

Summer 2023

girl scouts
of northeast texas

Parent/Guardian Guide to Day Camp
Day Camp



469-998-5484 | 6010 Whispering Cedar Dr | Dallas, TX 75236

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Dear Parents, Guardians, and the Adults in our Girl Scouts' lives,

We are so thrilled that your Girl Scout will be joining us at Camp Whispering Cedars this summer! This information will help you and your camper prepare and make the best of their experience.

Camp is an incredible time of friendship, discovery, growth, independence, and fun memories to last a lifetime. Girl Scout camp builds girls of courage, confidence, and character through community life outdoors.¹ We can't wait to welcome your Girl Scouts to camp this summer!²

If you have any questions regarding the information enclosed, please contact the STEM Team at cwc@gsnetx.org.

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DAY CAMP SCHEDULE 2023

	BROWNIE	JUNIORS	CADETTE
Monday, June 26 – Thursday, June 29	Everyday Eatery	Planes & Pilots	Skilled Savants
Tuesday, July 4 – Thursday, July 6	MakeHers Gonna Make	Meals & Morsels	Spellcasters
Monday, July 17 – Thursday, July 20	Perfect Pilots	DIY Doers	Drone Designers
Monday, July 24 – Thursday, July 27	Drone Drivers	Whimsical Witches	Cooking Connoisseurs
Monday, July 31 – Thursday, August 3	Magic Makers	Project Drone	Practically Pilots

WHY DAY CAMP?

Camp is a magical place where we build girls of courage, confidence, and character. You're sending your child to us and their camp experience is important to us.

Here is what you and your camper can expect during day camp:

Our Summer Camp Philosophy: All activities foster courage, confidence, and character in girls to help them **discover** their full potential, **connect** with others, and **take action** to improve their lives and uplift their communities. At Girl Scouts of Northeast Texas, we live by the Girl Scout Promise and Law, we value diversity and inclusion, and we are committed to creating a culture of belonging for all.³

¹ACA CR.2.1

²ACA CR.2.4

³ACA CR.1.1

CAMP SAFETY

The safety of our campers is a top priority and camp staff is trained in emergency situations.

- Access to camp is limited to campers and council staff. No visitors are permitted except for delivery vehicles.
- GSNETX camp properties have a security gate that is closed at all times except during check-in time.
- To maintain a positive environment for all campers, the following are not permitted as GSNETX camp: firearms, fireworks, alcohol, tobacco, illegal drugs, electronic cigarettes or vaping, explicit or harmful language, or volatile expression of emotions. Camp staff reserve the right to ask campers to leave camp (without a refund) if they are in violation of camp safety.

Summer Camp Mission: Girl Scouting builds girls of courage, confidence, and character, who make the world a better place⁴

Summer Camp Goal: Girl Scouts of Northeast Texas (GSNETX) is committed to helping girls find their personal paths into adulthood as well as equipping them with the necessary tools to meet obstacles and pressure head on.

Summer Camp Outcomes: As a participant in summer camp at Camp Whispering Cedars at The STEM Center of Excellence, day and resident campers achieve the following:^{5,6}

- Feel like they belong and develop a strong sense of self
- Improve healthy relationships by communicating ideas with others,
- Increase in STEM value through use of science, technology, engineering, or math to do something that matters to them,
- Outdoor environmental stewardship, and
- Seek challenges and keep trying when things are hard.

Our staff is trained on our philosophy, safety, mission, goals and outcomes- and are ready to provide a physical and emotionally safe space for girls to be their authentic selves.

⁴ACA CR.2.1

⁵ACA CR.2.2

⁶ACA CR.2.4

DAY CAMP - CHECK IN/OUT TIMES

CAMP CHECK-IN TIMES

Be sure your camper eats a meal BEFORE coming to camp.

Check In - Onsite at the STEM Center:

Regular Check-in Time: 8:30am-9:00am

Day Camp begins at 9:00 am

Check Out - Onsite at the STEM Center:

Regular Check-Out Time: 5:00pm

Day Camp ends at 5 pm. All campers **must** be picked up by 5:15 pm

Before and After Care are NOT offered.

***Check in and Check out times are firm.** We do understand that traffic and other things happen, call the STEM Center directly at **469-899-8754** to let staff know if you are having trouble arriving at pick up/drop off OR if your camper will not be at camp on any given day.⁷

- On your first early arrival (before 8:30am) or late pick up (after 5:15 pm), you will be given a reminder.

DAY CAMP FORMS INFORMATION

Camp Doc Information

All forms will be submitted via Camp Doc, with the exception of the Camper Release Form, which will be dropped off with your child.

After registering for camp, you will receive an email from **CampDoc⁸** with a secure username as well as instructions on how to access their system and complete your child's health and medication information. **Camper information must be completed within 2 weeks of registering for camp.**

This includes:

- ✓ Camper information
- ✓ Emergency contacts and health insurance
- ✓ Camper health history, dietary needs, medication, allergies, mental needs, emotional needs, social needs, and special needs (no physical exam form required)
- ✓ Immunization records
- ✓ Behavior policy/camper agreement

Camper Release Form – gsnetx.org/camperrelease

- ✓ **Camper Release Form – turn this form in at check-in** (when parent/guardian drops Camper off at camp). Your Camper will be released ONLY to the person(s) listed on this form with matching driver's license number. Any changes made after turning in the form must be handled through the Camp Director. We require a separate **Camper Release Form for EACH session which your Camper attends.**^{9,10}

⁷ACA AD.23.2

⁸ACA AD.11.1

⁹ACA AD.23.1

¹⁰ACA AD.23.1

- ✓ **Medications** – Medications must be clearly marked with Camper's name and in original prescription container and must be accompanied by a medication form. Place medication in a zip lock bag with Camper's name. Do not bring over-the-counter medications to camp. Your camper's medication will be left at camp in a lock box during your camp session. It will be put into your camper's lunch box on the last day of their session.

Upon arrival, you will be directed to:

- Turn in Camper Release to staff and turn in any medications to the Health Officer on the first day of camp.
- Make sure your camper has their lunch, reusable water bottle and any supplies needed for the day- including a bathing suit, towel, and close-toed shoes. Be sure to check the packing list on page 12.
- A Camp Counselor will take them to their Day Camp group once they exit the car.
- Say goodbye, exit camp via the one-way roadway. Observe the 10 MPH speed limit.

During Day Camp Drop Off, parents/guardians will NOT exit the car. It will be a drive-thru drop off ONLY, no exceptions.

Day Camp Check-Out is 5:00 pm

You will be asked to stop at a designated point and the authorized pick-up person(s) will be asked to present their driver's license which matches the information provided on the Camper Release form which was turned in at camp check-in. Once your identity is confirmed, your camper will be escorted to your car.

For Day Camp Pick Up, parents/guardians will NOT exit the car. It will be a drive-thru pick up ONLY, no exceptions.

DAY CAMP LUNCHES

Fuel your child's day at Summer Day Camp at the STEM Center of Excellence with a variety of energizing snacks and a healthy lunch. Remember, STEM Center Day camps do have time for a morning snack & afternoon snack (provided by STEM Center) and a lunch from home. Girl Scouts are active, and they will get hungry, so send enough food to help them power through their day.

IMPORTANT- PLEASE READ: WE ADVISE THAT CAMPERS AND THE ADULTS IN THEIR LIVES ARE AWARE OF THEIR DIETARY RESTRICTIONS/FOOD ALLERGIES AND TAKE ANY NECESSARY PRECAUTIONS DURING THEIR TIME AT CAMP.

WE CANNOT GUARANTEE THAT WE ARE AN ALLERGEN-FREE FACILITY.

COOKING-THEMED WEEKS

While lunches are not required for cooking-themed weeks, the food Girl Scouts prepare may contain common allergens such as dairy, eggs, and gluten. Girl Scouts sensitive to these restrictions can still participate but may not be able to sample the food that is prepared. If your Girl Scout plans to participate, but unable to sample, please pack her with an appropriate lunch/snack.

A few reminders:

- Camp activities progress by day and are dependent on the age of the camper. They will have choices of how to participate in activities throughout the day.¹¹
- Make sure to pack your child's lunch in an insulated lunchbox with ice packs to help keep it cool- lunches will not be stored in a refrigerator but will be stored indoors
- Campers will not be able to warm food up in microwaves, ovens or on the stove.
- Always, always, always **label** your child's lunch bag and reusable water bottle. Campers will drink a lot of water at day camp, and we have plenty of opportunities to refill their bottles.
- While counselors can help children open containers, make sure your child can manage their lunch as independently as possible. Send any utensils and napkins your child will need, as they will not be provided.
- Try to limit the amount of sugar and sweets that you pack- remember the saying, "Sweet and Heat don't meet!"

SNACK TIME

- ✓ All day campers will have snack time morning and afternoon – time will be determined by the day's schedule.
- ✓ All snacks provided are healthy individually sized options that could include – popcorn, fruit chips, pretzels, granola bars, cheez-its, animal crackers, etc.
- ✓ If your camper has special dietary needs, contact STEM at least **2 weeks** prior to your day camp. If STEM is not made aware of dietary needs 2 weeks prior to camp, you will need to provide snacks for your camper.

MEDICATIONS

It is the camp policy to collect all medications (including Epi pens and inhalers) at Health Check-In. **DO NOT PACK IN BACKPACK.** All medications must be:

- ✓ Accompanied by a *Medication Form*
- ✓ In the original container marked with your camper's name, medication name and doctor's name. Make sure medication has not expired and will not expire while at camp.

Medications must be in original containers and prescribed specifically for the camper.

The health officer will assist campers who need regular medication on a set schedule.

- Medications will not be dispensed in any manner other than what is specified on the label without written instructions from a physician.
- Your camper's medication will be left in the health office in a lock box during their camp session. It will be put into your camper's lunch box on the last day of their session.

Campers that occasionally need treatment such as medication for a headache, allergies, or lactose intolerance will need to be able to communicate to staff that they need this medication, or it will not be given to them. The camp carries over-the-counter medication such as Tylenol, Ibuprofen, Tums, Benadryl, and cough drops that caregivers may authorize the camp to administer on the *Medication Form*. **Do not send over-the-counter medications to camp.**

Insect Repellent/Sunscreen

GSNETX does not provide insect repellent or sunscreen. **Send insect repellent and sunscreen,** clearly labeled, in a zip lock bag. (Notify the Camp Counselors when your Camper arrives and leave them in campers' bag with a swimsuit and towel.)

¹¹ACA AD.32.1

SICKNESS AND INJURY

Routine minor complaints, such as headaches, stomachaches, scrapes, and bruises are handled by our camp health officer, and caregivers will NOT be notified. In the event of major illness or injury, you will be contacted. Examples of health situations that result in caregivers being contacted include:¹²

- ✓ Your child runs a fever of 100 degrees or higher.
- ✓ Your child is injured or becomes ill at camp requiring onsite medical attention which includes a stay in the health lodge lasting longer than 2 hours.
- ✓ Your child is injured or becomes ill at camp requiring transport to a medical facility by EMS.
- ✓ Your child menstruates for the first time while at camp.
- ✓ A camp medical staff member is concerned about an issue your child is having at camp which may include, but is not limited to vomiting, digestive complaints, etc.
- ✓ Do not send your camper to camp if they have had a fever of **100 degrees** or higher in the last 24 hours or if recent sickness/injury will prevent her full participation in the camp experience.

While at camp, treatment for a camper reported illness or injury will be administered in accordance with the caregiver permissions provided on the Medication Form.

If your camper is sick for more than 24 hours, has a fever of 100 degrees or higher, or if an injury or illness prevents her from participating in normal camp activities you will be required to pick your child up immediately. When listing emergency contact information, make sure that these individuals are available to pick your Camper up from camp if an emergency occurs. **If we are unable to contact someone to pick up your camper, they will remain in the Health Lodge with a STEM Team member until someone is able to pick them up.**

TECHNOLOGY

No electronic devices are permitted at GSNETX camps. These include, but are not limited to cell phones, smart watches, iPods, tablets, digital cameras, laptops and other portable electronics.

Electronics can easily be lost or damaged in the camp environment. In addition, cameras on cell phones create privacy and cyber bullying issues. Cell phones/watches may interfere with your camper's ability to build trust, friendships, and independence.

If a camper arrives at camp with a cell phone or electronic device, it will be held by Camp Administration until the end of camp. **The camp, camp staff, and GSNETX are not responsible for lost or damaged cell phones/watches or electronics.**

Disposable cameras are permitted at camp. They are **not** allowed in the bathrooms or changing rooms at the Aquatic Center. Any disposable camera found to have been used inappropriately will be confiscated and destroyed. **Girl Scouts of Northeast Texas and the STEM Center of Excellence will not be responsible for replacing confiscated and destroyed disposable cameras.**

¹²ACA HW.8.1

LOST AND FOUND

Each Camper is responsible for the care and safekeeping of their own belongings. **This will be easier for the Camper if they know what they have and has helped pack it themselves. Every item should be marked with the Camper's name.** Girl Scouts of Northeast Texas is NOT responsible for damage or loss of personal possessions. These items will remain at the camp until August 15 of the current year. Items will be donated/disposed of by August 31.

Contact us at cwc@gsnetx.org during regular business hours at **469-899-8754** to inquire about lost and found items. When inquiring please tell us the name, dates, PGL and session theme and date. We do try to return any found items at check out. Take a moment to glance at these items before heading home.

PETS AND SERVICE ANIMALS

Domestic animals or pets, other than **properly documented and approved** service animals, are **not** permitted to be brought to any Girl Scouts of Northeast Texas camps at any time, **including check-in/out.**

Notify staff when you book your camp session if a service animal will accompany the camper.

ALCOHOL / DRUGS / FIREARMS / TOBACCO

No tobacco, electronic smoking devices, alcoholic beverages, firearms, fireworks, abuse of prescription drugs, marijuana or narcotics are allowed on any Girl Scout property or at any Girl Scout activities. Any infraction will result in the Camper being sent home with no refund. Parents/Guardians must immediately pick up their Camper. **All GSNETX properties are smoke free which includes electronic smoking devices. This policy applies to everyone on property, including during check-in and check-out times, and while in personal vehicles.**

EXPECTATIONS OF CAMPERS IN THE CAMP SETTING

Camp staff have intentional plans to create a welcoming, positive, and constructive environment for the entire camp community, and this environment is critical to the value of camp. At Girl Scouts of Northeast Texas, we live by the Girl Scout Promise and Law, we value diversity and inclusion, and we are committed to creating a culture of belonging for all.¹³

Per the Camper Agreement (below) the expectations of each Camper while at camp are as follows:

Camper agrees to abide by the Girl Scout Promise and Law. They will inform her Unit Counselor in the event of an emergency, homesickness, harassment, conflict, bullying, or any other issues that may arise.

Camper will neither participate nor tolerate bullying of others. Camper will immediately inform camp staff as soon as they become aware of any bullying.

While at Girl Scout camp, campers are active members of our camp community and are assigned daily kapers. Kapers include, but are not limited: to picking up trash, collecting firewood, setting the table, etc. Please note: kapers will not be used as a form of punishment or hazing.

¹³ACA CR.1.1

No electronic devices are permitted at GSNETX camps. These include but are not limited to iPods, tablets, laptops, and other portable electronics. **Cell phones and/or smart watches are not allowed** at camp for any session. **I agree to leave the cell phone/watch and other personal electronics at home.**

If campers break these rules and are found with a cell phone/watch or electronic device, it will be held by the Camp Administration until the end of camp. **The camp, camp staff, and GSNETX are not responsible for lost or damaged cell phones/watches or electronics.**

Written permission from GSNETX is required prior to publication, distribution, or posting of any images (photos) taken at camp.

BEHAVIOR POLICY

Girl Scouts of Northeast Texas advocates a positive guidance and discipline policy with an emphasis on positive reinforcement, redirection, prevention, and the development of self-discipline.

The Girl Scout Promise and Law serve as our code of conduct. Day Camp rules and policies are established for safety and to ensure that we have a common standard of behavior. We ask that you do not contradict the established day camp rules and policies.

Corrective discipline will be a creative, caring effort on the part of the counselor. Staff will suggest positive alternatives to unacceptable behavior before it gets out of control.

Problem-solving techniques:

1. Discuss rules and policies with camper(s) setting both personal and/or physical boundaries and identify infraction(s).
2. The possible consequences of breaking any camp rule and/or policy include:
 - a. Verbal redirections by Camp Counselor (multiple)
 - b. Restriction (appropriate) from activity as deemed appropriate by Camp Director.
 - c. Conference with Camp Director.
 - d. Removal from the camp without refund of any fees.
 - e. A combination of the above

Camp staff retain the discretion as to which consequence(s) will be administered, regardless of whether it is a first offense or whether other disciplinary consequence(s) are available.

Enforcement of all day camp rules and policies will be without malice and consistent in application.

At no time will discipline deprive a camper of sleep, food, or restroom privileges; place a camper alone without supervision; or subject a camper to ridicule, shame, threat, corporal punishment (striking, biting, kicking, pushing, squeezing); or excessive physical exercise; or physical restraint beyond what's necessary to remedy a situation.

Regular evaluation of camper groups will be done to ensure that the camp environment is not contributing to behavior problems.

GSNETX reserves the right to dismiss a camper from camp early, at family expense and without refund, if participation is deemed unsafe due to environmental, physical, emotional or other endangerment to themselves, other campers, or staff.

INCLUSION

While the world is rapidly changing around us, girls often process their emotions, experiences, and identities in the camp environment. Girl Scouts strives to foster an inclusive environment – we recognize that campers may come to Girl Scout camp (especially at the middle school level) and express their identities differently than they do at home. It is not our policy to educate campers on gender identity – but it is our practice to support the use of the Girl Scout's preferred name and pronoun. While we do not ask campers to identify their pronouns, we will respect our Girl Scouts' requests. Parallel to the school environment, our staff will affirm their identity and maintain focus on a positive camp experience.

BULLYING POLICY

Bullying and harassment of any kind, including, but not limited to social, emotional, or physical harassment will **NOT** be tolerated at Girl Scouts of Northeast Texas camps and **WILL** result in a camper being sent home **without** a refund of any fees.

If I learn that my camper is/was involved or affected by any incident of harassment or bullying of any kind while attending camp, I will immediately notify GSNETX of the details of such incident(s) in writing so that those incidents may be addressed appropriately.

BULLYING INVOLVES AN IMBALANCE OF POWER AND CONTROL, AND IS A PATTERN OF BEHAVIOR, REPEATED OVER TIME AND CAN INCLUDE:

- A pattern of aggressive, intentional behavior meant to hurt or humiliate someone else.
- Pushing, shoving, kicking or otherwise physically attacking another person.
- Purposely excluding or ostracizing someone repeatedly.
- Repeatedly spreading rumors or gossiping.
- Swearing at another camper, camp counselor or STEM staff member.
- Throwing items (food or camp materials) purposefully at another camper, camp counselor or STEM staff member with malice or the intent to harm.
- Repeatedly using words or actions to intimidate someone.
- Teasing another person about her body, intelligence, race, religion, or other characteristic that upsets the person.
- A pattern of name-calling.
- Any of the above conduct that occurs electronically via texts, emails, social media or the internet.

Bullying or Teasing?

Teasing is unfortunately a part of growing up, almost everyone experiences it.

Teasing becomes bullying when it is repetitive or when there is a conscious intent to hurt another individual. Teasing that is directed at another person based on her race, national origin, religion, disability, or other lawfully protected characteristics can be considered unlawful harassment and will not be tolerated.

Cyber Bullying:

Making threatening phone calls, text messages or emails. Posting cruel pictures or messages about someone online (*including post camp*).

DAY CAMP PACKING LIST

Pack everything into a backpack labeled with Camper's name. DO NOT OVERPACK! (Your camper will be responsible for carrying and keeping up with all their items at camp.)

You will need a Zip lock Bag for each the following:

- ✓ **Zip lock bag #1:** Medications & signed Medication Form-(medications must be in original bottle and name must match camper) **Must be turned in at Check-In on first day of camp session.**
- ✓ **Zip lock bag #2:** Insect repellant and sunscreen (clearly labeled with girl's name on each item). **Must be acknowledged in at Check-In.**

MARK EVERYTHING WITH CAMPER'S NAME!

Required	Optional
<input type="checkbox"/> Backpack to carry items in	<input type="checkbox"/> Hair Brush (after pool)
<input type="checkbox"/> Medication form & prescriptions	<input type="checkbox"/> Face mask
<input type="checkbox"/> Bathing Suit – one-piece or modest two-piece that covers the stomach	<input type="checkbox"/> Light jacket or sweatshirt/hoodie
<input type="checkbox"/> Swim towel	<input type="checkbox"/> Sunglasses
<input type="checkbox"/> Ponytail holders for long hair	<input type="checkbox"/> Swim Goggles
<input type="checkbox"/> Raincoat or poncho (as needed)	<input type="checkbox"/> Swim Cap
<input type="checkbox"/> Hat or bandanna – to prevent sunburn on scalp/face	*While lunches are not required for cooking-themed weeks, the food Girl Scouts prepare may contain common allergens such as dairy, eggs, and gluten. Girl Scouts sensitive to these restrictions can still participate but may not be able to sample the food that is prepared. If your Girl Scout plans to participate, but unable to sample, please pack her with an appropriate lunch/snack.
<input type="checkbox"/> Headscarf, if desired	
<input type="checkbox"/> Sunscreen (waterproof/sweat-proof, spray preferred)	
<input type="checkbox"/> Insect Repellant, spray preferred	
<input type="checkbox"/> Reusable water bottle	
<input type="checkbox"/> Menstrual supplies as needed	
<input type="checkbox"/> Lunchbox – needed daily*	

HOW SHOULD I DRESS FOR CAMP?

- Shorts (at least a 3-inch inseam)
- T-shirt (must cover shoulders)
- Ankle-covering socks (to be always worn except at pool).
- Close-toed shoes, closed-back, solid body sneakers. (Crocs DO NOT count)

DO NOT SEND:¹⁴

- Cell phones, electronic devices, smart watches, tablets, etc.
- Money- there is no place to spend it
- Jewelry- risk of loss or damage
- Inappropriate clothing (midriff, halters, tube tops, or clothing related to alcohol, drugs, or that contributes to an exclusive environment for other campers).
- Perfume or essential oils
- Tobacco, electronic cigarettes, alcoholic beverages, other drugs, firearms, and fireworks-all strictly prohibited.

¹⁴ACA AD.16.1

Bathing Suits

Bathing suits can be tricky, especially when they are new, and you are not there to help! For the protection of STEM staff members, camp counselors and our Girl Scouts, STEM staff members and camp counselors are unable to help your Girl Scout with their bathing suit.

Campers **MUST** be able to take off their bathing suit without the help of an adult. Campers who are unable to remove the bathing suit will be instructed to dry off as best as they can, keep the bathing suit on, and put their camp clothes back on over the bathing suit.

Here are some tips and tricks to try *before camp* to ensure your camper is set up for success at the Aquatic Center:

1. Send them to camp with a bathing suit they are familiar with and comfortable getting in and out of.
2. Send them to camp already wearing their bathing suit under their clothes. Don't forget appropriate under garments for after the pool!
3. If a new bathing suit, have them practice putting it on and taking it off at home.
4. Have them try taking off their bathing suit when wet.
5. More than 4 straps are just tricky- although trendy, we suggest avoiding bathing suits with more than 4 straps- arms get stuck and we are unable to help them get out!

Low Ropes Information

Girls in grades K-12 are invited to join our Low Ropes experience!

The Low Ropes elements are low-to-the-ground structured activities. They are purposefully geared towards team building and communication skills. Safety and spotting techniques are utilized by all participants.

To make this the best experience possible consider the following:

Clothing should be:

- Loose (but not baggy)
- Comfortable
- Casual
- Durable
- In very hot weather, shorts with shoes and socks may be preferred
- Layered (layers suitable to the season will allow you to be comfortable all day)

Shoes should be:

- Close-toed and low heeled
- Comfortable, such as running shoes or sneakers
- Suitable for the weather conditions (consider mud, rain, cold, etc.)

Who May Participate? Anyone from ages 5-100 with the ability to maintain their balance using both arms and legs. Unfortunately, our Low Ropes Elements are not ADA compliant.

High Ropes Challenge Course Information

Hairstyles, including intricate braids and buns, should not impede the placement of safety helmets.

Girls in grades 4-12, who fit into a safety harness, will have the opportunity to participate in the High Ropes Challenge Course on either/both of the following:

- Climbing Tower to Zip Line, (participants have to climb the tower before being able to Zip Line)
- Giant Swing

Clothing should be:

- Loose (but not baggy)
- Comfortable
- Casual
- Durable
- In very hot weather, shorts with shoes and socks may be preferred
- Layered (layers suitable to the season will allow you to be comfortable all day)

Shoes should be:

- Close-toed and low heeled
- Comfortable, such as running shoes or sneakers
- Suitable for the weather conditions (consider mud, rain, cold, etc.)

Other accessories:

- Jewelry (rings, bracelets, necklaces, dangly earring, pins, large hair bows, etc.) should be removed and stored in their backpack. Preferably, they should be left at home.
- Glasses and contact lens wearers- take any precautions that you would normally take when participating in outdoor activities to protect your eyes and eyewear.

Who May Participate? Anyone who can climb using both arms and legs and is age 9 and above may participate. If your Girl Scout has physical conditions that are of concern to you or if she has a physical limitation, contact our Outdoor Amenities Supervisor. Our rules on the course are “Honor your Body” & “Challenge by Choice.” The activities are designed to be played by those of varying levels of physical fitness, and our qualified staff will assist you in taking the next step in learning and growth.

STEM CENTER SWIM TEST PROCEDURE

The STEM Center Pool has three-color zones. The zones represent the color wristband given to a camper after completing the swim test. Swim tests will only be administered once on the first day of your Girl Scout’s camp session. Due to the safety of the campers and capacity of the lifeguards, your child will only be able to take the swim test once during their first pool session of their camp session.

- Participants with Lifejackets do not qualify for the swim test and will automatically be given a red wristband.
- Swim Test given in 4ft of water in the Yellow zone.
- Length of swim test is 45ft.
- 4 lifeguards in the yellow zone for swim testing. 2 in the water, 2 on deck.
- 2-4 campers swim test in the water at once.
- Campers may wait on deck or in the Red Zone while the swim tests are being completed, with a Lifeguard on stand.
- No food or eating is allowed in the pool area.

GSNETX/STEM Center of Excellence Lifeguards reserves the right to place campers in a specific zone based on their swimming capabilities demonstrated in their swim test. Even if your camper “passes”, but struggles to do so, they may be placed in one zone lower.

RED ZONE: A camper that is not comfortable in the water will receive a red wristband. This includes the camper stopping during the swim test by standing, reaching, or holding onto the side of the wall. A camper that panics and or struggles to maintain their head above the water. A camper that cannot perform the freestyle or breaststroke. Lastly, a camper that opts not to take the swim test will receive a red wrist band.

YELLOW ZONE: A camper that is comfortable in the water, performing freestyle and breaststroke adequately. Lifeguard staff will grant a competent swimmer with a yellow wristband if they can stand with feet flat on the pool floor in 4ft of water and shows control of movement within the water.

BLUE ZONE: A camper that proficiently performs the freestyle or breaststroke with accuracy. A camper does not exhibit signs of stress or discomfort in the water. A camper can tread water in the deep end for 20 seconds while keeping their head above the water and showing proper treading techniques. The proper treading techniques are Flutter Kicks (freestyle), Frog Kicks (breaststroke), or moving legs in a circular motion. As the camper demonstrates proper treading, he or she must make a 'S' or figure eight motion with their hands in the water. This hand technique is called Sculling.

Tips and Tricks to Get Pool-Ready:

- Practice treading water by themselves – without reaching for side of pool.
- Dip head underwater and submerge ears without struggling or issue.
- Basic swim across a pool unassisted.
- Feel comfortable in the water.
- 1 or 2 weeks prior to camp, test your Girl Scout's swimming ability and assess your comfort level.

At the conclusion of each day, all equipment and buildings will be sanitized according to the latest CDC and Texas Dept of Health Youth Camp Guidelines.