



Day Camp Information Guide



Metropolis to Mountains

July 17-23, 2017

Mon-Thurs: 9 a.m.-4 p.m. (CITs: 8:30 a.m. – 4:14 p.m.)

Overnights at Camp Winacka: July 21-23 (ends Sunday at 1:30 p.m.)

Balboa Campus: 1231 Upas St., San Diego, CA 92103

Grades 4-8

Grow your confidence outdoors! Practice and prepare at our Balboa Campus, then venture into the great outdoors for a two-night campout at Winacka in the local mountains. Activities include cooking, archery, crafts, critter encounters and Adventure Zone teambuilding. You'll work on the Cook, Outdoors and First Aid badges for your age level.

Metropolis to Mountains CITs: Grades 9-12

Got skills? Pass them down to younger girls over a week of outdoor cooking and skill-building, ending with a trip to Winacka. In addition to working with campers daily, participate in leadership activities just for CITs. Please note, you must attend both the general CIT training and a session-specific training on Saturday, June 17 at Balboa Campus.

Mandatory to Complete Registration

Camper is only tentatively placed until the balance of all fees is paid at least 3 weeks prior to camp. If we do not receive your balance due or communication from you, your space will be canceled and given to a person on the wait list. Deposit will not be refunded.

The Day of Camp

Sign In Procedures

- Camp check-in will begin 15 minutes (30 minutes the first day) before the start time for each day of camp.
- Parents/Guardians must stay until the camper is checked into camp.
- For the safety of your camper, all campers must be signed-in by an adult when dropped off at camp.
- Check-in on the first day will be located on the grassy area of the main level of Balboa Campus.
- Please allow plenty of extra time for check-in on the first day of camp to complete required paperwork.
- On the first morning of camp, parents/guardians should confirm the list of adults authorized for pick-up in the afternoon. Children will only be released to those listed on the authorized pick-up list.
- Dogs and other pets are not allowed at camp or in the sign-in area. Pets should be left in the car or at home during pick-up and drop-off.

Sign Out Procedures

- When picking up your camper, please bring a photo ID as a camp staff member will check your identity with the list of persons authorized to pick up your camper as listed on the Day Camp Sign In/Out Sheet. Campers must be signed out by an authorized adult.
- It is our responsibility to see that your child leaves with the appropriate person each day. Children will only be released to those listed on the Day Camp Sign In/Out Sheet.
- If you are picking your child up prior to end-of-camp, please notify our staff when dropping off.
- Campers left after 30 minutes past the end of camp, without notification, may be released to the authorities or child protective services.

Extended Care

Extended care is offered in the mornings from 7:30 a.m. to camp start and in the afternoons from camp end to 6 p.m. and is included in the cost of camp. Extended Care is available for camps at the Balboa Campus only. We do not offer extended care at the Escondido Program Center or off-site locations.

- **Extended Care Check-in Location:** Leadership Center (Clark Room)
If using extended care in the mornings, parents can check-in with the extended care staff in the Balboa Campus Leadership Center. When regular camp check-in begins, the extended care staff will walk the campers to the main check-in location.
- **Extended Care Check-out Location:** Outdoor Grassy Area (or Leadership Center)
Extended care check-out will be on the main level grassy area of the Balboa Campus. In the event of poor weather or unexpected circumstances, extended care check-out may also occur in the Leadership Center on the main level of the Balboa Campus.

Health and Wellness

Special Needs

At Girl Scouts, we're committed to providing the best camp experience for all girls. Please help us prepare by sharing any special needs, including severe food allergies, accessibility challenges, learning disorders or behavior challenges, in advance by filling out Camper Health History in detail. If you wish to discuss any specific considerations or accommodations further, please contact campdirector@sdgirlscouts.org. All special needs are confidential and are only shared with designated staff on an as-needed basis. Special dietary needs should also be indicated on the health history form.

Medications

- All medication administered by camp must be provided by the parent, including an over-the-counter medications.
- Prescription medication must be prescribed by a doctor and in its original prescription container with the camper's name printed on it.
- The health supervisor will manage all camper medications.
- Camp does not provide or supply over-the-counter medication.

Injury/Illness

- In case of illness, camp staff will contact the parent/guardian to pick up their camper. Parents/guardians are expected to pick up their camper in a timely manner.
- Minor injuries will be dealt with onsite, following directions of the parent/guardian listed on the medical release form. Parents/guardians will be informed prior to any administration of advanced medical assistance.
- In the case of a life-threatening situation, emergency medical services will be notified before parents or guardians.

How to Reach Your Camper during Camp

If you need to reach your camper in an emergency, please call Girl Scout office at (619) 298-8391. We will locate your camper and put her in contact with you.

General Camp Information

Things to Bring to Camp

Bring the following items each day, or as specified, to camp:

- Sack lunch (except when cookouts are announced): All items must be labeled; do not pack perishable items, refrigeration is not available.
- Water bottle
- Sunscreen
- Day pack (to keep items together)
- Dunk bag and dishes for overnight
- Swimsuit and towel on swimming day (Camp Director will send schedule with planned swim day 2 weeks prior to camp)
- Overnight packing list provided by Camp Director 2 weeks prior to camp
- Fitted clothing for adventure zone (Camp Director will send schedule with planned adventure zone day 2 weeks prior to camp)

DO NOT BRING: electronics, money, gum, jewelry, pets, personal sports equipment, or any other personal item of value to camp. Alcohol, drugs, or weapons are prohibited at camp and possession of such items is grounds for dismissal.

Cell Phone Policy

At Girl Scouts we believe that camp is a place for campers to develop independence and self-esteem, learn new skills, and make new friends. We do not feel the camp experience includes cell phones and encourage all of our campers to unplug, participate, and engage in camp and the world around them. Campers are not allowed to use cell phones during camp and are discouraged from bringing them. Should you need to contact your camper during the camp day please contact the Girl Scout office at (619) 298-8391.

Attire

- Campers should wear comfortable clothing so she's ready to have fun and get dirty.
- Bare midriffs, halter-tops, short shorts, spaghetti straps or other revealing clothing are not suitable for camp.
- Campers will be provided with a camp T-shirt that should be worn every day to camp.

- Closed-toe and closed-heel shoes and socks must be worn at all times.
- Hat is recommended

Lost and Found

- Label everything with the camper's first and last name in a discreet, non-obvious area.
- A lost-and-found will be maintained at our Balboa Campus. Items left there at the end of each session may be donated every other Friday.
- Girl Scouts is not responsible for lost or stolen items.

Participation Agreement

Please Review the Following with Your Camper

- I will contribute to the camp community by sharing my ideas and participating in discussions, by taking my share of daily responsibilities for camp living, and by performing kapers when it is my turn.
- I will be sensitive to the needs of the other campers and the staff. I will respect the authority of the camp staff and bus volunteers.
- I will be responsible for my own health; eating meals, getting enough sleep before camp, taking my medication (if applicable) and notifying the camp staff if I do not feel well or suspect a health problem.
- I will try to live up to the principles expressed in the Girl Scout Promise and Law. I will respect the people and places I encounter during camp and remember that my actions must reflect high standards.
- I will listen carefully to all orientations and will observe all safety precautions for all activities during the camp session. This may include hikes, swimming, archery, horseback riding, water sports and field sports participation as well as less strenuous activities like cookouts, skits, arts & crafts, computers and water play.
- I will give permission for my belongings to be searched, while I am present, when the health, well-being or safety of other campers and/or myself requires it.

Volunteer at Camp

Volunteers make day camps possible. If you are interested in becoming a volunteer, contact Sarah Ng at sarahtng@cox.net. To learn more, please go to <http://www.sdgirlscouts.org/en/camp/ways-to-camp/day-camps/daycampvolunteer.html>

Transportation Information

Please be aware of campers walking in the parking lot during pick-up and drop-off times.

- ☐ The speed limit in the parking lot of the camp is 5 mph.
- ☐ This camp offers buses provided by council to and from the campsite. Be aware of traffic! Sign in with camp staff when you arrive.

Overnight at Camp Winacka Bus Transportation

Bus departs from Balboa Campus at 9 a.m.

Arrive at least 30 minutes prior to departure on the first day of camp and 15 minutes early on remaining days.

Bus returns from camp at 1 p.m. on Sunday July 3.

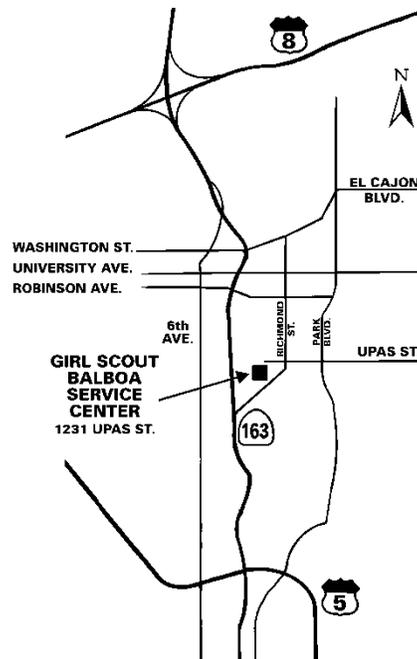
Be aware that buses returning from camp may be early or late based on traffic. If the bus is more than 15 minutes late, a council staff member will come to the bus arrival area to inform you of any delays or changes in transportation. Please be patient.

Your child may be riding a bus at some point during the camp session. Please review the following safety rules for bus travel with your camper.

- ☞ Stay in your seat,
- ☞ use bathrooms prior to getting on the bus,
- ☞ keep hands and objects inside windows,
- ☞ no excessive noise or distractions to driver,
- ☞ and have fun.

Directions to Camp

From South Bay: Take I-5 North to Hwy. 163 North. Go north on 163 to Richmond St. exit. Take Richmond to Upas St. (Stop sign) and turn left. Balboa is the first driveway on the left.



From North County: Take Hwy. 163 South. Go to the Washington St East exit and bear right. Go south on Richmond St to Upas St. and turn right. Balboa campus is the first driveway on the left.

From the East County: Take I-8 West, go south on Hwy. 163. Follow the North County directions

Important Contact Information

Sarah Ng	Camp Director	(619) 708-1669, sarahtng@cox.net
Myla Coleman	Camp Director	619 610 0745; mcoleman@sdgirlscouts.org

For Registration, Volunteer Questions, or general support: (619) 298-8391, camp@sdgirlscouts.org
For questions about camp program or schedule: (619) 610-0754, campdirector@sdgirlscouts.org