

Fall Weekend Escape at Winacka

Event Details and Information Packet



Nov. 17-19, 2017

PLEASE READ THIS PACKET THOROUGHLY!

It includes everything you need to know before you come to your Weekend Escape. The more prepared you are, the more fun you and your campers will have.

Quick Reference Guide

Fill in the information below as a quick reference guide for your weekend.

How many girls?: _____

How many adults?: _____

Our camping trained adult: _____

Our first aid trained adult: _____

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

Contact Lindsay Matteson

campdirector@sdgirlscouts.org

(619) 610-0690

For questions about registration, payment or any registration changes

Contact customer care

camp@sdgirlscouts.org

(619) 610-0821

WEEKEND ESCAPES POLICIES AND PROCEDURES

Arrival/Departure

- Please arrange a carpool for your troop. Parents should not be driving up individual girls.
- Plan to arrive at camp 7 p.m. on Friday night. Please back your vehicles into designated parking spaces. **Check in at the Geico Reception Center as soon as you arrive on property to receive your schedule and cabin assignment.**
- A mandatory orientation meeting for all girls and adults will take place at 8 p.m. Friday evening.
- All activities will end by noon on Sunday. Your troop is expected to stay for the duration of the weekend.

Sleeping Arrangements

- Participants have a choice of rustic or modern cabins during initial registration. All cabins have access to flush toilets and warm showers.
- **Modern Accommodations:** Your troop will be sharing with one or more additional troops of roughly the same age. Modern cabins are large open lodges with electricity and bathrooms within the building. All troops sleep on camp mattresses on the floor of the single open lodge.
- **Rustic Accommodations:** Your troop will share a central porch and bathrooms/showers with one or more additional troops, but will have your own sleeping cabin(s). Your troop may be split up for sleeping, as each rustic cabin has only 4 or 8 camp mattresses in bunk beds. Example: If you have eight girls and two adults, four girls and one adult will be in one cabin and four girls and one adult will be in the cabin next door. Due to varying troop sizes and our cabin capacities, troops are not always divided evenly. It is important to prepare the campers for this.
- **Regardless of modern or rustic accommodations, your troop will be sharing communal spaces with other troops throughout the weekend.** Please prepare your campers for this and discuss best practices for group living and courtesy.
- You'll need to bring your own sleeping bags, pillows and linens, and be sure to plan ahead for the weekend's weather.

Important Program Info

- Each troop will have "Troop Time" on Saturday (see schedule on p. 4), depending on selected activities. This time is free and is for your troop to do something of its own design. Some groups work on S.W.A.P.S., plan their next troop trip, work on a Journey or badge, explore camp on their own, relax in their cabins or plan their skits for campfire. This time is your own and is great for troop bonding.
- Each troop will also have the opportunity to perform a skit or song at campfire on Saturday.
- S.W.A.P.S. are done at every weekend, typically on Sunday afternoon. If your troop is new to "swapping," an internet search can help you find ideas. We recommend girls make 10-15 each.
- Girl Scouts are expected to leave a place better than they find it. Every troop will be assigned "kapers" or chores throughout the weekend.
- All activities are planned with the girls in mind. Please remember this weekend is for the girls and your enthusiasm and positive attitude will go a long way.

WEEKEND ESCAPES POLICIES AND PROCEDURES (CONT.)

Paperwork, Training & Safety Standards

- **Required:** *Health History* form for each adult and camper attending. Your regular troop ones are just fine. We recommend bringing copies, rather than the originals. You are expected to keep these with you during the entire weekend at camp.
- **Required:** *Trip or Event Permission Form* for each camper. (This program is NOT covered by the annual permission form). You can find the form at the end of this packet for your convenience, or you can find a fillable form here: https://thinmint.sdgirlscouts.org/files/perm/TR-2006W_Trip_or_Event_Permission.pdf
- **Required:** One leader in attendance with Basic Overnights training.
- **Required:** One leader in attendance with first aid and CPR training.
- *Safety Activity Checkpoints* (www.sdgirlscouts.org/safety) ratios of girls to adults must be followed at all times. All trip guidelines from *Safety Activity Checkpoints* must be followed including permission slips, girl and adult health histories and driving guidelines. Make sure each driver has the health histories for the passengers in their vehicles.
- Appropriate progression and skills must be practiced, evaluated and planned. Campers should feel ready for a weekend camping experience.
- You are responsible for all property guidelines as identified in *Property Resource Guide*.

Participants & Payment


- Only pre-registered girls and adults may attend the weekend. All girls and adults must be registered Girl Scouts. Substitutions are handled on a case by case basis.
- Fees are due three weeks before the weekend.
- Please call or email immediately when you have a cancellation at any time, before or after due date. Exact numbers affect cabin placement, meals, supply ordering and much more.
- Cancellation Policy: Refund and transfer requests must be submitted in writing prior to the registration deadline listed on the activity. No refunds or transfers will be issued after the registration deadline has passed unless the event is cancelled by council staff.

Communication

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

WHAT WILL WE DO?

The following is a sample schedule and is subject to change.

 **For Saturday activities, troops rotate through two periods of staff-led activities, and two periods of individual Troop Time. You are responsible for planning your own activities for Troop Time.**

- Staff-led activities typically include choices like low ropes (4-5th grades), high ropes (6-8th grades), archery, or fishing, but the exact programs are not decided until Friday night and are subject to availability and weather considerations.
- Troops will have the opportunity to sign up for staff-led activities on Friday night at orientation.

Friday	
7-7:30 p.m.	Check-In & Move In
8 p.m.	Orientation and Activity Sign Up (Snack Provided)
10 p.m.	Lights Out

Saturday	
7 a.m.	Wake Up
7:50 a.m.	Flag
8 a.m.	Breakfast
9:15 a.m.	Activity #1 – Staff-led program
11 a.m.	Activity #2 – Troop Time
12:15 p.m.	Quick Rest Break
12:45 p.m.	Lunch
2:15 p.m.	Activity #3 – Staff-led program
4 p.m.	Activity #4 –Troop Time
5:15 p.m.	Quick Rest Break
5:50 p.m.	Flag
6:15 p.m.	Dinner
7:30 p.m.	Campfire
8:45 p.m.	Back to Cabins
10 p.m.	Lights Out

Sunday	
7 a.m.	Wake Up, Pack and Clean
8:20 a.m.	Flag
8:30 a.m.	Breakfast
9:15 a.m.	Evaluations and Building Sack Lunches
10 a.m.	Camp scavenger hunt
11:15 a.m.	Scouts Own & Flag
11:45 a.m.	S.W.A.P.S. (optional)
12:00 p.m.	Check-out and Clean-up/Kapers

WHAT SHOULD WE BRING?

What you tell each camper to bring should be based on the anticipated weather, especially the forecasted low temperature and whether you are in rustic or modern accommodations. Our preferred weather source is the National Oceanic and Atmospheric Administration (www.noaa.gov). When in doubt, plan for colder than you anticipate. It's a lot easier to find an extra T-shirt than it is to find an extra rain jacket.

Each camper and adult should bring:

In overnight bag:

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

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

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

A note on shoes:

Shoes worn at camp **must be closed-toe and heel**, and must be worn with socks. Crocs, ballet flats, and sheepskin boots (Uggs) are not the best choices while at camp. We recommend athletic shoes or hiking boots that are broken in. Galoshes or snow boots are great for winter months. We want your feet to be happy while you're with us!

Group Items (One adult from the troop should gather the following items):

- Paperwork
 - Health histories (for all girls and adults) and permission slips (girls only, including leader's daughter). Health histories should already be filled out and kept at your troop meeting place. We recommend bringing copies, rather than the originals.
 - Release of Liability forms (for all girls 6th grade or older) – these are required for participation at the high ropes course if your girls are old enough.
- First Aid Kit: Whatever kit you use at your normal troop gatherings is fine
- Medications for all campers (if applicable), in original packaging/prescription bottle
- Alarm clock (battery operated– please do not use your cell phone)
- Activities or supplies for "Troop Time"
- Extra clothing and water bottles (for campers)- just in case
- Something to identify your troop, such as matching bandanas, shirts, scarves, hats, etc.

Please do not bring:

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

What about cell phones?

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

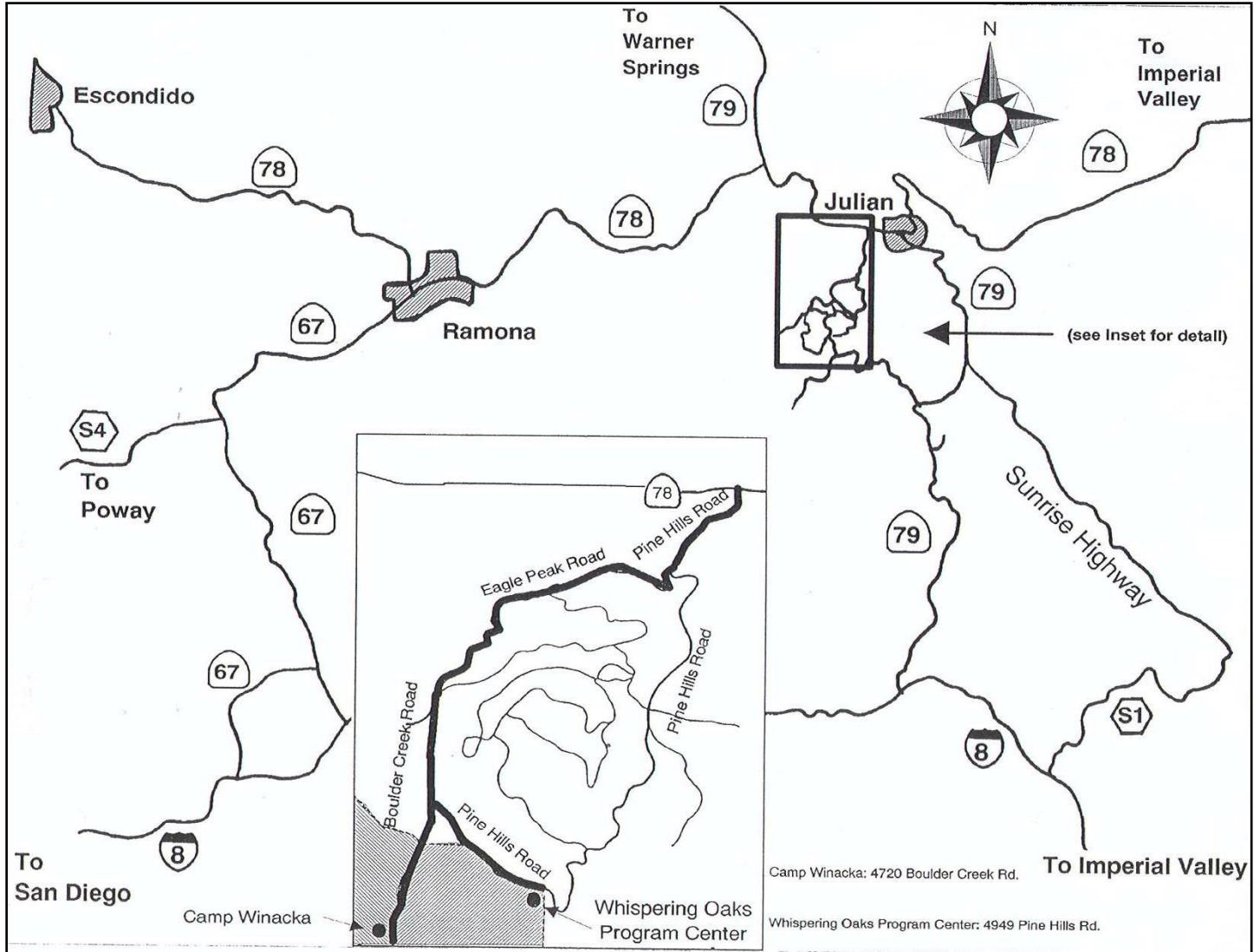
WHERE DO WE GO?

To reach Camp Winacka:

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

#1 Tip for driving to camp:

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



Internet mapping software and in-car navigation systems often give incorrect or incomplete directions to camp, and send vans full of girls and their leaders on harrowing off-road adventures. For your own sake, please use our map/directions to camp! It will take approximately 90 minutes to reach camp from the greater San Diego area, accounting for traffic and appropriate speeds.

ARE WE READY?

As your girls move through their overnight, camping and trip taking progression, **you should begin to agree more and more to the following statements.**

Decide where your campers stand on each of these statements. Once complete, pay close attention to the statements you disagreed with. What can you do to boost your score before your Weekend Escape?

It's all about progression...

Give them the opportunity to plan, learn and practice skills in a safe environment where, when mistakes happen, they can profit from the experience.

Example:

If a girl wears ill-fitting shoes on a simple hike around the neighborhood, you can treat her blisters and send her home to mend and make the necessary changes to her wardrobe. But, if you are at camp for two days, both you and she will suffer for the duration of the weekend.

Milestones in the Outdoor Progression	Agree 100%	Agree Some-what	Disagree Somewhat	Disagree 100%
My campers have become <i>comfortable away</i> from home, their routine and familiar surroundings for longer and longer periods of time.				
They are capable and practiced in <i>taking care of themselves</i> : brushing their own hair, getting dressed without help, organizing and keeping track of their belongings.				
My campers <i>pack for themselves</i> , and (more importantly) their parents allow/encourage them to do so.				
My campers understand and observe outdoor <i>safety skills</i> and practices (see <i>Safety-Wise</i>).				
My campers <i>respect their natural surroundings</i> . They take only pictures and leave only footprints. They stay on trails, and keep a safe distance from wildlife.				
My campers <i>display good manners</i> , whether I am close beside them, or in another room.				
My campers have demonstrated <i>responsibility</i> for their own behavior and comfortability with cabin/tent community living?				
My campers <i>understand their dietary needs</i> and can let an adult know if they are not getting enough food, or need help with their food.				
My campers have demonstrated <i>getting along with others</i> for longer and longer periods of time –accepting responsibility for their own behavior.				
My campers have practiced <i>planning</i> for camping experiences, and we get together and <i>reflect on what worked and what didn't</i> after a camping or overnight trip.				
My campers have <i>established group norms</i> on how to make decisions that affect the whole group. They <i>work together</i> to solve conflicts or problems.				

WHAT NOW?

- Pay your balance (if any).
- Collect your health history forms, to be kept with you for the duration of the weekend. Make copies for all drivers.
- Collect *Trip or Event Permission* forms for the girls attending.
- Complete the Participant Release of Liability forms for all girls **6th grade or older**. Collect these forms separately from your other paperwork, as council will keep these forms at the end of the weekend.
- Prepare with your campers for the weekend (plan what activities you want to do on your Troop Time; cover what to pack, what your expectations are, what their expectations are, transportation and other trip details).
- Arrange to carpool with anyone you know who will also be attending. Parking is limited!
- Call or email with questions (if you have them).
- Keep council updated with your projected attendance numbers, dietary needs, additional special needs or accommodations.
- Get excited for camp!

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

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campdirector@sdgirlscouts.org

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Trip or Event Permission Form For Single Activities

Use this form if any trip/event activities require Activity Approval (see www.sdgirlscouts.org/safety), or when parents/guardians decline to provide Annual Permission for Routine Activities and Field Trips.

Part A: To be completed by troop/group leader and kept by parent/guardian

Troop/group # _____ is planning a trip/event to _____ Date(s) _____

Trip/event address (street/city/state/zip): _____

Type of activity: _____

Arrangements for transportation: _____

Time and place of departure: _____

Time and place of return: _____

Name(s) of troop/group leaders accompanying girls: _____

Please pay family portion of \$ _____ * (Troop/group will pay \$ _____ from troop funds; toward a total per girl cost of \$ _____)
Girls may bring spending money up to \$ _____. *Financial assistance may be available; consult troop leader.

Equipment and/or clothing each girl will need: _____

In case of unusual circumstances (major delays, etc.), the leader will contact the following person to notify all girls' parents/guardians:
Name _____ Phone (_____) _____

Date form was sent to parent/guardian: _____ Date signed form is due back to troop/group leader _____

Trip/event leader name _____ Phone (_____) _____ Email _____

Part B: To be completed by parent/guardian and returned to troop/group leader

My Girl Scout _____ has permission to participate in _____ on _____
She may receive treatment from a certified first aider, if necessary, while on the trip/event.

During this trip/event I/we may be reached at:			
Parent 1 name	Parent 1 phone (_____) _____	Parent 1 alternate phone (_____) _____	
Parent 2 name	Parent 2 phone (_____) _____	Parent 2 alternate phone (_____) _____	
If I/we cannot be reached in the event of an emergency, the following person is authorized to act on my/our behalf:			
Responsible person name	Relationship to girl	Phone (_____) _____	Alternate phone (_____) _____

- My daughter/dependent is in good health and may engage in all activities: Yes No. If no, list any exceptions: _____
- My daughter/dependent requires the following special accommodations in order to be most successful (write "none" if there are none): _____

In an emergency situation, a care provider (first aider, emergency medical technician, doctor, etc.) may need to know the following information regarding my daughter/dependent's health (allergies, chronic illness, seizures, etc.)
_____ Date of last tetanus shot _____

Sleeping arrangements, if applicable: My daughter/dependent may may not share a bed (designed for more than one person) with another girl. A girl will never share a bed with an unrelated adult.

Permission for emergency medical treatment:

I give my permission for the adult in charge to take my child to a medical facility, if necessary. In case of emergency, if none of the above can be contacted, I consent to treatment for my daughter/dependent under the supervision of, and as deemed advisable by, a physician licensed under the Medicine Practice Act. This provides authority pursuant to Section 25.8 of the California Civil Code.

Signature of parent/guardian _____ Date _____



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

CHALLENGE COURSE PROGRAM

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

Participant Name: _____
Print Name

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

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

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

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

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

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

X _____
Participant's Signature Age Date

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

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

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

See you there!

