



GIRL SCOUTS OF CONNECTICUT
www.gsofct.org 1-800-922-2770 (CT only)



Parent Handbook 2013

An-Se-Ox Day Camp

47 Condon Road, Oxford, CT

(203) 888-9246 Camp Phone - Seasonal

anseox@gsofct.org

Dear Parent or Guardian,

An-Se-Ox is devoted to developing an appreciation for the out-of-doors. At Camp An-Se-Ox we encourage girls to explore their environment, to build relationships with other girls with similar interests, and to develop these interests allowing for the potential for personal growth and fulfillment. Our Motto is... "Together, everything is possible."

We hope that your camper will appreciate the opportunity to reconnect with nature, and develop friendships in a safe and nurturing atmosphere while improving her social and leadership skills.

Girl Scout camp will help improve your camper's self esteem, self-respect, and self-confidence, while providing her with fun learning opportunities. She will improve her athletic, artistic, and intellectual skills, and become more responsible for herself, her community, and the world around her.

We are pleased to share with you that Tracey DiCaprio will be returning as our Camp Director for another fantastic summer. She will be available to answer questions after June 1, 2013. Until that time, please read the enclosed information. If you have questions that are not answered here, please call (203) 239-2922 or email camp@gsofct.org and we will be happy to answer any questions you may have.

We subscribe to the philosophies of Girl Scouting and the American Camp Association. As always, we are committed to providing a fun, safe, and rewarding program for your camper.

Sincerely,

GSOFACT Outdoor Program Department

Please direct all inquiries and mail to:

Girl Scouts of Connecticut

An-Se-Ox Camp

20 Washington Avenue

North Haven, CT 06473

(203) 239-2922

(203) 239-7220 fax

camp@gsofct.org

Dear Parents,

Beginning this summer, in our continuous efforts to provide the best possible care to our campers and staff, Camp Laurel is utilizing CampDoc.com.

CampDoc.com is an electronic health record system for camps, and will help us consolidate and integrate camper health and wellness information into a centralized and secure location that will be kept from this year forward. When your camper returns to any of our camps next year their information need only be updated. If their health exam is within 24 months of camp you will not need to provide it again. Their system will give our Health Center Staff instant access to camper health information, a key component in providing quality camper care.

The security, confidentiality and privacy of your camper's personal health information will always be protected. Only authorized GSOFACT staff will have access to camper health information, and the CampDoc.com site is secure, encrypted and password protected.

You will receive a "Welcome E-mail" from CampDoc.com with information about how to complete your camper's health information. Please confirm that your correct email address is part of your camper's record with GSOFACT.

- Click the link in that email to set a new password for your CampDoc.com account.
- Follow the instructions, and complete the health history for your camper. Alerts will appear for any missing required information.
- Upload any required documents to your CampDoc.com account.
- Up to 7 days before your camp session you may return to CampDoc.com at any time to make changes/updates to your camper's health information. Late changes may be made during check-in.

Please set register@campdoc.com as a "safe sender," to avoid accidental delivery to junk and spam folders.

We are excited to continually evolve – building safer, more productive and more efficient systems to create the best experience for you and your family.

We can't wait to see you this summer,

Tracey DiCaprio
Camp An-Se-Ox Director



Day Camp hours are 9:00 am – 4:00 pm, Monday - Friday

Information is in alphabetical order

Absences from camp

If your camper is going to be absent, please call the camp office at (203) 888-9246, or email the camp office at anseox@gsofct.org by 9:30 a.m.

Breakfast Bunch

Before care is available from 7:00 am to 9:00 am, at an additional fee of \$50 per week. Campers must preregister through the Registration Department. Staff will provide breakfast and activities during this time.

Bus Rules and Transportation

Please review proper bus conduct with your camper.

- A. Wait for the bus in a safe location.
- B. Let the bus come to a complete stop before approaching.
- C. Tell the bus monitor your first and last name.
- D. Find a seat quickly and stay seated.
- E. Hands, heads, and other items are to remain inside the bus.
- F. Talking with friends and singing songs are activities that will keep you occupied.
- G. Questions should be directed to the bus monitor, please do not distract the driver.

Please remember to be at the bus stop at least 10 minutes early.

In the event of a bus delay resulting in more than 30 minutes, or in an emergency, you will be contacted at your primary number by the Camp Director or her designee.

NOTE: Actual enrollment may necessitate changes in published routes. **If changes** are needed, you will receive a revised bus list after June 1.

Anyone picking a camper up at a bus stop must have a GSOFCT Bus Pass and present it to the Bus Monitor before their camper may be released. **Passes will be mailed June 1.**

If you choose to transport your camper to and from camp, please drop her off between **8:40 and 8:50 a.m.** and pick her up between **4:05 and 4:15 p.m.** to avoid conflict with the bus service. Campers who do not ride the bus will be dismissed after the buses have departed. Please be considerate of our speed limit policy and areas that are restricted of vehicles whenever visiting camp. Please back into a parking space and check in with the camp staff person on duty. If your camper is able to drive to camp, please review the speed limit and restrictions with her.

Camp Clothing

Campers should dress for fun and outdoor play, they will get dirty. All campers must wear socks that cover their ankles and shoes or sneakers to camp. Please do not wear sandals, clogs, flip-flops, or arrive with bare feet.

OUR CAMPS HAVE TEAMED UP WITH LOVABLE LABELS!

Tired of looking for misplaced shoes and clothing? Buying labels is an investment that will help ensure that your camper's belongings, old and new, don't get lost or confused with someone else's! Lovable Labels provides durable waterproof, personalized labels that are perfect for labeling clothing, toiletries, shoes, sports equipment, games...and more!! If you can lose it, you can label it!

Place your order online at: www.Anseox.lovablelabels.ca

Questions? Contact Dawn @ camps@lovablelabels.ca or toll-free: 1-866-327-5683 x41

Labeled items will be returned to their owners. We will contact you to pick up labeled items found after your camper has left for the season. All unmarked items will be placed in the lost and found and held until one week after camp closes for the season.

Please bring the following to camp labeled with your camper's name:

Lunch in a plastic zip bag

A refillable water bottle

Cup for juice

Sunscreen

Insect repellent

Bathing suit and towel

Rain poncho

Sweatshirt

And a back pack to carry it all!!



Please do not bring the following:

Sports equipment/expensive Clothing and jewelry

Alcohol, drugs, or weapons

Pets

Electronics are allowed on the bus at the parent's discretion. They are not to be used during the camp day.

Girl Scouts of Connecticut is not responsible for lost, stolen, or damaged items.

Camp to College Program

We at GSOFC are serious about the educational benefits of attending summer camp and are looking for ways to support families as they look to the future for their campers. Check out the Camp to College Brochure on our web site or go to www.bitly.com/Camp2College to find out how your family can receive a dollar for dollar discount on college tuition by attending any of our summer camps and at no cost to you!

Camp Store/Trading Post

A camp store is available for campers to purchase t-shirts and other camp souvenirs. Please send cash or a check made out to GSOFC with your camper for these items. A shopping list with prices and set shopping dates will be provided on the first day of each camp session. Please discuss purchases with your camper, so that she may be able to shop with confidence in the ability to make her own choices.

Camper Behavior

Please review our Code of Conduct with your camper.

Girl Scout camp has rules that we have to follow so everyone will have a fun and safe time. This Code of Conduct, combined with the Girl Scout Promise and Law, is our guide for behavior that is expected at Girl Scout camp (including transportation and at bus stops).

Code of Conduct Promise

- * I understand that rules are made to protect me and my camp friends and to help make sure program activities are safe, fun, and successful.
- * I will treat myself, my camp friends, staff, property and equipment with respect.
- * I will follow the principles of the Girl Scout Promise and Law.

The 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.

I understand the following are unacceptable behaviors at camp:

- cursing or verbally abusing anyone for any reason
- display of jewelry, clothing, accessory or manner of grooming related to gangs, or illegal substances
- fighting, threatening, stealing, damaging property, or endangering the well-being of myself and others.

The 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.

I understand the following are NOT allowed at any Girl Scout summer camps:

- pets/animals
- alcohol
- personal sports equipment, unless specified for a camp program
- electronic devices such as: iPods, iPads, notebooks, tablets, cell phones, etc cannot be used at camp, but only on the bus ride to and from camp. Girl Scouts of Connecticut is not responsible for loss or damage to electronic devices, or any personal belongings.
- tobacco products
- illegal substances
- weapons

I understand that all prescription and over the counter medications must be turned in to the Health Director upon arrival at camp.

I understand that if I am unable to follow these rules that my Parent/Guardian will be contacted and I could be sent home from camp by the Camp Director.

Parent/Guardian Agreement

I have discussed the above with my camper and feel that she understands what is to be expected of her while at Girl Scouts of Connecticut Summer Camp. I also understand that should she be unwilling or unable to live within these guidelines, I may be called to pick up my child at her camp. Parents must pick up their child within four hours at day camp, and within 24 hours at resident camp. If a parent fails to collect his/her child within this reasonable amount of time, the child will be reported as abandoned to the local police. I further acknowledge that should my camper be asked to leave due to her behavior there is no refund of camp fees

Early pick up

To pick up your camper early, please write a note and send it to camp, call the camp at 203-888-9246, or email the camp at anseox@gsofct.org. The camp will try to have your camper ready and waiting in the camp office. Please park in the lot and walk into camp, check in at the camp office, and sign out your camper.

Email

GSOFACT requires a current family email address for every camper. You will be contacted by Camp An-Se-Ox, CampDoc.com, and Girl Scouts of Connecticut with updates and communications. Please make sure that your current email is on file with the council office by emailing Registration@gsofct.org.

Health History/Health Examination

The Health History is the parent's portion of the health information and should be done through CampDoc. This should be completed and updated every year (no sooner than three months before camp begins). The Health Examination is the doctor's portion of the health form. This portion is valid for 24 months. Even though it is valid for 24 months, returning campers will need to complete it this year. We will accept any Health Examination form that you may already have as long as it includes an immunization record, including current tetanus with date of immunization.

Horseback Riding Program

Horseback riding requires proper attire. Campers need long pants, a close fitting shirt (T-shirts are acceptable), and boots with a minimum of a 1 inch heel. Soles should be smooth. Every camper in the program is required to have the Horse Farm Waiver to Girl Scout Council office by June 1, 2013. Campers without the proper waiver filled out completely **will not** be eligible to ride. Camp An-Se-Ox will provide ASTM-approved helmets. Campers should not bring their own helmets. Campers will be transported by van or bus to the horse stable.

Illness/Injury

Parents will be contacted by the Director of First Aid for the following: if their camper has an illness involving fever and/or vomiting or an unresolved asthma attack; sustains an injury that requires stitches, has injuries that result in broken bones, or involves head injuries, or any professional medical care needed outside of camp. These campers will need to be picked up from camp or emergency treatment center. The Director of First Aid will also contact parents if their camper sustains a bee, wasp or tick bite or if they spend more than 2 hours in the health center.

Insurance

Camper families are expected to provide their own health insurance. All campers are covered by a secondary medical insurance policy provided by Girl Scouts of Connecticut. This covers, to its limit, what a camper's own personal medical insurance does not cover. All claims should be filed within 72 hours of injury. The camp's Director of First Aid can provide this form as needed.

Late arrivals

If your camper will be arriving late for camp, please let us know. Upon arrival at camp, please park in the lot and walk her into the camp office. You will need to sign her in at the office and a staff person will stow her lunch and escort her to her unit.

Lunch

A lunch with a drink should be brought every day. The State of Connecticut requires that all lunches be refrigerated; therefore we request that you send your camper's lunch in a plastic zip bag labeled with her name. Please do not send insulated lunch boxes, glass containers, or coolers. If your camper forgets to bring

a lunch, you will be notified by the camp office that it has been forgotten, and your camper will be provided with a healthy substitute.

Medications

All medications (over the counter or prescription) must be supplied by the family and require a medication administration form filled out by your camper's doctor. These medications will be stored in the Director of First Aid's office and returned at the end of the week. Inhalers and Epi-pens also require a medication administration form, but will be carried in a med bag by the counselor assigned to your camper. If medications arrive without the proper documentation, they will be sent home at the end of the day. Girl Scout staff cannot administer medications without the appropriate documentation.

Optional Overnights

All girls 4th grade and up who enroll in a two week program are invited to attend an optional overnight. This optional overnight is an additional \$15. Parents can preregister for this opportunity, or you can have your camper wait and register at camp during her two week session. The packing list/permission slip will be sent home on the first day of the two week session. All overnight guests, preregistered or registering at camp, must have a signed permission slip to attend.

Session I Overnight: Wednesday, July 10 – 11, 2013

Session II Overnight: Wednesday, July 24 – 25, 2013

Session III Overnight: Wednesday, August 7 – 8, 2013

Wednesday night dinner, and Thursday breakfast and bag lunch will be provided for campers that attend the overnight.

Photos

A unit photo is taken every session during the camp season. This 8 x 10 photo is available for \$10 and is a wonderful keepsake to commemorate her time at camp. The photo is taken by our summer camp staff and produced by a professional printing company. It will be mailed to your camper at the end of her camp session. A photo order form will be sent home on the first day of each session. Please provide a current address on the order form to ensure that your camper's photo will arrive on time.

Refunds/Cancellations

- Cancellations and refund requests must be made in writing to Girl Scouts of Connecticut, Registration Department, 20 Washington Avenue, North Haven, CT 06473 or email at registration@gsofct.org.
- Prior to May 1, cancellation refunds will be made minus a \$20 processing fee.
- After May 1, cancellation refunds will be made minus the deposit for each session.
- Cancellation made within two weeks of camp attendance will not receive any refund.
- Partial refunds will not be made if days are missed.
- Exceptions can be made with a letter from a doctor noting illness or injury, or notice of summer school attendance.

Snack/Juice/Water

Camp provides a snack every day. Juice is available with the snack. Water is available throughout the day so campers can refill their water bottles. Please help us by encouraging your camper to drink plenty of water while at camp and at home.

Special Accommodations

If your camper requires special accommodations, please note these requests in Camp Doc. Girl Scouts of Connecticut can make reasonable accommodations for medical, dietary restrictions, behavior modifications, and individual educational program needs. Please call (203) 239-2922 so that we can discuss any specific needs. Our goal is to provide the best possible camping experience for all of our campers.

Swimming

Swimming levels are assessed according to our own *Swimming as a Lifetime Sport* program. Campers' swimming skills are checked during the first day of each session. Their colored wrist band designates their swimming level and will be worn every day. As part of our program, campers going into grades 1 – 5 will receive swim lessons daily, weather permitting. Older campers may choose to participate in the swim lesson program. You will receive a report of your camper's swim lesson progress at the end of the camp session. All campers will also enjoy free swim time.

Campers are encouraged to participate in all water activities. Should a camper choose not to participate she will join our *Mileage Club* and walk/hike during that time period, earning mileage charms for each lap completed. All of our water activities and *Mileage Club* are part of our signature program, *Live Healthy, Lead Healthy*.

Tennis Program

Campers participating in the Tennis program should come prepared with sneakers, a water bottle, sunscreen, and a hat. Tennis rackets will be provided by the camp. Campers will be transported by van to the tennis courts for lessons.

Themed Sessions

Two week themed sessions are available throughout the camp season. Campers should expect to spend a minimum of ten hours per week (2 hours per day) on a themed activity. The rest of the day is spent on enjoying general camp activities. Remember to ask your camper every day, "What did you do today?"

Weather/Cancellations

Camp thrives rain or shine. There are cabins, shelters, and covered porches where activities take place. Please pack a rain coat or poncho daily for summer showers. Should camp need to be cancelled, in the event of emergency, we will attempt to call your primary phone number. The announcement will also be posted on the homepage of our website, www.gsofct.org.

Who to Contact?

If you have questions about registering for another session, please contact the Registration Department at (203) 239-2922 ext. 500 or registration@gsofct.org. They can also answer questions about paying your balance.

If you have general camp questions, please contact the Outdoor Program Department at (203) 239-2922 or camp@gsofct.org.

If you have specific questions about the camp program BEFORE the camp season, please contact the Outdoor Program Department and they will forward the question to the camp director. (Please allow extra time for a response, as our director is seasonal.)

If you have specific questions about the camp program AFTER the camp season has begun, please contact the camp directly at (203) 888-9246.

The following is what you can expect of a typical day at Camp An-Se-Ox:

A Typical Day at Camp An-Se-Ox *

9:00 a.m.	Arrival
9:15 a.m.	Flag Ceremony
9:30 a.m.	Unit Time/Kapers
10:00 a.m.	Swimming
11:00 a.m.	Arts/Crafts
Noon	Lunch/Free time
1:00 p.m.	Program time or Badge Work
2:30 p.m.	Nature/Skills
	Or Sports/Games
3:30 p.m.	Unit Time/Kapers
3:45 p.m.	Closing Flag
4:00 p.m.	Buses Depart

Campers will also have an outdoor cooking experience every week. This is not a full meal.

*subject to change

Camp Kapers/Chores

All campers are asked to take responsibility for their camp. The following is a list of typical chores that campers may be asked to do.

Merry Messengers – girls who deliver messages and pick up items from the camp office

Lunch Lassies – girls who are in charge of distributing lunches

Water Wigglers – girls who are in charge of water/juice containers

Flag Flyers – girls who are responsible for the flag ceremony

Paper Passers – girls who make sure that there are toilet paper and paper towels at the site

Site Inspectors – girls who make sure that the site is clean

Garbage removal and bathroom cleaning is handled by a staff person.

To help you be prepared for this summer, please use this handy daily checklist to make your mornings easier.

Day Camp hours are 9:00 a.m. – 4:00 p.m., Monday - Friday

CAMP AN-SE-OX DAILY CHECK LIST

	M	T	W	TH	F	M	T	W	TH	F
Lunch										
Water Bottle										
Plastic Cup										
Swimsuit										
Sunscreen										
Towel										
Insect Repellant										
Sweatshirt										
Raingear										

PACK EVERYTHING INTO A BACKPACK!

We can't wait to see you at camp!



Summer Camp Health Exam/History For campers and staff

In accordance with the provisions of 105 CMR
430.000 minimum Sanitation and Safe Standards for
Recreational Camps for Children, Massachusetts State
Sanitary Code, Chapter IV.

Physical exams are valid for 2 years from date of last examination

Camper Staff

To be completed by the parent or guardian:

Camper Name: _____ Date of Birth: _____

Address: _____ Phone: _____

City: _____ State: _____ Zip: _____

Camp Name: _____

Insurance Co: _____
ID# _____

I hereby authorize the Girl Scouts of Connecticut (GSofCT) and any medical personnel selected by the Camp to provide medical assessment and routine medical treatment and services to my child, including hospitalization, and necessary related transportation, and in case of an emergency, authorize the provision of medically necessary treatment/services, including transfer to a hospital or facility for emergency treatment/services. I release GSofCT and its officers, directors, employees, personnel from and against any and all claims and liability arising from or related to the provision, authorization and administration of medical treatment, services and medication to my child.

Signature of Guardian: _____ Phone: _____

TO BE COMPLETED BY THE SPECIFIED MEDICAL PRACTITIONER

Date of Exam
___/___/___

____ May participate in all camp activities

____ May participate except for: _____

Medical information pertinent to routine care and emergencies: _____

Is the individual taking prescription or over the counter medication(s)? No Yes If yes, indicate names

of medication(s): _____

Has the individual menstruated? Yes No If no, does she know about it? Yes No

Does the individual have allergies? No Yes, Explain: _____

Is this individual on a special diet? No Yes, Explain: _____

Does the individual have special needs? No Yes, Explain: _____

This camper/staff is up to date on all the following routine childhood immunizations currently recommended by the American Academy of Pediatrics and National Advisory Committee on Immunization Practices:

	Yes	No		Yes	No
Measles			Hepatitis B		
Mumps			Diphtheria		
Rubella			Pertussis		
Chickenpox			Pneumococcal conjugate		
Tetanus			Polio		

Date of last Tetanus: _____

Signature of Physician, PA, APRN or RN

Date form signed: _____

Practitioner's Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone: _____

MEDICATION ADMINISTRATION AUTHORIZATION

for Summer Camp Only

Instructions to Parents/Guardians

Page 2 of this Medication Administration Authorization form must be completed and signed by both you and the authorized Prescriber (Physician, Dentist, Physician Assistant, Advanced Practice Registered Nurse) for EVERY medication – whether over-the-counter (e.g., Advil) or prescription (e.g., Albuterol) – and each medication must have its own form. All over-the-counter medications must be in new, unopened containers.

In Connecticut, licensed camps administering medications to children shall comply with all requirements regarding the Administration of Medications described in the CT State Statutes and Regulations. **Parents/guardians requesting medication administration to their child from camp staff shall provide the program with appropriate written authorization(s) and the medication before any medications are dispensed. Medications must be in the original container and labeled with child's name, name of medication, directions for medication's administration, and date of the prescription. All unused medication will be destroyed if not picked up within one week following the camper's departure from camp.**

In Massachusetts, all medications are administered in accordance with 105 CMR 430.160.

105 CMR 430.160(A)

Medication prescribed for campers shall be kept in original containers bearing the pharmacy label, which shows the date of filling, the pharmacy name and address, the filling pharmacist's initials, the serial number of the prescription, the name of the patient, the name of the prescribing practitioner, the name of the prescribed medication, directions for use and cautionary statements, if any, contained in such prescription or required by law, and if tablets or capsules, the number in the container. All over-the-counter medications for campers shall be kept in the original containers containing the original label, which shall include the directions for use.

105 CMR 430.160(C)

Medication shall only be administered by the Health Supervisor* or by a licensed health care professional authorized to administer prescription medications. The health care consultant shall acknowledge in writing the list of medications administered at the camp. If the health supervisor is not a licensed health care professional authorized to administer prescription medications, the administration of medications shall be under the professional oversight of the health care consultant. Medication prescribed for campers brought from home shall only be administered if it is from the original container, and there is written permission from the parent/guardian.

105 CMR 430.160(D)

When no longer needed, medications shall be returned to a parent or guardian whenever possible. If the medication cannot be returned, it shall be destroyed.

**Health Supervisor – A person who is at least 18 years of age, specially trained and certified in at least current American Red Cross First Aid (or its equivalent) and CPR, has been trained in the administration of medications and is under the professional oversight of a licensed health care professional authorized to administer prescription medications.*

I have read the above and agree to abide by the requirements.

Signature of Parent/Guardian _____ Today's Date ___/___/___

MEDICATION ADMINISTRATION AUTHORIZATION CAMP

Authorized Prescriber's Order (Physician, Dentist, Physician Assistant, Advanced Practice Registered Nurse)
Only one medication per form, please.

Name of Camper _____ Date of Birth ___/___/___ Age ___ Today's Date ___/___/___

Medication Name _____ Controlled Drug? YES NO

Dosage _____ Method _____ Time of Administration/Frequency _____

Specific Instructions for Medication Administration (e.g., on empty stomach, with milk, etc.) _____

Specify Precautions _____

Medication Administration: Start Date ___/___/___ Stop Date ___/___/___ Quantity Received _____

Expiration Date of Medications Received ___/___/___ Special Storage Requirements _____

Relevant Side Effects/Adverse Reactions _____

Plan of Management for Side Effects _____

Known Food or Drug: Allergies? YES NO Reactions to? YES NO Interactions with? YES NO

If "yes" to any of the above, please explain _____

Diagnosis (at parents discretion) _____

Camper may self administer this medication YES NO Prescriber's Initials _____

Prescriber's Name _____ Business Telephone (____) _____

Prescriber's Signature _____ Prescriber's Emergency Telephone (____) _____

Prescriber's Address _____ Town/State/Zip _____

Parent/Guardian Authorization

I hereby authorize that medication be administered to my child as described and directed above and in accordance with CT State Statutes and Regulations and MA 105 CMR 430.160.

Name of Camp where medication administration will occur _____

Camp Program (if applicable) _____ Dates Attending _____

Child's Name _____ Address _____ Town _____

Name of Parent/Guardian Authorizing Administration of Medication _____

Relationship to Child: Mother Father Guardian/Other (explain): _____

Address _____ Town _____ Home Telephone (____) _____

Business Telephone (____) _____ Emergency Telephone (____) _____

Camper may self administer this medication YES NO Parent's Initials _____

Signature of Parent/Guardian _____ Today's Date ___/___/___

Name of Camp Staff Receiving Written Authorization and Medication _____

Title/Position _____ Signature (in ink) _____

Day Camp Overnight Registration Form

The camp overnight will be held on:

_____ Day

_____ Date

Supper, snack, breakfast, and lunch will be provided for your camper.

Please send the following items for the overnight:

Lightweight sleeping bag, or two sheets and a lightweight blanket

One pillow

Change of clothes (shirt, shorts, socks, underwear)

Rain poncho or raincoat

Sweatshirt

Personal hygiene products (toothbrush, toothpaste, towel, washcloth, soap)

Flashlight with extra batteries

Optional – extra bathing suit and towel

A mess kit – bowl, plate, cup, with a fork, knife, spoon (also available at our camp store for \$5.00)

PLEASE DO NOT SEND:

Snacks, candy, gum, CELL phones, IPODs, or any other electronic devices. Camp is not responsible for any valuables at camp.

PLEASE SIGN THE PERMISSION SLIP AND RETURN IT WITH YOUR CAMPER NO LATER THAN _____ . IF IT IS NOT RECEIVED ON THIS DAY, SHE WILL NOT BE ABLE TO STAY.

This overnight experience is reserved for campers entering 4th grade and up, registered for a two week session.

Camper's Name: _____

I give permission for my camper _____ to spend the night at _____ Day Camp.

In case of emergency you may contact me at these phone numbers:

Home: _____

Cell: _____

Parent Signature: _____

Date: _____

If you have not registered for the overnight on-line, please enclose the \$15.00 overnight fee.

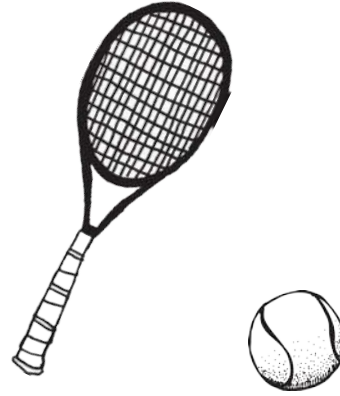
To provide the best care for your camper on her overnight, please answer the following:

Fears: ___ Thunder ___ Dark ___ Animals ___ Water ___ Being alone

Does your camper have problems with the bedwetting? _____ Falling asleep? _____

Is this her first overnight experience in the out-of-doors? _____

If there is additional information you wish to share with us, please attach additional pages.



Camp An-Se-Ox Tennis Program

I give my camper _____ permission to attend the Tennis Program at Camp An-Se-Ox. I understand that the girls will be transported by van to Posypanko Park in Oxford for the tennis lessons.

Girls will be accompanied by their counselors and they will have a first aid kit and water jug available at all times.

Parents Signature

Date

HORSEBACK RIDING HISTORY AND SKILL LEVEL QUESTIONNAIRE

- ↘ Fill out completely and mail with horseback riding release.
 ↘ All campers enrolling in the horseback riding camp program must fill out this form.

Information

Camper's Name	Program Name	Camp
---------------	--------------	------

Questions

Have you ever ridden a horse before? Yes No
 If Yes, how many years? less than 2 years 2-4 years 4-6 years 6+ years
 How many times per month? less than 2 times 2-4 times 4-6 times 6+ times

Have you been in a riding program before? Yes No
 Have you been in a GSOFCCT riding program before? Yes No
 If you have been in a GSOFCCT riding program before,
 please write the name(s) of the program center(s) here: _____

If you remember, please write the name(s) of the program(s) here: _____

Can you do the following on a horse?

Walk? Yes No
 Trot? Yes No Do you know your diagonals? Yes No
 Canter? Yes No Do you know what a lead is? Yes No
 Jump? Yes No Height: _____ feet _____ inches
 Trail Ride? Yes No

Riding Level (Please check the riding level you think you are.)

- Level 1** Rider has taken less than five riding lessons.
 Level 2 Rider is able to independently lead horse, walk, and halt. Rider is starting to trot with assistance.
 Level 3 Rider is able to walk and trot independently and is familiar with diagonals.
 Level 4 Rider is able to walk, trot and canter independently, knows diagonals and is familiar with leads.
 Level 5 Rider is able to walk, trot, canter and knows leads. Rider can do simple lead changes. Rider is able to perform simple arena exercises. If rider is jumping they can complete a course of small jumps. Rider feels comfortable on short trail rides.
 Level 6 Rider is comfortable at all gaits on the flat. Rider is able to complete more advanced arena exercises. If rider is jumping they can perform over a set of 8-10 jumps at 2'6". Rider is comfortable riding outside of the ring on rough terrain.

Little Bit Farm Equestrian Center

111 Bungay Rd. ✦ Seymour, Ct. 06483
House 203-881-0460 Cell 203-305-6471 or 203-707-4908

This document covers the taking of riding lessons from instructors at Little Bit Farm .
Please read this document carefully and do not sign it unless you fully understand it.

Students Name: _____

Date of Birth: _____

Address: _____

City: _____

State: _____

Zip Code: _____

Home Phone: _____

Cell Phone: _____

Parents: _____

Emergency Contact: _____

E-mail: _____

Lesson Procedure

During the lesson the student shall follow the directions of the instructor. When the lesson is over, the student is required to cool out the horse if necessary, remove tack and brush horse. The student shall then clean tack and return tack to it's proper place.

Release

I recognize the inherent risks of injury involved in horseback riding generally and in learning to ride in particular. In taking lessons at Little Bit Farm, I assume any such risk of injury and further, I voluntarily release Little Bit, its instructors, employees, and agents from an responsibility on account of any injury I or my child or ward might sustain while receiving instruction or while riding in connection therewith, and I agree to indemnify and hold harmless Little Bit Farm, its instructors, employees and agents on account of any such claim.

Cancellation Policy

There is a "No Cancellation Policy" for any student who takes lessons on a school horse at Little Bit. The school horses are maintained specifically for students who want to learn how to ride but do not have their own horse. The school horse hours are managed for both physical and financial reasons. If a student cancels a lesson, there is no way for Little Bit to make that time up. For that reason, the student will be required to pay for that reserved lesson horse whether the student rides or not. Your individual instructor

will make every effort possible to reschedule a lesson during the week if an emergency makes you cancel your regular lesson time.

I/WE FULLY UNDERSTAND THIS RIDING INSTRUCTION STUDENT APPLICATION, HAVE READ THIS APPLICATION CAREFULLY AND AGREE TO THIS DOCUMENT BY SIGNING BELOW:

Student: _____ Date: _____

Parent/Guardian: _____ Date: _____

“I hold a tremendous appreciation and affection for the school horses as well as the students who ride them. Nothing gives me more pleasure than seeing a student able to perfect their skills while learning to ride on the school horses here. I personally consider the students and school horses an integral part of our riding center, and I would like students at Little Bit to someday develop the same appreciation for these horses that I have myself”

...Bonnie & Alex Stanis



2013

Trading Post

A visit to the Camp Trading Post is an experience that our camper's look forward to. Here they have the opportunity to SEE and PURCHASE all types of fun and practical items that they will enjoy both at Camp and at Home. Just to name a few we have T-shirts, hats, flashlights, sit-upons, water bottles, patches, stuffed animals, jewelry, and much more. All of these items make wonderful keepsakes of a camp experience she will ALWAYS remember.



Fun Camp Kits 2013



Beastie Baby Camp Kit

\$30.00

INCLUDES: BANDYZ, BEASTIE BABY BEE, HAIR FEATHER, BUTTERFLY EMERY BOARD, BODY JEWELS, CAMP PATCH, CAMP BRACELET, & GSOFCCT BRACELET SET



Pillow Pal Camp Kit

\$35.00

INCLUDES: BANDYZ, PILLOW PAL BEE OR BUNNY, WATERBOTTLE, MINI SLEEPING BAG & STUFFED PLUSH, MAKE NEW FRIENDS POSTCARD, CAMP PATCH, & CAMP BRACELET

(PLUSH MAY VARY BASED ON AVAILABILITY)

PAYMENT

Please Mail All Payments To; DAISY'S KNAPSACK 20 WASHINGTON AVENUE NORTH HAVEN CT, 06473
or Visit Our Website; WWW.GSOFCCT.ORG

CHECKS- Please Make All Checks Payable To GSOFCCT & Include Phone Number

- VISA/MASTERCARD/DISCOVER

CARD TYPE- _____ CARD #- _____ EXP DATE- _____
PHONE # (____)-____-____

PICK UP & SHIPPING

- ALL Pick Ups Will Be At Our North Haven Service Center
- Please Add \$7.00 To Your Total If You Would Like Items Shipped & Fill Out Information Below

NAME- _____ ADDRESS- _____ PHONE #- (____)-____-____



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