

# General Information

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## Swim Test

Your camper will go to the pool where she will be checked for her swimming ability. The swim test ONLY determines if the camper can go into the deep end of the pool. If a camper does not want to do the swim test, she does not have to; but she will not be able to swim in the deep end of the pool. Girls may request to be re-checked during the week. Please let her know this and encourage her to try again if she wants to go into the deeper water.

## Lost & Found

Please make sure all items that you pack for camp are labeled. Please check the lost and found items during check-out. Lost and found items will be displayed on a table near the Star Center at Small Valley and near the Lodge at Archbald during check-out. Lost and found is collected after each session and stored at camp. At the end of summer, lost and found items will be stored by GSHPA until September 30, 2015. Arrangements can be made to pick up lost articles at Small Valley until July 13<sup>th</sup> and at Archbald until August 15<sup>th</sup>. Lost and found items will not be mailed at the camp's expense.

## Food

Menus are well balanced and snacks are provided. Campers will participate in at least one breakfast, one lunch and one dinner cook out that they will get to help plan and prepare. Campers who are out of camp during meal times may have a boxed meal from camp or may cook out.

Dinner will be the first meal served at camp.

Every effort is made to work with special dietary needs that are documented by a doctor, religiously connected or commonly practiced in the home (i.e. vegetarian). This information should have been listed on your camper application, so we have already made a note of it (if not, please contact the camp at least two weeks prior to arriving to discuss options). Due to health standards, some extreme diets (i.e. "no carbs") cannot be accommodated. If the dietary needs are of high importance such as: wheat gluten, peanut butter, red dye, etc. please notify

us in advance and make sure to speak to the Health Care Manager during check-in to ensure we are properly notified. With some diets, you will be required to provide the food for your camper (i.e. lactose-free milk). You can give the food to the Kitchen Manager during registration and it will be stored in the camp kitchen for your camper to have at meals.

## Lodging

Campers sleep on mattresses on a cot, bunk bed or on the floor in a platform tent, cabin or lodge.

Living arrangements are assigned by camp staff ahead of time. Girls will share a unit with other girls participating in the same Girl Scout level. We cannot house girls from different Girl Scout grade levels together.

Indoor shelter is available for all campers during severe weather.

Camp is a safe environment for girls to learn independence. Our staff members do not sleep in the same units but rather they are a part of the village.

## Kapers

All campers are expected to participate daily in the "camp keeping" chores of their own living area and any other facility in which they use while at camp. Examples of kapers include gathering firewood, sweeping unit buildings, picking up litter, setting the table for meals and participating in flag ceremonies. Kapers will be assigned by unit staff and all campers will be expected to lend a hand.

## Mail

Mail is very important at camp – no matter how short a time your camper is here. Parents, relatives and friends are encouraged to write energetic and positive letters. The content of a letter makes a big difference. It is recommended that you send letters a few days prior to your camper's arrival. You may bring letters on check-in day and they will be distributed throughout the week. If you would like to encourage letter writing, then send your camper with pre-addressed stamped envelopes.

Remember to add a return address on your letters. Mail that arrives after a camper has left will be returned, but this cannot happen without a legible return address. Along those same lines, young campers often cannot print legibly enough for the postal system. Sending pre-addressed envelopes helps with this.

Never give bad news in a letter from home. If your camper needs to leave early for a family emergency, please contact camp directly.

Care packages with personal items are fine. Please do not send snack or food items. Food in the sleeping quarters attracts animals & insects. Any food or candy brought or sent to camp is collected, held and returned the last day of camp. Try adding games or activities that she can enjoy with her new friends, like a pack of cards, travel board games, quiz books or her favorite magazines.

You can mail care packages to camp or leave it with camp staff on check-in day. If you don't want your daughter to see the package, you can return to your vehicle after leaving her at her unit and give the care package to staff near the parking lot. We'll make sure it gets delivered.

Mail call is an important event each day at camp. Write funny things on the outside envelope, and we read them aloud before announcing the name (ie: jokes or ask them to do a dance). This friendly atmosphere helps those cope who may have not received any mail. Remember, mail items early to make sure it arrives on time or hand letters to camp staff during check-in. Remember, do not send food or candy. Make sure you clearly print a return address so we can return any late arriving mail. Address mail to:

Camp Small Valley  
*Camper Name*  
*Camp Session*  
88 Hemlock Road  
Halifax, PA 17032

Camp Archbald  
*Camper Name*  
*Camp Session*  
100 Archbald Road  
Kingsley, PA 18826

## Safety

The camper's general well being is the prime concern of Girl Scouts in the Heart of Pennsylvania. Our camp meets state health codes, American Camp Association standards and strict Girl Scout standards. Along with the health care staff, almost all staff members maintain current First Aid and CPR certifications. A full-time site camp ranger lives at camp, patrols and maintains camp and supervises the security of camp. All precautions are taken to provide a safe experience for everyone.

## Camp Staff

Camp counselors are enthusiastic, talented, caring young adults. They are selected on the basis of their skills, experience, ability to serve as role models and their genuine desire to work with girls.

Counselors are trained in camp skills, the Girl Scout program, safety and childhood development. Most staff members are full-time college students or recent graduates, as well as high school students. The camp staff is required to go through an orientation that covers everything from program instruction, homesickness, first aid, youth development, risk management and more.

Each unit has a minimum of three camp staff assigned to it (depending on GSUSA guidelines based on the age of the campers), but most have 4-6 staff. We follow GSUSA Safety-Wise guidelines for girl-adult supervision ratios, which means that at minimum, there are always two adult staff members with each group (more for larger and/or younger camper groups).

## Check Out

**Check out is on Friday between the hours of 5:00 pm -6:00 pm.**

Early admittance to camp will not be permitted unless the summer camp director is contacted by you and is aware that the camper will be picked up early . Otherwise, if you arrive early, please wait in your car until check-out begins. Staff will be on hand to direct traffic and instruct parents/guardians where to go to check-out their camper.

Campers will ONLY be released to their parent/guardian. If another person is picking up your child, the person's name must be listed on the Camper Release Form. They will need to provide photo identification.

## Questions about Camp

For questions about registration, payment or billing information, please do not call camp. Instead, please call the GSHPA offices at 1-800-692-7816 and ask to speak with a registrar or email [registrar@gshpa.org](mailto:registrar@gshpa.org)

For questions about the camp programs or general camp questions, you can reach the Outdoor Program Manager by calling 1-800-692-7816 x1005

In case of emergency (accident, illness, etc.), the camp director will contact you. If you have not heard from the camp, you can be assured that your camper is well and happy. In case of a home emergency, parents/guardians may call the Camp Director at Small Valley – (717)362-9362.