

SUMMER CAMP INFORMATION PACKET

Troop Camp Adventure and S.P. Camping Events

Summer Camp 2022

Troop Camp
Adventure,
S.P.
(Specialty Programs)
and SUCO
(Service Unit Camp Out)

girlscouts
of western new york



Summer Camp Catalog



Making Summer Memories 2022

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WHY GSWNY TROOP CAMP ADVENTURE CAMPING EVENTS?

MISSION STATEMENT

The GSWNY summer camp mission is: To build girls of courage, confidence, and character who make the world a better place.

GOALS OF GSWNY SUMMER CAMP

The goals and objectives at GSWNY summer camps are:

- At Girl Scout camp we will provide opportunities for campers to develop and improve on their leadership skills.
- At Girl Scout camp we will nurture and develop campers' personal accomplishments and responsibilities.
- At Girl Scout camp we will educate campers on the importance of acceptance and tolerance

OUTCOMES OF GSWNY SUMMER CAMP

The outcomes at GSWNY summer camps are:

- Girls will be able to list two to three activities (they participated in) that gave them an increased belief in their leadership abilities
- While at camp girls will have tried two to three new activities and improved on an existing skill.
- Girls will be able to recognize and communicate at least two ways to be a sister to every Girl Scout

AMERICAN CAMP ASSOCIATION: FUN AND SAFETY – ACA CAMPS SET THE STANDARD

What does it mean to be an accredited camp?

ACA Accreditation means that our summer camp programs have submitted to a thorough (up to 300 standards) review of its operation — from staff qualifications and training to emergency management. American Camp Association® collaborates with experts from the American Academy of Pediatrics, the American Red Cross, and other youth serving agencies to assure that current practices at the camp reflect the most up-to-date, research-based standards in camp operation.

Our GSWNY summer camp programs and ACA form a partnership that promotes summers of growth and fun in an environment committed to safety.

ACA helps all accredited camps provide:

- Healthy, developmentally appropriate activities and learning experiences
- Discovery through experiential education
- Caring, competent role models
- Service to the community and the environment
- Opportunities for leadership and personal growth



COVID-19 GUIDELINES AND PROCEDURES

Safety for our campers and staff is and always will be our number one priority. We want to assure our parents/guardians and all of our camp patrons that we will continue using our safe and effective COVID-19 safety plan which includes our robust Communicable Disease Plan. As always of our protocols will follow the guidance set forth by the NYSHD, CDC, WHO, and GSUSA.

We are asking families to partner with us to help prepare your troops/campers for a safe and healthy experience at camp

PRIOR TO ARRIVING AT CAMP

We would like troops to follow the following procedures prior to arrival at camp.

- Please have the parents/guardians of the girls in your troop monitor their child for any signs and symptoms that are COVID-19 related.
- **The adults and or campers in the troop will not be able to attend camp if they are experiencing any COVID 19 symptom (cough, fever of 100.1 or higher, fatigue, sore throat, etc. leading up to or on the day of arrival to camp.**

OPENING DAY PROCEDURES

We would like families to follow the following procedures upon arrival to your daughter's camp session.

- **Troop families will remain in their vehicles upon entering the camp parking lot.**
- All Campers/ Staff/ Troop Leaders will be required to wear masks upon arrival to camp
- Campers and adults will have their temperatures taken by the Health Supervisor or a designated camp staff member prior to getting out of their vehicles. **Each child/adult attending must have a temperature of 100 degrees or lower in order to remain at camp.**
- If a child /adults temperature is elevated, they will remain in the vehicle or will be placed in a shaded area for 10-15 minutes to allow for cooling down. At which time their temperature will be taken. **Camper/troop leader must have a temperature of 100 degrees or lower in order to remain at camp.**
- Medication is handed to Health Supervisor. Only medication for which an electronic MD order has been submitted through Camp Doc shall be accepted. Please review **additional information on camper medication on page 12**
- Campers/troop leaders will be asked the required COVID -19 verbal screening questions prior to exiting their vehicles.

Is a camper/troop leader is exhibiting any of the following systems?

Group A-C

Cough

Shortness of Breath

Resent Loss of Smell/Taste

Group D-M

Headache

Sore Throat

Fatigue

Diarrhea

Nausea

Congestion

- If a camper/troop leaders answers "Yes" to any 1 or more of the questions in the A-C group, or 2 or more of the questions from the D-M group, they will not be permitted to attend camp.
- Campers/troop leaders will be removed from their vehicles for additional health screening (head

lice check and additional health screening questions) by a designated camp staff member.

- Once additional health screening is completed campers/troop leaders along with their luggage will be escorted to their assigned unit by a designated camp staff member/s

DAY TO DAY OPERATION OF CAMP

- Campers and staff will be required to wear their masks while indoors. The only exception will be meals, showers and bedtime
- We are asking campers/troop leaders to bring at least 2 re-usable masks to camp.
- Camp buildings, sleeping areas, activity areas and activity equipment will be cleaned and sanitized on a daily basis
- Social distancing will be practiced
- Meal times in the dining hall will consist of tables spaced 6 feet apart and campers/staff will be placed at assigned tables for all meals
- Hand washing stations will be placed in designated areas throughout camp



GENERAL INFORMATION - QUESTIONS OR CONCERNS

Troop Camp Adventure at Timbercrest

Camp Director - Mary Jane Meherg 716-358-3593 when camp is in session.

Director of Camp Administration, Janet M. DePetrillo

716-935-6063 or 1-888-837-6410 ext. 6063

Fax: 716-706-1359 Email: customercare@gswny.org

MEET THE CAMP DIRECTORS

Troop Camp Adventure:

Camp Timbercrest – Under the Direction of Annette German (A.K.A Net)



My very first memories of camp are from when I was 4 years old camping with my family and since then my love of all things summer camp has grown! As a native of Western New York, I have had the pleasure of working at a variety of different camps for GSWNY and I am excited to return to Camp Timbercrest as the Camp Director.

I have over 20 years' experience working at camp and over 10 years' experience as a teacher. I am looking forward to hearing the girls sing their favorite songs, paddle Keyser Lake, and make more memories that will last a lifetime!

SP Camping at Camp Seven Hills Lakeside:

Camp Seven Hills– Under the Direction of Carolyn Wagner (A.K.A Goofy)



I have been a Girl Scout since I was old enough to be a Brownie and began my career at camp at the age of 16. As a camper, I spent 9 summers at camp and started working at Camp Seven Hills as a kitchen aide and have held many positions leading up to my current position of Camp Director. In the summer of 2021, I was honored for 25 years on staff and this coming summer it will be 35 years total as camper and staff member of Camp Seven Hills.

I attended SUNY College at Brockport for a Bachelor of Science-Teacher Certification and Plymouth State for my Master's Degree in Education-Adventure Education. During the year, I am a Physical Education Teacher with Greece Central School District, a position that I have held for 19 years.

The best part of camp for me is watching our Seven Hills campers learn and grow each summer and I take pride in knowing that I had a hand in helping mentor/guide some of them in becoming camp counselors of Camp Seven Hills.

SP Camping at Camp Piperwood:

Camp Piperwood– Under the Direction of Mary Elizabeth Sullivan (A.K.A MB)



I have over 30 years of professional camp experience, 20 of those summers have been with Girl Scouts of Western New York at various camps. I have had the privilege of working at Camp Beach-Wood, Camp Seven Hills, and I am currently at Camp Piperwood as Camp Director.

In addition to camp, I have been a teacher/principal at the elementary/middle school level for 35 years. I received my Bachelor of Science from the State University at Fredonia and my Master's Degree in Educational Administration from the State University at Brockport. I am also a former Girl Scout troop co-leader and service unit cookie chair. These experiences bring a wealth of knowledge to share with the girls at summer camp!

In my free time I enjoy being outdoors, reading, sports and Broadway musicals.

A FIRST-RATE STAFF

- The members of our camp staff are committed to working with every camper so each has a positive camp experience.
- Camp staff members provide encouragement to girls and mentor them as they develop positive moral values, a healthy self-image, a commitment to learning, social competencies, and empowerment as well as how to use their time constructively. Girls also learn about teamwork and a healthy respect for diversity.
- Staff selection is based on a set of stringent, verifiable qualifications.
- Waterfront staff is required to have American Red Cross Lifeguard & Water Safety Instructor Certifications.
- All staff members receive certification in First Aid and CPR before camp sessions begin.
- Specialty staff (e.g., for our horseback riding, waterfront, and the adventure challenge courses) possess required certification/training/experience prior to being hired.
- The staff attends a week-long training session that includes, but is not limited to, child development, risk management, and safety.

PAYING FOR CAMP

Camp Balance: Your camp payment is due two weeks prior to the start of your daughter's camp session. Payment may be made by check, money order, or credit card (MasterCard, Visa, AMEX, or Discover). Questions about your camp payment should be directed to the Camp Registrar at 1-888-837-6410.

CAMP PAYMENT PLAN

Did you know that Camp Doc offers a payment plan? Now paying for camp can be easy and hassle free. Please refer to your camp doc registration account page and click on set up payment plan. All payments plan must be paid by August 1, 2022.

COOKIE CREDIT CARD

Cookie Credit Cards may be used toward your camp balance by mailing it into the council office. Cookie Credits Cards cannot be used toward your camp deposit. These cards cannot be processed with online orders. They can be brought to any service center to be applied to any camp registration.

CAMP GIFT CERTIFICATES

Camp gift certificates may be used to pay your camp balance. Purchase your camp gift certificate in any amount by utilizing this link <https://gswny.wufoo.com/forms/gswny-summer-camp-gift-certificate/>

REFUND POLICY

- No refunds will be given without three weeks prior notice of scheduled troop camp event.
- No refunds will be given if a troop arrives for their camp event late or leaves their camp event early.
- No refunds will be given if a camper is sent home early from camp due to violating the camper/parent agreement.

REFUNDS WILL BE CONSIDERED FOR THE FOLLOWING REASONS ONLY:

- The registrar is notified three (3) weeks prior to the start of the troop camp session. The refund consists of camp program fees **less the \$25 non-refundable deposit.**
- The troop has a health issue (supported by physician's written recommendation) that prevents them from attending camp then a full refund of the registration and camp fees will be made.

CAMPERS WHO REQUIRE REASONABLE ACCOMODATIONS

The Girl Scouts of Western New York wants to provide a positive summer camp experience to every girl. **If your child requires special accommodations (transportation, diet, food restrictions, extra supervision, other, etc.) while at camp**, please contact the Director of Camp Administration **PRIOR to REGISTERING YOUR CHILD** for camp at 1-888-837-6410 or customercare@gswny.org to discuss the possible accommodations that could safely and reasonably be made for your child

INCLEMENT WEATHER

Troop leaders please note that, for safety reasons, all of our horseback riding, ropes challenge courses, and water programs may be canceled when the weather conditions are unfavorable. When this occurs, alternative activities will be provided. Refunds will not be issued when programs are canceled due to weather.

SAFETY FIRST

The safety and well-being of our patrons is our NUMBER ONE priority. Our camps are inspected twice a year and issued operating permits by the State of New York.

- Camp Seven Hills/Goodyear, Camp Timbercrest, and Camp Piperwood are all accredited by the American Camp Association (ACA). An accredited camp must meet a nationally recognized set of standards for policies, procedures, and practices related to all aspects of camp operation, including program, health, and safety and staffing.
- All of our Girl Scouts of Western New York camps meet national standards set forth by Girl Scouts of the USA.
- Records and inspection reports are on file at the Depew Girl Scout office.

RABIES INFORMATION

Bats, raccoons, skunks, and foxes have many things in common. They're all wild animals, and they help us by eating insects and other pests. Unfortunately, they also have one other thing in common — they all carry a disease called rabies. You can get rabies by being bitten or scratched by an animal that is infected with the disease. If this happens, you must go to the doctor so you won't get ill.

To ensure you don't get rabies, don't touch or play with any wild animals. Most wild animals are afraid of people and stay away. Many only come out at night. Sometimes animals with rabies will act sick or mean, fight with other animals, bite at trees, or even chase people. If you see wild animals that are friendly or are out during the day, stay away and tell the nearest counselor or adult.

Bats, raccoons, and foxes can also spread rabies to cows, horses, and other wild animals like skunks, woodchucks, or even deer. So remember, no matter how cute or tempting, don't touch or play with any wild animals.

LYME DISEASE: WHAT IS LYME DISEASE?

Lyme disease is the most common tick-borne disorder in the United States and can affect the skin, joints, nervous system, heart, and eyes. It is transmitted by a tiny tick the size of the period at the end of this sentence.

WHAT CAN YOU DO TO PROTECT YOURSELF?

- Walk in the middle of trails, away from tall grass and bushes.
- Wear a long-sleeved shirt.
- Wear white or light-colored clothing to make it easier to see ticks.
- Wear a hat.
- Spray tick repellent on clothes and shoes before entering the woods.
- Wear long pants tucked into high socks.
- Wear shoes or sneakers. Avoid going barefoot and don't wear sandals.

MANDATORY TROOP CAMP ADVENTURE/SP MEETING

Troop leaders that register for a Troop Camp Adventure and or SP program are required to attend a mandatory Troop Camp Adventure/SP meeting taking place **Wednesday, June 1, 2022 from 7-8:30 via zoom**. Zoom link will be sent via email prior to the meeting.

This meeting will cover expectations of the program, responsibilities of the troop leaders and adults attending, sleeping accommodations, camp program, troop participation and more. **Troop leaders must attend this meeting in order to attend and participate in a Troop Camp Adventure and or SP program.**



GETTING READY TO GO TO A TROOP CAMP ADVENTURE EVENTS

OPEN HOUSE AT CAMP TIMBERCREST

This year's Open House takes place **Sunday, June 26, 2022 from 1-3 p.m.** Tours of camp will be ongoing throughout the afternoon. While at camp you will get a firsthand look at our top-notch facilities. Spend the day meeting our qualified staff & observe Camp Timbercrest Resident Camp during its summer operation. Stop by the Tuck Shop for a look at our new summer merchandise.

Please remember when at camp, to take note that our properties consists of ravines, uneven terrain, gravel roads, streams, and hills. For your safety and the safety of others, we strongly recommend you do not wear flip-flops of any kind and only wear closed-toe shoes, take extra caution in inclement weather, as the camp paths/roads can become slippery, and inform us of any onsite transportation assistance that is required. We want you to enjoy your visit while at camp and we ask that you partner with us in assuring your safety by following these basic guidelines and instructions.

PETS

Pets of any kind are not allowed on camp property. Troop leaders, when you are coming to camp for your camping event we ask that you please leave your family pet at home. We thank you for your understanding and assistance by following this policy.

TRADING POST

The Camp Timbercrest Trading Post will be open for troop camp adventure participants. We will have items for sale such as patches, water bottles, t-shirts, sweatshirts and stuffed animals. Troop leaders/parents/guardians please remind your girl/s to bring their spending money to camp with them. It is recommended that girls bring \$10 to \$20 to shop at the trading post.

FINANCIAL AID

Financial aid is now available for troop camp adventure participants. Did you request financial aid during your online registration process? It is not too late please contact customer care @ 1 888 837 6410 to let them know that you are interested in applying for financial aid for your troop camp event. Financial aid will consist of each participating girl receiving \$5 towards their troop camp adventure fee. No income verification needed. FA will be applied to your account via customer service.

SLEEPING ACCOMMODATIONS -Troop Camp Adventure: participants will be either in the Cabin Tent or Platform Tent Units.



ARCHERY is not available for Daisy Girl Scouts.

ROPES COURSE CHALLENGE (SP at Piperwood) Programs are not available for participants younger than 6 years of age. All participants should be in good physical condition and are required to complete a ropes course release form to participate. Troop leaders, you will be responsible for making sure you bring all of the required release forms for each camper in your troop. Parents and guardians, you will be responsible for signing for your minor child.

HEALTH FORMS AND FINAL ROSTERS FOR TROOP CAMP ADEVENTURE

Health Forms:

- To ensure everyone's safety, **we require every person have a health form...**girls and adults.
- **The required adult and child health forms are available for download at our GSWNY website at gswny.org.**
- If a girl in your troop is attending a GSWNY summer camp program, her Camp Doc health form is acceptable and should already be on file at camp.
- **All health forms (adult and child) MUST be scanned and emailed to troopcamp@gswny.org one week prior to your scheduled check in at Camp Timbercrest. This helps our kitchen and nurse prepare for any food allergies and special requirements.**
- **Please note: a physical is not required; however, any medication(s) that the girls in your troop, you the leader, or any other adult in your troop is taking (prescribed or over-the-counter) must be in its original container with the proper name and turned into the nurse upon registration. This is a New York State mandated health code requirement.**

Final Attendance Rosters:

- A final roster must be scanned and emailed to troopcamp@gswny.org at least one week prior to your check in at Camp Timbercrest. This helps our kitchen and nurse prepare for any food allergies and special requirements.

MEDICATION: DO NOT PACK MEDICATIONS IN YOUR BAGS (TROOP CAMP ADEVENTURE)

Here are a few things to remember about medications at camp:

- Medication will be collected by the nurse during check-in.
- **All medications, both prescription and non-prescription (including vitamins), need to be stored in the infirmary and be administered by the nurse. This includes adults as well!**
- **All prescription and non-prescription medications, including vitamins, must be brought to camp in the original bottle with the Rx label intact and labeled with the child's or adult's name.**
- Remember to pick up any leftover medication from the nurse at the end of the weekend. By law, we are required to discard any leftover medication left behind at camp.

PACKING FOR CAMP

PACKING TIPS FOR OVERNIGHT CAMP

The following are tips and suggestions to make packing easy. **Do not go out and purchase brand new equipment.** Many of the things you and your family will need are already around the house.

HOW SHOULD MY TROOP PACK?

There is no room in the tents, cabins, lodges, or yurts for footlockers or trunks. Suitcases tend to be very bulky and often won't fit under a cot. We recommend backpacks or duffel bags with carrying straps.

ORGANIZATION TIPS

Camp can be messy. Lodges, tents, and cabins tend to become messy and campers often say "I can't find my sweatshirt!" For those less-than-organized campers, we suggest packing a day's worth of clothes in a zip-lock bag (the gallon size works great). Each morning your camper can reach into her duffel bag and pull out an entire outfit. Extra socks, shirts, etc., can be put in other zip-locks and labeled. This system works really well for younger campers, too.

PACKING LIST: Essential Items

- | | | |
|---------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------|
| ┆ t-shirts or blouses | ┆ socks (worn all the time) | ┆ sunscreen |
| ┆ shorts, jeans, long pants | ┆ a hat | ┆ flashlight and extra batteries |
| ┆ warm sweatshirt or sweater | ┆ WARM sleeping bag w/ warm blanket NO SLUMBER BAGS | |
| ┆ warm jacket | ┆ If your group would like to participate in a cookout, you will need: plastic plate, bowl, cup and silverware (or mess kit) dunk bag (nylon mesh bag used to hold dishes to be sterilized and then hung to dry) | |
| ┆ rain gear (poncho or coat) | ┆ 2-3 Facemasks | |
| ┆ bathing suit | ┆ laundry bag | |
| ┆ sturdy shoes, sneakers, boots | ┆ toiletries | |
| ┆ underwear | ┆ towels and washcloths | ┆ canteen or water bottle |
| ┆ pajamas | ┆ insect repellent | ┆ small backpack /nap sack |

OPTIONAL ITEMS LIST:

- | | | |
|-------------------------------------|-------------------------------------------------------|-----------------------------------------|
| <input type="checkbox"/> pillow | <input type="checkbox"/> camera and film (no digital) | <input type="checkbox"/> compass |
| <input type="checkbox"/> sunglasses | <input type="checkbox"/> stationery and stamps | <input type="checkbox"/> stuffed animal |
| <input type="checkbox"/> books | | <input type="checkbox"/> |

CAMPERS IN THE HORSE PROGRAM:

- ┆ Loose-fitting long pants
- ┆ Boots with a hard heel and toe (heel should be no higher than 1/2 inch). Work boots are acceptable.
- ┆ **HIKING BOOTS AND SNEAKERS ARE NOT PERMISSIBLE WHEN RIDING. Camp Timbercrest will have riding boots on hand for those girls that do not have any but, we cannot guarantee shoe size.**

WHAT NOT TO PACK

Safety at camp continues to be our number one priority. To avoid temporary confiscation of undesirables, we ask that parents please examine your child's belongings prior to her arrival at camp. We thank you for your assistance and understanding.

- ┆ Candy, gum, food and snacks of any kind
- ┆ Fruity-smelling deodorant or toothpaste
- ┆ Body sprays or perfumes & aerosol containers of any kind
- ┆ Valuable jewelry
- ┆ MP3 players/iPods/iPads
- ┆ Cell phones and digital cameras
- ┆ Pocket knives or weapons of any kind
- ┆ Permanent markers

LOST AND FOUND

All lost and found items will be held at Camp until September 30th. After that, items will no longer be held for claim. Please label every item your child brings or wears.

Getting To Camp

DIRECTIONS TO CAMP TIMBERCREST – 11169 More Road, Randolph, NY

From Dunkirk: Take Rt. 10S from Dunkirk, turn left on Rt. 83S (GLS business is on the right at turning point). Go 6 miles' and turn right on Rt. 86S. Once on 86South go 2.5 miles to a stop sign -go through the stop sign -continuing on Rt. 86S (towards Cherry Creek). Go 5.5 miles turning left on Rt. 68E to Cherry Creek. Go approximately 1.5 miles down Rt. 68E until you come to a flashing red light. Turn right on Main St Rt. 83S and go 4.8 miles and turn left on Rt. 62N {Conewango Valley} Go 1.7 miles to Rt. 241S {to Randolph} at stop sign, turn right onto Rt. 241S. Go 7 miles to the end of Rt. 241S to Randolph. At stop sign (Landmark Chevrolet will be across the street) turn right onto Main St/ Rt. 394W 12.5 miles down Main Street/ Rt. 394W is COLDSRING Rd (on left) -Take COLDSRING Rd and continue up the hill. The road will change names to CORBETT HILL RD. **Follow the same directions from the Jamestown area**

From Jamestown: Take Route 17/86E to Randolph and take exit 16.

Turn left onto Main Street and drive approximately 1 mile (Icons to look for: Sugar Creek Blue Seal / Moonrise Farms, Presbyterian Church on left, Catholic Church on right). Make a right onto COLDSRING RD. and follow this road out of town. It runs parallel to the expressway for a short distance. You will come to a stop sign, go straight through the stop sign and continue up the hill. The road will change names to CORBETT HILL RD. It will wind through several curves for approximately 2 more miles till you reach a Y in the road. Bear to the left of the Y (**Moore Road**) and the camp driveway will be immediately on the right side.

From Silver Creek: Take Rt. 883 into Conewango Valley. Turn left onto 241 and take 241 into Randolph (You will see the Randolph Manor, Chevy dealership, etc.) turn right and proceed into downtown Randolph. You will come to a three-way stop (Lake County Dairy will be on your right.) Go straight and the 1st road on left is COLDSRING RD. **Follow the same directions from the Jamestown area.**

DIRECTIONS TO CAMP PIPERWOOD – 2222 Turk Hill Road, Fairport, NY

From Eastview Mall:

Turn on Turk Hill road (this is the road between the Plaza with Michaels and the plaza with Dicks Sporting Goods) directly across from the Mall. Take Turk Hill for about 1.7 miles. Once you see Casa Larga Winery on your left, start to slow down. Camp is at the base of the hill on your right side. If you come to Jensen's stable, you have gone too far. Make the right into the camp. Follow the road past the ranger's house and park in the lot to your right.

From Webster or Penfield:

Take Route 250 south through Fairport. Turn left onto Route 31. Take 31 to Turk Hill Road. Turn right onto Turk Hill Road. Travel on Turk Hill Road, passing Jensen's stable on your left. The camp will be about 1.5 miles past Jensen's on your left at the base of a hill, across from Casa Larga Vineyards. Turn left into camp. Follow the road past the Ranger's house and park in the lot on your right.

From the West:

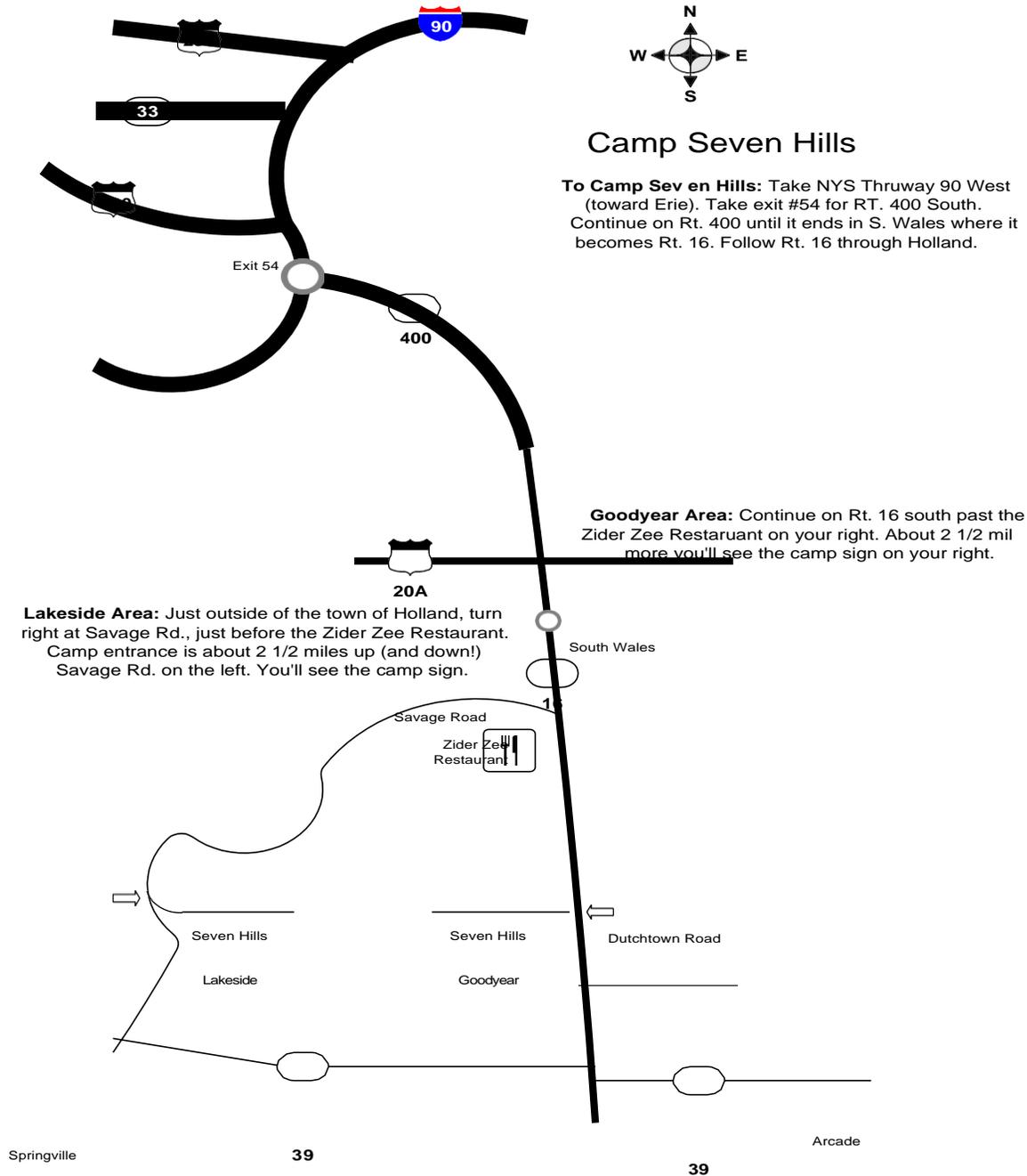
Take 490 east to exit 27/Bushnell's Basin. Turn left off the exit at the light onto Route 96. Turn left onto Garnsey Road at the next light. Follow Garnsey Road as far as it will go crossing over Moseley Road/Route 250. At the T, turn right onto Turk Hill Road. Go slowly; as the camp entrance will come up quickly on your left (across from Casa Larga Winery) turn left into camp. Follow the road past the ranger's house and park in the lot on your right.

DIRECTIONS TO CAMP SEVEN HILLS/LAKESIDE 10299 Savage Road, Holland, NY

To Camp Seven Hills/Lakeside: Take NYS Thruway 90W towards Erie. Take exit #54 for Rt. 400S. Continue on Rt. 400S until it ends in South Wales where it becomes Rt. 16. Follow Rt. 16 through Holland.

Lakeside Area: At the Zider Zee Restaurant make a right onto Savage Road. Continue on Savage Road and about 2 ½ miles more you will see the camp entrance on your left.

Camp Seven Hills/Lakeside 10299 Savage Road



ARRIVING AT CAMP/TROOP CAMP AVENTURE

TROOP CAMP AVENTURE STAFF SUPPORT

- Prior to check in, you will be assigned a Camp Timbercrest staff mentor/liaison.
- Your troop liaison will contact you at least 1-2 days prior to your check in. This contact will allow us to confirm that we have received final roster and health forms, discuss any special needs or requests that your troop has, and work with you on programming requests.
- Girl-led planning is always our goal. Please discuss with your troop prior to this conversation to find out their camp goals. If they are interested in swimming, boating, arts and crafts, archery (not available for Daisy level), hikes, etc. we will make every effort to have these activities scheduled prior to your arrival.
- Your liaison will also ask if you would like to have a cookout during your stay and will work with the kitchen to make sure that we have everything needed for your menu. This staff member will be with you during your stay (they will have their own sleeping accommodations) and assist you with your program schedule and help answer any questions or concerns that you may have.

TROOP CAMP AVENTURE AT CAMP TIMBERCREST

- **If you have registered for a Sunday to Tuesday program**
 - a. Please arrive Sunday at 2 p.m.
 - b. Your program will end on Tuesday at 2 p.m.
- **If you registered for a Wednesday to Friday program**
 - a. Please arrive Wednesday at 2 p.m.
 - b. Your program will end on Friday at 2 p.m.
- **If you registered for a Friday to Sunday program**
 - a. Please plan on arriving Friday at 7 p.m. **Dinner will not be provided. However, if you'd like to do a cookout, your troop liaison can help arrange this in advance (this cannot be accommodated if prior arrangements with the kitchen have not been made) picnics are also a great option.*
 - b. Your program will end on Sunday at 10 a.m.

CHECK-IN PROCEDURES FOR TROOP CAMP AVENTURE

The entire check-in process will be explained on the following pages, but here are some tips to make check-in go more smoothly.

- **Due to our COVID guidelines we are asking all troop families to please remain in your vehicles**
- Have all medications ready to be turned into the nurse.

We make every effort to move you through the check-in process as quickly as we can. We ask for your patience and understanding when delays occur.

- When you enter Camp Timbercrest you will be greeted by a camp staff member who will direct you to the camp parking lot.
- Once in the parking lot, you will be met by your troop liaison to assist you.
- **You will be required to PLEASE REMAIN IN YOUR VEHICLE**
- The camp health supervisor will come to your vehicle to take you, your daughter's/ troop member's temperature, ask the required COVID 19 health screening questions and collect any medication. **Please review our COVID 19 guidelines on pages 4-5 for further clarification/details.**
- Once the camp health supervisor clears everyone in attending camp your troop camp liaison will then take you and your daughter/troop through the remainder of the health screening and check in process.
- Once the health screening is complete your troop camp liaison will escort you and your daughter/troop to your unit.

- Camp Timbercrest staff will collect your luggage and transfer it to your unit.

TROOP CAMP ADVENTURE HEAD LICE POLICY

Part of the check in process for your child is to have their temperature taken and their head checked for head lice. Please note that if your child has nits (lice eggs) or active lice they will not be permitted to stay at camp. Your daughter can return to camp when her head has been treated and is clear of all nits and lice and she has a letter from your family physician or professional establishment that handles head lice treatments, stating your daughter is clear to attend camp. Please note that your child will be rechecked by our health supervisor upon returning to camp.

TROOP CAMP ADVENTURE CAMP MEALS

All camp meals and snacks are provided. We offer our main meal and a vegetarian option. Salad plates will be available upon request. Our camp meals are camper friendly and provide a balance of fruits, grains and dairy. The Girl Scouts of Western New York wants to provide a positive summer camp experience to every girl. **If your child requires special accommodations (diet, food restrictions) while at camp**, please contact Janet DePetrillo, Director of Camp Administration **PRIOR to REGISTERING YOUR CHILD** for camp at 1-888-837-6410 or customercare@gswny.org to discuss the possible accommodations that could safely and reasonably be made for your child

TROOP CAMP ADVENTURE SCHEDULE

Your troop liaison will provide a schedule of your troop's program events during your registration. Please keep this schedule with you the entire time. There will be down time scheduled for your troop. You are encouraged to bring games, books, crafts, etc. for you to do with your girls during this time. While we make every effort to stick to the schedule at camp, please be mindful that there will be changes that are outside of our control. For example, if a thunderstorm cancels your boating time, every effort will be made to reschedule this, but it is not always possible. In this event, weather appropriate activities will be provided.

SCHEDULE (S.P. Camp)

Troop leaders will be contacted by either the camp director or the director of camp administration with their troops S.P. schedule for archery, boating, or ropes course. The schedule will include the location and time of the S.P. event. Troop leaders, it will be your responsibility to assure that your troop is at the S.P. activity on time.

DEPARTING FROM CAMP/TROOP CAMP ADVENTURE

- **YOU MUST CHECK OUT WITH YOUR ASSIGNED LIAISON** prior to your departure from camp. Please remember to collect your troop's medication if you brought any, from the nurse.
- Your troop's luggage will be under the tent marked with your unit sign.
- Your Troop Liaison will assist you with any lost and found



TROOP CAMP ADVENTURE and S.P. CAMPING EVENTS

CAMPER AND PARENT CAMP AGREEMENT

Parent/Guardian: The safety and well-being of your child is our number one concern. Therefore, this camp agreement has been developed to help you and your daughter understand our safety regulations at camp. We ask that you and your daughter read over this camp agreement. **You no longer need to bring this form to camp, but you and your daughter are still expected to comply with this agreement.**

We agree that our child will attend camp and follow all rules, regulations, and safety guidelines.* We also understand that if while at camp our child prevents the staff from safely supervising her and/or others or becomes harmful to herself, to campers or to staff, she will be in violation of this camp agreement and could be sent home from camp. If this situation does occur, we understand that we or the designated emergency contact person (if parents/guardians cannot be reached) will be responsible for taking our child home from camp. If our child is sent home from camp, we understand that there will be no reimbursement monetary or otherwise.

We as parents/guardians agree to and accept all rules, regulations and safety guidelines provided for our daughter as set forth by camp.* We also agree that as parents/guardians we will not make any unreasonable demands of camp in relation to our daughter's participation at camp.

Participating Camper: As a participating member at camp, I agree to adhere to all rules, regulations, and safety guidelines set forth at camp.* I understand that if I put the safety of other campers, staff members or myself in danger or if I prevent the staff from safely supervising me or others, I will be in violation of this camp agreement and will be sent home from camp.

My daughter and I have read, understand, and agree to the terms and conditions of this camp agreement.

Rules, Regulations and Safety Guidelines

1. Fun, friends, and lots of laughter.
2. Campers will be respectful, at all times, of themselves and others.
3. **Campers will not verbally or physically threaten, abuse or harm other campers and or staff at any time while at camp and or on the bus to and from camp.****
4. Campers will be respectful, at all times, of others' personal property.
5. The use of alcohol, non-prescribed drugs, and tobacco is strictly prohibited.
6. Campers will be respectful, at all times, of all camp property and equipment.
7. Campers always travel (whether on or off the camp property) with a buddy.
8. Cell phones, digital cameras, portable TVs, iPods, iPads, MP3 Players, personal sports equipment, and pets, as well as weapons of any kind, are strictly prohibited.
9. Campers are always supervised by the camp staff.
10. Campers are required to participate in all aspects of camp life (i.e., unit and all-camp kapers, all-camp activities, emergency practice drills, etc.).
11. Campers will not pack or bring to camp gum, candy, cookies, or snacks of any kind.

Parents/guardians, the aforementioned safety rules, regulations, and safety guidelines are put in place for the safety of our camp patrons. Our staff will work with your child to make sure that these safety regulations are adhered to and that everyone at camp has an enjoyable experience. However, there are some displays of behavior or actions that are unacceptable and require immediate action. **If your child displays any type of the following behaviors while at camp or on the bus, she will be removed from the camp program.

- **Biting**
- **Spitting at campers or staff**
- **Destroying camp property**
- **Destroying personal property**
- **Hitting campers or staff**
- **Running away from the group**

TROOP CAMP ADVENTURE and S.P. CAMPING EVENTS

CAMP PROCEDURES REGARDING THE INTERNET AND TECHNOLOGY

Camp and Parent/Guardian Partnership: Our promise to you is to continue to build your trust in us. These procedures/guidelines will be enforced to ensure the continued safety and security of your daughter(s) while at camp. We can't do this alone. We need your help. Please share this very important information with your daughter(s). Together we can make a difference!

Your Daughter(s), Our Staff During Off-Peak Season: We recognize and understand that campers and counselors can develop close, trusting relationships with one another while at camp and that these relationships are healthy, wholesome, and beneficial to campers and staff alike. We also recognize and understand that it is natural for campers to want to keep in touch with their favorite counselors after camp. The Girl Scouts of Western New York, Inc. does not encourage or sanction the exchange of contact information between campers and the seasonal staff, nor do we take responsibility for what may occur as the result of such contact. ***Our procedure/guideline is to forbid the exchange of contact information of any kind between campers and the seasonal staff, whether paid or volunteer.*** While we cannot keep you from allowing your child to visit or communicate with one of our staff members, by doing so, you take full responsibility.

Cell Phones: Cell phones are not allowed at camp. There is one fundamental problem with campers having cell phones at camp, and that is trust. We understand that you are making a leap of faith by entrusting your daughter(s) over to the care of our counselors. As children learn to trust other caring adults, they grow and learn, little by little, to solve some of their own challenges. We believe this emerging independence is one of the greatest benefits of camp. It is one important way your child develops greater resilience. Contacting you by phone essentially means they have not made this transition. It prevents us from getting to problems that may arise and addressing them quickly. Please know that you may communicate with the camp staff at any time during your daughter(s) stay at camp. We also agree to tell you if your child is experiencing a challenge in her adjustment to camp. ***You can help*** by talking with your daughter ***before she leaves for camp*** and telling her that there is always someone she can reach out to, whether it is her counselor, the Unit/Village Director, the Director or camp nurse. Please review "preventing homesickness" in your parent guide. We all want the same thing for your daughter to have a successful camp experience.

Digital Cameras: To ensure the protection and privacy of campers, staff, etc., digital cameras are not permitted at camp. A camper taking inappropriate photos of campers and/or staff changing or showering and uploading these photos on the Internet is strictly prohibited. Disposable cameras are permitted and encouraged. Parents/guardians, please help us maintain a safe environment by explaining this to your child (***please refer to the camper/parent agreement***). *Any camper that takes a compromising photograph of another camper or staff member and uploads it on the Internet or makes it public in anyway may be subject to dismissal from camp or may not be allowed to return. If the law is broken, the appropriate authorities will be notified.*

Children's Camps in New York State



In New York State, summer camps must have a state, city or county health department permit to operate legally. These permits are issued only if the camp is in compliance with the state's health regulations. The permit to operate must be displayed in a conspicuous place on the premises.

The camp must be inspected twice yearly by a health department representative. At least one inspection must be made during the time the camp is in operation. Each camp is checked to make sure that the physical facilities are safe and that supervision is adequate.

When choosing a summer camp for your child, consider the following:

Staff Credentials/Supervision

What are the qualifications of the camp director?

The New York State Health Code requires that the director of an overnight camp be at

least 25-years-old or hold a bachelor's degree; a day camp director must be at least 21-years-old.

All directors must have experience in camping administration or supervision. Camp directors' backgrounds are screened by the Office of Children and Family Services Central Register Database for reported incidents of child abuse and maltreatment. Their backgrounds are also screened by the Health Department for criminal convictions. Only individuals who are considered to pose no risk to campers are accepted by the Health Department as camp directors.

What are the qualifications of the camp counselors and how are campers supervised?

Counselors must have experience in camping and supervision of children or have completed an acceptable training course. Stringent counselor-to-camper ratios and staff qualifications are mandated for supervision of swimming, archery, riflery and camp trip activities.

At overnight camps, 80 percent of the camps' counselors must be at least 18-years-old; up to 20 percent may be 17-years-old. There must be at least one counselor for every 10 children aged eight years or older, and one counselor for every eight children younger than eight years old.

At day camps, counselors must be 16 years of age or older. There must be a minimum of one counselor for every 12 children.

Camps that must provide at least 10 counselors may choose to use counselors-in-training (CITs) to meet 10 percent of the required number of counselors. These CITs must be at least 16 years of age at an overnight camp and 15 years of age at a day camp. They must work with senior staff, have had previous experience as a camper and complete a training program. Ask the camp operator if any of their

counselors are CITs and how they are used to supervise campers.

Ask about the camp's staff and supervision procedures, including discipline policies. Do they meet your expectations?

Health

Ask about medical coverage and when you will be notified if your child becomes ill or injured.

Is a doctor or nurse in residence or on call for campers at all times?

Physicians or nursing services must be available. All summer camps in New York State are required to have a health director and a written medical plan approved by the Health Department. The written plan must include, among other things, provisions for medical, nursing and first aid services. Injuries and illnesses must be reported to the Health Department and are thoroughly reviewed.

Does the camp require medical records for campers?

Camps must keep current medical history reports on file for all campers. Be sure to detail your child's history of immunization, illness, disability or allergy. Specify special diets and activity restrictions. Provide instruction for any medication your child must take.

Camp Safety

Are the camp facilities and activities safe?

The camp operator must develop a written plan to include maintenance of facilities, provisions for training staff members and orientation of campers, supervision of campers, campsite hazards, emergency procedures and drills, safety procedures and equipment for program activities.

Swimming

Are waterfront personnel qualified?

Are campers always supervised while in the water?

All waterfront activities at camps in New York State must be supervised by an experienced certified lifeguard or water safety instructor. On site, one qualified lifeguard is required for every 25 bathers. All aquatic staff are required to be trained in cardiopulmonary resuscitation (CPR).

Camps that use off-site pools or beaches operated by others must make special arrangements to provide a safe activity. Even off site, the camp remains responsible for supervising campers.

Some children's camps use sites for swimming that are not inspected by local health departments. Parental permission is required in these instances, and the camp must follow established guidelines to protect campers.

While campers are involved in aquatic activities on site, there must be one counselor for every 10 campers eight years or older; there must be one counselor for every eight children aged six and seven; and one counselor for every six children younger than six years old. When swimming off-site, there must be one counselor for every eight campers six years or older and one counselor for every six campers younger than six years.

Are bathing areas marked off for various swimming skills? Are campers tested to determine their level of swimming ability before participating in aquatic activities? Are non-swimmers kept in water less than chest deep? Is the buddy system used?

Are campers required to wear life preservers when boating or canoeing? New York State regulation requires that the answers to all these questions must be "yes."



Camp Trips

Are camp trips supervised by counselors who have the maturity and experience to make decisions that could affect the safety of campers?

All trips must be supervised by a trip leader who is at least 18 years old and competent in the activity. Counselors must accompany trips and all staff must review the safety plan prior to the trip.

Counselors should have the skills and expertise in the camp activity (canoeing, rock-climbing, etc.) to

handle any emergency that might arise.

Ask whether the camp has conducted similar trips in the past without incident. In New York State, the drivers of camp vehicles must be licensed and at least 18-years-old. Seat belts must be worn when provided and vehicle capacities not exceeded. When transporting children in a truck, only a truck cab can be used.



Sports and Activities

How are activities in craft shops supervised, especially when campers are using dangerous tools, such as power saws and lathes? Are archery and rifle ranges at a safe distance from activity centers? Are spectators protected at baseball fields and similar areas? Do players wear protective equipment?

State regulation requires that archery, riflery and horseback riding be supervised by counselors with special training in those activities.



Fire Safety

Are there periodic fire drills for both campers and staff? Does each floor of every building have fire exits in two different

locations? Are flammable materials (gasoline, pool chemicals, etc.) stored away from activity centers and kept under lock and key? Are functioning smoke detectors located in every sleeping room?

All of the above are mandatory in New York State.

Location and Facilities

Are barriers erected against such natural hazards as cliffs and swamps? Are foot trails located away from such dangerous areas and from heavily traveled roads and highways? Do the camp facilities (bunks, bathrooms, mess hall, recreation facilities) meet your aesthetic tastes and those of your child? Is the camp located in an area that will not aggravate your child's allergies? Will your child be required to perform chores, such as cleaning or cooking?

For information on the camp's location and facilities, visit the camp or interview the camp operator by telephone, prior to making a decision to enroll your child at the camp.

Nutrition

Are good health practices observed in the camp kitchens, dining areas and food services? Does the camp serve food your child likes?



At camps in New York State, food must be prepared from inspected sources. Food preparation and

handling activities are reviewed to assure safe and sanitary practices. Kitchen employees must be healthy and follow hygienic practices. Potentially hazardous food must be maintained below 45°F or above 140°F.

Rights and Responsibilities

The regulatory program of the New York State Department of Health places specific responsibilities on camp operators, and on local health departments that enforce department regulations. Following is a summary of rights and responsibilities:

Rights of Parents and Guardians

- To be informed by the camp director, or his or her designee, of any incident involving your child, including serious injury, illness or abuse.

- To review inspection and investigation reports for a camp, which are maintained by the local health department issuing the camp a permit to operate (present and past reports are available).

- To review the required written camp plans. These are on file at both the camp and the health department issuing the permit to operate.

Responsibilities of the Camp Operator

- To inform you and the local health department if your child is involved in any serious injury, illness or abuse incident.
- To screen the background and qualifications of all staff.
- To train staff about their duties.
- To provide supervision for all campers 24 hours a day at overnight camps, and during hours of operation for day camps.
- To maintain all camp physical facilities in a safe and sanitary condition.
- To provide safe and wholesome meals.
- To have and follow required written plans for camp safety, health and fire safety.
- To notify the parent or guardian, with the enrollment application or enrollment contract, that:
 - the camp must have a permit to operate from the New York State Department of Health or the designated permit-issuing official;

– the camp is required to be inspected twice yearly; and

– the inspection reports and required plans are filed (address of state, county or city health department) and available for their review.

Responsibilities of Local Health Departments

- To review and approve the required written camp plans for compliance.

- To inspect camps to assure that: (1) all physical facilities are properly operated and maintained; and (2) adequate supervision exists to provide a healthy and safe environment in accordance with the New York State Sanitary Code.

- To issue a permit to operate when the required plans and inspection results are satisfactory.

- To investigate reports of serious incidents of injury, illness and all allegations of abuse or maltreatment.

- When requested, to provide parents or guardians of prospective campers an opportunity to review inspection reports and required plans.

The time and effort spent in selecting the camp your youngster will attend is important. Keep in touch, especially if it is your child's first camp experience. If possible, visit the camp before and during the camping season.

Information

For further information about New York State health laws relating to summer camps, call the State Health Department's Bureau of Community Environmental Health and Food Protection in Troy at 1-(800) 458-1158, ext. 27600.