Girl Scouts of Northeast Texas

TROOP CAMP INFORMATION

Camp Rocky Point

IMPORTANT
LEADER INFORMATION
ENCLOSED

(Please share with your girls and their parents)

Rev 8/21/2012

Dear Troop Leaders,

This is an information packet to help you and your troop prepare for your Troop Camping experience. Inside you will find lots of information that will help make your visit to Camp Rocky Point as enjoyable as possible for your girls, their parents and your leaders. We always enjoy input from our leaders, so if you have any ideas or suggestions, please email dchesley@gsnetx.org with your ideas.

We hope that this will be the best camping experience yet for both you and your troop! If you have any questions, please call (972) 349-2440 or 214-930-9285 (cell).

Sincerely,

Debbie Chesley

GSLE Specialist – Outdoor Program

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CONTACT INFORMATION

Site Manager: Betty Bridges, 903-271-0424 (cell)
Camp Address: 1586 Hanna Drive, Denison, TX 75020
Camp Phone #: 903-465-5270 (answering machine in Shop)

DIRECTIONS TO CAMP

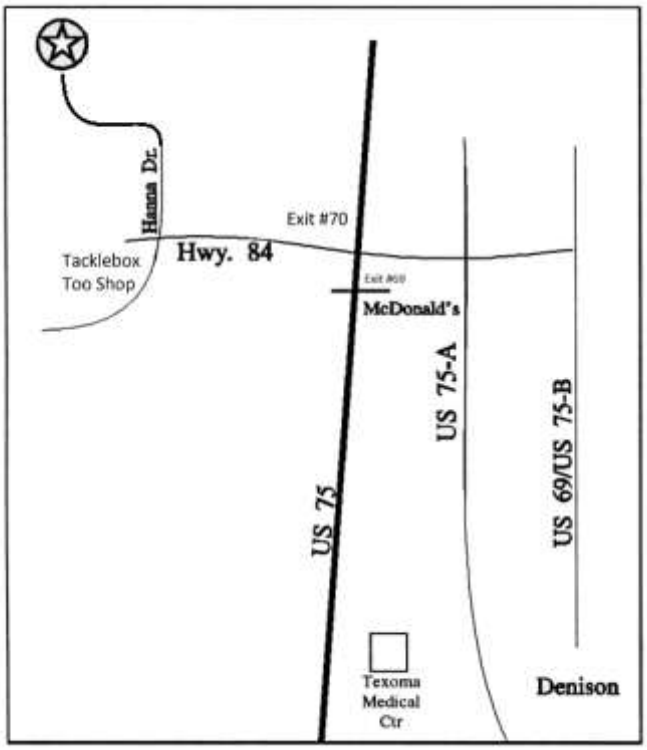
Camp Rocky Point

FROM DALLAS AREA:

Drive north on U.S. 75
To Denison;
exit #70 - FM 84

go west (left) approximately 7 miles;

turn right onto Hanna Drive,
a "blacktop" road
(before Tacklebox Too Shop), go
approximately 1 mile to camp gate.



CHECK-IN PROCESS

Check In: Follow check-in sign instructions inside the front gate on the right. Paperwork will be in the unit shelter
Camp Shop: Information concerning the camp shop will be left with your paperwork
Gate Code: Will be emailed to you prior to your camping weekend.
Gate Times: The gate should remain closed all weekend. There are automatic sensors to let you leave the camp.

CHECK-OUT PROCESS

You may leave camp whenever you like. There will NOT be anyone to check you out. Please follow the "Checklist for Breaking Camp". Turn out all light and close, but don't lock doors. Leave your check-out papers on the unit house kitchen counter.

Remember: "A Girl Scout always leaves a place cleaner than she found it."

EMERGENCY INFORMATION

Emergency procedures and phone numbers are on the bulletin board in every unit shelter

Before calling 911, please call the Site Manager, Betty Bridges – 903-271-0424.
For emergencies please call Debbie Chesley, GSLE Specialist – Outdoor Program at 214-930-9285.

Emergency Procedures:
In the event of an emergency, the volunteers must:

- Provide care for the ill/injured persons.
- Call 911/emergency medical care.
- Notify the child's parent or guardian.
- One adult must stay at the scene. Do not disturb victim or surroundings until assistance arrives.
- Report the emergency to council.
- Make NO statement of ANY KIND to the media. DO NOT give out any names or information. Ask them to contact GSNETX headquarters (972-349-2400 or 1-800-442-2260).
- Secure/maintain all permission forms and medical records to turn into a GSNETX service center.

GENERAL CAMP INFORMATION

Parking Procedures:

A maximum of 3 cars total will be allowed to park near the unit, depending on safe parking space; all other vehicles must park in designated parking areas with the exception of loading and unloading directly related to arrival and departure of troops, **all vehicles MUST remain parked** in their designated areas. Driving to/from activities, even if the troop is running late, is not be permitted.

Speed Limit: 10 mph (must be followed at all times)

Maintenance Problems:

Call Betty Bridges at 903-271-0424 if the need is immediate. Write all non-immediate maintenance concerns on your check-out sheet.

Trash:

Please put trash inside the dumpster near the dining hall before leaving camp.

REMEMBER: A Girl Scout leaves a place cleaner than she found it.

Burn Ban/Weather Information:

Check the website, www.gsnetx.org for updated information. We use Texas Forest Service at http://tfsfrp.tamu.edu/wildfires/decban.png and the local county commissioner at http://www.co.grayson.tx.us/main.htm. If you need further information contact the Site Manager for information specific for the facility. Burn bans are occasionally implemented by the Texas Forest Service for the protection of life and property. During burn bans, only propane, solar and indoor cooking is permitted.

Kitchen Information:

Each unit should have the following:
4 burner stove with electric oven
Refrigerator
3 cast iron Dutch ovens (do not use on electric stovetop)
oil for cast iron
3 cast iron skillets
2 cooking pots
4 buckets
brooms, mops, dust pans, 2 hoes, 2 rakes, 2 shovels, 1 bow saw
1 water hose and disinfectant for cleaning latrines

(Note for cleaning cast iron: scrub cast iron thoroughly, but do not use soap. Oil the entire cast iron sparingly.)

Camp DOES NOT provide:

Toilet paper, paper towels, trash bags, ice, cooking utensils, or cleaning supplies.

SERVICE PROJECTS

(TLC & Camp Project Partner)

Service projects are available at camp. Check with the Site Manager for ideas. Projects that are large in size, scale, skill requirements or involve large number of people must be approved by the Site Manager prior to attending camp.

TLC Patch

A TLC project at camp is something the girls choose to do to help beautify and improve the camp. TLC projects are simple and don't require prior approval. Examples of TLC projects are cleaning out fire pits and realigning the rocks around them, washing windows in the bathrooms, removing small tree branches from the paths around camp, etc. Check with Site Manager for other suggestions.

To purchase the patch – just go to any GSNETX shop and buy the patch – no approval necessary.

Camp Project Partner Patch

A camp project partner patch can be earned but requires approval from the Council prior to doing the project. Projects are larger in scale and may require the group to purchase some supplies to complete the project. Example of this type of project are clearing brush, replacing shower curtains or shower heads, sanding graffitti off picnic tables, benches, tent poles or walls of cabins, and so on.

To purchase this patch – an email from the GSLE specialist – Outdoor Program or a signed copy of the breaking camp checklist form must be presented to the shop when purchasing the patch.

There are several other patches that can be earned or completed while at camp. Be sure to check out our website for those patches with requirements.

Other patches include:

Girl Scout Troop Camping Patch
Outdoor Program Progressive Patch
Polar Bear Patch
Camping in the Mud
Camp Rocky Point - year specific patch.

WATERFRONT ACTIVITY INFORMATION

General:
Safety Activity Checkpoint guidelines must be followed to be in the water or on the dock.

Lifeguards should check out the key to the waterfront area from the site manager for the safety equipment.

Lake Texoma:
This is a public lake. Boats can and do anchor off our shore line. They may use the immediate shore line/beach/sand area (except for our dock area) as long as they stay at that level. There is a beach under the Chisholm Unit House that is used frequently. Sounds carry quite a distance around water. If people are making an abundance of noise for an extended amount of time past lights out, let the site manager know.

Boating
During the months of May & September, council will provide a small craft certified person for this activity upon request and availability. This request should be made at the time the campsite is reserved. Troop must bring First Aid Kit and Troop Adults to the waterfront at their appointed time. See website for current cost of this activity.

Lifeguards:
During the months of May & September, lifeguards are provided by Council for swimming at the waterfront. This request should be made at the time the campsite is reserved. Troop must bring First Aid Kit and Troop Adults to the waterfront at their swim time. See website for current cost of this activity.

If you plan to bring your own Lifeguard:
Prior to arrival

- Waterfront Lifeguard certification information must be provided with your Camp reservation and approved by the GSLE Specialist – Outdoor Program prior to campout.

While swimming

- Safety equipment is available
- **ONE** vehicle must be at the waterfront
- First Aid Kit is **NOT** provided; bring your own
- Swim in the enclosed dock area **ONLY**
- A waterfront swim area is very different from a swimming pool. There are no depth markers – you need to know the depth of the water at all areas in the swimming zone. You cannot see the bottom; you cannot see submerged individuals.
- The Lifeguard will swim test all persons swimming and set swimming limits.
- Life jackets are available for any non/weak swimmers. Swim noodles are **NOT** to be used as PFD's and are not for non/weak swimmers in deep water. If noodles or other toys escape the dock area – do not let anyone go after them.

ARE WE READY TO CAMP?

You and your troop have spent meeting times and field trips learning basic outdoor skills and are prepared for a weekend camping experience. Here is a good way to determine camping readiness

ADULTS	GIRLS	TROOP

• One troop camp trained adult
• One certified adult First Aider (with CPR)
• Have helped plan, practice, and prepare
• Want to go!
• Understand living conditions in camp
• **All adults/leaders sleep in leader/adult cabin/tent(s) only**
• Made transportation arrangements
• Males sleep and bathe in separate areas of camp. May be in units between the hours of 8 am and 10 pm.
	• Parent support
	• Can cope with:
	  ○ Darkness
	  ○ Woods
	  ○ Insects and small creatures
	• Can cope physically
	• Carry own equipment
	• Do camp kapers
	• Have skills, knowledge:
	  ○ Can use kitchen and camp tools
	  ○ How to wash dishes and other camp skills
	• Have participated in day and/or overnight experiences with troop/group
	• Have practiced packing personal belongings for easy carrying
		• Planned and practiced together
		• Understands emergency procedures
		• Planned an "After Camping" reflection

"WHAT IF . . .?"

Take the time to plan for the "what if's". Once you think about your "what if's" and their solutions, then you and your troop are ready to go camping.

…<u>it rains all weekend?</u> Do you have activities? Rain gear?

…<u>all the firewood is wet?</u> Do you have fire starters? Charcoal for backup?

…<u>there is an accident?</u> Do you have health cards for all girls? Where is your first aid kit? Is it complete? Do you have an emergency vehicle? Do you have emergency contact info?

…<u>if the girls become frightened of the dark?</u> Do you have flashlights? Do your girls know they may hear nature sounds at night?

…<u>if the troop is sharing a unit with other troops?</u> Have you talked about sharing "space"? This may include sleeping space, kitchen, restrooms, showers, etc.

SHARING CAMP SPACE

Most troops/groups will be sharing a unit at camp. Sharing a unit means sharing "living space", so thoughtful consideration for others should be built into planning.

TIPS:

- Consider the sharing of refrigerator space when planning menus. An extra ice chest might be appropriate. Mark all food items with your Troop #. Caution girls not to eat things that do not belong to them.

- Consider sharing cooking equipment when planning menus – not all the cooking equipment can be used by one troop. You might need to bring extra equipment if you think you will need it.

- Think about sharing the unit shelter in the evening when planning your night activities.

- Caution girls about sharing the restroom. Waiting to get in the restroom because others are inconsiderate can become a hardship on some people.

- Set a time for lights out/quiet time. Troop/groups wishing to stay up late should confine their activities to the unit shelter.

- Remind girls they should not go into another tent unless invited.

- Adults are responsible for supervision of girls at ALL times. Caution girls to always take a buddy when going to the restroom or unit shelter. NO MATTER WHAT TIME.

REMINDERS – CAMP POLICY, PROCEDURES AND PRACTICES

*** This is not intended to be an all-inclusive summary. For an extensive list, please refer to the Policy & Procedures document located on our website: www.gsnetx.org**

Cancellations & Council Refund Requests:
Note: The amount, or portion, of any deposit or fee specified as non-refundable will be deducted from any refund.

- Before the Camp Date – written request must be received by Council Camp Registrar at least 30 days before camp date for troop camping and 60 days prior to a Service Unit Campout
- After the Camp Date – If a participant cannot attend due to illness/family emergency, a written request for refund must be received by the Council Camp Registrar within 10 business days after the camp date.

Camp Sleeping Arrangements:
Cabin and tent units have a designated Girl Scout Leader's cabin/tent for adults; girls will sleep in the remaining cabins/tents in that unit. GSNETX lodges have a group sleeping area for girls and a separate Girl Scout Leader room for adults, all within the same building. No adult may sleep alone in a room, or in the same bed, with a Girl Scout. In the event that a Girl Scout Troop is using a facility that does not lend itself to this practice (another Girl Scout council facility, church camp, etc.), a minimum of two (2) adults per sleeping area must occur and *Safety-Wise* ratios must be maintained.

Adult males must sleep in a different area than the girls (see "Male Volunteers" Procedure).

Smoking/Alcohol/Illegal Drugs:
No alcoholic beverages, smoking, firearms, fireworks, abuse of prescriptions drugs, marijuana or narcotics are allowed on any Girl Scout property or at any Girl Scout activity.

Domestic Animals or Pets at Camp:
Domestic animals or pets, other than service animals, should not be brought to any Girl Scouts of Northeast Texas camps at any time. Pets belonging to on-site, permanent staff will be contained – either indoors, behind a secure fence, or on a tie-out – while campers are on property.

Personal Property:
Girl Scouts of Northeast Texas is not responsible for property damage such as theft, vandalism, acts of nature to personal vehicles and effects brought on to camp property for programs, events, training, Girl Scout Troop camp, special events, and resident camp.

Firearms
Guns and ammunition are not carried during Girl Scout activities. Legally owned and licensed firearms must be out of sight, unloaded, and under lock and key. No firearms or fireworks are allowed on council properties used for program activities. Peace officers legally required to carry weapons are the exception.

Male Volunteers: It is expected that men who are camping with troops, are an active part of the adult team accompanying the troop/group camping. If a male volunteer is one of the adults camping with a troop/group, these steps must be followed:

- Indicate on the Camp Reservation Request card (notify Council if late addition)
- Males must sleep in the designated sleeping area for the site
- Registered males **CAN NOT** be counted as *Safety-Wise* adults
- Limited space is available for males; males will be placed as space allows
- Males may be in the unit between the hours of 8 am – 10 pm.

TROOP CAMP EMERGENCY PROCEDURES – Rocky Point

THE SIGNAL FOR AN EMERGENCY WILL BE THE CONSTANT HONKING OF AN AUTOMOBILE HORN.

SITE MANAGER
The Site Manager, Site Coordinator and/or Event Coordinator are the Council-assigned coordinator(s) in charge of the camp's activities.

CAMP COMMUNICATIONS
1. Call the site manager on her cell phone (903-271-0424).

FIRE EMERGENCIES
In the event of a large or out-of-control fire:
1. The leaders will move the girls safely away from the fire and notify the Site Manager.
2. The **Site Manager** will contact the Fire Department as necessary.
3. If the fire can be safely extinguished with equipment available in camp the leaders should gather requested equipment and report to the fire as directed by the Site Manager. **At least one leader should remain with the girls at all times.**
4. If the fire becomes unsafe to control, all leaders and girls will evacuate the area according to instructions from the Site Manager and report to a designated safe location.

SEVERE THUNDERSTORMS
Lightning can be very dangerous around electrical equipment. Stay indoors and avoid the use of electrical appliances, unplug equipment if possible. Use caution when using cell phone indoors – do not use cell phone outdoors.

TORNADO WATCH - Weather conditions are favorable. No tornado has been sighted or reported:
1. Leaders will gather the girls, with their flashlights, inside the unit shelters and continue with regular indoor programs to keep the girls calm.
2. The unit communicator will maintain contact with the Site Manager via cell phone.
3. The Site Manager is responsible for continuing to monitor weather station broadcasts for the latest information, and will inform leaders when the situation changes.

TORNADO WARNING - A tornado has actually been sighted near the area:
1. The Site Manager will give specific instructions to leaders regarding evacuation to a safe location.
2. The leaders and girls will gather in the designated location with their flashlights. They should sit on the floor away from windows close to inside walls—storage areas, restrooms, kitchens, etc.—until the leaders are notified by the Site Manager that the danger is over.
3. **Leaders should carefully account for every girl and make every effort to keep girls calm and quiet. The unit communicators will remain calm and keep the phone lines free for communication by the Site Manager.**

EVACUATION FROM CAMP
1. The Site Manager will determine when it is necessary to evacuate the camp, and will relay specific instructions to each unit.
2. The leaders should prepare the girls for evacuation and line them up at the entrance to the unit.
3. When everyone is accounted for, leaders will quickly and safely move girls to the location designated by the Site Manager.
4. The leaders will notify the Site Manager when they and the girls have reached the evacuation point safely.
5. The key to a successful evacuation is quiet, calm behavior and swift, careful movement.

SERIOUS ACCIDENT OR MEDICAL EMERGENCY

Each troop should have one designated emergency vehicle parked in the unit parking area facing out. The location of the keys for that vehicle should be known to all leaders with the troop. No other vehicles are to be in the unit area.

1. Immediate first aid should be given by the troop First Aider in charge.
2. If the situation is critical, 911 should be called immediately by the person designated by the leader to make that call.
3. The Site Manager must be notified immediately that a 911 call has been made.
4. Move the victim only if the victim is in an unsafe location.
5. If the victim requires medical care the leader should see that the victim's medical information and health history is obtained and kept with the victim before transporting to the hospital.
6. If it is possible to transport the victim by private vehicle, the victim should be placed in the designated emergency vehicle and taken by a driver to the hospital. The other leaders should remain with the other troop members and keep them calm.
7. The Site Manager should be kept informed as to the emergency situation and any need to transport the victim to the hospital.
   The Troop/Group Leader will see that the following people are notified:
   - the parents or designated contact for the victim

   The Site Manager will notify the GSLE Specialist – Outdoor Program and other Council designees as necessary.

8. The leader accompanying the victim should keep the Site Manager and Troop/Group leader informed as to:
   - arrival at the hospital
   - the victim's condition
   - return to camp
   - telephone number of victims parents or guardians

MISSING PERSONS

The best safeguards against missing persons are vigilant leaders and a good buddy system.

In the event it is established that someone is missing:

1. The unit communicator will notify the Site Manager giving as much information as possible concerning last-known location.
2. The Site Manager will arrange assistance and organize the search procedure.
3. If the missing person is not found in a reasonable time the Site Manager will notify 911 and the GSLE Specialist – Outdoor Programs.

UNAUTHORIZED VISITORS TO THE CAMP

If it is established that persons have entered the camp that have no relationship to the camp or any persons at camp:

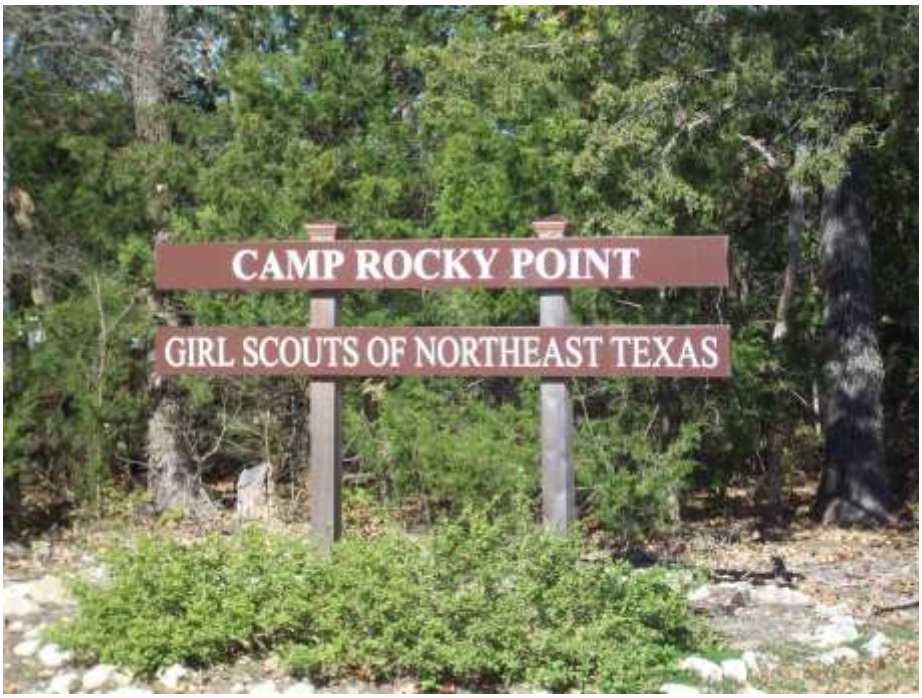
1. The unit communicator will notify the Site Manager, who will immediately investigate and determine an appropriate course of action.
2. Unauthorized visitors will be informed that the camp is private property, and be asked to leave the premises.
3. If the visitors do not leave immediately or leave and return, 911 should be called immediately.
4. The leaders will monitor the location and safety of the girls until the unauthorized visitors have left camp.

These emergency procedures should be posted in all buildings on camp. Emergency phone numbers and directions to hospitals are also posted and available for easy access in each building.

CHECKLIST FOR PARENTS

Before you leave for camp, be sure to provide the following information to your parents.

- ☐ Emergency Contact Information for Camp – should be the troop leader or the service unit coordinators number.
- ☐ Gate Code (if they are driving or picking up/dropping a child off at camp)
- ☐ Parking Procedures (if they are driving)
- ☐ Sleeping arrangement information
- ☐ Weather forecast - so they can pack their daughter's overnight gear appropriately
- ☐ Permission slips for the event
- ☐ Activities the girls will be participating in – for example: swimming, kayaking, archery, etc.



Suggested Packing List

1 carry-all, duffel bag, gym bag or backpack
Day pack/Fanny pack (to carry items around)
1 small pillow
1 bedroll or sleeping bag (check temperature rating)
Depending on sleeping arrangements, consider:
- Extra blanket
- Sheet
- Foam pad & ground cloth **(if tent camping)**

Mosquito net
Sit upon
Rain poncho (or lg trash bag)
Closed toe shoes (at least 2 pair; NO flip flops or sandals)
Non-aerosol sunscreen
Non-aerosol bug spray or lotion
Bandana
Mess Kit (all items should be non-breakable)
- knife, spoon, fork, plate, bowl, cup with handle
- Dip Bag (mesh bag with drawstring) Reusable

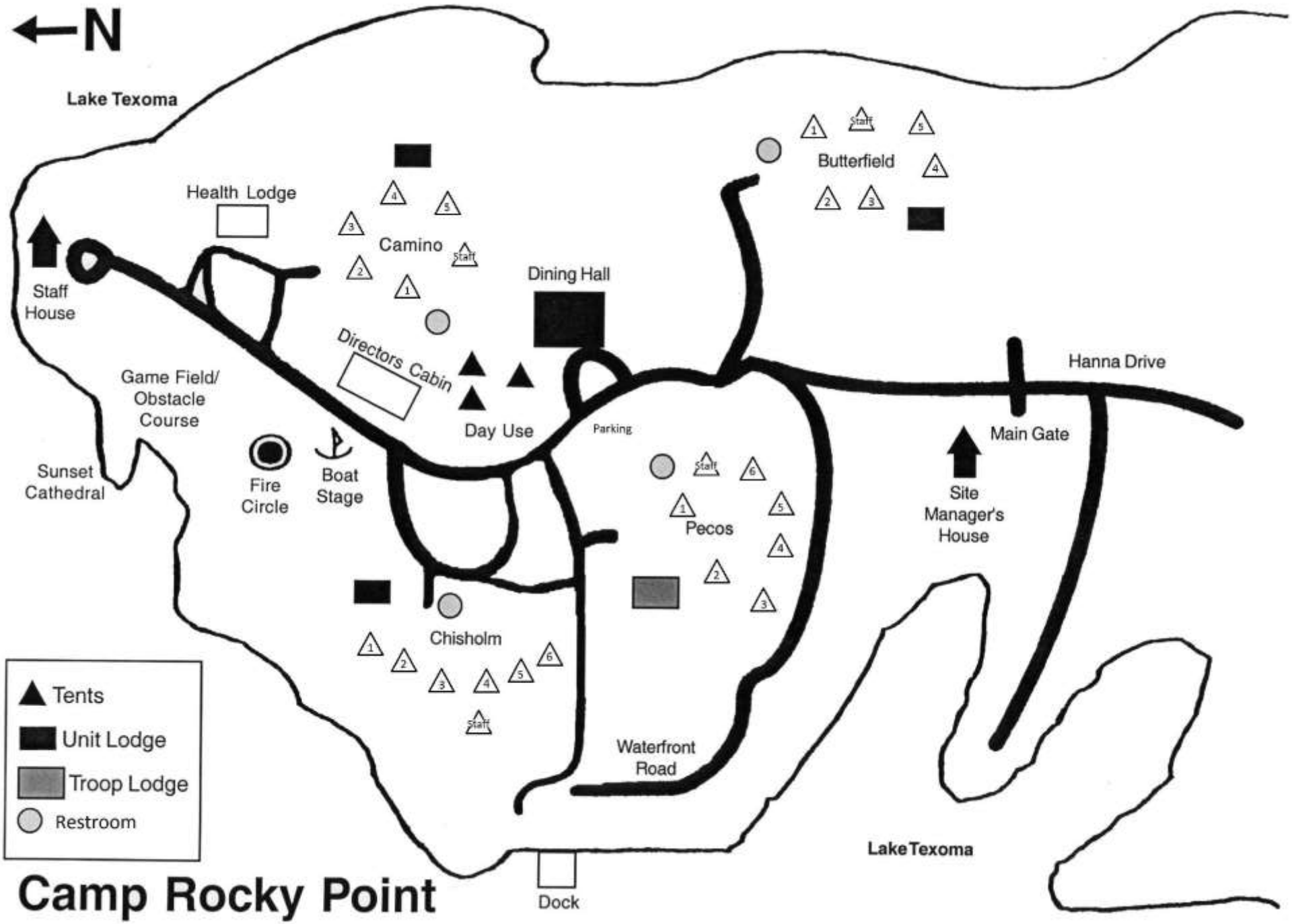
Water Bottle
Hat (not a visor)
Extra plastic bags (for wet items)
Flashlight

Personal Hygiene Items:
- Soap
- Towel
- Toothpaste
- Deodorant
- Sanitary products
- Shampoo
- Washcloth
- Comb
- Brush
- Tissues

Underwear (1 pair per day plus an extra)
Socks (2 pair per day)
Shirts (short and long sleeve)
Shorts
Long pants (for cool weather, evenings, horseback riding or other activities)
Sleepwear
Water shoes (if swimming)
Modest Swim suit (if swimming)
Shoes with a defined heel (if horseback riding)
**Additional Clothing depending on weather and activities planned

HELPFUL HINTS

- Dress in layers so you can remove clothing as the day warms up. Change clothes (especially socks) before going to bed.
- Sweat shirts/pants make great pajamas in cold weather. Cover the feet with a warm pair of socks and, if really cold, wear a stoking camp over the head and ears and you'll be "snug as a bug".
- Adult size leg warmers over the outside of girl's pants work like 'long johns' for warmth.
- Even in the lightest drizzle, have the girls wear rain gear in order to keep coats and clothing dry.
- Light colors are best in the heat because they reflect the sun's rays.
- Wearing a hat keeps girls' heads cool while protecting against sunburn in the hair part.
- Halter tops/ spaghetti straps should not be worn; shoulders will sunburn.



Camp Rocky Point