

Selah Stake Girls Camp

General Information:

Cost: \$125.00 per young woman.

Refund Policy: A full refund is available through June 1, 2017. This is a firm date as shirts, incentives, and food will be purchased after this date.

Packing & Snacks: A packing list is attached to the back of the registration packet. We have some friendly furry critters who like to make themselves at home. We recommend five gallon buckets or heavy duty plastic storage containers with tight fitting lids as the chipmunks will eat their way through bags! Personal food will not be stored in the camp kitchen. And no food is allowed inside of the provided wall tents!

Dress Standards: Clothing should reflect the standards outlined in “For the Strength of Youth”. Be wise in choosing what to bring. A few things you might have questions about:

Allowed:

- *Knee length shorts
- *Yoga pants

Not Allowed:

- *Tight fitting (i.e. Lycra, too small, too short, etc.)
- *Low-cut shirts/tops
- *Opened toed shoes or flip flops (except in showers only)
- *bikinis, or two piece swim suit that shows your mid-drift and/or lower back.

Medication: The need for medication must be filled out on the *stake registration and LDS permission forms* included in your registration. **Both forms must be filled out.** The Camp Nurse will keep copies of these forms and they will remain confidential. The Camp Nurse will have nonprescription and common medications on hand if they are necessary. If there is a concern you would like to discuss with the Camp Nurse prior to camp feel free to contact her:

BEHAVIOR: All campers must observe LDS standards of conduct and speech and abide by the principles in the “For the Strength of Youth” pamphlet and policies of Camp Zarahemla.

PRANKING OF ANY KIND WILL NOT BE TOLERATED.

ELECTRONICS: Electronics of any kind (including CELL PHONES) are not permitted in camp. Devices will be kept by stake leaders until the end of camp. The stake is not responsible for any lost, stolen or damaged items that are expressly prohibited!

WATER SAFETY: As per the Young Women Camp Manual: The following guidelines will help us maintain safety during water sports and activities at camp:

1. All girls must have a **completed registration and LDS permission forms** by a parent or guardian.
2. **Every girl must pass a swim test** used by the BSA which can be conducted at the ward level. You must have a certified lifeguard or Scout leader who is certified to sign off on the swim test. If a girl fails a swim test she will still be able to play down by the water, but will not be permitted to use the boats or participate in the water portion of the triathlon. If you need recommendations of a certified lifeguard contact Sister Miller. Ward Scout Masters should also be able to assist you in setting this up.
3. **Become familiar** with the depth of the water and any possible hazards.
4. Make sure that all participants in water activities **use the buddy system**. This means that they are assigned to someone of equal swimming ability to swim near and check in with.
5. **If a lifeguard is not present, campers are not permitted to enter the water, this includes canoes.**

Abide by all Camp Zarahemla water and canoe safety rules. This includes wearing a life jacket in the canoes at all times. If rules are broken, then water privileges will be revoked.