper is ready to go upon your arrival.

### **Can I pick up my camper later than pick-up time?**

No. Staff are busy wrapping up the session and need to begin preparation for the next campers coming in as well as get some well-deserved time off, so it is particularly important your camper is picked up at the specified time. Campers must be picked up before or during the pick-up time. We understand there are emergency situations, please contact GSCB in the case of an emergency.

For any additional questions/concerns not addressed here, please contact [MemberCare@cbgsc.org](mailto:MemberCare@cbgsc.org).



## **Do you allow phone calls home/cell phones/games/iPods?**

You may have noticed that phones and other electronic devices have been removed from the “What NOT To Bring” list. We understand relationships with electronic devices have changed over the years and GSCB is open to change! GSCB camps are in rural locations with minimal cell reception, minimal access to electrical outlets, and no access to Wi-Fi. We are asking that cell phones stay in camper’s tents during the day. Campers in need of music/sound to sleep must bring headphones so they do not disturb their cabinmates.

**Cell phones will not be allowed to be used as cameras during the camp session. Campers are welcome to bring Polaroid cameras, disposable cameras, or digital cameras to document their camp experiences. Campers will receive two warnings to put their phones away before the phone will be confiscated by GSCB staff and locked in the office until pick up. Caregivers will be notified by email if this happens.**

## **Registration Information**

Please register your camper for the scout level they will be while at summer camp with GSCB. GSCB understands that some troops bridge to the next Girl Scout level before the summer and some after the summer. Girls must have completed kindergarten and be entering grades 1st through 12th in the fall to attend GSCB summer camps. All activities and badges will be provided based on the level provided during registration.

Below are the Girl Scout levels and school grades associated;

Daisy - Grades K-1

Brownie - Grades 2-3

Junior - Grades 4-5

Cadette - Grades 6-8

Senior - Grades 9-10

Ambassador - Grades 11-12