

Summer 2025

girl scouts 
of northeast texas

Parent/Guardian Guide to Day Camp
Camp Whispering Cedars



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

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Dear Girl Scout Caregiver,

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.

If you have any questions regarding the information enclosed, please contact the camp team at campwhisperingcedars@gsnetx.org.

We can't wait to see you soon!

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GIRL SCOUT CAMP
EST. 1926

DAY CAMP

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.

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 and are committed to creating a culture of belonging for all.³

CAMP SAFETY

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

- 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 NOT permitted at GSNETX camp:
 - No smoking (cigarettes, electronic cigarettes or vaping, or other substances)
 - No alcoholic beverages, tobacco, or illegal drugs
 - No firearms, fireworks, or weapons (except council-provided target sports activities) alcohol, tobacco
 - No pets. Registered service animals are welcome.
 - No explicit or harmful language, or volatile expressions of emotion.⁴
- If a participant is wearing a cast/boot, brace, etc., they must have a medical release from a doctor stating activities they are permitted to participate in as well as any limitations. Camp staff reserve the right to decline participation in regard to safety.

Summer Camp Mission: Girl Scouting builds girls of courage, confidence, and character, who make the world a better place⁵

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:^{6,7}

- 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.

¹ACA CR.2.1 | ²ACA CR.2.4 | ³ACA CR.1.1 | ⁴ACA CR.2.1 | ⁵ACA CR.2.2 | ⁶ACA CR.2.4 | ⁷ACA AD.23.2

CAMP ARRIVAL

CAMP CHECK-IN TIMES

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

Check In - Onsite at the Welcome Center:

Regular Check-in Time: 8:30 a.m.–9:00 a.m.

Day Camp begins at 9:00 a.m.

Parent Showcase & Dinner (included in cost)

Final Night 5:00 p.m.–8:00 p.m.

Please join us as we celebrate your child's accomplishments from throughout camp.

Specific showcase information will be provided for each Day Camp. RSVP required.

Before and After Care are NOT offered.

Upon arrival, you will be directed to:

- Turn in Camper Release Form to staff and turn in any medications to the Health Officer on the first day of camp.
- Make sure campers have everything they need: water bottle, sunscreen, bug spray, towel and swimsuit.
- 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.

***Check in and Check out times are firm.** We do understand that traffic and other things happen, call the camp directly at **214-769-4089** 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 8:30 a.m.) or late pick up (after 5:15 p.m.), you will be given a reminder.

REQUIRED PAPERWORK

Camper information must be completed within 2 weeks of registering for camp.

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

Camper health profile online via CampDoc⁸

After, you will receive an email from **CampDoc⁸** with a username and instructions for completing the profile. The profile includes:

- Emergency contacts and health insurance
- Camper health history, dietary needs, allergies, medication, illness action plan, mental health needs, emotional needs, social needs, and special needs (no physical exam form required)
- Immunization records
- Camp Culture Code agreement
- Medication Form

Medication form from CampDoc

After completing the medications section of the camper health profile, please print the Medication form and bring with you to camper check-in.

⁷ACA AD.23.2 | ⁸ACA AD.11.1

For assistance with CampDoc, please contact them directly via their website: **CampDoc.com**

Camper Release Form – gsnetx.org/camperrelease

Bring this form with you to camper check-in so we know who to release your camper to on closing day. We require a separate Camper Release form for EACH session which your camper attends. Camper will be released ONLY to the person(s) listed on this form with matching driver's license number.^{9,10}

CAMP DEPARTURE

CAMP CHECK-OUT TIMES

Check Out - Onsite at the Welcome Center:

Regular Check-Out Time: 5:00 p.m.

Day Camp ends at 5:00 p.m. on Tuesday and Wednesdays. All campers must be picked up by 5:15 p.m.

Day Camp on Thursday ends at 7:30 p.m.–8:00 p.m. after we provide dinner and Girl Scouts finish Showcase. Parents/Guardians are encouraged to arrive at 5:00 p.m.–5:15 p.m.

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 & DIETARY NEEDS

Lunch will be provided during your Day Camp, as well as a morning and afternoon snack. Dietary specifications are included in the health profile completed via CampDoc. Please ensure that all allergies and dietary restrictions have been updated no later than **2 weeks** prior to your camp. Our camp kitchen staff can accommodate general dietary needs such as vegetarian, gluten free, nut free, or dairy free. Please be advised that food is prepared in shared processing space and cannot guarantee that we are an allergen free facility. If your camper has more sensitive dietary needs, please contact us at campwhisperingcedars@gsnetx.org no later than 2 weeks prior to your camp. Please ensure your camper is aware of the dietary needs they are expected to follow.

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 the camp team at least **2 weeks** prior to your day camp. If the camp team is not made aware of dietary needs **2 weeks** prior to camp, you will need to provide snacks for your camper.

⁹ACA AD.23.1 | ¹⁰ACA AD.23.1

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 (including inhaler or Epi-Pen) must be:

- Clearly marked with camper's name
- Stored in the original prescription container
- Prescriptions must be labeled and prescribed for person taking
- Unexpired
- Place medication in a zip-top bag with camper name
- Accompanied by Medication Form (printed from **CampDoc**)

Please do not bring occasional over-the-counter medications to camp, except for daily allergy or similar medications. Campers that occasionally need treatment such as 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 (Tylenol, Ibuprofen, Tums, Benadryl, cough drops) that caregivers may authorize the camp to administer on the Medication Form.

Medications will be kept with camp nurse and administered as specified, except rescue medications which will be kept by your camper or camp staff. Medications will be kept 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.

Insect Repellent/Sunscreen

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

ILLNESS 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

- Symptoms of COVID-19
- Fever over 100°F for more than four hours
- Any injury or illness requiring transport to a medical facility
- Any injury or illness involving a stay of more than four hours in health care
- Any specific symptoms that concern staff, such as ongoing vomiting
- Menstruation that begins for the first time at camp
- 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.
- In limited cases, a camper must be picked up early due to significant illness or injury.

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 camp team member until someone is able to pick them up.**

¹²ACA HW.8.1

TECHNOLOGY

Camp is a chance to disconnect from technology and connect with community and the great outdoors. Cell phones, tablets, computers, e-readers, smart watches, or similar electronic devices are **NOT** permitted at camp.

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 electronic devices.**

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. **The camp, camp staff, and GSNETX will not be responsible for replacing confiscated and destroyed disposable cameras.**

PHOTOS

If you do not want your camper's photo taken at camp, you must email campwhisperingcedars@gsnetx.org at least one week prior to the start date of the session to inform camp staff. Please include your camper's full name and dates of attendance.

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 campwhisperingcedars@gsnetx.org during regular business hours at **214-769-4089** 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.

CAMP CULTURE CODE¹³

GSNETX will be an organization that fosters a just and fair Girl Scout community that strengthens our staff, volunteers, and girls. We are committed to removing barriers and creating an empowering experience for all through a culture of belonging.

The Camp Culture Code is intended to set expectations for campers, camp staff, and families ahead of their time at camp. The Culture Code is a pledge to ensure everyone at camp feels valued and safe. Together, we can create a safe and supportive environment that celebrates who we are as authentic individuals. In an effort to help us all come to camp informed and empowered to be a part of our safe space, we ask everyone to commit to upholding the Camp Culture Code.

**We ask that you review this document in its entirety.
Camper and caregiver acknowledge these expectations and will meet them.**

It is an expectation of everyone in the camp community to respect one another. Respecting one another's beliefs means making space for them to believe what they do, without judgment. It does not mean that someone else needs to adjust their lifestyle or beliefs to align with someone else's.

Camp is a place where everyone can feel comfortable being their authentic self. GSNETX dedicates ourselves to making all youth feel welcomed, included, seen, heard, and safe. In the space of camp, this culture is especially empowering for youth. Our campers develop the confidence to know who they are, to feel that they are valued, and to experience the warmth and kindness of peers and mentors.

We strive to be a supportive community – one that provides equitable access for all, including those who require additional physical, mental, social, or emotional support. Breaking down barriers and providing access is our ultimate goal, and we use a combination of reasonable accommodations and accessibility to create a culture of belonging.

At Girl Scouts of Northeast Texas, we live by the Girl Scout Promise and Law and are committed to creating a culture of belonging for all.

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.

**Members may substitute for the word
God
in accordance with their own spiritual
beliefs.*

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 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.

¹³ACA CR.1.1

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. Rules and policies are established for safety and to ensure that we have a common standard of behavior. The following expectations are essential to the particular environment we support. Please discuss these with your camper and ensure that camper and caregivers can commit to meeting the expectations.

- Campers will actively contribute to a supportive and empowering environment by neither participating in nor tolerating bullying of any kind. Upon witnessing or becoming aware of bullying, campers are expected to promptly report the incident to camp staff.
- Campers are expected to demonstrate personal responsibility by taking care of themselves, their belongings, and each other, maintaining personal hygiene and health needs, and actively participating in camp chores to foster a cooperative and supportive community.
- Camp offers a valuable opportunity to disconnect from technology distractions and focus on the present camp experience. No electronic devices may be brought to sleepaway camp. For families and troops, we strongly encourage that electronic devices be limited to adult use for safety and communication related to camp.

Camp staff work hard to help campers adjust to cooperative camp life and have a successful week, and in most cases challenging behavior can be suitably resolved. Please note: 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 or others.

CAMPING PROGRESSION

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

¹¹ACA AD.32.1


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 Ziptop bag for each the following:

- **Ziptop 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.**
- **Ziptop bag #2:** Insect repellent 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"/> Light jacket or sweatshirt/hoodie
<input type="checkbox"/> Bathing Suit – one-piece or modest two-piece that covers the stomach	<input type="checkbox"/> Sunglasses
<input type="checkbox"/> Swim towel	<input type="checkbox"/> Swim Goggles
<input type="checkbox"/> Ponytail holders for long hair	<input type="checkbox"/> Swim Cap
<input type="checkbox"/> Raincoat or poncho (as needed)	 Highlighted items can be purchased at the GSNETX shop.
<input type="checkbox"/> Hat or bandanna – to prevent sunburn on scalp/face	
<input type="checkbox"/> Headscarf, if desired	
<input type="checkbox"/> Sunscreen (waterproof/sweat-proof, spray preferred)	
<input type="checkbox"/> Insect Repellent, 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

- Technology (cell phones, tablets, computers, iPods, e-readers, cell phone watches, or similar electronic devices) - strictly prohibited
- 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!

Counselors and staff are also not able to apply lotion sunscreen to your child. If your child needs assistance with application, we highly suggest a spray form of sunscreen.

Archery Information

Girls in grades 2nd-12 are invited to join our Archery experience!

Archery is a skill-based activity that focuses on precision, focus, and discipline. Trained instructors emphasize concentration, hand-eye coordination, and personal improvement. Safety protocols and proper shooting techniques are followed by all participants to ensure a secure and enjoyable experience.

To make this the best experience possible consider the following:

Clothing should be:

- Loose (but not baggy) with nothing that dangles
- 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)
- Hair should be pulled back and away from the face

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.)

**Girls who are sensitive to loud noises will be provided with earplugs or noise-canceling headphones*

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 Activities Manager. 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.

POOL

The Camp Whispering Cedars Center Pool has three zones of varying depths. 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 nature of our CWC 2025 3-day camps, the safety of the campers and the capacity of the lifeguards, your child will only be able to take the swim test once during their first pool activity of their camp session.

- Swim Test is given in 4ft of water in the Yellow zone at a length of 45ft
- Campers may wait on deck or in the lowest zone while the swim tests are being completed, with a Lifeguard on stand.
- No food or eating is allowed in the pool area.
- GSNETX camp staff lifeguards reserve the right to place campers in a specific zone based on their swimming capabilities demonstrated in their swim test, height, and/or whether they are wearing a life vest. Even if your camper “passes”, but struggles to do so, they may be placed in one zone lower. If they are unable to pass the test to utilize the deep end or diving board (see below), lifeguards will use discretion in determining the camper’s ability to properly use a life vest, ensuring a safe and welcoming environment for all.

Beginning level swimmers: A camper that is not comfortable in the water. 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.

Intermediate swimmers: A camper that is comfortable in the water, performing freestyle or 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 show control of movement within the water.

Strong swimmers: 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 15 seconds while keeping their head above the water and showing proper treading techniques without hands. The proper treading techniques are Flutter Kicks (freestyle), Frog Kicks (Breaststroke) or moving legs in a circular motion.

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.