

2025 SUMMER CAMP OVERNIGHT CAMPER INFORMATION



Find Your Adventure at Camp!

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Required Information

The following forms should be completed and are due at camp CHECK-IN.

Forms are not accepted by mail or at the office. Please do not print forms double sided. They must be turned in on the first day of camp. Look for them at the end of this packet:

□ Code of Conduct Form	
□ Camper Pick-up Form	
☐ Waivers (if applicable, for Equestrian and Challenge Course)	
$\hfill\Box$ Health Record with vaccine record or signed exemption (Signed by a ph	ysician.
☐ Parent Questionnaire	
□ Camper Letter to Counselor	

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

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

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

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

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

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

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

Health & Safety

Health Information

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

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

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

COVID-19 Information

During the ever-evolving pandemic, summer camp is more beneficial than ever. The safety of our campers, staff, and volunteers is paramount. Based on guidance from the Centers for Disease Control (CDC), the American Camp Association, and our local and state health departments, we have a proactive plan in place to keep camp as safe as possible. We will continue to have as many activities outdoors as possible, and will have increased handwashing and sanitizing procedures. As summer camp gets closer, we will review the CDC, American Camp Association, and local and state health department guidelines at that time and update our practices as necessary. We will share this information with caregivers before and during summer camp.

In the event that your campers begins exhibiting COVID-19 symptoms while at camp a Covid-19 test will be administered, if positive you must come pick up your camper immediately.

In the event that another camper becomes ill with COVID-19, you will be informed if your camper is a close contact.

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

Activity Insurance

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

Lice Procedures

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

Homesickness

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

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

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

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

Insect Repellent and Sunblock

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

Weather Conditions

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

Visitors

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

Cancellations

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

Life at Camp

Facilities

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

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



Trading Post

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

Meals

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

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

Sending Food

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

Telephones

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

Girl Planning

Campers work together to create their own experiences at camp by building their schedules of activities. Counselors facilitate this process as they keep in mind the program the campers have signed up for and guide them as needed. The campers also play an active role in creating rules for their group and creating a unit agreement. **Encourage your camper to speak up about any activities they may want to experience while they are at camp.**



Badge Work

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

Kapers

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

Overnight Camp Mail/Email

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

once daily. Address the letters with camper's first and last name, camp name and session, and delivery day. If you choose to send a **one-way** email, include camper's full name and session name in the subject line. Emails will be printed around noon each day. Campers will not be able to send an email response.

Send all mail and/or email to:

Camper Name/Camper Session

Camp Tapawingo 1450 Hickory Point Rd Metamora, IL 61548

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

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

Camp Birthdays



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

Swimming



Campers at Camp Tapawingo will have the option to swim most days. The first day, campers will participate in a swim check to assess their abilities. Those that complete the swim check satisfactorily to the aquatics staff's discretion will be allowed in the deep end. Campers will be required to wear a colored swim cap that designates which areas of the pool they are allowed to swim in. Camp provides these swim caps. Lifeguards and watchers will be

Adventure Activities

monitoring whenever campers are swimming.

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

Packing for Camp

What Not to Bring

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

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

Please pack with your camper so they know what's in their luggage!

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J	Pillow	and	pill	low	case

٦.	Sleening hag	for substitute	with sheets	and blankets)
_	Diccping bug	(or substitute	WIGH SHEETS	and blankets,

	Fitted	and	flat	twin	shee
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CLOTHES (No laundry facilities available):

TIP: Roll clothes to save space. For younger campers, pack an outfit for each day in a big zip top bag.

\Box	Shorts	(1	pair f	or	each	day	7

0 0000	1 or 2 pair jeans, leggings, or other long pants. Campers in horseback riding camps should bring extra. T-shirts (1 for each day) 1 or 2 long sleeve t-shirts 1 really old outfit to get really dirty Warm jacket, sweater, or sweatshirt	0 0000	Waterproof or sports sunscreen (not suntan oil- must have at least SPF 30) Insect repellent (non-aerosol with less than 30% DEET) Sunglasses with strap Lip balm with SPF Hand sanitizer
0 000 0	2 pairs of shoes—sneakers and sturdier ones for hiking (No open toed shoes or crocs—shoes must be worn at all times) 2 pairs of underwear for every day (please pack more than enough) 2 pairs of socks for each day—A MUST Warm pajamas 2 bathing suits (Must be something comfortable for active play, such as a one piece or tankini style suit) 1-2 beach towels	MU 0 0 0 0	Sturdy backpack to carry items throughout the day Mess kit (non-breakable plate, cup, bowl, and silverware with a mesh bag) Water bottle Flashlight, headlamp, or lantern with extra batteries, Plastic bags for wet things and camp treasures Flip-flops (for showers only)
	Bandana or hat Rain coat or poncho—A MUST	OP □	TIONAL ITEMS: Disposable camera (digital cameras are discouraged) Stationery, stamps, envelopes, pens, and addresses of
PEI	Comb and/or brush & hair ties/bands Small bag to carry items to the shower house Bath soap—non-scented and in travel case Shampoo/conditioner - non-scented or lightly scented, no fruit scented shampoos (it attracts animals/bugs) Toothbrush, toothpaste, dental floss Deodorant Sanitary items Shower towels and washcloths Laundry bag (a trash bag or other waterproof bag works well as items will get wet and smelly at camp)		friends and family (stamped, addressed, peel & seal envelopes are ideal!) Money for trading post -turn in at check-in Stuffed animal, t-shirt or autograph book and multicolored permanent marker to collect signatures 1 pair of water shoes/old tennis shoes (NO OPEN-TOED SHOES) A new/special book to read at camp Notebook for addresses, phone numbers, and song lyrics Something to tie-dye (white t-shirt, socks, bandana) Note: not all camps will tie-dye, but it's good to be prepared, just in case.

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

Arrival/Departure

Arrival

Check-in will take place between 2:00 and 3:30 pm on Sunday afternoon. Please choose a time during that time frame to arrive. Campers will not be permitted to check-in early so please do not arrive before 2:00. Check-in for Mini Overnight Camp sessions the week of June 29^{th} - July 1^{st} will take place between 12:00 and 1:30 pm on Sunday afternoon.

Specific Check-in details will be sent with final camp confirmations closer to your camper's session.

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

Departure

A staff member will greet you at Scully Park (the pavilion by the parking lot) and check your identification card. Anyone picking up a camper from camp, INCLUDING parents/guardians, must present a driver's license or other picture identification AND be listed on the Camper Pick-Up Form. For safety and risk management purposes, campers will not be released to anyone not listed on the pick-up form and cannot be released to anyone without photo identification. Any leftover trading post money, their badge sheet, and any medications will also be returned

at this point. You will then be instructed where to proceed to pick up your camper and their luggage. If you signed up for Friday Finale, please arrive between 11:00-11:30. The Finale will start at 11:30 at Bullfrog. Friday Finale for the Mini Overnight Camp sessions the week of June 29th- July 1st will start at 4:15pm. Please arrive between 3:45-4:15pm on Tuesday July 1st.

Post-Camp

Lost & Found

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

Evaluating Camp

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

Helpful Tips

Talking about Camp

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

Making New Friends

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

If Your Camper Needs Something

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

Camp-sickness

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

Packing Tips

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

Above All...

Contact the camp director if you are worried about something or have questions. With an open dialogue, we'll be

able to work together so your camper will thrive at camp.



Code of Conduct Form

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

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

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

The Girl Scout Promise

On my honor, I will try;

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

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

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

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

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

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

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

Parent/Guardian signature	Date
,	
Camper signature	Date

The Girl Scout Law

I will do my best to be

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

And to

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



Camper Pick-Up Form

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

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

Camper Name:		
Camp Session(s) Attending: _		
I hereby authorize the followin	g person(s) to pick up my child fro	om camp:
Name	Relation to Camper	 Phone #
Name	Relation to Camper	 Phone #
Name	Relation to Camper	 Phone #
Name	Relation to Camper	 Phone #
Name	Relation to Camper	 Phone #
Any Special Pick-Up Notes:		
 Parent/Guardian Si	 gnature	



Camp Tapawingo, 1450 Hickory Point Road, Metamora, IL 61548 GetYourGirlPower.org 888-623-1237

Equestrian Program Consent and Release

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

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

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

Name of Minor Par	ticipant		
Signature of Paren	t/Guardian #1	Signature of Parent	:/Guardian #2
Date		Date	
Street Address		Street Address	
City, State	Zip Code	City, State	Zip Code
		FOR OFFIC	E USE ONLY:
		Session	
		Date	



Challenge Course, Climbing, and Bouldering Wall Form

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

equipment and spouse, and for Undersigned), agents, employ Party), from an or otherwise), limitation deat Bouldering Wa	I materials and to r and on behalf of does hereby releadees, representatived/or for any and a contract, negligenth) and/or propertall. The Undersignens, actions, and/or	participate in the Girl Scout the participating minor chil se, waive, discharge, and ag yes, volunteers, successors, all liability and any and all c ce, or any other federal, sta cy loss arising directly or in ed voluntarily and forever r	ts' Challenge Cours Id or ward (collecti gree not to sue the and assigns (collecti claims, including w te, or local law, du directly from or rel releases and discha	e, the Undersigned, to vely and individually Girl Scouts of Central tively and individual ithout limitation, the to any illness or injusted to the Challengress the Released Pares	l Illinois, Inc. (GSCI), its officers, lly referred to as the Released ose based in tort (strict liability
 Initial of Parent/	/Guardian #1	Initial of Parent/Gu	ıardian #2	 Initial	of Participant
Risks may be a from: 1) minor tendons, ligam death. The risk assumes, and uuse sound judg oral or written The Undersign	ffected by variable injuries such as sents, legs, or arms as have been explandertakes all risk ment in undertake. The Undersigned ed has read this possible in the possible in the possible in the undersigned as read this possible in the undersigned as read the unde	e factors such as the weather cratches, bruises, bumps, as so ther limb injury or loss of ined and the Undersigned for safter adequate and full inding the Challenge Course and lagrees that participation is	er, course condition and sprains, to 2) mand of use, and concussifully understands the quiry and investigated and Climbing and Boon the Challenge Contirety and knows, u	n, and conduct of para ajor injuries such as ons, to 3) catastroph ne risks. In any even tion by the Undersig uldering Wall and to urse and Climbing an nderstands, accepts	nic injuries such as paralysis and t, the Undersigned accepts, gned. The Undersigned agrees to o follow instructions, whether nd Bouldering Wall is voluntary. , and voluntarily assumes all
 Initial of Parent/	/Guardian #1	Initial of Parent/Gu	ardian #2	 Initial	of Participant
claims, actions, court costs and	, suits, procedures l attorneys' fees) a		s, damages, settlen he Challenge Cours	nent, and liabilities (HARMLESS from any and all including without limitation, Bouldering Wall, and the
 Initial of Parent/	/Guardian #1	Initial of Parent/Gu	ardian #2	Initial	of Participant
Agreement is in	ntended to be as b		itted by the law, ar		on of Risk, and Indemnification his Agreement is held invalid,
Name of Minor F	Participant				
Parent/Guardiar	n #1 signature	 Date	Parent/Gua	rdian #2 signature	 Date
Street Address			Street Addr	ess	
 City	State		City	State	 7in



CAMPER/ADULT HEALTH RECORD FOR CAMP

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

Overnight Campers must have this form completed by a physician.

Day Campers may have the form completed by a parent/guardian. Physician signature is not required. Fill out all sections completely. Indicate None or Does Not Apply as necessary.

A. Participant Name (Las	st, First, Initial)	Nam form	e and relationship of	fparent/guardian	completing this	Phone			
Address (Street & Numb	er)	City	or Town	State	Zip Code	Date of	Birth A	Age	Sex
			ust include parent/gua tepfather, GP=Grandpa		npleting form.				
NAME	RELATIONSHIP	DAY PHONE	EVENING PHONE	CELL PHONE	THIS PERSO EMERGE CONTA	NCY	BE RELE		
					□ Yes	□ No	□ Ye	es	□ No
					□ Yes	□ No	□ Ye	es	□ No
					□ Yes	□ No	□ Үе	es	□ No
					□ Yes	□ No	□Y€	es	□ No
Physician's name		Phone ()	Den	tist's name		Phone	()		
Are there any legal custo			□ Yes □ N	0					
C. HEALTH HISTORY	Y – To be complete	ed by parent/guard	ian. Check all that ap	ply. Please contac	ct the camp direct	or before	the start	of ca	mp

C. HEALTH HISTORY – To be completed by parent/guardian. Check all that apply. Please contact the camp director before the start of camp if you would like to discuss any accommodations or needs to ensure your camper is successful at camp. Explanations of any items checked should be added at the end of this section sections F & G.

ALLERGIES (Complete reverse side.)	DISEASES	CHRONIC OR RECURRING ILLNESS	OTHER HEAL	TH CONDITIONS
□ Animals □ Food □ Hay fever/Pollen □ Insect stings □ Medicine/Drugs □ Plants □ Other (Specify)	☐ Chicken pox ☐ Eating disorder ☐ German measles ☐ Measles ☐ Mononucleosis ☐ Mumps ☐ Other (Specify)	□ Asthma □ Bleeding disorders □ Diabetes Type 1 □ Diabetes Type 2 □ Ear Infections □ Heart defect/disease □ Hypertension □ Kidney disease □ Musculoskeletal disorders □ Seizures/Epilepsy □ Sickle Cell Anemia □ Sinusitis □ Tuberculosis □ Other (Specify)	□ ADD/ADHD □ Anxiety □ Bedwetting □ Behavioral disturbances □ Constipation □ Depression □ Diarrhea □ Emotional disturbances □ Fainting □ Frequent colds □ Frequent headaches □ Frequent sore throats	☐ Frequent stomach aches ☐ Hearing impairment ☐ Learning disability ☐ Menstrual cramps ☐ Motion sickness ☐ Night terrors ☐ Nosebleeds ☐ Pediculosis (lice) ☐ Sleepwalking ☐ Wears glasses/contacts ☐ Wears orthodontic devices ☐ Other (specify)

In the past year has your camper had:

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

Is your camper currently:

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

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

e followed:		
e followed:		
e followed:		
s:		
struation?	Has your car	mper begun menstruation?
	□ Yes	□ No
omplete and accurate. My car uding strenuous activities su licable), except as noted by m we my permission for the cam camper should the need arise we can be contacted, I consent med advisable by a physician up on a trip, I will not be contacted. ALTH INFORMATION PRIVAC Camper/ Adult Health Recessident camp sessions only.	mper has my ach as hiking, he and the extended they are while they are to treatment licensed underted before CY STATEMER cord for Cam.	tain in-camp or out-of-camp medical treatment for are at camp. In case of emergency, if none of the nt for my camper under the supervision of and as der the Medicine Practice Act. If my camper is out of medical treatment is given. NT IP is for health care concerns at Girl Scout day camp will be handled by staff/volunteers whose job
ords will be held in limited ac essary information may be sl ticipant safety and health car estroyed. All forms/records waturity of the participant. I h	ccess by the hared with ot re. Girl Scouts with noted tr nave read the	nealth service supervisor at the camp. Minimal ther staff/volunteers in order to provide adequate of Central Illinois, will retain the health form until it reatment will be retained for seven years past the age above procedures for handling the health form records necessary for treatment, referral, billing or
s solution of the contract of	health record, including the mplete and accurate. My canding strenuous activities suitable), except as noted by note my permission for the candamper should the need arise can be contacted, I conserved advisable by a physician of on a trip, I will not be contacted advisable by a physician of on a trip, I will not be contacted. All the sident camp sessions only. It will be held in limited as sary information may be so cipant safety and health can stroyed. All forms/records atturity of the participant. I he mation and I agree to the recance purposes. The completed by the parent/seconds at the completed by the parent/seconds at the completed by the parent/seconds at the completed by the parent/seconds.	health record, including the allergy and mplete and accurate. My camper has my ding strenuous activities such as hiking, icable), except as noted by me and the exemple and the exemple and the need arise while they be can be contacted, I consent to treatment advisable by a physician licensed undo on a trip, I will not be contacted before LTH INFORMATION PRIVACY STATEMED Camper/Adult Health Record for Campsident camp sessions only. All records we does processing or using this information reds will be held in limited access by the his sary information may be shared with or cipant safety and health care. Girl Scouts stroyed. All forms/records with noted treaturity of the participant. I have read the mation and I agree to the release of any cance purposes.

information. Attach a separate sheet if necessary.

Medication	Condition Treated	Dosage		Time of Day	Taken With Food
			□ Breakfast	□ Bedtime	□ Yes
			□ Lunch	□ Other	□ No
			□ Dinner		
			□ Breakfast	□ Bedtime	□ Yes
			□ Lunch	□ Other	□ No
			□ Dinner		
			□ Breakfast	□ Bedtime	□ Yes
			□ Lunch	□ Other	□ No
			□ Dinner		
			□ Breakfast	□ Bedtime	□Yes
			□ Lunch	□ Other	□ No
			□ Dinner		

Continued on Next Page

PARTICIPANT NAME (LAST, FIRST, INI	TIAL)	
G. ALLERGIES – To be completed by the pa MEDICATION ALLERGIES	rent/guardian. List all known allergies. Attach a sep REACTION OR SYMPTOMS	parate sheet if necessary. MANAGEMENT OR TREATMENT
FOOD ALLERGIES	REACTION OR SYMPTOMS	MANAGEMENT OR TREATMENT
OTHER ALLERGIES (animals, hay fever, etc)	REACTION OR SYMPTOMS	MANAGEMENT OR TREATMENT
understands how to use the inhaler, since t	to self-administer their inhalerthey have been self-administering the inhaler	has asthma and forsome time. (In the past, nurses kept the inhalers in their School Code to require a school to permit the student to self-
Doctor Signature and Date	Parent/	Guardian Signature and Date
	day camp and overnight campers. Immunizati mpleted by a physician or you may attach a c	ons should meet current requirements for public school urrent copy of your immunization record.
IMMUNIZATIONS	YEAR PRIMARY SERIES COM	PLETED YEAR OF LAST BOOSTER
Diphtheria		
DTP/DTaP		
Hepatitis B		
HIB (Haemophilus influenza b)		
Measles		
Oral polio		
Pertussis (Whooping Cough)		

Year last given_

Result

PHYSICIAN DOCUMENTATION

Rubela

TD (Adult tetanus-diphtheria toxoid)

Tetanus

Tuberculin test

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

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

.ticiit 3 iii 3t anu iast name	Height W	eight Blood Pressure	
YES - Without Glasses R 20/ L 20/	With Glasses R 20/ L 20/ EA	ARS – Hearing R Hearing L	
ORGANS, ETC.	SATISFACTORY	NOT SATISFACTORY	NOT EXAMINED
Abdomen			
Color vision			
General physical and emotional status			
Genitalia			
Heart			
Hernia			
HGB*			
Lungs			
Musculoskeletal			
Nose			
Skin			
Teeth			
			· ·
PHYSICIAN'S COMMENTS AND RECE any restrictions, limitations, needed adaptate. LICENSED PHYSICIAN'S RELEASE sperson is in satisfactory condition and may e	COMMENDATIONS ions, and/or guidelines for care and treatme	e entering puberty. ent of health conditions. Give details or ind	
PHYSICIAN'S COMMENTS AND RECE any restrictions, limitations, needed adaptate. LICENSED PHYSICIAN'S RELEASE s person is in satisfactory condition and may edicable), except as noted.	COMMENDATIONS ions, and/or guidelines for care and treatm graphing in all prescribed activities, including	eentering puberty. ent of health conditions. Give details or ind strenuous activities such as hiking, swimm	ing, climbing hills, and horseback riding
PHYSICIAN'S COMMENTS AND RECE any restrictions, limitations, needed adaptate. LICENSED PHYSICIAN'S RELEASE is person is in satisfactory condition and may epolicable), except as noted. ysician's signature	COMMENDATIONS ions, and/or guidelines for care and treatments E ngage in all prescribed activities, including Date of physic	ent of health conditions. Give details or ind	ing, climbing hills, and horseback riding lent's last health examination
Not required for every health examination. ime since. A Girl Scout in grades 7-12should PHYSICIAN'S COMMENTS AND RECE te any restrictions, limitations, needed adaptate. LICENSED PHYSICIAN'S RELEASE is person is in satisfactory condition and may ephicable), except as noted. ysician's signature	COMMENDATIONS ions, and/or guidelines for care and treatm graph and prescribed activities, including Date of physic Facility/	ent of health conditions. Give details or ind strenuous activities such as hiking, swimm cian's signature Date of pat	ing, climbing hills, and horseback riding lent's last health examination Phone ()
PHYSICIAN'S COMMENTS AND RECE te any restrictions, limitations, needed adaptate. LICENSED PHYSICIAN'S RELEASE is person is in satisfactory condition and may eplicable), except as noted. ysician's signature	COMMENDATIONS ions, and/or guidelines for care and treatm graph and prescribed activities, including Date of physic Facility/	ent of health conditions. Give details or ind strenuous activities such as hiking, swimm cian's signature Date of pat	ing, climbing hills, and horseback riding lent's last health examination Phone ()State Zip



Parent Questionnaire

Ca	amper Name Nickname, if any	
Se	ession Name & Date	
A	ge Birthday # of years as Girl Scout # years as Camper	
#	of Sisters # of Brothers Pets	
. W	hat responsibilities does your camper have at home?	
. W	hat kind of eater is your camper typically? Hearty Moderate Light	
. W	hat are your camper's favorite foods?	
. Is	your camper prone to stomach problems? Yes No	
Co	omments:	
. н	as your camper ever been away from home without members of your family? Yes	No
	as your camper ever been away from home without members of your family? Yes a. For how long?	No -
â		_
. W	a. For how long?	_
. W	A. For how long?	_
. W	A. For how long?	
. W	A. For how long?	
. W	A. For how long?	
. W . W _	A. For how long?	
6. W 7. W —	A. For how long?	_
. W. —	A. For how long?	
. W. —	A. For how long?	

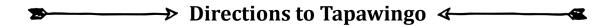
What can your camper's counselors do	to help the	m in those situ	ations?	
s your camper likely to speak up if sor				
Does your camper have any special ne	eds/ behavi	ors of which ou	ır camp staff shoı	uld be aware?
Does your camper know anyone else a				
How easily does your camper usually r What kind of sleeper is your camper t				
Are they prone to sleeping problems?	Yes	No		
Comments:				



Dear Camp Counselor,			

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

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



1450 Hickory Point Rd, Metamora, IL

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

Camp Contact Information

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

Camp Director Sarah "Freckles" Roberts

sroberts@girlscouts-gsci.org / 217-299-0108

Equestrian Jessica "Hoops" Groszek

Coordinator jgroszek@girlscouts-gsci.org / 217-720-2101

Program Director Sara "Squatch" Tate

state@girlscouts-gsci.org / 309-214-1375



Facebook:

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

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

WE CAN'T WAIT TO SEE YOUR CAMPER!