



# Technology Goddesses™

## Day Camp Manual 2009

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# Technology Goddess Camp Overview

- Campers will enjoy a mix of traditional Girl Scout camping activities, while exploring the parallels in technology.
- Age-appropriate exposure to technologies is planned, with attention to increasing the girls' comfort and skill with computer software.
- Every day will have a different theme which will form the backdrop for our activities.
- An overnight for the older girls (rising 5th graders and up) will take place Wednesday night with a traditional campfire and the technology counterpart – karaoke!

Each of us is responsible for the success of the program by doing our job as well as we can and by trying at all times to live by the Girl Scout Promise and Law. Boosting the morale of all participants and making everyone feel wanted and happy are of prime importance. Summer camp program is fun! The tone of the camp is set by the leaders; if you have fun, camp will be fun!

## General Rules and Information

Unit Leaders are expected to help at crafts and the lab but their primary responsibility is the care and well being of their unit. Breaks may be hard to come by, but if you need one, we can help. Work out something with other staff if you need a break. Beverages and snacks are always available for the staff at the Leader Lounge.

Remember the Girl Scout Promise and Law. Be as concerned about the happiness of others as you are about your own happiness.

Take time to think before you speak.

Don't make commitments you can't keep.

Be quick to compliment, slow to criticize.

Be genuinely interested in others.

Be cheerful.

Keep an open mind.

In extreme heat, slow your pace. Make sure everyone drinks enough water and keeps as cool as possible. It is highly unlikely that we will ever cancel camp. Girl Scouts, San Diego-Imperial Council

is monitoring the flu situation closely and taking appropriate steps based on guidelines established by the San Diego County Health and Human Services Agency and the national Center for Disease Control.

The safety of our girls is always our top priority, so we are taking the necessary steps to ensure their safety:

- Camp staff are ensuring that all campers wash their hands frequently, especially before meals.
- Anti-bacterial hand sanitizer is widely available, including in each unit and bathroom.
- Camp staff is educating girls on steps to stay healthy (avoid touching eyes, nose and mouth; use tissues and immediately throw them away, etc.)
- Staff has been briefed on the signs of flu symptoms and directed to send girls to the camp nurse at the first signs of symptoms.
- Campers exhibiting symptoms are cared for by the nurse and isolated from other campers.
- Nurses will contact parents immediately if a camper exhibits flu-like symptoms.

Parents are urged to keep campers at home if they show flu-like symptoms or have recently had the flu.

If you have any questions, please contact Program Director Jen Nation at (619) 610-0726.

Discuss problems and concerns with the Directors. We are here to help you but can't be of assistance if we do not know that something is wrong.

## Camp Week

- Your first priority is to keep the campers safe and happy

## Games

- Play games in areas with relatively flat surfaces without protruding tree roots. The field is the only place for running games. We have copies of a great game book developed as part of a silver project – use it!

## Insects

- Instruct campers that insects are attracted to scented personal products. Advise them to apply insect repellent at home and avoid sweet smells.
- Store food and trash in covered containers.
- Check for ticks in hair and instruct campers to check for them under folds of clothing such as waistbands or tops of socks.
- If bees become a problem, do not swat them. Place a pan of water well away from the area you are using to attract them away from you.

# Strangers in Camp

- Be alert to anyone whom you do not recognize. A visitor should be wearing a visitor nametag or be escorted by a core staff member. Do not assume that because someone is in camp he/she belongs in camp.
- Alert the core staff that there is a stranger in the camp.
- If you are expecting a visitor, let that person know to check in at Headquarters. Make arrangements ahead of time with the Director.

# Special Camp Names

All adults and teen camp Aides at camp are known by "camp names." Camp names contribute to the fun atmosphere of camp. They allow the campers more informality and a sense that the volunteers are enjoying the camp experience along with them. We like to play up the technology theme of our camp into camp and unit names

The choice of camp name is purely personal. Sometimes they reflect the theme but it is difficult to change names from year to year. A name can be an old nickname or something created just for camp. If you have trouble thinking of one, your children can probably help. Please avoid duplicating existing names. For new names, the first person to choose it - gets it. Girls may adopt camp names but their name tags must have their given names as well (back is ok)

# Secret Buddies

Staff and aides will have separate pools. Every day provide a low cost or no cost surprise for your buddy and leave gradual clues to your identity - reveal yourself on Friday

# Suggestions for the First Day at Camp

## I. Get acquainted with one another

### A. Games (see the game book or icebreaker hand out for more)

1. Each camper introduces a buddy to the group, giving name and something about that person such as what she/he likes to do best/
2. Each camper learns the names of the persons to her right and left. She introduces the person to her left, herself, and the person to her right to the group. Campers take turns doing this so everyone is introduced three times.
3. Snip, Snap: each camper learns the names of the girls to her right and left. One leader says "snip" or "snap", points to a camper and begins to count to 10. Before she gets to 10, the camper must say the name of the person on her *right* if the leader said *snip* or the person on her *left* if the leader said *snap*.
4. Concentration: The first camper gives her own name; the second gives the name of the first camper and herself; the third gives the names of the first two in order, adds her own; and so on around the circle.
5. Land of Fireflies: The first camper gives her first and last name and says she is taking with her an article beginning with her initials. For example, "I am *Jane Palmer* and I am taking *a jar of pickles* to the Land of Fireflies. This can also be played as a memory game where the campers add their own item and say back the names and items of those who came before them.
6. Name Bingo: Each camper has a pencil and sheet of paper divided into 9 squares. She gets others to sign their names in the squares. When everyone has names in all 9 squares, someone calls the roll. When a camper has all the names in a row checked, she calls "Firefly" and must identify the girls with names.

**B. Nametags:** These can be made ahead of time, or campers can make them, or they can be almost complete with campers adding a finishing touch.

**C. Songs:** Sing simple songs that the campers know. Camp Aides will know some songs and campers can make suggestions.

**D.** Every camper should go home the first day – and every day – with the feeling that she has friends in the unit.

## **II Get acquainted with camp.**

Learn general layout of site, locate the bathrooms, and the evacuation route. Talk about the schedule for the rest of the week, the buddy system, and general rules of the unit and the camp. Try to involve campers in the development of unit rules. Talk about taking care of the camp and nature.

## **III Fire/Evacuation drill.** This will be done on the first day.

**IV Camper roles in the unit:** Simple activities in the unit that provide leadership opportunities for campers and give structure to the day. These can be roles that rotate among the campers – line leader, snack carrier, snack passer, game chooser, clean-up, reminder giver for the next day as the unit waits for pick up.

Unit leaders and Camp Aides should achieve a balance between what they do for the campers and what campers have the opportunity to do for themselves. For example, if you make the nametags, schedule, and kaper chart before camp, leave completion of unit identification for the campers to do. As always, Brownie leaders will do most things for their unit, but Junior leaders should leave much for the girls to do. This is called Progression.

# First Day Check Off

The first day of camp is like the first day of school. Things have to be done that you may never do again. Here is a check off to remind you of all the tasks for the first day.

- \_\_\_ \*Take attendance as the girls sign in
- \_\_\_ The camp will practice an emergency evacuation.
- \_\_\_ Explain unit rules.
- \_\_\_ Create a unit banner/sign and name tags if you did not do this before camp.
- \_\_\_ \* Make a new friend.
- \_\_\_ Tour camp.
- \_\_\_ Hand out the camp letter before the campers go home.
- \_\_\_ \*Have fun.

**\*You will have to do these things every day.**

## Pre Camp Unit Leader Checklist

<input type="checkbox"/>	Unit name
<input type="checkbox"/>	Camper calls
<input type="checkbox"/>	Unit sign
<input type="checkbox"/>	strategy for name tags
<input type="checkbox"/>	unit location
<input type="checkbox"/>	cooler for lunches
<input type="checkbox"/>	strategy for swaps
<input type="checkbox"/>	bandanas dyed and ironed
<input type="checkbox"/>	lunches planned for you and COVs
<input type="checkbox"/>	easy dinners that week
<input type="checkbox"/>	Line up secret buddy gifts
<input type="checkbox"/>	review flag ceremony procedure
<input type="checkbox"/>	Bring unit tarp/blanket/camp chairs/situpons
<input type="checkbox"/>	Get unit roster
<input type="checkbox"/>	