

He and Me

Event Details and Information Packet



PLEASE READ THIS PACKET THOROUGHLY!

It includes everything you need to know before you come to your camping weekend. The more prepared you are, the more fun you and your camper will have.

October 7-9, 2016

Camp Winacka

For questions about the program, meals, lodging, special accommodations, concerns, etc.

Contact Gabby Coburn

campdirector@sdgirlscouts.org

(619) 610-0816

For questions about registration, payment or any registration changes

Contact customer care

camp@sdgirlscouts.org

(619) 610-0821

HE AND ME POLICIES AND PROCEDURES

Arrival/Departure

- Plan to arrive at camp at 7 p.m. on Friday night. Please back your vehicles into designated parking spaces. **Check in at Geico Welcome Center as soon as you arrive on property.**
- You will turn in your adult and girl health histories at check-in and receive your orientation folder in exchange. **Please put the health histories in a large envelope with your name clearly marked on the outside**, so it can be easily returned at the end of the weekend.
- A mandatory orientation meeting for all girls and adults will take place at 7:45 p.m. Friday evening.
- All activities will end by noon on Sunday. Sunday lunch is a bagged lunch, and is optional.

Sleeping Arrangements

- Girls will be sleeping in cabins with a camp staff member (camp counselor) next to cabins where Hes will be sleeping.
- Camp counselors are well trained, 18+, background checked, CPR and First Aid certified.
- Hes will not be allowed in Shes' cabins, and Shes will not be allowed in Hes' cabins.
- You and your campers will be sleeping on bunk beds with mattresses.
- The cabins are screened in open air cabins without electricity. You will have access to flush toilets and warm showers. Each lodge building with restrooms and showers does have lighting and electricity.

Important Program Info

- The program is designed to allow for free exploration by He and Me pairs, as well as lots of program options. During free time some hang out and play games in the lodge, or venture out on a hike. This time is your own.
- S.W.A.P.S. are optional at every weekend. An internet search can help you find ideas and define the concept. We recommend each girl make 10-15 each.
- Girl Scouts are expected to leave a place better than they found it, therefore everyone will be expected to help with clean-up and kapers (chores).
- You have the opportunity to perform a skit or song during campfire on Saturday. You are encouraged to get together with others at the weekend and perform together. Ask the staff if you need suggestions.
- Please remember this weekend is for the girls and your enthusiasm and positive attitude will go a long way.

Training & Safety Standards

- We must have a health history and a permission slip for each child attending, as well as health histories for all adults.
- You are responsible for all property guidelines as identified in *Property Resource Guide*.

HE AND ME POLICIES AND PROCEDURES (Cont.)

Participants & Payment

- Only the number of pre-registered girls and adults may attend the weekend. All girls and adults must be registered Girl Scouts. Adults may not be substituted for cancelling girls, and visa versa.
- Cancellation Policy: Once you are placed in a weekend camp event, \$100 of your initial payment is non-refundable. There are no refunds for cancellations made less than one month prior to the weekend, and you are responsible for the remaining balance. We do not administer refunds based on weather changes, unless the weekend is canceled by our council, in which case you are entitled to a full refund or reschedule.
- Please call or e-mail immediately when you have a cancellation at any time, before or after funds due date. Exact numbers effect cabin placement, meals, supply ordering and much more.

Communication

- Please do not expect to receive phone calls at camp. The camp office landline phones are for emergencies only.
- Cell phone coverage is inconsistent at camp, and not to be used in front of campers. You may provide parents with the Winacka office line (760) 765-0600 **for emergencies only**.

WHAT WILL WE DO?

The following is a sample schedule. Schedule is subject to change at any time. For Saturday activities, troops typically rotate through Arts and Crafts, Teambuilding, Nature and Outdoor Skills sessions.

Friday	
6:30-7:30 p.m.	Check-In & Move In
8 p.m.	Orientation/Snack
10 p.m.	Lights Out

Saturday	
7 a.m.	Wake Up
7:50 a.m.	Flag
8 a.m.	Breakfast
9:30 a.m.	Activity #1
10:45 a.m.	Activity #2
11:45 a.m.	Free Time
12:30 p.m.	Lunch
1:15 p.m.	Free Time
2:30 p.m.	Activity #3
3:45 p.m.	Activity #4
4:45 p.m.	Free Time
5:50 p.m.	Flag
6 p.m.	Dinner
7:30 p.m.	Campfire
8:45 p.m.	Back to Cabins
10 p.m.	Lights Out

Sunday	
7 a.m.	Wake Up
7:50 a.m.	Flag
8 a.m.	Breakfast
9 a.m.	Make Sack Lunches
9:30 a.m.	Activity 5
11 a.m.	S.W.A.P.S. (optional)
11:15 a.m.	Scouts Own & Flag
11:30 a.m.	Clean-up and Kapers
12:30 p.m.	Check-out

WHAT SHOULD WE BRING?

What you tell each camper to bring should be based on the anticipated weather. Our preferred weather source is the National Oceanic and Atmospheric Administration. You can check the weather at their website www.noaa.gov. When in doubt, plan for colder than you anticipate. It's a lot easier to find an extra T-shirt than it is to find an extra rain jacket.

Each Camper and Adult should bring:

In overnight bag:

- 2-3 T-shirts
- 2 long sleeve shirts
- 2 pairs of pants
- 3 pairs of socks and underwear
- 1 sweatshirt
- hat and gloves (for evenings)
- 1 pair of pajamas
- 1 warm jacket (waterproof is best)
- 2 pairs of closed-toe sturdy shoes
- towel, washcloth, soap and personal toiletries
- sleeping bag & pillow

In daypack, to be kept with you at all times:

- water bottle
- insect repellent, hand lotion, chapstick, sunscreen
- poncho or plastic garbage bag for rain
- flashlight and extra batteries
- camera and film (*optional*)

A note on shoes: Shoes worn at camp must be closed-toe and heel, and must be worn with socks. Crocs-style shoes, ballet flats, and Uggs are not useful at camp. Your best shoe choice will be well-worn athletic shoes or hiking boots. Flip flops or water shoes may be used only in shower area.

Group Items (The adult should gather the following items):

- Health histories (for all girls and adults) and permission slips (girls only)
 - o Health histories and permission slips should be organized in a large manila envelope or ziploc bag, with troop number and leader name clearly written on the front.
 - o Health histories for girls should already be filled out and kept at your troop meeting place. If you don't already have these go to www.sdgirlscouts.org/forms and search: Health History.
 - o Release of Liability forms (for all adults and girls 6th grade or older) – these are required for participation at the high ropes course.
- Medications (if applicable), in original packaging/prescription bottle

Please do not bring:

iPods, MP3 players, other electronics
Electrical appliances (except for medical reasons)
Expensive clothes, sports equipment, etc.
Anything prohibited by *Safety Activity Checkpoints*.

What about cell phones?

Campers may not bring cellular phones. Adults may bring cell phones, but they may not be used around the campers. Adults will be asked to "unplug" for the weekend and set a good example for the girls.

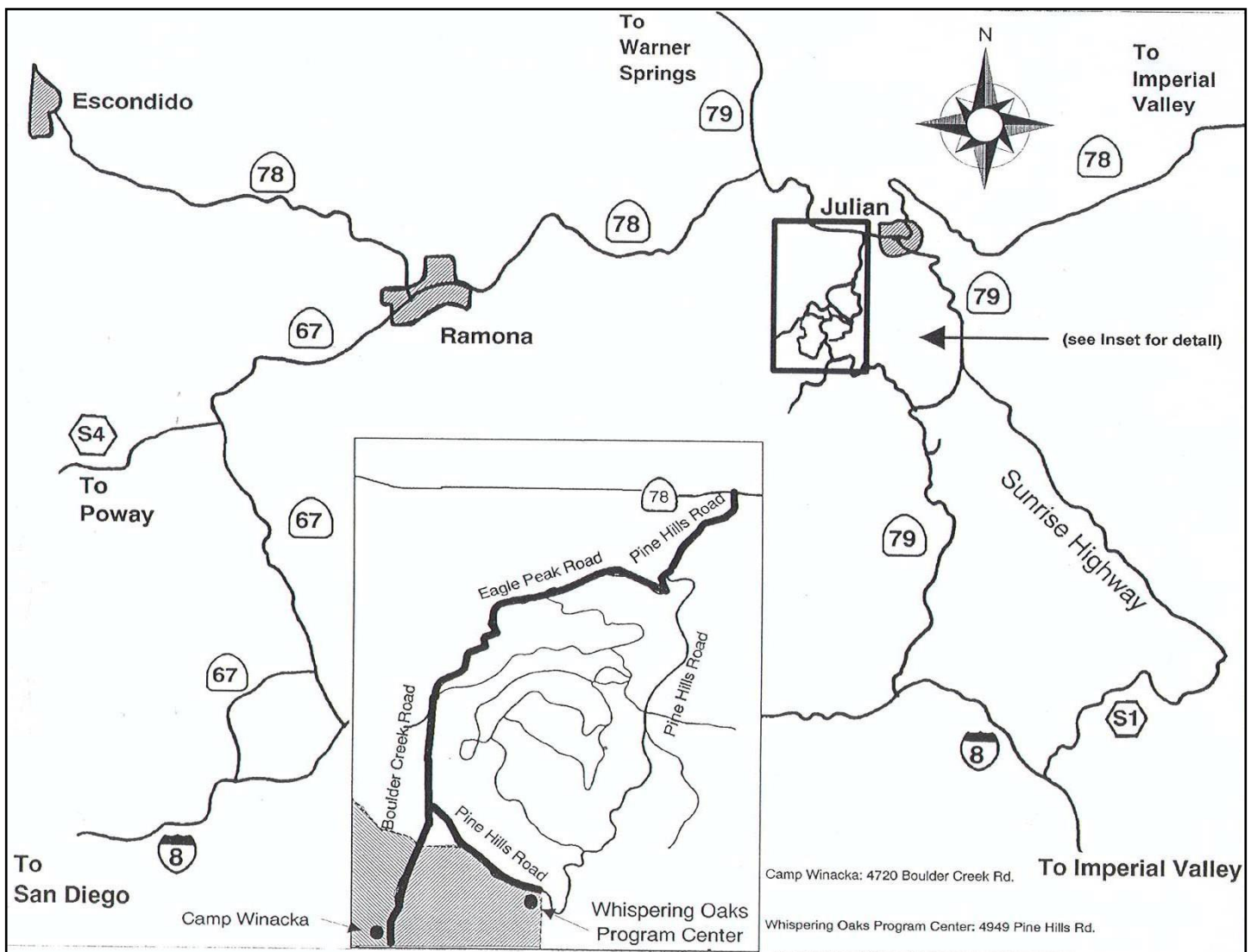
WHERE DO WE GO?

To reach Camp Winacka:

From highway 78/79 take **PINE HILLS RD.** turnoff 1 mile west of Julian. Drive 1½ miles; bear **RIGHT** on **EAGLE PEAK RD.** Follow **EAGLE PEAK RD.** 1½ miles to the junction with **BOULDER CREEK RD.** Bear **RIGHT** on **BOULDER CREEK RD.** Go ½ mile to the entrance to Camp Winacka on the right.

#1 Tip for driving to camp:

When you turn off the main highway, **SLOW DOWN!** At each intersection there will be a small brown sign with white writing that says “GS Camp”, “Winacka” or “Whispering Oaks.” If you *drive slowly and keep a look out*, these will guide you to camp.



Internet mapping software and in-car navigation systems often give incorrect or incomplete directions to camp, and send vans full of campers and their significant adults on harrowing off-road adventures. For your own sake, please use our map/directions to camp!

WHAT NOW?

- Pay your balance (if any)
- Complete your health history and permission forms and gather into an envelope with name on the front. They will be returned to you at the end of the weekend.
- Complete the Participant Release of Liability forms for all girls **6th grade or older** and their adult(s). Collect these forms separately from your other paperwork, as council will keep these forms at the end of the weekend.
- Prepare with your camper for the weekend (cover what to bring, what your expectations are, what her expectations are, transportation and other trip details)
- Arrange to carpool with anyone you know who will also be attending. Parking is limited!
- Call or e-mail with questions (If you have them)
- Keep council updated with your projected attendance numbers, dietary needs, additional special needs or accommodations.
 - These details make a huge difference in a weekend, and your updates help us plan and be our best.



**PARTICIPANT RELEASE OF LIABILITY
ASSUMPTION OF RISK AGREEMENT
READ BEFORE SIGNING**

CHALLENGE COURSE PROGRAM

Organization Name: **GIRL SCOUTS, SAN DIEGO-IMPERIAL COUNCIL, INC. ("GIRL SCOUTS SAN DIEGO")**
1231 Upas Street
San Diego, CA 92103

Participant Name: _____
Print Name

In consideration of being allowed to participate in any way in the program, related events and activities, and use of equipment, I the undersigned, acknowledge, appreciate, and agree that:

1. I recognize that although the program has been carefully designed and will be operated by trained staff and volunteers, the risk of injury, disability or death from the activities cannot be totally eliminated. I understand that participation in this program is entirely **VOLUNTARY** and I have freely chosen to participate.

2. **I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS**, both known and unknown, **EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES** or others, and assume full responsibility for my participation.

3. I willingly agree to comply with terms and conditions for participation. If I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately.

4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, **HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS GIRL SCOUTS SAN DIEGO**, its officers, Board of Directors, officials, agents and/or employees, volunteers, other participants, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the event ("RELEASEES"), from any and all claims, demands, losses, and liability arising out of or related to any **INJURY, DISABILITY OR DEATH** I may suffer, or loss or damage to person or property, **WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE**, to the fullest extent permitted by law.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

X _____
Participant's Signature Age Date

FOR PARENTS/GUARDIANS OF PARTICIPANT OF MINOR AGE (UNDER AGE 18 AT TIME OF REGISTRATION)

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liability incidents to my minor child's involvement or participation in these programs as provided above, **EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES**, to the fullest extent permitted by law.

X _____
Parent/Guardian Signature Date Emergency Phone Number(s)

See you there!

