

Tips for CITs

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Words of Inspiration for the CIT



As a Counselor-in-Training, you will learn by doing as you teach outdoor skills and help campers go through their daily life at Camp Juliette Low. To deal wisely with your campers, you must understand who makes them what they are. You must realize that the home, the church, the school, and the community have all played parts in making each girl who she is. Don't underestimate your share in this training.

The greatest asset of a camp is the influence of each counselor. The character, the common sense, the child-devotion of each counselor is more important than the best equipment and facilities. You as a person are a part of all that you have seen and heard and touched. Your influence is a positive factor and it cannot be neutral.

Directors want counselors who have character. Integrity is absolutely essential. You cannot be one thing one day and something else the next. What you are is vitally important to the future of the campers under your care. Young lives should only be exposed to the best.

If you are to be successful, you must be willing to give of yourself, to be unselfish of your time and talent. You must be willing to live close to the campers if you expect to help them. Every counselor should feel that it is her duty not only to teach campers the skills of camp craft, swimming, etc., but also to help them to solve their daily problems no matter how small they may seem. Counselors cannot always solve problems for campers, but they can guide them in reaching solutions.

Your character, high principles and willingness to be of service to people are important as they will be the basis of your career as a counselor. These same factors will also determine the amount of pleasure and satisfaction that you will receive from your work.

Successful completion of the CIT program does not guarantee you a position as a CJL staff member. CJL requires maturity in a counselor. A counselor should also have the ability to make quick, sound decisions should the need arise. Not all young women are prepared for the responsibilities given to staff members in the outdoor camp setting. The CIT course is designed to help guide young women in becoming well-rounded adults. Any academic or business setting appreciates the qualities that our CIT program nurtures.

A camp's greatest asset is influence. You are that influence. Guard your trust carefully – it will be worthwhile not only in camp life, but throughout your life and your campers' lives.

Performance Essentials

“ICAMP”

Initiative * Collaboration * Attitude * Motivation * Presentation

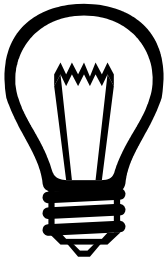
Code of CIT Integrity

A future CJL counselor shows initiative in her behavior and accountability for her actions. She collaborates well with the camp community, maintains a positive attitude, is motivated to do the right thing for camp and campers, and presents herself in a way that others can respect and model.

Four Winds Facilities

CITs live in wooden, lighted, screened cabins in Four Winds. As in the other living units in camp, there are hot showers, sinks, toilet facilities, a campfire area, and a unit kitchen.

In general, the CITs have more freedom within their unit. The CIT Directors (“CIT Mom”) live in their own cabin in Four Winds but expect the CITs to make their own kaper chart for upkeep of the unit. CITs are expected to take care of their unit responsibilities independently, without the CIT Directors hanging over them.



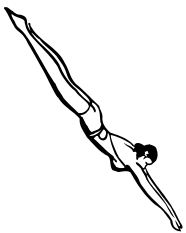
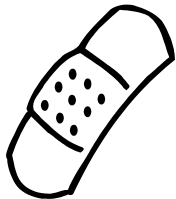
CITs have a lighted area in their unit kitchen where they can gather and work on their notebooks after dark. There are resource books on shelves there. The unit kitchen can also be used for unit meetings and classes led by the CIT Directors and CITs.



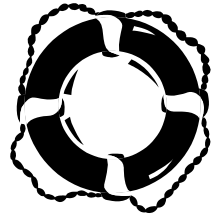
Did you know?

The first leaders-in-training at CJL were called Wise Owls. They lived in a unit called the Hundred Acre Wood.

A Day in the Life of a CIT



7:00	Wake-up Bell
7:30	Waitress Bell (CITs may help with Colors)
7:45	Breakfast (CITs head and foot tables)
8:30	Do Four Winds Kapers, or supervise Unit Kapers
9:30	First Period Class
10:30	Second Period Class
11:30	Third Period Class
12:45	Waitress Bell
1:00	Lunch (CITs may foot tables)
1:45	CITs help with Infirmary Check-In and Trading Post
2:00	Rest Hour
3:00-5:00	Unit Time/Rec Swim with assigned unit
5:00	Shower Time
5:45	Waitress Bell
6:00	Colors and Dinner (CITs may foot tables)
6:45	CITs help with Infirmary Check-In and Trading Post
7:30	Evening Activity
9:00	Return to Four Winds

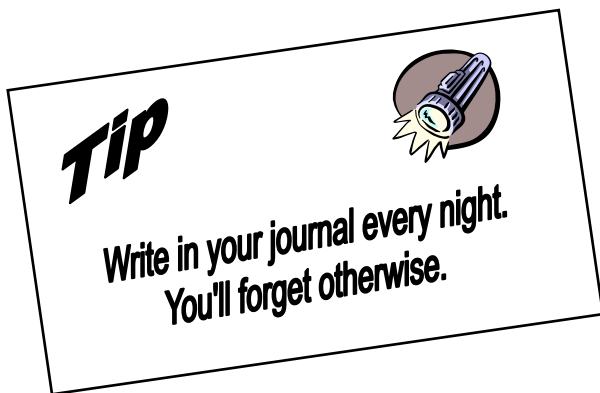


CIT Classes

As a CIT, depending on the year, you may assist with camper classes and have classes in Four Winds with the CIT Directors. When assisting with camper classes, you will be supervised by the director of the program area or other CJL staff. You will help the instructors teach the class; for example, you might work at the bead table in crafts or help with spotting at the ropes course.

Class assignments are changed during the CIT session to allow CITs to experience working in a variety of settings, with a variety of people. Classes assigned include drama, hiking, canoeing, sailing, swimming, archery, tennis, OLS (Outdoor Living Skills), crafts, Project Adventure, and horseback riding. Class assignments take into account each CIT's skills, qualifications, and interests.

During the class period(s) spent in Four Winds, you will meet with the CIT Directors to discuss course requirements (see pages 9 - 14), practice campcraft skills, plan activities, work on notebooks, etc. First-year and second-year CITs meet separately with the CIT Directors as they each have different requirements.



Notebooks and Planning Time

You will keep track of what you learn in a notebook that you will value for the rest of your life! Your notebook will include a journal of your daily experiences at camp. CIT graduates in their 20's, 30's and 40's report that they pull out their CIT notebooks to look for campfire recipes and ideas for games, and to remember what they were like when they were 16-17 years old! CITs can work on their notebooks during rest hour and after taps (9:00 pm). CITs also use the time between showers and dinner to work on a talent show skit, secret song, opening day song, etc.

Meal Duties



After a few meals at camp, when the campers are accustomed to mealtime procedures, the staff will have breakfast together on the porch. At that point, the CITs take responsibility for heading and footing the breakfast tables. So get ready to be a good example of fine table manners and delightful conversation skills! You may find that some campers want to sit at your table every day. Take that as a compliment and be a good role model.

At lunch and dinner, depending upon the number of CITs, you may serve as a foot every day or on a rotating basis.

Trading Post and Infirmary Check •



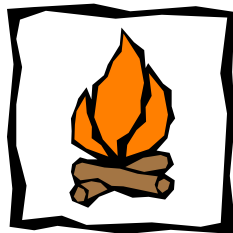
As a CIT you will have a turn helping in the Trading Post after lunch or dinner. Trading Post helpers take orders at the windows and record purchases, or they find and hand supplies to the window workers.

When it is your turn to help with Infirmary Check, you will sit on the porch of the infirmary and check off the names of campers as they come by. You will ask each camper how she is doing. Campers who need medications or who have a problem are referred to the health supervisor.

Unit Activities

CITs are usually with their assigned units during unit time and evening activity time. When your assigned unit has colors or waitress duty, you will also help out.

During the three weeks that you are at camp, you will have one unsupervised cookout with Four Winds and one cookout with your assigned unit. You will have one unsupervised overnight with Four Winds and one with your assigned unit.



CIT Privileges, Rules, and Expectations



Privileges

- With your parents' approval, you may drive yourself to camp. (Get your parents to notify the Camp Director ahead of time.) When you arrive, you must park your car and give your keys to the Camp Director, who will put them in the camp safe.
- You may go home over changeover between camper sessions (but if you do, you will miss the fun of going to Rome to do laundry and have pizza). If you have your parents' permission to drive home, get them to send a note or call the Camp Director during the camp session.
- As a CIT you will have more access to areas that are "off limits" to campers. For example, you will be allowed to get your own mail after lunch. Usually this is assigned as a kaper for one of the CITs. You will also be allowed to get ice from the kitchen at night. Some girls bring soft drinks to go with the ice, but we recommend drinking water for your health.
- You will be allowed to work in the craft house during rest hour and after taps (until 10:00 pm), provided you ask the Crafts Director beforehand and clean up afterwards. Please remember to record everything you use in the Craft House on your form.
- CITs are given diplomas at the awards ceremony at the end of the session and are given a special banquet in addition to the general camp banquet. The CITs, along with the CIT Directors and selected guests, are served a special meal either in or out of camp.
- Space allowing, and at the CIT and Camp Directors' discretion, a first- or second-year CIT who has completed CIT requirements for the summer may stay over for an extra week as an internship, receiving room and board at no charge. (See "Internship," page 15.) Occasionally, if additional staff is needed, a qualified second-year CIT graduate may be invited to stay over as a paid counselor.



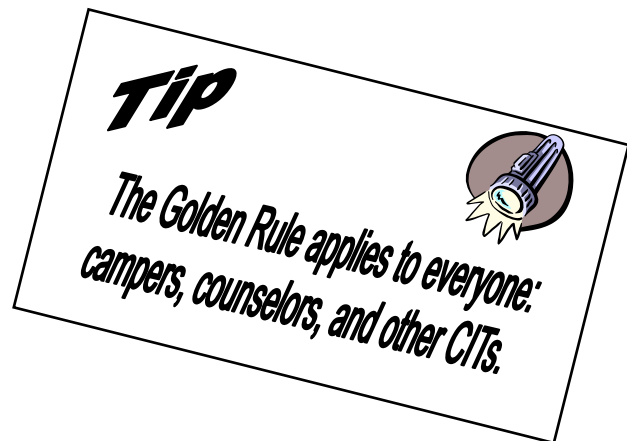
Rules

- Cell phones, iPods, walkie talkies or other communication devices are not allowed in Four Winds. Leave your cell phone, etc. at home or give it to the Camp Director for safekeeping when you arrive. Cell phones usually do not work at camp, and they would be a disruption to the camp program if they did work.
- Medications must be administered by the health supervisor at camp. You may not keep medications in your cabin.
- Cigarettes, alcohol, drugs, and firearms of any kind are strictly prohibited. CIT's are not allowed to bring pets to camp. If you are found possessing or using these substances, the Camp Director will call your parents and you will be sent home immediately.



Expectations

As a CIT you are expected to be a good role model for campers. This applies to your language, dress, behavior, and attitudes. You are expected to use the camp's resources wisely - Remember: CJL belongs to you! You are not expected to be perfect or to know everything. You are at camp to learn, and you are expected to try!



The following pages give a brief overview of requirements for each CIT course. You will be given a more detailed outline at camp. The CIT Director and Camp Director may modify or add requirements at any time. Each CIT will receive evaluations from the CIT Director and from the counselors with whom she works in her assigned unit and classes. These evaluations are kept by the Camp Director and are used in hiring decisions. CIT graduates are always given careful consideration but are not guaranteed a CJL staff application or position.

First-Year CIT

Competencies

Upon completion of the program, you will be able to:

Describe and demonstrate: (a) lashing, (b) fire building, (c) wood chopping, (d) knot tying, and (e) toolcraft.

Define and describe steps for general and unit kapers and create a mock kaper chart for a unit

Head and foot tables in the dining hall

Plan a cookout for 25 or more persons from initial planning stages through clean-up. This includes requisitions, nutrition information, collection of campfire meal recipes, and conducting an unsupervised CIT cookout in Four Winds.

Program Requirements

You will:

1. Create a mock kaper chart for a unit.
2. List the responsibilities of the Head and Foot of the tables at mealtime.
3. Make a list of appropriate/good table manners.
4. List ten poems or thoughts suitable for a flag ceremony. Where might you find references for these saying? What sorts of references could you bring from home?
5. Briefly describe and diagram how to make a latrine for an overnight.
6. As a group, create a four winds lashing project (not a clothes line ☺).
7. List all safety precautions necessary when setting up an overnight site and describe what should be checked before leaving the campsite.

8. Attend a unit cookout and overnight of a unit. Evaluate the experience and include at least two strong points and two weak points for you and for the unit.
9. Describe and/or diagram how to make a “cake-in-the-box”.
10. Plan a mock cookout meal for twenty-five or more. Including: (a) a well-balanced menu, (b) a properly completed requisition sheet (including correct quantities), and (c) a list of cookout safety rules.
11. List five main dishes for cookouts or overnights and five side dishes; be sure to include new ideas.
12. Create a cookout kaper chart for the CIT cookout. Create a chart planning all the details of a cookout.
13. List some general safety rules concerning camp life to prevent making first aid necessary.
14. Describe the fundamentals of teaching and leading songs. Explain how you would lead a song in the dining hall or to a group.
15. Make a list of five songs you could suggest to a unit for their secret song. Specify the age group(s) they would be appropriate for.
16. Become familiar with the procedures and basic techniques in the arts and crafts program. Write down the procedures for three techniques of your choosing.
17. Create a list of six games, fun activities, and dances that campers might enjoy. Describe one in detail. Describe how you would teach each, and any props, music, or items need to go with each.
18. As a first year group, plan and present a skit, song, or dramatic activity for the camp.
19. Observe a camper for several days in various camp setting and activities. Write up your observation, including in what ways she fits into the characteristics, in what ways she is different, her feelings and cooperation towards others. (This should be a minimum of one page-do not mention camper names.)
20. Observe 5 counselors. List strength and weaknesses. (Be honest – do not mention counselor names.)
21. Make a list of qualifications and personality traits you think a counselor should have.
22. Make a list of some behaviors a counselor may be guilty of, but should not do.

Second-Year CIT

Competencies

Upon completion of the program, you will be able to:

Describe desired characteristics of a counselor, qualifications, duties and responsibilities, and describe behaviors to be avoided.

Understand the objectives of camp, communications and guidance of campers, and problem solving.

Explain the characteristics of various age groups of campers including problems that may arise.

Make a detailed plan for a one-night overnight for your assigned unit.

Plan and carry out an unsupervised cookout with Four Winds.

Plan and carry out an unsupervised overnight with Four Winds

Teach a campcraft skill to your unit and evaluate your effectiveness.

Assist with cookouts and overnights and evaluate your effectiveness as a leader.

Lead a song

Assist in 4 classes, teach at least one lessons or activity in each and evaluate your ability in that capacity.

Plan, carryout, and evaluate a general program.

Demonstrate an understanding of unit planning for a 1-week and 2-week session.

Evaluate yourself as a counselor and evaluate counselors and classes.

Program Requirements

You will:

1. Complete 1-page writing prompts (some of them are included in the requirements below).
2. Interview a unit leader and/or counselor (preferably one who has had the CIT course at CJL). The criteria to be used in setting up your questions for the interview should

include: The responsibilities of her job, set up and maintenance of the unit, the area each counselor in her unit is responsible for, her responsibilities concerning after taps and rest hour, how much planning is involved in running a unit, her responsibilities concerning the behavior of the campers and her behavior towards them and her greatest difficulties in assuming the role of counselor or unit leader.

3. Discuss and list the duties of each member of staff. Interview one of the staff members below (**you cannot pick the same one as another CIT**). Describe what you learned about that staff member to the rest of the CITs.

Camp Director	Assistant Camp Director
Camp Site Manager	Program Director
Trading Post	Kitchen Manager
Nurse (Health Supervisor)	Lake Director
CIT Director	Crafts Director
Horseback Director	Pool Director

4. Develop a creative way of teaching the following skills: Lashing, woodchopping, firebuilding. (Skills can be taught to 1st year CIT's or unit). Evaluate your performance.
5. Make a detailed plan for an overnight. Include menus, requisitions sheets, equipment list, personal packing list, etc.
6. Assist with the cookout of assigned unit. Evaluate the experience and include at least two strong points and two weak points for you and for the unit.
7. Assist with the overnight of assigned unit. Evaluate the experience and include at least two strong points and two weak points for you and for the unit.
8. List where one might find references for games and sports at camp. What other references could you bring from home?
9. Plan and perform a Scout's Own Service. Evaluate the experience.
10. Plan, carryout, and evaluate a general program.
11. Attend the two-week program planning session with your assigned unit counselors. Take notes. Describe what was discussed & who was involved; include pros and cons of the planning session.
12. Create a kaper chart for your assigned unit.
13. Write 3 mock camper cards. Use 3 CITs as your campers.

CIT Internship Requirements

Eligibility: Space allowing, and at the CIT and Camp Directors' discretion, a first- or second- year CIT who has completed her CIT requirements for the summer may stay over for one week receiving room and board only. For the 1st CIT session, this means staying over for the 3rd camper session. For the 2nd CIT session, this means staying over for the second week of the 5th camper session

Purpose: To ease the transition from CIT to counselor

Requirements:

1. CIT will keep a daily journal which will include the following:
 - a. observations of camper-camper and camper-counselor interactions (both positive and negative)
 - b. observations of daily unit plan in action (successes and failures)
 - c. observations on counselor's roles and responsibilities
 - d. personal feelings about their day

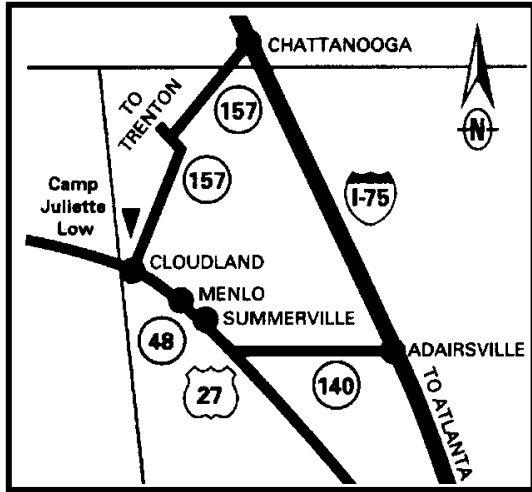
2. Assist in Unit in the following:
 - a. unit time/rec time
 - b. evening activities (unit and general)
 - c. Assist in morning classes (and receive evaluations on strengths and weaknesses).

3. Assist in the upkeep (kapers, etc.) of Four Winds and general camp.

Other:

- Will be with unit after rest hour through evening activity (excluding shower time unless needed in their unit)
- Will sleep in Four Winds at night
- Is subject to all regulations set forth for CITs during the regular sessions

Map and Directions to Camp



Directions from Atlanta

- Take I-75 North and exit at Adairsville (Exit 306).
- Go left on Highway 140. Cross over I-75 and stay on Hwy 140 for about 16 miles into Armuchee.
- When Hwy 140 dead ends into Hwy 27, turn right and follow Hwy 27 into Summerville.
- In Summerville (just past the BB&T bank), turn left on Hwy 48 (Juliette Gordon Low Highway).
- Follow Hwy 48 about 7 miles to Menlo. Go straight through the stop sign and up the mountain.
- At the blinking light in Cloudland, take a right onto Hwy 157.
- Camp Juliette Low is about a mile on the left.

CIT PACKING LIST

***** All items must be clearly marked with your name *****

PAPERWORK

- _____ Health forms (Camper Health History and Camper Healthcare Recommendations), entirely complete, with current year doctor's signature.
- _____ Copy of Insurance card
- _____ Horseback riding permission form

CLOTHING

- _____ Shorts – enough for 8 days if using laundry service
- _____ Shirts – enough for 8 days if using laundry service (Note: Try to include a t-shirt in the color of each unit -- blue for Romany, green for Oakledge, red for Sherwood, brown/plaid for Glen, and yellow for Four Winds)
- _____ 2 pairs of white shorts
- _____ 1 CJL t-shirt (available in the Trading Post)
- _____ 2-4 pairs of jeans or rugged pants
- _____ 1 Raincoat with hat or hood or Poncho
- _____ 2-3 Sweatshirts, sweaters or jacket
- _____ Underwear – daily change
- _____ Pajamas and bathrobe
- _____ 2 bathing suits (one older one to wear at swimming hole or on water hike)

FOOTWEAR

- _____ Tennis shoes (no sandals or open-toe or open-back shoes)
- _____ Sturdy shoes (with 1" heel if able to go horseback riding)
- _____ Old shoes to wear to swimming pool
- _____ Flip flops or water shoes (to be used in shower)
- _____ Daily change of socks (socks are required at CJL)

TOILETRIES

- | | |
|---------------------------------------|---|
| _____ Soap and soap dish | _____ Shampoo |
| _____ Toothbrush and toothpaste | _____ Comb and Hairbrush |
| _____ Mirror | _____ Deodorant |
| _____ Pail or bucket for shower items | _____ Non-aerosol bug repellent (cream) |

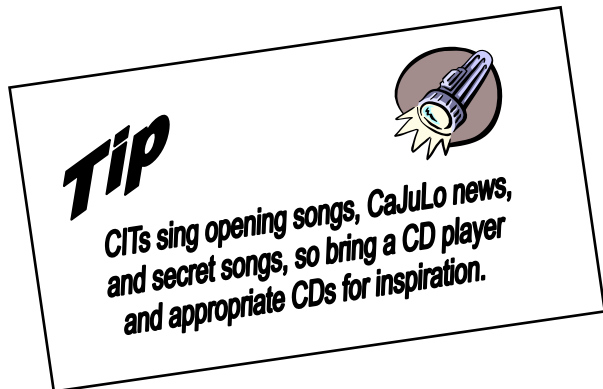
SUPPLIES

- _____ Plastic cover – 3 yds. x 1 ½ yds. or plastic tablecloth (108" x 54")
- _____ Folding camp chair or beach chair for sitting around a campfire or in Four Winds meetings
- _____ Good working flashlight with fresh batteries and a supply of extra batteries
- _____ Loud alarm clock
- _____ Twin size (or smaller) mattress pad

- _____Pillow/ 2 pillowcases
- _____4 Single sheets
- _____2-3 Blankets
- _____4-6 Towels and washcloths
- _____ Sleeping bag
- _____ Laundry bag
- _____Two inch loose leaf notebook
- _____Lined notebook paper
- _____Notebook dividers
- _____Pens and pencils
- _____Letter writing materials (in zip lock bag)
- _____Unbreakable cup or CJL squeeze bottle

DESIRABLE EXTRAS

- Rain shoes or Duck shoes
- Tennis racquet and balls and other ball equipment
- Backpack or small tote bag
- Recipe, song, and games books, Bible or other religious materials
- Costumes and/or musical instruments
- Camera
- Colored markers
- Colored pencils
- Construction paper
- Glue
- Tape
- Scissors
- Watch!



LEAVE AT HOME RECOMMENDATIONS

We strongly advise against bringing money, nice watches, jewelry, cameras, iPods, laptops, or other expensive items to camp. CJL cannot assume responsibility for lost items. CITs are not allowed to have or use an iPad, cell phone, walkie talkies or other communication device at camp. If a CIT brings these, they will be held in the office safe until she leaves. The purpose of CJL is to maintain the natural woods environment as much as possible while providing for the needs of campers and program activities.

Parents: We ask that you please check your daughter's belongings for any illegal items, such as drugs, alcohol or tobacco products. If any of these items are found, you will be contacted and your daughter will be sent home immediately.

Opening Day Procedures

Important: On Opening Day please arrive at Camp between 9:00am and 11:00am **Central Daylight Time** to be settled before lunch.

1. You will be greeted once inside the camp entrance and directed to the registration area.
2. You will receive your cabin assignment and make a deposit to your trading post account if you have not already done so. **Final payments of balance are due on or before May 1.** Those who register after May 1 will be expected to enclose full payment. Receipts are not sent for final payments.
3. Your parent will complete an emergency pick-up permission slip.
4. You will then visit the Infirmary where you will have your head checked for lice. Any medications must be given to the Health Supervisor at this time. CITs are not allowed to keep any type of medication in their cabins. The Health Supervisor will also go over the information on the health form which **must** have a current doctor's signature.
5. You may visit the Trading Post to purchase items; your parent may sign a card if you cannot purchase "big ticket" items during the session.
6. Then you are off to Four Winds to unpack. Your parents can drive almost to the unit and then you unload and carry your belongings in.
7. Camp Tour – A guided tour is offered at 11:00am CDT for those who are interested. Comfortable walking shoes are highly recommended.
8. You will be called to lunch at 12:45pm CDT. Parents are asked to plan to on leaving before lunch, which is served at 1:00pm CDT.
8. Sometimes returning CITs are asked to help with the registration process once they are arrived and settled.
10. CJL's organized activities begin with lunch.

ARRIVAL TIME

Between 9:00am and 11:00am CDT

DEPARTURE TIME

Between 9:00am and 11:00pm CDT

PLEASE REMEMBER THAT CAMP JULIETTE LOW OPERATES ON CENTRAL DAYLIGHT TIME.

CITs' Role on Opening Day



As CITs, you will actually experience two opening days, one when you first arrive, and another as a helper. When you help with opening day, you will greet camper families, unload and label trunks, help in the trading post, etc. For some new campers, you may be their first encounter with CJL, so it is important to put your best foot (and best smile) forward.

Coming by Air?

Fill out the transportation form sent to you by the camp office so that we can meet you at the airport. Your plane ticket will be kept in the camp safe until your departure.



General Camp Information

Although you may be familiar with this following information from previous years, we encourage you to read it again, as changes do occur...

Payment of Fees

If you have registered before May 1, then your balance of fees, and the Trading Post deposit if you care to send it, is due May 1. If you have registered after May 1, the total fees are appreciated with the application or as soon thereafter as is possible. If for any reason you decide to withdraw from a session, please call the winter office or the summer number if camp is in session, to let us know as far ahead of time as possible. We usually have a waiting list for each session and would like to give someone else the opportunity to attend CJL.

Trading Post

You will need to deposit about \$50 per session in your Trading Post account. The Trading Post is open for ice cream or candy each day after lunch. It is also stocked with paper, stamps, camp t-shirts and other items that are on sale after dinner only. The crafts charges, pictures and optional laundry service go on the Trading Post account.

CITs are usually responsible about spending. Your parent must sign a Trading Post card on opening day if you are not able to buy big ticket items. This will tell the Trading Post staff that the CIT may buy these items. Trading Post deposits may be mailed in with the balance of the camp fee or may be paid at camp. All unused money will be refunded at the end of the camp session.

Many parents seem to have some confusion regarding the Trading Post deposit. Perhaps the following information will help when deciding the amount to deposit. Laundry is \$8; pictures are \$7; candy or ice cream is \$.75 daily; the AVERAGE crafts charge is \$8 - \$10 (but may well be higher if you make a lot of crafts); camp t-shirts are \$12. Please take into account that these amounts are basically for the two week session; more money may be needed for three weeks. We recommend bringing plenty batteries to camp. If you want to take pictures, the disposable cameras are a big hit but are quite expensive so bring your own.

Camp Health and Safety

Camp Juliette Low has a modern, well-equipped Infirmary, staffed by licensed registered nurses who live in the Infirmary and are on call 24 hours a day.

The health and safety of each girl is the first concern of all of our staff. We know that proper rest and nutrition is of utmost importance since our schedule is quite active. A daily rest hour after lunch gives the girls a chance to relax, write letters, and read mail before the afternoon activities begin.

Rules of safety are taught as an integral part of every skill. All counselors receive first aid training during pre-camp and are certified in adult and child CPR. Campers and CITs are asked to wear socks with sturdy closed toe, lace-up shoes with closed backs (such as tennis shoes) at all times when they are out of their units. Our terrain is rough and socks protect the ankles and lower leg, while the shoes themselves prevent unfortunate injury. Sandals and flip-flops may be worn in the unit only.

All girls check in daily with the Health Supervisor, even if it's to tell her how great they feel. (CITs help with Infirmary check-in. See page 6.) Our nurses are an integral part of camp in every way. They inspect tents, restrooms and facility areas daily – giving points and awards for clean areas – which encourages a cleaner camp. They also check Four Winds as we expect you to keep your cabin clean just like when you were a camper.

Most of our Infirmary visits are for very minor conditions and are treated at camp. If the service of a local doctor is necessary, the parents are responsible for the medical expenses. **PARENTS WILL BE THE FIRST PERSONS CONTACTED BY THE CAMP IF OUTSIDE MEDICAL ATTENTION IS NEEDED.** If for some reason parents cannot be reached, we will then try to reach the emergency contact listed on the application form. Any medical expenses will be filed with your insurance at the doctor's office or hospital if possible, but if this is not possible, or there are extra charges, those charges will go on the Trading Post account.

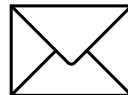
Upon arrival at camp, give any medications or supplements to the camp Health Supervisor. She will be responsible for administering all medication. We are aware that CITs are capable of regulating their own medicine, however, due to liability factors, medications are dispensed through our Infirmary.

****We require that all COMPLETED medical forms be turned into the camp Infirmary NO LATER than opening day so that the best possible care may be given to your daughter while at Camp Juliette Low.**

Contacting Camp Juliette Low

Although mail to camp can be slow, please encourage your family to use the postal service as hand-written letters are coveted at CJL. If you choose, you may use the email option now offered through our Trading Post. Instructions for this may be obtained at the Trading Post on Opening Day. Your CIT mailing address is:

CIT's Name
Camp Juliette Low (Four Winds)
321 Camp Juliette Low Road
Cloudland, Georgia 30731



Camp can also be reached by phone. There is an answering machine to take messages when we are out of the office. Parents may feel free to call the Camp Director with questions or concerns.

Please understand that the phone is for camp business and emergency use and is not available to campers or CITs.

Web site: <http://www.cjl.org>

E-mail: info@cjl.org

	Phone	Fax	Mail*
Winter	770-428-1062	770-428-1302	P.O. Box 5113 Marietta, Ga 30061
Summer	706-862-2169	706-862-6525	321 Camp Juliette Low Road Cloudland, Ga 30731



Accreditation

Camp Juliette Low is very proud to be accredited by the American Camp Association. The ACA is a non-profit, national professional organization dedicated to providing “better camping for all.” ACA sets the standards for accreditation. These are organized into five major areas: Camp site – facilities, Health care and safety, Activity areas, Staff qualifications and Camp Administration. Camps are visited and scored by a team of trained ACA visitors every three years. We had our visit the summer of 2014 and passed with flying colors! We are looking forward to our next visit the summer of 2017.....