



9Girl Scouts of Central Texas
CAMP HEALTH HISTORY FORM
Fill out and bring with you to check in at camp

Camper:

Name	Last	First	Middle	Birthdate	Age
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Girl Scout Level (Fall of 2019): Daisy Brownie Junior Cadette Senior Ambassador

Street Address	City	State	Zip Code
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Parent/Guardian 1:

Name	Address (if different from camper)
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Home Phone	Work Phone	Cell Phone	Email
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Parent/Guardian 2:

Name	Address (if different from camper)
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Home Phone	Work Phone	Cell Phone	Email
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Emergency Contact other than Parent/Guardian:

Name	Relationship	Home Phone	Work Phone	Cell Phone
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Name	Relationship	Home Phone	Work Phone	Cell Phone
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Please share any situation in your daughter's life which may affect her adjustment to, or enjoyment of camp, such as:

- [] separation [] divorce [] new baby in family [] health of camper [] illness of a family member
 [] death [] moving [] Other Comments: _____

Does your daughter have any fears we should be aware of (i.e., dark, animals, etc.) _____

Name of sister(s), or other family member, if any, who will be at same camp session or attending camp the same week: _____

Is this her first time away from home without her family? Yes _____ No _____

Health History (Check all that apply):

- | | |
|--|--|
| <u>Diseases</u>
<input type="checkbox"/> Chicken Pox
<input type="checkbox"/> Measles
<input type="checkbox"/> German Measles
<input type="checkbox"/> Mumps
<input type="checkbox"/> Other _____ | <u>Allergies</u> - Describe specific allergy and reaction:
<input type="checkbox"/> Animals _____
<input type="checkbox"/> Food _____
<input type="checkbox"/> Insect Stings _____
<input type="checkbox"/> Medicine/Drug _____
<input type="checkbox"/> Plants _____
<input type="checkbox"/> Pollen _____
<input type="checkbox"/> Milk _____ |
|--|--|

Chronic or Recurring Illness - Please give explanation:

- [] Ear Infections _____
 [] Sinus _____
 [] Heart Defect/Disease _____
 [] Seizures _____
 [] Bleeding Disorders _____

- Asthma _____
- Diabetes _____
- Musculoskeletal Disorders _____
- Cancer _____

Other Health Concerns: (please include explanations as needed)

- Bed wetting Motion Sickness Mental disability _____
- Sleep walking Dizzy spells/fainting Bone/joint injury in last 12 months _____
- Nightmares Visual impairment Major illness in last 12 months _____
- Constipation Deaf/Hard of hearing Major operations/hospitalizations _____
- Frequent nose bleeding Dental appliance _____
- Frequent headaches Physical disability _____
- Other _____

Specific activities to be discouraged for medical reasons/conditions:

Special dietary regime to be followed (example: vegetarian or gluten allergy):

Health Care and Camp Permissions:

I _____ hereby give GSCTX camps permission to administer the following over the counter medications if health supervisor deems it necessary. Dosages will be administered according to directions on the bottle unless a physician directs otherwise.

OTC Medication:

- Acetaminophen (i.e. Tylenol) Antihistamine cream (i.e. calamine lotion or Gold Bond cream)
- Pepto Bismol Decongestant (i.e. Sudafed)
- Antihistamine (i.e. Benedryl) Triple Antibiotic Ointment (i.e. Neosporin)
- Ibuprofen (i.e. Advil) Anti-acid tablets (i.e. Tums)
- Midol Additional/other medications as indicated by GSCTX health staff

Current Medications: Please use attached medications log sheet to accurately and legibly note ALL medications your camper will be bringing to camp. Be sure this completed form and all medications are turned into the Health Center staff during check in!

I hereby attest that all information listed on this form is complete and accurate to the best of my knowledge, and that my daughter/ward is in acceptable health, physical ability, and emotionally ready to fully participate in all camp activities except as noted by me and/or an examining physician. I give permission to the physician selected by the camp to order x-rays, routine tests, and treatment related to the health of my child for both routine health care and in emergency situations. If I cannot be reached in an emergency, I give my permission to the physician to hospitalize, secure proper treatment for, and order injection, anesthesia, or surgery for this child. I understand the information on this form will be shared on a "need to know" basis with camp staff. I give permission to photocopy this form. In addition, the camp has permission to obtain a copy of my child's health record from providers who treat my child and these providers may talk with the program's staff about my child's health status.

Signature of Parent/Guardian _____ Date _____

Insurance information, please indicate:

Insurance Company: _____

Policy Number: _____

Name of Primary Policy Holder: _____

*******PLEASE PROVIDE A COPY OF YOUR INSURANCE CARD- front and back*******



Girl Scouts of Central Texas
CAMP PHYSICAL FORM

Must be filled out by Licensed Physician or Nurse Practitioner after review of health history with parent/guardian.

Date of Exam: _____ (required within 12 months of your camper's program)

Camper Full Name: _____

Height _____ Weight _____ Blood Pressure _____ / _____

Physical Examination:

S — satisfactory for camp participation

M — modified/limited participation

X — not satisfactory

____ Lungs

____ Throat

____ Ears

____ Nose

____ Eyes

____ Skin

____ Feet

____ Abdomen

____ General physical status

____ Posture/spine

____ Heart

____ General emotional status

Please explain any M or X findings:

Explanation of any chronic or recurring illness, or health concerns as listed on the medical history:

Recommendations and/or restrictions while at camp:

Is there any activity that this camper should not participate in?

Record of Immunizations:

	Date		Date
D T P	_____	Haemophilus influenza B	_____
PCV	_____	Hepatitis B	_____
TD	_____	MMR	_____
IPV	_____	Varicella (Chicken Pox)	_____
Tetanus	_____		

(a copy of the shot record is encouraged and may be substituted for completing the immunization section only)

Physician's Statement: Based on this camper's physical examination, in my opinion, the camper has suitable physical, mental, and emotional health to fully participate or to participate with the recommendations/restrictions indicated on this sheet in a rustic outdoor living environment, standard camp activities (i.e. swimming, boating, sports, etc.), and potentially high-risk activities (including but not limited to horseback riding, high ropes/challenge course activities, etc.).

Licensed Physician's or Nurse Practitioner's signature: _____

Printed name: _____ Date: _____

Contact phone number: _____

Address: _____



Girl Scouts of Central Texas (GSCTX)
RELEASE OF LIABILITY AND WAIVERS

Camper's Full Name: _____ Date: _____

Hold Harmless: I, individually or I/we as parent(s) and/or natural/legal guardian(s) of my/our child understand and recognize that there is always an inherent risk of bodily injury and harm associated with, but not limited to, camping, challenge course, archery, campfires, and other typical camp activities including those risks arising from accidents, other participants, and the forces of nature. I/we further understand that no warranties or representations of any kind have been made by the Girl Scouts of Central Texas (GSCTX), its employees, agents, officers, directors, successors, or assigns regarding any of these activities. My child and I assume(s) the risk(s) of personal injury, accidents and/or illness, in consideration of, and in recognition of the inherent risks of the activity associated with the use of the GSCTX facilities and/or participation in its Girl Scouts program or activities, I, individually, or I/we as parent(s) and /or natural, legal guardian(s) of my/our child agree, on behalf of myself, my child, my/our heirs, representatives, successors, executors, administrators and assigns, to hereby release, waive, discharge, hold harmless, indemnify and agree not to sue the GSCTX, its national organization, its employees, agents, officers, directors, whatsoever which my child or I may have against GSCTX, its national organization, its employees, agents, officers, directors, successors or assigns, on account of any personal injury, property damage, death or accident of any kind arising out of or in any way connected with the use of GSCTX facilities, transporting my camper, and/or participation in its Girl Scouts programs or camp activities and I/we agree to indemnify and hold harmless the persons or entities mentioned in these paragraphs for any and all liabilities, personal injury, expenses, property damage, or claims made by other individuals or entities as a result of my child's/my actions.

PLEASE INITIAL THE APPROPRIATE RESPONSE IN THE FOLLOWING SECTIONS:

____ Yes ____ No Swimming, kayaking, canoeing, and/or sailing activities: I/we do further give consent for said minor child to participate in organized swimming, kayaking, canoeing, and/or sailing activities conducted at GSCTX Camps. I/we understand that said minor child shall be required to take an approved swimming skill level test and will be assigned to that portion of the swimming area which is commensurate with her demonstrated swimming ability. An approved swimming skill level test will also be required before said minor child can participate in canoeing, kayaking or sailing program. Participants will be required to wear Personal Floatation Devices at all times during participation in canoeing, kayaking and/or sailing activities.

____ Yes ____ No Challenge/High Ropes Course activities (Texlake Campers entering the 4th grade and older): I/we do further give consent for said minor child to participate in organized activities at GSCTX Camp Texlake. I/we understand that said minor child will be supervised and instructed in these events by an individual who has been certified and trained to facilitate this level of programming. All participants are provided instruction on the wearing and use of safety equipment prior to participation.

____ Yes ____ No Camp Texlake Horse program (horse programs registrants): I acknowledge there are significant risks and dangers involved with horses and horseback riding, and that horses are powerful and potentially dangerous animals. Horseback riding entails known and unanticipated risks that could result in physical or emotional injury, paralysis, or death to a program participant. While safety is our top priority at GSCTX Camp Texlake and when matching a camper with their mount, a horse, regardless of its training and usual past behavior, a horse may act unpredictably at times based upon instinct or fright which may cause a participant to be thrown from or injured. Clothing appropriate for horseback riding must be worn by participants while at the barn, including long pants or jeans and riding boots or closed toed shoes with smooth soles and a heel of no less than 1 inch and no more than 2 inches. Extra wide hiking shoes/boots with lug soles and tennis shoes are prohibited for safety. Helmets are provided and must be worn at all times in the barn area and while with the horses. I also understand and acknowledge that for the safety of the animals, my camper cannot exceed the rider weight limit of 200 pounds. Note: UNDER TEXAS LAW (CHAPTER 87, CIVIL PRACTICE AND REMEDIES CODE) AN EQUINE PROFESSIONAL IS NOT LIABLE FOR AN INJURY TO OR THE DEATH OF A PARTICIPANT IN EQUINE ACTIVITIES RESULTING FROM THE INHERENT RISKS OF EQUINE ACTIVITIES. Texas Civil Practice and Remedies Code Title 4, Chapter 87

____ Yes ____ No PG-13 Movies (for Juniors and older): My child has my permission to watch movies up to a PG-13 rating if it's part of the program (Harriet Potter for example) or during indoor weather- affected activities. If no is indicated, you camper will only be able to view G-rated movies or be provided alternative activity options if applicable.

____ Yes ____ No Media Release: In the event photographs, slides, or videos are made of said minor child, I/we consent to the release of those photographs, slides, or videos for use in promoting programs at GSCTX.

____ Yes ____ No Field Trips: I/we do further give consent for said minor to participate in scheduled field trips during this program. I/we understand that only approved adult volunteers and/or staff will travel with said minor off the GSCTX camp grounds and will serve as chaperone for the field trip. Transportation will only be provided by bus service chartered through GSCTX.

Signature of custodial parent/guardian: _____ Date: _____

Custodial parent/guardian (please print): _____



Girl Scouts of Central Texas CAMPER RELEASE FORM

A new form must be completed for EACH session.

Girl's Name	Parent's Names
Address	City, State, Zip
Phone Day Night	Session/ Program Dates

In the event that I am unable to pick up my daughter from this event, I authorize Girl Scouts of Central Texas to release my daughter to any of the following persons named. Include other parents' names, stepparents, or friends scheduled to pick up your daughter, emergency contact, etc. Your child will not be released to ANYONE without a valid driver's license listed and presented.

Name	Phone (day, night, cell)	Driver's License #	Relationship
1. _____			
2. _____			
3. _____			
4. _____			
5. _____			

My daughter SHOULD NOT be released to the following person(s):

- _____
- _____

I have read and completed this form and understand the Girl Scouts of Central Texas will release my daughter from camp or a program according to the information I have provided. I further understand that my daughter WILL NOT be released to ANYONE not listed on this card.

Signature of parent/ guardian

Date

This section for Day Camp use Only:	



Girl Scouts of Central Texas

MEDICATION LOG

All medications and this completed form are to be turned in to the Health & Safety Manager upon arrival at camp.

All medications MUST be in their original container and properly labeled.

Please DO NOT pack medications in your daughter's luggage

Program Name		Food Allergies	
Parent or Guardian			
Contact Number		Other Allergies	
Alt Number			

Scheduled Medications			THIS SECTION TO BE COMPLETED DAILY BY HEALTH STAFF						
Prescribed Medication	Dosage	Times	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
		After Breakfast (9 am)							
		After Lunch (1 pm)							
		After Dinner (6 pm)							
		Bedtime (9 pm)							
		After Breakfast (9 am)							
		After Lunch (1 pm)							
		After Dinner (6 pm)							
		Bedtime (9 pm)							
		After Breakfast (9 am)							
		After Lunch (1 pm)							
		After Dinner (6 pm)							
		Bedtime (9 pm)							
		After Breakfast (9 am)							
		After Lunch (1 pm)							
		After Dinner (6 pm)							
		Bedtime (9 pm)							



Girl Scouts of Central Texas
CAMP BEHAVIOR AGREEMENT
 To be completed by camper and parent/guardian.

At GSCTX Camps, we hold our campers to a certain standard of behavior. Throughout the week, we expect our campers to adhere to the Girl Scout Promise, the Girl Scout Law, and other general camp rules. These are designed to guarantee every camper who attends a GSCTX resident camp a positive experience at our camps. By checking each section and signing the agreement, you and your camper are agreeing to the standards of behavior we expect at our GSCTX camps. Breaking the agreement may result in consequences. The Camp Manager and camp staff will do everything possible to help girls adjust to camp life. However, GSCTX reserves the right to send home from camp any girl who consistently exhibits unsuitable behavior, endangers the camp community, or whose actions towards others are unacceptable.

CAMPER:

During my stay at GSCTX camps, I agree with and will adhere to the following: (please check each box)

- Girl Scout Promise: By checking the box, I agree that I will always uphold the Girl Scout Promise.
- Girl Scout Law: By checking the box, I agree to live by the Girl Scout law during my stay at camp.
- Kapers: At Girl Scout camp, girls are assigned daily chores or kapers. Kapers include, but not limited to, picking up trash, setting the table, and cleaning the bathroom. By checking the box, I agree I will do my part in the daily Kapers at camp.
- Technology at Camp: No electronic devices are permitted at GSCTX camps. By checking the box, I agree that I will leave all electronics at home and will not bring electronics to camp.
- Bullying: GSCTX camps work to provide a safe place for all campers who attend camp. Bullying of any sort will not be tolerated. By checking the box, I agree that I will not bully other campers and will report bullying to the camp staff if I see it happen.
- Camper Behavior: At GSCTX camps, we do our best to give every girl a positive and safe experience. We expect our campers to help us in that endeavor by behaving appropriately at all times. By checking the box, I agree that I will behave appropriately and will refrain from any inappropriate behavior that would not be acceptable at any Girl Scout function or at school.

PARENT / GUARDIAN:

I have discussed the Behavior Agreement with my camper and what it means for her during her stay at camp. I agree with and will adhere to the following:

- Girl Scout Promise: I have reviewed the Girl Scout Promise with my camper and ensure she will abide by the Promise while at camp.
- Girl Scout Law: I have reviewed the Girl Scout Law with my camper and ensure she will behave according to the Girl Scout Law while she is at camp.
- Kapers: I have reviewed what Kapers are with my camper and agree that she will be involved in the daily Kapers at camp.
- Technology at Camp: I have reviewed GSCTX's stance on technology at camp with my camper and agree that I will not send electronics with my camper to camp.
- Bullying: I have reviewed GSCTX's stance on bullying with my camper and understand the consequences of bullying while my camper is at camp.
- Camper Behavior: I have reviewed what appropriate behavior means with my camper and agree to help GSCTX ensure a positive environment with all campers.

By signing, I, the camper, agree to uphold the GSCTX Camp Behavior Agreement.

Signature _____ Date _____

By signing, I, the parent/guardian, also agree to uphold the GSCTX Camp Behavior Agreement.

Signature _____ Date _____