



Girl Scout Day Camp Family Handbook ————— 2024

WELCOME!

Whether it's canoeing, tie-dying, or aiming for the target on the archery range, GSCWM day camps have everything you are looking for. We have been bringing once in a lifetime opportunities to girls at our GSCWM summer camps for over 100 years.

We are so glad that your camper will be joining us this summer!

AVAILABLE JUNE 24 - AUGUST 16 ONLY

CAMP BONNIE BRAE CONTACT

Camp Cell phone:

413-372-3072

Email: CBBDirector@gscwm.org

Physical Address:

951 Algeria Rd, East Otis, MA

Mailing Address:

P.O. Box 539

East Otis, 01029

AVAILABLE JUNE 24 - AUGUST 16 ONLY

CAMP GREEN EYRIE CONTACT

Camp Cell phone

413-387-3789

Camp Email: CGEDirector@gscwm.org

Physical & Mailing Address:

69 Still River Rd

Harvard, MA 01451

AVAILABLE JUNE 24 - AUGUST 9 ONLY

CAMP LAUREL WOOD CONTACT

Camp Cell phone

413-727-5740

Email: CLWDirector@gscwm.org

Physical Address:

63 Buteau Rd, Spencer, MA

AVAILABLE JUNE 24 - AUGUST 9 ONLY

CAMP LEWIS PERKINS CONTACT

Camp Cell phone

413-387-3413

Email: CLPDirector@gscwm.org

Physical Address:

9 Camp Perkins Rd, South Hadley, MA

If you need a copy of your summer camp expenses receipt for tax purposes, you can log into your CampDoc profile and print receipts at any time, or email info@gscwm.org

The Girl Scouts of Central and Western Massachusetts tax ID # is: 04-2103856.

Please consult with a qualified tax professional for concrete specifics on using your summer camp receipts for any tax purposes. GSCWM is unable to advise on how best to use these credits.

Greetings from Camp

Dear Camp Families,

I am thrilled that you have a camper (or campers) registered for GSCWM Day Camp. Camp is so much more than archery, campfires, and arts and crafts. Experiences at camp encourage campers to develop the characteristics embodied in every Girl Scout, while building confidence, lifelong friendships, and outdoor skills.

Each camp week includes an opening and closing flag ceremony, an all-camp activity, countless songs, and a variety of skill-building activities, all leading up to a final closing ceremony. During the week, Girl Scouts participate in traditional camp programs such as archery, hiking, swimming, challenge course exploration, and arts and crafts. In addition, Girl Scouts will participate in program-specific opportunities dependent upon their session enrollment and age. The program offerings are progressively more advanced, allowing all Girl Scouts age-appropriate, skill enhancement and leadership development.

We at GSCWM are so grateful that you are entrusting and sharing your Girl Scout with us for an entire session. This handbook has been thoughtfully compiled to address all of your questions in preparation for camp, and we hope that you feel confident and ready for your summer adventure!

Our knowledgeable Customer Care Team is available to assist campers and their families at any time during this process. Should you have any additional questions, they can be reached at 508-365-0115/413-584-2602 or by email at info@gscwm.org.

Our camp staff is excited and looking forward to seeing you and your Girl Scout at camp!

Happy Camping,

Jessica Gonzalez
Program Manager

General Camp Information



AMERICAN CAMP ASSOCIATION (ACA)

The American Camp Association, or ACA, is the only accrediting body for recreational camps in the United States. ACA's accreditation standards focus on health, safety, and risk management, and are used as benchmarks by government entities.

ACA accreditation provides public evidence of a camp's commitment to the well-being of campers and staff.

Camp Bonnie Brae, Camp Green Eyrie, and Camp Lewis Perkins are fully accredited ACA Camps, while Camp Laurel Wood follows all ACA standards and guidelines. GSCWM submits annual reports to ACA for review and each camp receives an on-site evaluation from ACA representatives every three years. In addition to maintaining accreditation status, GSCWM staff utilize ACA trainings and research to develop exciting camp programs, maintain up-to-date staffing policies, and uphold industry best practices for participant health & safety.



Camper Meals:

- Day Campers at CBB, CGE, CLP and CLW will need to bring a lunch, drink and snack from home
- Gloved staff members can prepare a sandwich for campers who do not have a lunch

Camper Orientation:

- When campers arrive at camp, they will be instructed to wash their hands
- Campers will be reminded throughout the day to wash their hands

Emergency Contact/Pick-up:

- If a camper feels ill during the camp day or has respiratory symptoms, they will be separated from other campers and supervised by the camp Health Supervisor
- The parent/guardian or emergency contact will be notified and instructed to pick up their camper

Camp Life!

GSCWM's summer camp staff strive to provide a fun, exciting, nurturing, and safe space for all campers. Every day, campers are given the opportunity to try new things, make new friends, explore the world around them, and most importantly, have fun outdoors! Below is some general camp life information. Should you have any additional questions, please email us at camp@gscwm.org.



PROGRAM INFORMATION

Day camp gives campers the opportunity to spend quality time in a safe, supportive outdoor setting while making friends and learning new skills. It draws together campers from different backgrounds and gives everyone a chance to learn from each other. Campers live cooperatively with other campers of the same age and interests, while at the same time enjoying the camaraderie of the entire camp community. Campers learn to become self-reliant, confident, caring young campers.

The camp staff will work with the campers to support and guide them in the planning process of their session program. This is referred to as the camper planning process. With every camper having input into the program, no two days at camp will be the same. Before your child comes to camp, talk with her about what she wants to do while she is there.

Please remember certain activities such as the challenge course, archery, hatchet-throwing, and the axe yard have age restrictions according to Girl Scouts of the USA Safety Activity Checkpoints.

Your camper will have an opportunity to participate in these exciting Camp Events:

Theme Days (Tue-Friday) - Each week, camp will have theme days that offer campers the option to dress up and participate in a themed activity.

Fireflies option (Thursday) - At Camp Green Eyrie, Camp Laurel Wood, and Camp Lewis Perkins, campers have the option for an extended evening camp experience. Campers will stay for a camp dinner, enjoy fun evening programs, and be picked up at 8pm from camp. This option is not available at Camp Bonnie Brae.

Camp-Out option (Thursday) - At Camp Green Eyrie, campers entering grades 2- 12 have the option to stay at camp for an overnight experience. Campers will enjoy dinner at camp, an evening activity, and breakfast on Friday morning. Lunch is provided on Friday for campers who participate in the Camp Out.

Tie-Dye (varies by camp) - Every camper gets a camp t-shirt with a special 2023 design. Campers are able to tie-dye their shirts each week.

All Camp Event (varies by camp) -At least once a week, all campers and staff get together for a camp wide event. Most often this event takes place on Friday and could feature a large all camp game, a dance party in the dining hall, a day at the races event, or a cardboard box regatta. Your campers won't want to miss this memorable camp activity!

Please remember theme days and all program activities may change based upon needs of camp, weather, or staffing availability.

TYPICAL DAY AT CAMP

Campers' days are filled with activities centered on the specific programs they selected. Activities vary but may include hiking, outdoor cooking, challenge course activities, crafts, songs, outdoor skills, archery, canoeing, and games. We try our best to ensure that all campers have an opportunity to experience as many activities as possible.

- 9:00am Campers Arrive
- 9:15am All Camp Flag and Morning Songs
- 9:30am Theme Programming with Unit- Example: Swimming
- 10:15am Theme Programming with Unit- Example: Art Projects
- 11:00am Theme Programming with Unit- Example: Outdoor Skills: Knife Safety
- 11:40am Unit Kapers
- 12:15pm Lunch
- 1:00pm Camper Choice
- 2:15pm Camper Choice
- 3:00pm Theme Programming with Unit- Example: Team Building Games
- 4:15pm All Camp Flag and Closing Announcements
- 4:30pm Camper pick up and depart on camp bus

No matter which session a girl attends, all campers will:

- Learn outdoor skills like knots, fire building, trail etiquette, and outdoor cooking
- Work toward earning Girl Scout badges and patches related to outdoor living and their program content (please note that campers may or may not complete an entire badge)
- Help take care of camp by doing camp kapers
- Have the opportunity to make independent choices about what they would like to do, in addition to activities specifically mentioned in the program description

BUDDIES

If your camper is attending camp with a friend, you can request that two campers be “buddies” in our registration software, CampDoc. Requesting a buddy simply indicates to staff that those two campers should be placed together in the same group; it does not require two campers to do everything together for their entire week at camp.

In order for staff to be able to honor a buddy request, both campers must be registered for the same camp program and request each other as buddies in CampDoc. Please note that campers who are at different age levels will not be placed in the same group. Due to space limitations, staff may not be able to accommodate buddy requests of groups of three or more. If you have any buddy questions or unique requests, please email the camp director at least a week before your camper arrives to discuss options.

BADGES

Some of our camp programs will work towards badges and awards. Other programs do not. Campers may work on Girl Scout Badges depending on their program and the interest of their group. Badge record sheets will be sent home from camp for groups who decide to work on a Girl Scout Badge. If Badges are completed, they will be noted on the form and can be purchased by the camper’s family at our council stores.

KAPERS

All campers participate in camp chores, called kapers, every day. Besides making sure their own sleeping units are kept tidy, each unit helps out with an all-camp kaper. Camp kapers may include running a flag ceremony, helping set tables for meals, sweeping the dining hall, and more. Counselors supervise and assist campers with all kapers. Depending on age and ability, girls may handle nontoxic cleaners in spray bottles to clean counters and other surfaces with paper towels. All campers wash their hands after participating in cleaning tasks.



SWIMMING

At Camp Bonnie Brae, Camp Green Eyrie, and Camp Laurel Wood, all swimming activities take place in and around roped-off waterfront swimming areas. At Camp Lewis Perkins, campers swim in an in-ground swimming pool. At all four of our camps, camp staff follow Massachusetts state-mandated guidelines for swim checks under Christian's Law. All camp lifeguards undergo yearly training in Christian's Law compliance.

All campers are welcome to swim in the shallow area regardless of swimming ability. According to Christian's Law, any camper deemed to be a non-swimmer based on the standards the state has put forth will be required to wear a PFD in any water deeper than two feet.

In order to be considered a swimmer under these regulations, campers must be considered an American Red Cross Level 3 or YMCA Minnow swimmer. This means that she will need to demonstrate the following swimming skills:

- Jump into chest deep water, submerge completely, and return to the surface.
- Tread water for one minute without touching the bottom or reaching for the dock/deck.
- Swim 15 yards of Freestyle or Front Crawl stroke, in a horizontal position with rotary or rhythmic breathing and proficient arm strokes and flutter kick.
- Demonstrate successful Elementary Backstroke for 15 yards, also at a horizontal orientation (no 'bowing' in the water).

The Waterfront Director and lifeguards will determine which campers demonstrate enough comfort in the water to complete this swim check in deep water. Campers who do not show comfort in the shallow end of the water and/or campers who cannot complete the requirements for a Level 3/Minnow proficiency level will be deemed non-swimmers.

At Camp Lewis Perkins, campers participate in a modified Christian's Law swim test suitable for an in-ground pool setting.

Campers have the option to request a re-check of their swimming skills anytime during the camp session based on lifeguard time availability.

All campers are required to wear a colored wristband that identifies what swimming group they have been placed in.

For more information on Christian's Law, please visit:

www.mass.gov/service-details/christians-law



CAMP NAMES

The use of camp names, which are nicknames staff members use instead of their real names, is a longstanding tradition at Girl Scout camps all over the country. Camp staff, Camp Aides, and Program Aides choose their own camp names based on GSCWM guidelines.

BIRTHDAYS

If a camper's birthday falls during her stay at camp, she will receive a special treat from the camp staff and the whole camp will sing to her. If your camper would be uncomfortable with this experience, please communicate with the Camp Director so that the camp staff can arrange an alternative birthday acknowledgment.

ELECTRONICS AND CELL PHONE PROTOCOL

Electronic devices like cell phones, tablets, music playing devices, and smart watches are not permitted at camp. If an electronic device or cell phone is discovered with your child after you leave, the items will be stored in a locked cabinet in the camp office and returned to an adult during checkout. GSCWM is not responsible for lost or stolen items at camp.

LOST AND FOUND

Our staff makes every effort to assist your camper in keeping up with her personal belongings. Before campers leave on the last day of their session, camp staff display everything in the lost & found in an effort to reunite campers and their belongings.

Please label all of your camper's belongings with either their initials or a family name. Labeling items helps not only camp staff, but other parents or guardians who have found an unfamiliar item in their camper's bag.

Several times throughout the summer, camp staff will post lost and found items on the camp's Instagram page. Please contact the camp office to claim any items you recognize as yours. If an item is labeled with a camper's name, someone from the camp team will contact the camper's family. Items left at camp will remain at camp for at least 10 days after your camper's session. After that time, they will be sent to GSCWM's office in either Worcester or Holyoke and held until September 30th. Craft projects, personal hygiene items, socks, underwear, and other smaller items will not be sent to the office. Items remaining after September 30th are donated to a charitable organization. GSCWM is not responsible for any lost or stolen items at camp.



Health & Safety

**Please refer to our current Respiratory Virus Guidelines found on our website.*

HEALTH CARE CONSULTANT & SUPERVISOR

The Health Care Consultant for all of GSCWM's summer camps is a licensed physician who assists developing and updating the camp's health care policy, develops and signs written orders for the Health Care Supervisor, and is available for consultation at all times. The Health Care Consultant is not present at camp.

The camp Health Care Supervisor is, by regulation, present at camp at all times and has, at a minimum, First Aid and CPR certification in addition to experience providing first aid and dispensing medication to campers. Usually, the Health Care Supervisor is an EMT or RN. The Health Care Consultant authorizes the Health Care Supervisor to be in charge of health matters at camp on a day-to-day basis and to dispense medications.

CARE OF INJURIES OR ILLNESS

Staff members are responsible for reporting any signs of camper illness or injury to the Health Care Supervisor as soon as possible, who then assesses the severity of the situation and determines whether the child may be treated safely at camp or if they need outside medical attention. The Health Care Supervisor may administer over-the-counter medications as needed if they are authorized by the parent/guardian.

If a camper is transported out of camp for medical attention, a staff member is sent with the camper along with the camper's health form and signed permission to treat form. The parent/guardian is contacted at every step in this process if possible.

Should an injury occur while campers are out of camp, staff contact local emergency services first, then the Camp Director, who will contact the camper's parents or guardians immediately.

HEALTH HISTORY FORMS

A Camper Information Record and Health Examination Form must be completed in Camp Doc before your camper arrives at camp. A copy of the forms can be found in your online profile, in addition to a Camper Questionnaire. Girls will not be permitted to attend camp if completed health information and immunization records (or waiver) is not received prior to the start of camp. Massachusetts State Law, American Camp Association Standards, and Girl Scout Camp Standards require that every day camper furnish a health history. In addition, the immunization record for each child must include the following vaccines: a Hepatitis B vaccine for all children born after December 31, 1992 (3 doses is required); at least 4 doses of Diphtheria, Tetanus Toxoids and Pertussis Vaccine; MMR Vaccine (2 doses or proof of laboratory evidence of immunity); and Polio Vaccine (3 to 4 doses depending on the type).

Please make an appointment ahead of time with your family doctor for your daughter's physical or to obtain a copy of her current immunization and exam records. Lyme Disease has been an issue at summer camps. For more information, go to www.state.ma.us/dph or see the handouts at the end of this booklet.

As required by MA DPH 430:190 (C) and (D), these camps must comply with regulations of the Massachusetts Department of Public Health and be licensed by the local board of health. Parents may request copies of background check, health care and discipline policies as well as procedures for filing grievances.

CAMP MEDICATION

Per state regulations, all medications must come to camp in their original containers and be stored by the Health Care Supervisor in locked compartments in the camp health center. Emergency rescue medications like inhalers and epi-pens are held by your camper's counselors in their unit's first aid kit and stay with your camper at all times. All medications should be listed in your camper's CampDoc profile and added prior to their arrival at camp.

If your camper brings prescription medications to camp, the container(s) must have a pharmacy label showing the prescription number, patient's name, date filled, physician's name, name of medication and directions for use. The Health Care Supervisor dispenses medication according to the directions on the prescription label. If a medication should be dispensed differently from the directions on the prescription label, bring detailed written instructions for the camp staff to reference. If a camper refuses to take prescribed medications, their refusal is documented in the health log and the parent/guardian is notified.

The Health Center at camp is stocked with common over-the-counter medication that the Health Care Supervisor will administer to campers as needed. These medications include acetaminophen (e.g. Tylenol), antacids (e.g. Tums), allergy medication (e.g. Benadryl), antibiotic ointment and other topical ointments (e.g. triple antibiotic cream and Hydrocortisone), powder (e.g. talc powders and medicated powders), cleanser (e.g. rubbing alcohol and hydrogen peroxide), sunscreen, bug spray, and eye drops. Any restrictions or additions regarding over-the-counter medication must be noted on the camper's health profile in CampDoc.

Please note that supplements containing CBD are not allowed at day camp. If a camper brings essential oils to camp, that must be listed in CampDoc and turned in to staff during check-in.

If your camper has medication that needs to be administered during her stay at camp, please turn in all prescription and over-the-counter medication to the camp staff during check-in and have them listed in the camper's health profile in CampDoc.

INSURANCE

While at camp, your daughter is covered by limited health/accident insurance. This limited insurance covers initial treatment for illness or accidents occurring at camp and serves as a supplement to the camper's health insurance. Please note: pre-existing conditions, such as asthma, are not covered by this plan. Camp insurance will cover up to a pre-set deductible, after which the camper's insurance will take over. If you have any questions about this insurance or any medical bills you receive, please call the Camp Information line at **(413) 582-2604**.

NOTE TO PARENTS AND GUARDIANS

At the request of the Department of Public Health we have included a fact sheet on Meningococcal disease. Children attending day or overnight camps are not considered to be at an increased risk. Also, in an effort to increase awareness of Lyme Disease, the Department of Public Health asks all caregivers to conduct daily "tick checks" to help prevent infection. Remember: Not all ticks carry Lyme disease. For more information, please view the fact sheet on Lyme Disease included at the end of this packet.

Health care at council camps is administered under regulations established by the Massachusetts Department of Public Health (105 CMR 430.)

Complete Health Care policy for council camps is available to a parent or guardian upon request to **Girl Scouts of Central & Western MA, 301 Kelly Way, Holyoke, MA 01040, Attn: Camp.**

BUG SPRAYS, DEET, WEST NILE VIRUS AND LYME DISEASE

With the emergence of the West Nile Virus and the rise of Lyme disease, an effective insect repellent (something that prevents bug bites and, thus, interrupts the chain of infection) – is a desired option. DEET is the most effective mosquito repellent currently available. It is available in many different formulas and has an excellent safety profile. Products containing 10 – 30 percent DEET are considered sufficient. Manufacturer's recommendations should be followed for periodic reapplication of the repellent.

The American Academy of Pediatrics (AAP) recently reexamined their recommendations on the use of insect repellents that contain DEET. While reports of ill effects from DEET are rare, its use has been associated with skin rashes, respiratory irritation, and seizures. The AAP recommends that repellents containing no more than 30 percent DEET be used in children. Products with lower concentrations can be used for children if caregivers are concerned about the potential risks of DEET and there is little or no concern about the transmission of mosquito-borne diseases.

Bug repellent can be applied to skin, clothing, bedrolls, and screens. When possible, wear long sleeves, long pants and socks when outdoors. Mosquitoes may bite through thin clothing, so spraying clothes with repellents containing DEET will give extra protection.

Do not spray repellent containing DEET directly on the skin. Don't use scented soap, perfume or hair spray on your child and avoid dressing your child in bright colors or flowery prints.

For more information, contact your own pediatrician, or Center for Disease Control: www.cdc.gov or call 1-888-246-2675, or American Academy of Pediatrics: www.aap.org.

SAFETY

A camper's general well-being is the primary concern of Girl Scouts of Central & Western Massachusetts. Our camp meets both state health code, American Camp Association, and Girl Scout standards; in addition to healthcare staff, many other staff members maintain current First Aid and CPR certifications. All precautions are taken to provide a safe and healthy experience for each and every camper. Bug Spray should not be sprayed in or around the canvas platform tents as it results in damage to the material.

INCLEMENT WEATHER PROCEDURES

Camp keeps going, rain or shine. In the event of severe weather, our first priority is safety. Some activities, such as swimming and archery, may be delayed or canceled due to inclement weather. We will do our best to accommodate unexpected schedule changes, but cannot guarantee participation in an activity if it is not safe for campers and staff.

During severe weather events, it is unlikely that camp staff will be able to answer phone calls since our primary focus and concern is camper safety. If you call and don't get an answer, please do not put yourself at risk by getting into your car and driving to camp. You will be contacted if your camper needs to be picked up. If you leave a message for camp staff, we will call you back as soon as we can.

ABOUT OUR STAFF

Camp staff members are selected on the basis of their skills, experience, ability to serve as role models, and enthusiasm for camp. All staff members go through 5-10 days of staff training including program instruction, first aid, youth development, risk management, behavior management, emergency procedures, camping skills, Girl Scout programs, and more. Most staff members are over the age of 18, many are over 21, and Camp Directors are over the age of 25 (per Massachusetts state regulations and ACA standards).

MEALS

Lunches:

Day campers at CBB, CGE, CLP and CLW are required to bring their own nut-free lunch each day and are asked to pack a healthy snack daily. Please send items that can last until the afternoon without being refrigerated, as refrigeration is not available at all camps. Please do not pack glass containers.

Snacks: Snacks are provided to campers throughout the day as needed, and campers are always allowed to ask for extra snacks. You are welcome to pack extra snacks for your camper, too! Please note that if your camper rides the camp bus to and/or from camp, there is no eating allowed on the buses.

Weekly Cookout- Each group at day camp will make a cook out snack at least once during their week at camp and all menus are planned and prepared together by campers. All dietary restrictions are considered by the group when determining the cookout meals.

SPECIAL CONSIDERATIONS

GSCWM wants all girls to have the opportunity for a great camp experience and do our best to accommodate all Girl Scout campers. Campers with individual accommodations can have a positive camp experience when these needs are disclosed to the camp administrators and their staff prior to camp. In many cases accommodations can be made, but each camper must be able to function safely in a 1:6 adult-to-camper ratio.

Providing a safe and positive experience to all campers is extremely important to us. We reserve the right to make decisions about participation based on the extent of a camper's needs and our staff's ability to meet those needs. If your camper will require specific accommodations, please contact the camp director from late June–August, or contact Jessica Gonzalez, Program Manager, at camp@gscwm.org or 413-584-2602 prior to registering or coming to camp.

PETS

Campers are not permitted to bring pets of any kind to camp. In addition, we ask that you please do not bring any animals to camp on incoming or outgoing day.

WEAPONS & DRUGS

Campers are not permitted to bring weapons of any kind to camp (e.g. Swiss army knives, scissors, etc.), nor drugs, tobacco, vaping or alcohol of any kind.

VALUABLES

The following items are not allowed at camp and should be left at home: cell phones, radios, CD players, iPods or other MP3 players, handheld gaming devices, laptops, tablets, and other electronic devices, candy, gum, food, alcohol, illegal drugs, weapons, pets and animals. If found at camp, they will be confiscated. Any personal sports equipment must be turned over to the Camp Director for safe storage and handling. Jewelry, expensive clothes and items of great sentimental value should also be left home. The camp and the Girl Scouts of Central & Western Massachusetts cannot be held responsible for such items.



GIRL SCOUT POLICIES & PARTICIPANT EXPECTATIONS

Girl Scouts of Central and Western Massachusetts strives to maintain a camp environment that is safe and fun for each camper. Our programs and camp environments are designed to provide an inclusive experience for all girls regardless of race, creed, or cultural background. Language and/or behaviors that offend or intimidate other campers and staff members are not welcome.

Campers are expected to be friendly and considerate to other campers and counselors. Swearing, bullying, hitting, fighting, verbal harassment, or any other disruptive behaviors are not permitted or acceptable at camp.

REASONS FOR A CAMPER TO BE SENT HOME

On occasion, campers experience emotional or behavioral issues that go beyond the camp staff's ability to manage. Each situation is evaluated individually and staff take action depending on what is best for all campers. If at any time a camper's behavior is determined to be unsafe by the camp staff and GSCWM management, the camper's caregiver will be asked to pick up their child from camp.

Girl Scouts of Central and Western Massachusetts will not tolerate any forms of physical violence or hazing. Participating in either of these offenses will lead to immediate dismissal from camp. The possession of drugs, alcohol, illegal substances, tobacco or vaping products, and weapons on Girl Scouts of Central and Western Massachusetts' properties is strictly prohibited. Should there be reason to suspect a camper of possessing or concealing drugs, alcohol, illegal substances, and/or weapons, GSCWM reserves the right to search through and take inventory of the camper-in-question's belongings. If such items are found in the camper's possession, the police will be notified and caregivers will be contacted to pick up the camper.

A camper may also be sent home from camp in situations where her behavior has become unsafe for herself and/or other campers. These behavioral issues include but are not limited to frequently running away from her group, refusal to participate in activities to the point that it disrupts other campers' experiences, using derogatory language toward other campers and/or staff, and unwanted or inappropriate physical contact with others. In most cases, the following action steps will be implemented:

- Camper meets with her counselors
- Camper meets with the Camp Director and parents/guardians are notified
- Removal from program if the behavior does not improve

PACKING LIST FOR ALL PROGRAMS

Having the right items with you makes camp so much more fun! The full packing list for camp is available as a separate document on the GSCWM website. If you need help finding or accessing the packing list, please email info@gscwm.org.

Staying In Touch

VISITING

For security reasons, visitors are not permitted during camp sessions. Our Open Houses and incoming and outgoing days are designed to give parents the opportunity to see camp. In the event of an emergency where you need early pick up of your camper, please call the Camp Director before arriving at camp.

TELEPHONES

You may feel that talking with your camper is the only way to make sure that she is adjusting to camp; however, talking with family outside of camp breaks the immersion and usually creates or exacerbates campers' feelings of missing home.

We have the following policies on phone use:

1. Campers are not permitted to make or receive phone calls, except in emergency circumstances.
2. **No cell phones are permitted at camp.** If a camper brings a cell phone to camp, we will safely store the phone and return it directly to the parent at the end of the session.

Parents and guardians who have concerns or questions about their camper are encouraged to discuss them with the Camp Director or someone on the camp leadership team, who will be happy to speak with your camper's counselors and report back to you.

INSTAGRAM PAGES

Each GSCWM summer camp has an Instagram page to give families and campers a glimpse into camp life both during camp and the off-season. It's a great way to learn about what is happening at camp and to see updates on what the girls are doing! While camp staff strive to post updates frequently, the campers are our first priority and we cannot guarantee that the camp pages will be updated on a regular schedule. Posting frequency and content will vary between camps. Camp staff will not post updates or photos of individual campers. Additionally, if you have designated during the registration process that your camper cannot have her photo taken, she will not appear in photos.

Please do not use Instagram as a way to contact Camp – please email or call the main camp number.

Follow the camps at the pages below:

Instagram

@campbonniebrae

@campgreeneyrie

@camplewisperkins

@camp_laurel_wood

Follow GSCWM at the pages below:

Facebook

www.facebook.com/GSCWM

Instagram

@gscwm

How to Get to Camp and When

CAR PICK UP AND DROP OFF TIMES

Camp pick-up and drop-off procedures and timing varies slightly by camp. Instructions for your camp program will be included in the confirmation packet you will receive by email approximately a week before your camp session begins.

GETTING TO CAMP BY BUS

Your bus stop choice is identified on your camp invoice. Times are approximate and dependent on traffic, weather, and road conditions. Please plan accordingly. If you'd like to change your bus stop, you can view a full listing of available stops on our website. Notify the camp registrar (413-584-2602) of any changes at least two weeks prior to the first day of camp. If there are changes in the bus schedule, you will be notified by phone or mail in advance. Please arrive at least 5-10 minutes early for drop-off and pick-off. Please note that eating on the bus is not allowed.

BUS SAFETY RULES

Please review the following with your camper prior to camp:

- Parents/guardians are responsible for supervision of their campers while traveling to and from the bus and while waiting at the bus stop.
- Wait until the driver opens the bus door before approaching the bus.
- Remain seated while on the bus.
- Keep arms, legs, and possessions inside the bus.
- When on the bus, speak or sing using your "inside" voice.
- Camp counselors will be on every bus and will check in every camper. The bus driver and camp counselors are in charge on the bus, please follow their directions.
- If you need to cross the street when leaving the bus, please let the driver know and cross in front of the bus.

BUS PICK-UP/DROP-OFF PROCEDURES

- Parents **MUST NOT** leave their camper unattended at the bus stop.
- Campers will only be released to the person who has proper identification and knows the Camper Release Password.
- Girls will be allowed to walk home from the bus stop if a written note giving permission is provided on the first day.
- Campers who are not picked up at their assigned stop will be taken to the next stop and to the last stop where the bus counselor will initiate contact to the parent/guardian or emergency contact and wait until someone authorized to pick up the camper arrives. The police will be contacted if campers are not picked up or arrangements for pick-up are not made within 30 minutes of the end of the bus run.
- A waiting fee will be charged at a rate of \$5 per every 15 minutes and you will be invoiced this fee.

CHANGES IN PICK-UP/DROP-OFF TIMES

Please allow a 20-minute window around pick-up and drop-off times. While the bus company is committed to maintaining a rigorous transportation schedule, situations will occasionally arise which will affect pick-up or drop-off times. If the bus is to be late by more than 15 minutes, every effort will be made to contact the parent/guardian listed at the daytime phone number on the registration form to alert him/her of the delay. Due to the potential volume of calls required, one call will be attempted to each camper's parent/guardian.

In case of emergency, we will contact all families as soon as possible to inform them of the situation

PICK UP TIMES FOR FIREFLIES PROGRAM

Campers who will be participating in our camp fireflies program, will be staying at CGE, CLP, and CLW until 8:00pm. Campers must be registered for this program by 9am on the Wednesday prior to the start of the program. Campers will be given dinner at camp and enjoy evening activities before departure. All normal check out procedures will be in place at the end of the program.

Getting to Camp

DIRECTIONS TO CAMP BONNIE BRAE

*Camp Bonnie Brae is located on Big Pond in East Otis, MA
951 Algeria Road, East Otis*

FROM SPRINGFIELD:

- Take I-91 North just past Downtown Springfield to exit 9B (Route 20).
- Follow Route 20 West through Westfield.
- In the center of Westfield, Route 20 makes a right turn.
- Continue to follow Route 20- you will pass under I-90 and come to the top of a large hill. At the flashing yellow light turn left onto Route 23 West (Blandford/Otis).
- Continue on Route 23 for 11.3 miles to Algeria Rd (which is just after a sign for “The Clayground”).
- Turn right onto Algeria Road. Camp Bonnie Brae is a little less than two miles on your left (951 Algeria Rd).

There will be a green and white Camp Bonnie Brae sign on your right. (If you pass the “Entering East Otis” sign, you have missed the turn). Turn right onto Algeria Road. Camp Bonnie Brae is a little less than two miles on your left (951 Algeria Rd).

FROM NEW YORK (AND OTHER POINTS WEST):

- From the Mass Pike take Exit 2 (Lee exit) to Route 20 East (Jacobs Ladder Rd).
- Continue on Route 20 East into West Becket.
- At the Jacobs Ladder (Route 20/8)/Otis Rd (Route 8) split in West Becket, follow Otis Rd (Route 8 South).
- Follow Route 8 South into the town of Otis.
- Turn left on Route 23 East. Continue on

Route 23 to the Town of East Otis. Go approximately one-half mile out of town.

- Take a left onto Algeria Rd. Camp Bonnie Brae is a little less than two miles down on your left (951 Algeria Rd).

FROM NORTHAMPTON:

- From I-91 South, get on Mass Pike I-90 West. Take Exit 3 (Westfield exit) to Route 202 South to Westfield Center.
- In the center of Westfield, Route 20 makes a right turn.
- Continue to follow Route 20- you will pass under I-90 and come to the top of a large hill. At the flashing yellow light turn left onto Route 23 West (Blanford/Otis).
- Continue on Route 23 for 11.3 miles to Algeria Rd (which is just after a sign for “The Clayground”).

There will be a green and white Camp Bonnie Brae sign on your right. (If you pass the “Entering East Otis” sign, you have missed the turn!) Turn right onto Algeria Road. Camp Bonnie Brae is a little less than two miles on your left (951 Algeria Rd).

FROM WORCESTER (AND OTHER POINTS EAST):

- Take the Mass Pike (I-90) West to Exit 3.
- Follow the directions above from Northampton.

DIRECTIONS TO CAMP GREEN EYRIE

*Camp Green Eyrie is located on Bare Hill Pond in Harvard, MA.
69 Still River Rd. Harvard*

FROM I-290:

- Take I-290 to I-190 North.
- Take Exit 7 off of I-190 towards Leominster/Lancaster—Rte. 117
- Turn east towards Lancaster. Continue on Rte. 117 approximately 4.2 miles to a stoplight at Rte. 110 (Bolton Orchards will be in front of you on the right).
- Turn left onto Rte. 110, heading east approximately 4.5 miles.
- A green and white Camp Green Eyrie sign will be on your right.

FROM ROUTE 2:

- Follow Rte. 2 to exit 38A, Rte.110 towards Harvard/Worcester.
- Head west on Rte. 110 to the center of Harvard.
- Rte. 110 takes a right hand turn in Harvard Center. Follow Rte. 110 for just under .7 miles from Harvard center.
- A green and white Camp Green Eyrie Sign will be on your left.

FROM THE MASS PIKE (I-90):

- Take the Mass Pike (I-90) to Exit 10 and follow signs to I-290 North.
- Follow directions above from I-290.

DIRECTIONS TO CAMP LAUREL WOOD

Camp Laurel Wood is located at 34 Buteau Rd Spencer, MA

FROM I-290:

- Follow I-290 to Exit 6
- Take Route 20 towards Sturbridge. Follow Route 20 to the light at the intersection of Route 56 in Oxford and turn right.
- Follow Route 56 to Stafford St and turn left.
- Follow Stafford St to the 4-way stop and turn right onto Pleasant St.
- At the “Y” bear left onto River St.
- Travel about .75 mile to Baldwin St and turn left.
- Continue over the reservoir causeway about 1.25 miles and turn left onto Buteau Rd.

Camp Laurel Wood will be on your left.

FROM ROUTE 9:

- Take Route 9 to the center of Leicester. At the traffic light, turn south onto Pleasant St/ Route 56 South.
- Travel on Pleasant St just over 2.5 miles to a stop sign and turn right onto River St.
- Travel about .75 mile to Baldwin St and turn left.
- Continue over the reservoir causeway about 1.25 miles and turn left onto Buteau Rd.

Camp Laurel Wood will be on your left.

FROM ROUTE 31:

- In Spencer, turn east on Bacon Hill Rd (if you are coming from the north go left, coming from the south go right).

- Follow for 2.8 miles (the road will become Clark Rd) and turn right onto Buteau Rd

Camp Laurel Wood will be on your left.

FROM THE WEST VIA THE MASS PIKE (I-90):

- Take the Mass Pike (I-90) to Exit 9, I-84, toward US-20/ Sturbridge/Hartford.
- Merge onto Route 20 East via exit 3A toward Charlton.
- Follow Route 20 to the light at the intersection of Route 20 and Route 56 in Oxford and turn left.

Follow directions above (under “From I-290”, beginning with “Follow Route 56 to Stafford St and turn left.”)

DIRECTIONS TO CAMP LEWIS PERKINS

Camp Lewis Perkins is located off Woodbridge St. on Camp Perkins Road, just north of the center of South Hadley.

FROM THE NORTH

- Take Rte. 116 South towards South Hadley.
- At Gagne's Package Store, turn right onto Pearl St. then left onto Woodbridge St.
- Cross the bridge at the bottom of the hill and turn left onto Camp Perkins Rd.

Camp is at the top of the hill on the left.

FROM THE SOUTH

- Take Rte. 116 through the center of South Hadley.
- At the second fork, where Rte. 116 veers right, go around the island onto Woodbridge St. to the left. Continue .8 miles.
- At the bottom of the hill, before a bridge, turn right onto Camp Perkins Rd.

Camp is at the top of the hill on the left.

FROM ROUTE 9

- Take Rte. 47 south towards South Hadley.
- Turn left on Pearl St. (.5 miles after the sign indicating that you are in South Hadley), then take the first right onto Woodbridge Rd.
- Cross the bridge at the bottom of the hill and turn into Camp Perkins Rd.

Camp is at the top of the hill on the left.

Older campers who wish to transport themselves to camp must contact the Camp Director via email prior to arrival and will only be allowed to drive themselves and their sibling(s). Parent written permission must be obtained and copies of appropriate license, registration and insurance must be provided. Girl Scouts is not responsible for personal vehicles on camp property.



MORE INFORMATION

All GSCWM Summer Camps comply with Regulations of the Massachusetts Department of Public Health (105 CMR 430) and is licensed by the local Board of Health. Information on these regulations can be obtained at 617-983-6761. Parents/guardians may request acknowledgement of staff background checks and policies on health care and discipline as allowed by law. Please contact camp@gscwm.org with requests or to file any grievances.

Respiratory Illnesses

Camp is more important than ever right now and we want to see as many girls as possible have the opportunity to attend camp this summer. At GSCWM the top priority is always the health and safety of our campers and staff. We are working with the guidance provided by CDC and the ACA to develop protocols for handling respiratory illnesses at camp. We are in communication with the local and state health departments, the state legislature and the governor's office here in Massachusetts. We are combing tirelessly through hypotheticals to ready necessary modifications to our programs and procedures. We will have well trained staff in place to take great care of our Girl Scouts and create an unforgettable and safe summer. You are always welcome to reach out to us at camp@gscwm.org for any respiratory illness related questions as they relate to summer camp.

Head Lice

Please click **Facts of Lice** for a very informative info sheet on the subject of head lice. Also, click **Checking Your Children** for how to perform home head lice checks.

Massachusetts Public Health Fact Sheet

Meningococcal Disease

November 2015

What is meningococcal disease?

Meningococcal disease occurs with infections due to the bacterium, *Neisseria meningitidis*. There are two major types of meningococcal disease: Meningococcal meningitis and meningococemia. Meningococcal meningitis is an infection of the tissue (called the “meninges”) that surrounds the brain and spinal cord. Meningococemia is an infection of the blood and may also involve other parts of the body.

What are *Neisseria meningitidis*?

Neisseria meningitidis are bacteria that may be found normally in people’s throats and noses. About 5 to 15% of people carry these bacteria and do not get sick from them. These people may be called “carriers.” Carriers only have bacteria for a short time. Usually, the bacteria go away and these people may have increased resistance to infection in the future. In rare cases, the bacteria may get into the blood and go to the tissue surrounding the spinal cord and brain, causing severe illness.

How are the bacteria spread?

The bacteria are spread from person-to-person through saliva (spit). You must be in close contact with an infected person’s saliva in order for the bacteria to spread. Close contact includes activities such as kissing, sharing water bottles, sharing eating/drinking utensils, or sharing cigarettes with someone who is infected; or being within 3-6 feet of someone who is infected and is coughing or sneezing.

How is meningococcal disease diagnosed?

Persons showing signs and symptoms of illness are diagnosed by growing the bacteria from their spinal fluid (meningitis) or blood (meningococemia) in the

laboratory. It may take up to 72 hours to have test results. Sometimes an earlier diagnosis can be made by looking at a person’s spinal fluid under a microscope. Often a preliminary diagnosis is made on the basis of signs and symptoms before laboratory results are available.

What are the signs and symptoms of illness?

Meningococcal meningitis:

Signs and symptoms of meningitis include sudden onset of high fever, stiff neck, headache, nausea, vomiting, and/or mental confusion. Changes in behavior such as confusion, sleepiness, and being hard to wake up are important symptoms of this illness. A rash may be present, often involving the hands and feet. In babies, the only signs of this illness may be acting more tired than usual, acting more irritable than usual, and eating less than usual. Babies with meningitis will usually have a fever, but this is not a reliable sign of illness. Anyone who has these symptoms should be seen by a health care provider right away.

Meningococemia:

Signs and symptoms of meningococemia include a sudden onset of fever, chills, and feeling unusually weak and tired. A rash may be present, often on the hands and feet. Anyone who has these symptoms should be seen by a health care provider right away.

How are these illnesses treated?

Antibiotics are used to treat people with both meningococcal meningitis and meningococemia. People who have had close contact with the sick person any time during the two weeks before she/he became ill may also need to take antibiotics. Preventive treatment of all close contacts should be started as soon as possible but ideally within 24 hours of identifying the case.

Why do close contacts of a sick person need to be treated?

Close contacts of a person who has meningococcal disease are treated with antibiotics because the disease-causing bacteria may be spread from the infected person to other people through contact with the saliva (spit) of the infected person. The antibiotics will kill the bacteria and prevent illness.

Is there a vaccine to protect me from getting sick?

Yes, quadrivalent meningococcal polysaccharide and meningococcal conjugate vaccines protect against 4 serotypes (subgroups), A, C, W, and Y, of meningococcal disease. Meningococcal serogroup B vaccines protect against serogroup B meningococcal disease.

- Quadrivalent meningococcal conjugate vaccine (Menactra and Menveo) is recommended for children 11-12 years of age and for some younger children with certain health conditions like asplenia (including sickle cell disease), or prior to travel to certain parts of the world where meningococcal disease is common. Students 16-18 years of age should receive a booster dose or their first dose if they have not yet been vaccinated. College freshmen, military recruits and other newly enrolled college students living in dormitories who are not yet vaccinated are also recommended to receive meningococcal conjugate vaccine.
- Meningococcal serogroup B vaccine (Bexsero and Trumenba) is recommended for people with certain relatively rare high-risk health conditions age 10 or older (examples: persons with a damaged spleen or whose spleen has been removed, those with persistent complement component deficiency, those traveling to countries where meningococcal disease is very common, microbiologists working with *N. meningitidis*, and people who may have been exposed during an outbreak), but may also be used in other adolescents and young adults aged 16-23 years based on clinical judgment.
- Quadrivalent meningococcal polysaccharide vaccine (Menomune) also protects against 4 types (A, C, W, Y) of the 13 serogroups (subgroups) of *N. meningitidis* that cause serious disease. It is recommended for people with certain high-risk conditions 56 years of age and older.

If you have questions about whether or not you or your child should receive any of these vaccines, talk to your healthcare provider.

Massachusetts law requires newly enrolled full-time students attending colleges and schools with grades 9-12, who will be living in a dormitory or other congregate housing, licensed or approved by the school or college, to receive quadrivalent meningococcal vaccine or sign a waiver declining vaccination. This law does not apply to meningococcal B vaccine. More information about this requirement may be found in the MDPH document entitled *“Information about Meningococcal Disease and Vaccination and Waiver for Students at Residential Schools and Colleges.”*

What should I do if I have had contact with a person who has meningococcal disease?

If you have had close contact with a person who has been diagnosed with meningococcal disease you should call your health care provider and get an antibiotic. If you have had contact with an ill person, but have not had close contact, you should be aware of the symptoms of illness and contact your health care provider right away if you have any of these symptoms.

Are there times when I would not have to take antibiotics after close contact with a sick person with meningitis?

Yes. Meningitis can be caused by many different types of germs, including other bacteria and viruses. Only certain types of meningitis require treatment of the infected person's close contacts. If you have questions about meningitis or your exposure to a sick person, contact your health care provider.

Where can I get more information?

- Your healthcare provider or The Massachusetts Department of Public Health, Division of Epidemiology and Immunization at (617) 983-6800 or toll free at (888) 658-2850 or on the MDPH website at <http://www.mass.gov/dph/>
- Your local health department (listed in the phone book under government)

Massachusetts Public Health Fact Sheet

Lyme Disease

December 2014

What is Lyme disease?

Lyme disease is caused by bacteria (germs) that are spread by tiny, infected deer ticks. Both people and animals can have Lyme disease.

Where do cases of Lyme disease occur?

In the United States, Lyme disease most commonly occurs in the Northeast and mid-Atlantic regions and in the upper Midwest. In Massachusetts, Lyme disease occurs throughout the state.

How is Lyme disease spread?

Lyme disease is spread by the bite of an infected deer tick. The tick usually must be attached to a person for at least 24 hours before it can spread the germ. Deer ticks in Massachusetts can also carry the germs that cause babesiosis and human granulocytic anaplasmosis (also known as human granulocytic ehrlichiosis). Deer ticks are capable of spreading more than one type of germ in a single bite.

When can I get Lyme disease?

Lyme disease can occur during any time of the year. The bacteria that cause Lyme disease are spread by infected deer ticks. Young ticks (nymphs) are most active during the warm weather months between May and July. Adult ticks are most active during the fall and spring but may also be out searching for a host any time that winter temperatures are above freezing.

How soon do symptoms of Lyme disease appear after a tick bite?

Symptoms of early Lyme disease, described below, usually begin to appear from 3 to 30 days after being bitten by an infected tick. If untreated, symptoms

of late Lyme disease may occur from weeks to years after the initial infection.

What are the symptoms of Lyme disease?

Early stage (days to weeks): The most common early symptom is a rash (erythema migrans) where the tick was attached. It often, but not always, starts as a small red area that spreads outward, clearing up in the center so it looks like a donut. Flu-like symptoms, such as fever, headache, stiff neck, sore and aching muscles and joints, fatigue and swollen glands may also occur. Even though these symptoms may go away by themselves, without medical treatment, some people will get the rash again in other places on their bodies, and many will experience more serious problems. Treatment during the early stage prevents later, more serious problems.

Later stages (weeks to years): If untreated, people with Lyme disease can develop late-stage symptoms even if they never had a rash. The joints, nervous system and heart are most commonly affected.

- About 60% of people with untreated Lyme disease get arthritis in their knees, elbows and/or wrists. The arthritis can move from joint to joint and become chronic.
- Many people who don't get treatment develop nervous system problems. These problems include meningitis (an inflammation of the membranes covering the brain and spinal cord), facial weakness (Bell's palsy) or other problems with nerves of the head, and weakness or pain (or both) in the hands, arms, feet and/or legs. These symptoms can last for months, often shifting between mild and severe.
- The heart also can be affected in Lyme disease, with slowing down of the heart rate and fainting. The effect on the heart can be early or late.

Is there treatment for Lyme disease?

People who are diagnosed with Lyme disease can be treated with antibiotics. Prompt treatment during the early stage of the disease prevents later, more serious problems.

What can I do to lower my chances of getting Lyme disease, or any other disease, from ticks?

Prevention begins with you! Take steps to reduce your chances of being bitten by any tick. Ticks are most active during warm weather, generally late spring through fall. However, ticks can be out any time that temperatures are above freezing. Ticks cling to vegetation and are most numerous in brushy, wooded or grassy habitats. They are not found on open, sandy beaches, but may be found in grassy dune areas. When you are outside in an area likely to have ticks (e.g. brushy, wooded or grassy places), follow these simple steps to protect yourself and your loved ones:

- Use a repellent with DEET (the chemical N-N-diethyl-meta-toluamide) or permethrin according to the instructions given on the product label. DEET products should not be used on infants under two months of age and should be used in concentrations of 30% or less on older children. Permethrin products are intended for use on items such as clothing, shoes, bed nets and camping gear, and should not be applied to skin.
- Wear long, light-colored pants tucked into your socks or boots, and a long-sleeved shirt. This may be difficult to do when the weather is hot, but it will help keep ticks away from your skin and help you spot a tick on your clothing faster.
- Stay on cleared trails when walking or hiking, avoiding the edge habitat where ticks are likely to be.
- Talk to your veterinarian about tick control options (tick collars, repellents) for your pets.

- More information on choosing a repellent and how to use repellents safely is included in the MDPH Tick Repellents fact sheet at www.mass.gov/dph/tick. contact the MDPH at (617) 983-6800 for a hard copy

After spending time in an area likely to have ticks, check yourself, your children and pets for ticks.

Young ticks, called nymphs, are the size of a poppy seed. Adult deer ticks are the size of a sesame seed. Both nymph and adult deer ticks can spread the bacteria that cause Lyme disease; however, nymphs are of more concern. They are aggressive feeders and so tiny that it can be difficult to see them on the body, unless you are looking carefully. When doing a tick check, remember that ticks like places that are warm and moist. Always check the back of the knees, armpits, groin, scalp, back of the neck and behind the ears. If you find a tick attached to your body, remove it as soon as possible using a fine-point tweezers. Do not squeeze or twist the tick's body, but grasp it close to your skin and pull straight out with steady pressure.

Know the symptoms of Lyme disease as described in this fact sheet. If you have been someplace likely to have ticks and you develop symptoms of Lyme disease, or any other disease carried by ticks, see your health care provider right away.

Where can I get more information?

- Your doctor, nurse, or health care clinic or your local board of health (listed in the telephone directory under local government)
- The Massachusetts Department of Public Health (MDPH), Division of Epidemiology and Immunization at **(617) 983-6800** or toll-free at **(888) 658-2850**, or on the MDPH Tickborne Diseases website at www.mass.gov/dph/tick
- Health effects of pesticides, MDPH, Center for Environmental Health at **617-624-5757**

Did you know?

You don't have to be a hiker on Cape Cod to worry about ticks. In Massachusetts, you may be bitten in your own backyard. There are lots of things you can do around your own backyard to make it less inviting for ticks!

Visit the MDPH Tickborne Disease Website at www.mass.gov/mosquitoesandticks for suggestions.