

CAMP IS-SHO-DA

DAY CAMP

Camp Information
Summer 2022



Camp Information Table of Contents

Why GSNENY Camp Is-Sho-Da?	Page 2
GSUSA Mission Statement	
Goals of Camp Is-Sho-Da	
Questions/Concerns	
Camp Staff	
General Information	pages 3-4
Paying for Camp	
Refund Policy/Program Adjustments	
Campers that Require Reasonable Accommodations	
Programming at Summer Camp	
Inherent Risks	
Inclement Weather	
Safety	
Rabies Information & Lyme Disease	
Getting Ready to Go to Camp	pages 4-5
Questions/Concerns	
Open House	
Pets	
Sleeping Arrangements	
Preventing Homesickness	
Important Paperwork	page 6
What You Need to Return & Bring to Camp	
Health History Form	
Medications	
Packing for Camp	page 7-8
What to Pack	
Organization Packing Tips	
What not to Pack	
Packing List	
Lost and Found	
Arriving at Camp	page 9
Directions	
Transportation	
Check-in Procedures	
Buddy/Friend Placement	
Day Camp Sample Schedule	
Day Camp Check Out	page 9
Parent Notification	
Cell Phones & Digital Cameras	page 10
Camper/Parent Agreement	page 11
NYS Department of Health Flyer	pages 12-17

Why GSNENY Camp Is-Sho-Da?

GSUSA Mission

Girl Scouting builds girls of Courage, Confidence and Character, who make the world a better place.

Objectives with Outcomes:

1. Challenged to try new things.
 - a. Campers will try at least one new activity, game, or program.
2. Create a memory to have a positive effect.
 - a. Campers will connect with part of camp by making a friend, accomplishing a goal or by relating to another camp person.
3. Develop an outdoor skill.
 - a. Campers will learn or develop an existing outdoor skill.
4. Create own experience.
 - a. Campers will work as a group to make daily decisions to formulate their own experience.

General Information

Questions & Concerns

Camp Director- 518- (when camp is in session)

Director of Girl Experience- Linda Stephen, lstephen@girlscoutsny.org – (518) 489-8110 ext. 124

Fax 518-489-8065

Camp 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 learn, social competencies, and empowerment. Girls learn about teamwork and health respect for diversity.
- Staff selection is based on a set of verifiable qualifications.
- Waterfront staff is required to have American Red Cross Lifeguard Certification.
- Specialty staff possesses required certification/training/experience prior to being hired.
- The staff attends a week-long training session that include, but not limited to child development, risk management, group dynamics, and first aid.

Paying for Camp

Camp balance: Your camp payment is due no later than June 15th. Payment may be made by check, money order or credit card. Questions regarding your camp payment should be directed to the Member Care Team at 518-489-8110.

Cookie Credits: Cookie Credits may be applied toward any of your camp registration fees, excluding the \$50 non-refundable deposit.

Camp Girl Certificates: Camp Certificates may be applied toward your camp registration fees, excluding the \$50 non-refundable deposit.

FSA Camp Payment: What is FSA? A Dependent Care FSA (DCFSA) is a pre-tax benefit account used to pay for eligible dependent care services, such as preschool, summer day camp, before or after school programs.

Many health insurance programs include an FSA, money budgeted to cover childcare for dependents 12 and younger. Many summer day camp programs qualify as childcare. Before making a financial decision, you should check with your individual health insurance company to see if GSNENY Summer Day Camp is eligible. To request more information please contact the Member Care Team at (518)489-8110

Child Care Subsidy- Department of Social Service; The Child Care Subsidy (CCS) Program helps families pay for childcare while parents work or attend school or job training. GSNENY Summer Day Camps may qualify for CCS payment. Parents/Guardians should contact the county department of social services to determine eligibility or to apply for subsidy. GSNENY will provide you with supporting documentation upon request.

To request the form or more information regarding CCS please contact the Member Care Team at (518)489-8110.

Cancellations & Refund Policy: Programs run rain or shine unless inclement weather would prevent a program from running. Families will be contacted should cancellations occur during the day of the program. GSNENY reserves the right to cancel any Specialty Program. If GSNENY cancels the Specialty Program for any reason, you will receive a full refund. Refunds for medical reasons will be processed only if notification is made in writing prior to the start of the program and accompanied by a written request in the form of an original (no copies) physician's statement.

If a camper must leave camp due to illness and cannot return, the written refund request must be accompanied by an original physician's statement. Under no circumstance will camp fees be refunded if a camper chooses to leave camp due to homesickness, parental request, or behavior issues. If a camper must attend summer school, a refund will be issued with receipt of a written request and verification with an original statement from the school. Written requests made for refunds will be considered by GSNENY at least two weeks prior to the registration deadline of June 15, 2022.

Refund Reasons:

- The Member Care Team is notified in writing prior to June 15th. The refund consists of camp program fees less the \$50 non-refundable deposit. Refunds requested after the June 15th will be considered on a case-by-case basis. No refunds will be issued for no-show cancellations
- A girl has a health concern supported by a physician's written recommendation that prevents her from attending camp.
- If GSNENY cancels the camper's transportation and/or program selections and cannot be placed in an alternative program.
- A camper must attend summer school, as verified by the school.

Program Adjustments:

- Camp Director reserves the right to reassign a girl from one program to another- during the same week, if she does not meet the required minimum skill level for her program selection.
- Camp Director reserves the right to send any camper home if she is having difficulty with camp life. When this happens the parent/guardians are notified. Please consult the Parent/Camper agreement for more detailed information.

Campers Requiring Reasonable Accommodations: GSNENY wants to provide a positive summer camp experience to every girl. If your child requires special accommodations while at camp, please contact the Director of Girl Experience at 518-489-8110 ext. 124 or lstephen@girlscoutsneny.org to discuss the possible accommodation that could safely and reasonably be made for your child.

Programs at Day Camp: During your camper's stay, she will have the opportunity to experience summer camp life. Her time will be spent with other girls similar to her age completing activities designed special for the programs. Regardless of her program choice, she will participate in at least one cookout, swimming, boating and other traditional camp activities.

Inherent Risk: by registering my child for summer camp including a specialty program you fully understand and accept that there are inherent risks to attending summer camp, including participation in the above off-site activities and navigation of natural terrain at and around the camp. We require you to counsel your child(ren) regarding the inherent risks of attending summer camp and participating in camp activities.

Inclement Weather: Summer Camp is rain or shine. Please ensure that your camper has the necessary clothes to provide for all kinds of weather (see packing list). Please note for the safety and well-being of all our camp participants (campers, staff, and visitors) water programs will be postponed or canceled when the weather conditions dictate. Camp staff makes every effort to move programming options indoors giving the camper alternative activity choices. Refunds will not be issued when programs are canceled due to weather.

Safety: The safety and well-being of your child is our NUMBER ONE priority. Our camps are inspected twice a year and issued operating permits by the State of New York. All our camp properties meet national standards set forth by GSUSA.

Rabies Information: Bats, raccoons, skunks and foxes have many things in common. They are all wild animals; they help us by eating insects and other pests. Unfortunately, these animals have a higher risk for carrying rabies. Rabies can be transmitted to any mammal by being bitten or scratched. To prevent contracting this preventable disease, do not touch or play with any wild animal. Most wild animals are afraid of people and will run away, however if you see a wild animal especially one who is acting out of character (approaching people, out during the day, acting sick) stay away and tell the nearest adult.

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 a grain of salt. You can protect yourself by following these things:

- Walk in the middle of the trails. Stay out of tall grass/bushes.
- Wear a long sleeve shirt.
- Wear white or light-colored clothing to make it easier to see the ticks.
- Wear a hat.
- Spray tick repellent on clothes/shoes before entering the woods.
- Wear long pants tucked into high socks.
- Wear shoes/sneakers, no bare feet/sandals.

Getting Ready to Go to Camp

Open House: This year's open house will take place on **Wednesday, June 8th** at Camp Is-Sho-Da from 6:00pm-8:00pm. Tours of camp will be ongoing throughout the evening. While at camp families will have the opportunity to go hike about the camp and see the different activity areas their campers will be participating at.

Pets: Pets of any kind are not allowed on camp property. We ask that you leave your pet at home when picking up or dropping of your child at camp. We thank you for your understanding and assistance by following this policy.

Overnight Sampler: Campers in entering 2nd grade and up can select to spend the night from Wednesday - Thursday during their session. Campers will sleep inside screened cabins, platform tents or coverage wagons. Each sleeping area varies in size; however, girls are grouped by age. Staff sleep in a separate area of the cabin or nearby in a tent. A permission slip and more information will go home on Monday of each camp session.

Preventing Homesickness: Day Campers experience homesickness too. Their experience at camp during the summer can be overwhelming, especially if their siblings are at home enjoying a different summer experience. It is our goal at summer camp is to ensure sure that every camper has a safe, fun and positive experience while at camp. *If your camper is experiencing homesickness at camp, the Camp Director will contact you to discuss the situation and you the parent/guardian will make the determination if your camper should remain at camp or go home. Refunds will not be granted if you decided to take your camper home from camp.*

You can help with preparing your child prior to camp by doing the following:

- Make sure your child is part of the decision-making process, by where to go to camp, how long to stay at camp, what specialty programs they would like to participate in.
- Have your child practice being away from home prior to the start of camp by staying at a friends or relatives house for a night or for a longer stay especially if they are joining their fellow campers for the weekly sleep-over.
- Use the calendar to show your child the number of days at camp in relative to the number of days in a month, year etc...
- Communicate before, during and after the camp experience.
- If you are concerned about your daughter, we encourage you to call the Camp Director prior or during your camper's session. The Camp Director will work with you to ensure that your camper's experience is a positive one.
- Spend quality time with your camper after each day recounting her favorite moments of the day.
- Please do not promise to pick your child up from camp early. This can add to the perception of "going home".

Important Paperwork:

Upon completing your camper's registration, you will need to complete the following important documents.

These must be submitted no later than June 15th or your child will not be able to attend camp.

Campers without the completed required forms will NOT be allowed to stay/return to camp as per NYSDOH regulations.

- Health History Form (all pages) **Fill out no later than June 15th in order for your child to attend camp at:** <https://form.jotform.com/212915565538160> Form is required by NYS Dept. Of Health to be on file before the first day of camp.
- Immunization records
- **Doctor Signature is required only if your child requires medication to be administered to her while she is at day camp and on the overnight on page 3**
- Camper Release Form: **Fill out no later than June 15 at:** <https://form.jotform.com/202875581533056>
- Parent Camper Agreement: Fill out no later than June 15th at: <https://form.jotform.com/211593538471056>

Additional Forms Needed:

Additional waivers must be filled out and sent with your child on the first day of camp.

- Specialty Camp Program Waivers- as required by registering for certain specialty programs

Health Forms: Day Camp does not require a physical, however The New York State Health Department (NYSDOH) requires all immunizations to be complete and up to date for campers to stay at camp. The health form MUST have dates of immunization and cannot say “up to date”. You may attach a copy from your doctor instead of filling out the section.

Health Forms: The New York State Health Department requires a physician’s signature if camp will be dispensing any medication to your child while at camp (including the Thursday overnight). Medications include over the counter (including Benadryl, ibuprofen) and prescription (including epi-pen, inhalers, allergy medication).

Medication:

- If your camper requires medication to be given during the day or overnight it will be collected by the nurse during check-in on the first day of the camp session. This includes all medication, prescription and over-the-counter medicines.
- Campers who require prescription medication or over-the-counter medication (vitamins included) while at camp MUST have their individual standing orders signed by a physician. No medication will be dispensed to your child without standing orders AND a physician’s signature. No exceptions will be made.
- All medication, both prescription and over the counter need to be stored in the health lodge/infirmery and be administered by the nurse.
- All medication, both prescription and over the counter medications must be brought to camp in the original bottles with Rx label intact and labeled with your daughter’s name.
- Remember to pick up any leftover medication from camp at the end of her session. By law, we are required to discard any leftover medication left at camp.

Packing Tips for Day Camp

The following are tips and suggestions to make packing easier for you and your camper. A letter reminding you of the items your child will need throughout the week will go home on the first day of each session.

How Should My Daughter Pack Every day? Weather at camp changes quickly from cool mornings to a hot sunny mid-day to a downpour. Please ensure that your daughter comes to camp to play outside and to get dirty. Campers must wear socks and sneakers/closed toe and heel strapped shoes every day.

Organization Tips: Camp can be messy. Rain or a wet bathing suit can make her backpack very uncomfortable. Make sure to include plastic bags for wet clothes, extra socks, and a lunch.

Daily Packing List:

- | | | |
|--|---|---|
| ○ Lunch | ○ Insect repellent (may leave at camp for the week) | ○ White tee-shirt (for Tye-Dye) |
| ○ Medication- needs to turn into the Nurse | ○ Sunscreen (may leave at camp for the week) | ○ Hat |
| ○ Bathing suit | ○ Backpack to carry it all | ○ Water shoes/old sneakers for creek stomping |
| ○ Beach towel | | |
| ○ Raincoat/poncho | | |
| ○ Water bottle | | |

Overnight Packing List- If staying Wednesday - Thursday

- | | | |
|----------------------------------|--------------------------|--------------------------------------|
| ○ Daily Packing Items AND | ○ Warm sweatshirt/jacket | ○ WARM sleeping bag: NO SLUMBER BAGS |
| ○ Change of clothes for Thursday | ○ Pajamas | |

- Mess kit (plastic plate, bowl, cup, silverware, and a dunk bag to hold items)
- Toothbrush/toothpaste
- Flashlight with extra batteries
- Hairbrush & hair ties
- Stuffed animal
- Washcloths

What Not to Pack: Safety at camp continues to be our #1 priority. To avoid temporary confiscation of items, we ask that you examine your camper's belongings prior to arrival at camp. We thank you for your assistance and understanding.

- Candy/snacks (except what is included in her lunch)
- Fruity-smelling deodorant or toothpaste
- iPods/iPads/MP3 players
- Gum
- Body sprays, perfumes
- cell phones
- Aerosol sprays of any kind
- digital cameras
- Valuable jewelry
- pocketknives
- permanent markers

Lost and Found: All lost and found items will be held at camp until the last day of the last session. After that, the items are moved to the Albany Service Center and held until **September 30th**. **After 9/30, items will no longer be held for claim.** Please label every item your camper brings and wears to camp to ensure items are returned to your child prior to their leaving camp.

Arriving at Camp

Transportation- bus routes make it easy for parents to find reliable transportation to and from our day camps. The road into/out of Camp Is-Sho-Da is one lane which makes incoming and outgoing traffic very difficult, so please be patient and follow the rules. Please consult the bus schedule to determine the best stop for you and your daughter.

Early Care- begins at 7:30am. You may drop off your daughter between 7:30am- 9:00 am.

Parents are required to drop their child off at the parking area in lower camp. Our qualified staff will provide pre-care camp programming. An additional fee and registration are required.

After Care- ends at 5:30pm. You may pick your daughter up between 4:30pm-5:30pm.

Parents are required to pick up their child at the parking area in lower camp. You will need your photo identification at pick up.

Our qualified staff will provide after-care camp programming. An additional fee and registration are required.

Directions to Camp Is-Sho-Da

Take I-90E to exit 9. Take a left onto Route 4. Go North on Route 4 to Mannix Road. Take a Right onto Mannix Road. The camp is approximately 1 mile on the left side (comes up after the tight turn) and is marked with a white sign.

GPS Address:

Camp Is-Sho-Da
231 Upper Mannix Road
East Greenbush, NY 12061

Day Camp Check-in Process

The check-in process follows these steps:

- Camp Staff greet and escort all campers from the bus drop off at camp to the flagpole. Morning announcements are given, then the campers are escorted by their Counselor to their unit/patrol to begin their day.
- Counselors remain with their unit all week. Campers are placed in units/patrols based upon their age and if they registered for a specialty program.
- All campers must go through a health screening the first day of camp.

- **Health Screening-** camp staff will take your campers temperature and perform lice check on her hair. The nurse is available prior to your daughter's session; if you want to discuss any medical concerns via phone, please do not hesitate to reach out prior to camp.

Buddy Placement if you requested that your child be with a friend, that arrangement will be made if your daughter and her friend are of similar age/GS level and are in the same program. Camp Staff will encourage girls that do not have a friend at camp to make a friend(s).

SAMPLE SCHEDULE: DAY CAMP

- 7:30-9 a.m. Early Care
- 9-9:30 a.m. Arrival
- 9:30 a.m. Flag Ceremony
- 10-11:45 a.m. Morning Activity Time
- 12 p.m. Lunch
- 1-3 p.m. Afternoon Activity Time
- 3-3:45 p.m. Kapers, snack and preparing to leave for home
- 3:45 p.m. Flag Ceremony
- 4 p.m. Departure
- 4-5:30 p.m. Late Care

Check Out- Day Camp check –out

- Our staff will only release campers to those indicated on the Camper Release form- NO EXCEPTIONS.
- Bus Aides are instructed to check ID and ask the person picking up the camper to sign the release form. Campers will not be release from the bus until the Bus Aide has done these two procedures. We understand that this process may take longer than anticipated, we thank you in advance for your patience and understanding.
- Everyone will need to show photo identification. Campers WILL NOT be released without it. Please inform everyone on your list. This process is EVERY DAY, No Exceptions.
- If a camper is not picked up at the stop indicated on her registration form, the bus will wait for a very limited amount of time (less than 10 minutes), then proceed to the next stop. If a camper is not picked up from the bus, the bus will return to the bus garage where the camper will remain with camp staff until proper arrangements can be made.
- If need to switch your child's bus stop, please contact the Camp Director during the week or the Council Registrar before the start of the camp session.
- If you are running late, contact the Camp Director immediately, she will notify the Bus Aide.

Parent/Guardian Notification- Safety of your camper is always our number one priority. You will be notified by the Camp Director or Camp Nurse if any injury or illness to your child occurs that requires more than general first aid (i.e. band aid, scrape, etc..).

Cell Phones- Cell phones are not allowed at camp. We understand that you are making a huge decision in entrusting your child with us and in the care of camp staff. As children learn to trust other caring adults, they grow and learn to solve their own challenges. We believe this emerging independence is one of the greatest benefits to camp. It is one important way your child will develop greater resilience. Please know that you may communicate with our camp staff at any time during your child session(s).

Digital Cameras- To ensure the protection and privacy of campers, staff, and etc..., digital cameras are not permitted at camp. A camper taking inappropriate photos of campers and/or staff is prohibited. Disposable cameras are permitted and encouraged.

Remind Me-a free app that allows Camp to send important transportation information directly to your phone or PC. Parents will have the option of joining the group. For more information regarding Remind Me, check out the website at www.remind.com. Information to join check your camp confirmation email. The join code will be included with bus registration.

Week 1: @2bhaff

Week 2: @ aahe7f

Week 3: @ g8f29k8

Week 4: @ c47272e

Week 5: @9g97k7

Week 6: @ b6g37ag9

Health/COVID Guidelines – GSNENY will be following all NYS Department of Health Guidelines and CDC Guidelines as they become available for this summer camp season. Please visit our website to follow the current guidelines: <https://www.girlscoutsny.org/en/about-girl-scouts/our-council/covid-19.html>

Girl Scouts of Northeastern New York Resident Summer Camp CAMPER AND PARENT CAMP AGREEMENT

Parent/Guardian: The safety and wellbeing 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.

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 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/shuttle 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. Campers of age to drive their own vehicle to/from camp will need to have an under 18 drive intention form on file.
9. Cell phones, digital cameras, portable TVs, iPods, iPads, MP3 Players, personal sports equipment, pets, as well as weapons of any kind are strictly prohibited.
10. Campers are always supervised by the camp staff.
11. 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.).
12. Campers will not keep gum, candy, cookies or snacks of any kind in their bunk/unit.

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/shuttle they 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**
- **Aggressively verbally abusing campers or staff**

