

Each year, AHG Girl and Adult Members complete a new or update an existing *Health and Medical Form* kept on file at the Troop level.

Member Name			
Date of birth		Age	
Weight		Height	
Street Address			
City, State Zip			
Parent/Guardian Name(s)			
Phone Number(s)			
Emergency Contacts	Name		
	Relationship		
	Phone Number		
	Name		
	Relationship		
	Phone Number		
Allergies: If applicable, please list all known allergies including medications, food, and environment.	Allergy	Normal reaction and management of reaction	
General Health Information: Check all that apply, past or present, to this member's health history.	<input type="checkbox"/> Abdominal/stomach/digestive problems <input type="checkbox"/> Asthma <input type="checkbox"/> Convulsions/seizures <input type="checkbox"/> COPD <input type="checkbox"/> Diabetes <input type="checkbox"/> Excessive fatigue <input type="checkbox"/> Fainting or dizziness <input type="checkbox"/> Head injury/concussion <input type="checkbox"/> Heart disease/heart attack/chest pain/heart murmur/coronary artery disease <input type="checkbox"/> Hemophilia or blood disorders <input type="checkbox"/> Hypertension (high blood pressure)	<input type="checkbox"/> Kidney Disease <input type="checkbox"/> Lung/respiratory disease <input type="checkbox"/> Menstrual cramps <input type="checkbox"/> Migraines/headaches <input type="checkbox"/> Motion/altitude sickness <input type="checkbox"/> Muscular/skeletal conditions/muscle or bone issues <input type="checkbox"/> Neurological disorders <input type="checkbox"/> Nosebleeds <input type="checkbox"/> Sinus problems <input type="checkbox"/> Sleep apnea, sleepwalking or sleep disorders <input type="checkbox"/> Stroke/TIA <input type="checkbox"/> Thyroid disease	

Attaching a photo to this form can help to avoid errors in identification.

Member Name					Troop Number	
Additional notes about this member's behavior, physical, emotional or mental health needs pertinent to their participation in American Heritage Girls.						
Medications: If medications of any type will be taken or needed during Troop meetings, events, activities or trips, please fill out the <i>Request for Medication Administration Form</i> .	<input type="checkbox"/> No medications are routinely taken.					
	<input type="checkbox"/> The medications listed below are regularly taken (including inhalers, Epi-Pens, over the counter medications, homeopathic, and prescription medications). If additional lines are needed, please attach a separate page.					
	Medication		Dosage		Reason for medication	
Tetanus Immunization Policy: AHG requires members to have Tetanus immunization within the last 10 years.	<input type="checkbox"/> I (or my daughter) has received tetanus immunization on _____(date).					
	<input type="checkbox"/> I (or my daughter) have not received tetanus immunization and I would like to request exemption based upon a lack of immunization records, religious, philosophical or medical grounds. Signature of individual or parent/guardian: _____					
Immunizations: The following immunizations are recommended by AHG, Inc. but are not required.	Type	Year Received	Type	Year Received	Type	Year Received
	Pertussis		Polio		Hepatitis B	
	Diphtheria		Chicken pox		Meningitis	
	MMR		Hepatitis A		Influenza	
I give permission for full participation in American Heritage Girls programs, events and activities, subject to limitations noted herein. I know of no health reason(s), other than the information indicated in this form, why I or my daughter should not participate in any of the American Heritage Girls activities. Please check one: <input type="checkbox"/> In case of an emergency, I understand every effort will be made to contact me (or my next of kin). In the event that contact cannot be made, I hereby give my permission to the licensed health-care provider selected by my Troop or Charter Organization to secure proper treatment, including related transportation, hospitalization, anesthesia, surgery, or injections of medication for myself or my child, except as noted. I agree to the release of records necessary for treatment. <input type="checkbox"/> I do not give my consent for medical treatment of my daughter or I. In the event of illness or injury requiring treatment, I wish AHG volunteers to take no action beyond basic first-aid measures						
Additional notes:						
Signature of individual or parent/guardian					Date	

Girl Behavior Agreement

Purpose

To clarify behavior expectations of Girl Members consistent with AHG's Oath, Creed, Policies and Guidelines.

Girl Behavior Agreement

As an American Heritage Girl, in this Troop, I agree to:

- Live out and uphold the AHG Oath and Creed
- Use language appropriate for a Christian community
- Respect the rights, privacy and property of others
- Wear appropriate and modest clothes for activities
- Not possess or use weapons, tobacco, alcohol, or any illegal substance or paraphernalia (including vaping, juuling, etc.)

Zero Tolerance Policy

A zero-tolerance policy has been adopted by this American Heritage Girls Troop for the following behaviors:

- Possession or use of weapons, tobacco, alcohol, or any illegal substance or paraphernalia
- Theft
- Physical assault
- Sexually inappropriate behavior or talk
- Openly, actively and without repentance influencing other Girl Members to engage in activity in conflict with Biblical truth (including, but not limited to, any redefinition of biological sex and associated gender pronouns)

Examples of appropriate and inappropriate behaviors:

Appropriate

- Handshake and high-fives
- Arm around the shoulders
- Pats on the head/shoulder/back
- Verbal praise for achievement or behavior
- Verbal encouragement
- Scripturally based teaching

Inappropriate

- Private massages
- Aggressive touch (hitting, kicking)
- Kissing
- Lap Sitting
- Compliments or questions relating to physique or body development
- Sexual jokes, innuendoes, or conversation
- Swearing, profanity, or vulgar language
- Harassment, bullying, ridicule, excessive teasing, or lying

Please sign below that you have read and agree to this behavior agreement.

Girl Signature _____

Parent Signature _____

Date _____ Troop Number _____

**By signing this agreement, parents agree to immediately pick up their daughter upon notification if any of the behaviors noted in the Zero Tolerance Policy have been exhibited.*

Troop Sick Policy

Children will get sick. This is just a fact of life. Some illnesses are very minor (common cold, etc.) but most illnesses spread very quickly through groups of children (stomach bug, COVID-19, flu, etc.). Some of our families have children (and adults) who suffer from compromised immune systems. While we hate for your daughter to miss meetings or events, for the health and safety of all, please keep your child at home according to the following guidelines if she has been sick.

We have a 48-hour policy: Girls should be healthy for 48 hours before meetings and events.

This means you haven't had any of the following in the last 48 hours:

- **Fever**
 - A fever is considered any body temperature over 100.4°F.
 - A child must to be fever-free for a minimum of 48 hours before coming to an AHG meeting or event (that means the child is fever-free without the aid of Tylenol®, Motrin®, or any other fever-reducing substance.)
- **Diarrhea**
 - If your child has had any diarrhea (runny, watery, bloody stools, or 2 or more loose stools) within the last 48 hours she should remain at home.
- **Vomiting**
 - If your child has vomited (even once) in the last 48 hours, they may not attend any AHG function.
- **Pink Eye**
 - Girls suffering from Pink Eye (viral or bacterial) with red, itchy, crusty, or weeping eyes or similar symptoms, should not attend AHG meetings or events.
- **Rash**
 - A child with any rash, ringworm, or other contagious skin condition should be kept home.
- **Other Contagious Symptoms**
 - Girls who have difficulty breathing, sore throat, swollen glands, loss of voice, hacking, or continuous coughing should not attend meetings.
- **Lice or Nits**
 - Anyone experiencing frequent scratching of the scalp, or a confirmed case of lice or nits should not attend meetings or activities.

When in doubt, keep your child at home. No reimbursement or credit of troop dues will be provided to families for meetings due to absences. We encourage frequent handwashing during meetings as needed, and we highly recommend children wash their hands prior to leaving every meeting or event to help prevent the spread of germs. Please sign below that you and your daughter understand and agree to abide by this sick policy.

Parent Signature

Girl Signature

Date



Troop Cell Phone & Electronic Device Policy

In an effort to give girls the best and safest possible experience during her time in American Heritage Girls, our troop has set the following policies regarding cell phones and electronic devices.

Regular Meetings, Special Events & Activities

- Cell phones or any other related electronic communication devices are not to be turned on or visible. Girls must leave these electronics in their bags or a purse (not their pocket).
- Other electronic devices, tablets, music players, gaming systems, etc. are not allowed.

Overnight Events

- All cell phones and electronic communication devices will be collected and secured by the senior-most Board member or Unit Leader present for the entire duration of the event. No exceptions.
- Other electronic devices, tablets, music players, gaming systems, etc. are not allowed.

What if my daughter has an emergency or I need to contact her?

- If your daughter has an emergency, a Troop Board member or her Unit Leader will contact parent(s) and/or emergency contacts.
- In case of an emergency at an AHG event, the Troop Board will be available for contact, and phone numbers will be provided at the event sign-in.

Parents and Volunteers

- We ask that all adults set an example for girls of proper cell phone use, keeping their devices out of sight so all members can remain engaged in our activities.

Photographs

- Unit Leaders or the person in charge of the event may choose to give girls special permission to use a camera to take photographs provided they follow our Photograph Policy (see Troop Policy Handbook) and the device is put away promptly and not used for anything else.

Please understand these policies are meant to keep your daughter and her troop mates safe and engaged during our activities and we appreciate parent involvement to ensure the rules are followed. Disregarding these rules will result in the device being secured and disciplinary action according to the methods listed in the Troop Policy Handbook. Sign below that you and your daughter understand and agree to abide by this policy.

Parent Signature

Girl Signature

Date

Regular Meeting Permission Form

Girl's Name:

Meeting location address: **4180 Jefferson Rd, Athens GA 30607**

Typical Meeting Day & Time: **First 3 Tuesdays of every month + 5th Tuesdays, 6:20-8:00 pm**

Girl Member can be released to the following people (besides the parents/guardians):

Name: _____ Relationship: _____

Name: _____ Relationship: _____

Name: _____ Relationship: _____

Name: _____ Relationship: _____

Our Troop Special Events Permission Slip Policy:

- If a girl's parent/guardian is bringing her to a Special Event, the parent will sign them in (and out) of the event, effectively giving their permission for her participation in that event.
- If some other person than a parent/guardian is bringing the girl to the event (sibling, grandparent, friend, etc.) the parent **MUST** sign an event permission slip for the event and send it with their child or fill it out and turn it in before the event. If a permission slip is not sent (or submitted prior to the event) the girl cannot be allowed to participate in the event. Due to AHG, inc. rules, permission cannot be given via phone or email.

As the parent/guardian, I authorize my daughter to participate in regular Troop Meetings for the duration of the Program Year. I understand Troop Meetings may be held virtually when necessary. I understand the Special Events Permission Slip policy as stated above and will send a signed event permission slip with my daughter if I am unable to bring her.

Parent/Guardian Signature:

Date:

Girl Email Permission Form

Our troop system, AHGfamily has a great feature where girls can receive communications from the Troop and their Leaders regarding AHG events and Unit activities. AHGfamily has a built-in safety feature, so any communication sent to your daughter will also be copied to you! If you would like to give permission for your daughter to receive emails from the troop along with you, please fill out the form below.

Girl's Name:

Girl's Email Address:

Parent Name:

Parent Email for Copy:

By signing this document, I hereby grant permission for my daughter's email address, as stated above, to be used in the AHGfamily system for direct communications to my daughter by AHG Troop GA3106 and it's adult members regarding AHG troop business. No personal communications will be sent and this email address will not be shared with other members. I understand I can revoke this access at any time by notifying the Troop Coordinator or Vice Coordinator.

Parent Signature:

Date:

AHG strongly recommends that all girls who use the internet complete the Digital Citizenship and Internet Adventure badges with their parents. These badges reinforce healthy Christ-like online and digital habits and behaviors.