

Parent 4-H Camp Packet



THIS PACKET IS YOURS TO KEEP!!!



Adventure is out there!

Virtual Parent Meeting

**June 18, 2019 @ 6:30 central,
7:30 Eastern**

Join from PC, Mac, Linux, iOS or Android:

<https://ufl.zoom.us/j/4126761840>

One tap mobile

+16465588656,,4126761840# US (New York)

16699006833,,4126761840# US (San

+Jose)

Meeting ID: 412 676 1840

Join by Skype for Business

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Bay, Franklin, Gulf and Wakulla County Camp 4-H Camp Timpoochee, Niceville, FL July 8-12, 2019

This packet contains the dates, times, contact numbers, packing list, camp Q and A's, and other camp information that you and your child need to know before camp begins.

Please keep this for your information as you

Prepare and pack for 4-H Camp.

Frequently Asked Questions: About Florida 4-H Camping

***THIS INFORMATION IS FOR PARENTS/GUARDIANS TO KEEP.**

We are excited to have your child coming to camp! We also understand that you may have questions about sending your child to camp. We hope that this fact sheet provides answers to a few of your basic questions.

1. 4-H Camp Mission, Philosophy, and Program Emphasis:

The mission of the Florida 4-H camping program is to help develop life skills in youth through experiential education in a camping environment. Research has shown residential camping helps youth build life skills in a safe atmosphere while having fun. We offer outdoor adventure, environmental education and more, geared toward the positive growth of our youth.

2. Rooming Requests and Cabin Assignments:

We make a best effort to ensure each child is with at least ONE PERSON that is provided in their registration information, however since youth are developmentally different at certain ages, **we have a policy that youth must be within 2 years of age of their cabin mates**. For instance, we do not place 12 year old campers in cabins with 8 year old campers, regardless of familial relationships. This ensures that all campers have the best possible experience while at camp.

3. Cabin Supervision:

Campers are supervised in their cabins by trained camp counselors, which are teenage volunteers. These teen volunteers are well trained by their county 4-H agents. Adults do not have a supervisory role in cabins, and do not stay in cabins with campers. Adult volunteers and county agents perform regular walks around camp during the hours after lights out to monitor camper cabins and are always available in the event of an emergency. County agents also check in with campers at regular intervals during the course of the day.

4. Supervision Ratios:

Campers are always supervised. During the course of a camp program day, a supervision ratio of 1 adult (either agent, volunteer or camp staff) to 10 youth participants is maintained. In the evening, after camp programming is done and youth go back to their cabins, they are supervised by teen counselors. This ratio is generally 2 counselors to 7/8 youth in a cabin.

5. Contacting Your Camper:

If you wish to check on your camper or if there is an emergency, please call the camp office number listed below. Each resident camp director has their cell phone number on the camp voicemail and is always happy to take parent phone calls and relay messages to county extension faculty to put you in touch with your child.

Campers and teen counselors are NOT PERMITTED to bring cell phones to camp. Bringing a cell phone to camp will lead to the confiscation of the cellular device and can lead to the dismissal of the youth/teen participant from camp. As we live in a time when videos and photographs can be posted to social media sites in an instant, we want to ensure that the privacy of all campers is respected.

We do not recommend making visits to camp during the camp week, as it serves as a distraction to your camper and others. If you would like to see the camping facility that your child will be attending the resident camp directors of each camp are happy to schedule a tour of camp prior to your child's camp week.

We do recommend sending mail to your camper. Please make sure that it is postmarked at least 2 working days prior to the camper's arrival day at camp or just give to your 4-H Agent with the day marked prior to leaving for camp. Or you can give us the letters and dates to deliver during check-in.

Camp Timpooshee Emergency Contacts:

Camp Director: Ariel Blanton

Camp Office #: 850-897-2224

Cell #: 850-673-6024

Web: www.florida4h.org/camps

Please address camp mail as follows:

4-H Camp Timpooshee

c/o (Your child's first & last name)

4750 Timpooshee Lane

Niceville, FL 32578

County Agent/Office Contact Information:

Bay: Dr. Paula Davis 850-784-6105

Franklin: Erik Lovstrand 850-653-9337

Gulf: Melanie Taylor 850-639-3200

Wakulla: Dr. Rachel Pienta 850-926-3931

6. Electronic Devices:

Use of personal electronic devices during camp encourages campers to be solitary and sedentary, which clashes with what camp is all about -- developing social skills, building new relationships, sharing traditions, appreciating nature, and being physically active. At camp, these expensive items get lost, broken, stolen or dropped in the water and in the case of phones shared with other campers, resulting in charges you weren't expecting. More importantly, a child who is focused on using the device may miss out on learning something new, or worse, may lose concentration during an activity and be injured. We believe camp without electronics is the best policy for everyone involved.

7. Picking campers up early:

For safety reasons, and so all campers may enjoy the entire 4-H camping experience, campers are encouraged to arrive on time, not miss mid-week days, or leave camp early. We enjoy having each camper fully participate from the beginning to the closing of each camp week.

8. Camp Personnel:

All camp personnel are fingerprinted and background screened prior to their employment. Camp personnel are divided into 2 separate groups: program staff and facility staff. Program staff members are generally college students age 18-25. They receive approximately 200 hours of specialized training in working with youth. Their training includes managing behaviors, large group activities, and a variety of educational program areas. The program staff that work at the waterfront are certified American Red Cross lifeguards. Facility staffers have responsibilities for helping to maintain the facility. They are general maintenance, food service or clerical staff. They receive specialized training in their specific areas of work on camp.

9. Camp Food:

All food is provided by the camping facility. Your child does not need to bring any food or snacks to camp. **Snacks in the rooms attract insects, so please do not send them. Snacks are provided throughout the day.** All meals are reviewed by certified dieticians to ensure that your child is getting all the proper nutrition possible during the course of a camp day. They are served 3 meals in the cafeteria and snacks at the camp canteen. If your child has special dietary needs or food allergies please let the county extension agent know as soon as possible.

Camp is able to accommodate a variety of special dietary needs. Camp has vegetarian options, options for the lactose intolerant and a limited number of gluten free meals. If your child has dietary needs such as gluten intolerance, allergies to dyes, or is vegan, the camp asks that you send supplemental foods to camp with your county extension agent.

10. Behavioral and disciplinary problems:

Behavioral expectations and consequences are communicated through the 4-H Code-of-Conduct, which campers and parents/guardians must sign prior to camp. During camp, expectations for behavior are reviewed the first day, and good behavior is facilitated through positive reinforcement and role-modeling. Corporal punishment is never allowed at 4-H camp. Contact your local 4-H Extension Agent for more specific information regarding this question.

11. Emergency Preparedness:

Each camp facility has extensive emergency action plans for instances such as thunderstorms and bad weather, hurricanes or other severe weather events, and accidents or injuries. All of our camp program staff are American Red Cross certified in First Aid and CPR. Each of our camp sites is accessible by emergency personnel.

12. Natural Environment:

4-H camp is meant to provide a natural experience. Camp staffers work to ensure that this experience is the safest one possible. There is the opportunity for campers to encounter different varieties of wildlife; every precaution is taken to make sure that these encounters are learning experiences.

13. Class assignments:

The structure of the camp schedule, as designed by the 4-H agent, determines the classes and activities that campers attend. It is the goal of both the camp staff and the county agent to make sure that campers have both an educational and fun week.

14. Personal Camper Needs:

The camping environment serves as an opportunity for campers to learn to care for some of their own personal needs. Campers are given time every day to handle their personal hygiene needs, such as showering, brushing teeth, etc.

Medications (prescription and non-prescription) are collected and administered to the campers by the camp nurse as required on the medication bottle. No medications will be allowed to be kept in the cabins.

Bay/ Franklin/Gulf / Wakulla 4-H Camp

TENTATIVE SCHEDULE

July 8-12, 2019

(THIS COPY IS FOR PARENTS/GUARDIANS TO KEEP.)

*****NOTICE: HEALTH / LICE**

CHECKS will be conducted at ALL pick-up sites.

1. Turn in medications (**in the ORIGINAL bottles**) and medication form in a Ziploc bag to nurse, agent or bus driver.
2. Review health form with nurse.
3. Head check for lice by nurse.
4. Turn in any missing paperwork. (Youth without completed paperwork will **NOT** be allowed to attend 4-H camp.)

Monday, July 8th – DEPARTURE TIMES (Be sure to double check time zones)

Port St. Joe Group: 8:00 a.m. ET - Meet the bus at Port St. Joe Elementary School, 2201 Long Ave, Port Saint Joe (*This also includes youth from Franklin County. If you **DO** or **DO NOT** plan to ride the PSJ bus, please call the Franklin Co. Office at 850-653-9337, so we know who to expect at the PSJ bus stop.)

Wewahitchka Group: 8:00 a.m. CT – Meet bus at Extension Office, 232 E. Lake Ave, Wewahitchka (Old Health Dept.)

Bay County: Check In at Extension Office, 2728 E 14th Street at 8:30 CT

ARRIVE @ 4-H CAMP TIMPOOCHEE (Central Time)

CAMP THEME: Adventure is out there!

Monday

10:45-11:45 a.m. Unload Bus & Check-In Rooms, Room Assignments, Get-to-know cabin-mates and unpack.

- | | |
|----------------|----------------------------|
| 11:45 a.m. | Campers to auditorium |
| 12:00 p.m. | Lunch |
| 1:00 p.m. | Unpack & meet cabin-mates |
| 1:30-2:00 p.m. | Orientation in auditorium |
| 2:00-4:00 p.m. | Recreation & Swim Test |
| 4:00-4:50 p.m. | Prepare for dinner |
| 4:55-5:00 p.m. | Flag Lowering Ceremony |
| 5:00-6:00 p.m. | Dinner |
| 6:00-7:00 p.m. | County Program |
| 7:30- 9:00p.m. | Group Activities w/Canteen |
| 9:00-9:30 p.m. | Campfire |
| 10:00 p.m. | Prepare for Bed |

11:00 p.m. Lights Out

Tuesday-Thursday

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|------------|--|
| 7:00 a.m. | Rise and Shine |
| 7:55 a.m. | Flag Ceremony |
| 8:00 a.m. | Breakfast |
| 8:45 a.m. | Assembly |
| 8:45 a.m. | 4-H Camp photo at campfire circle (Wednesday ONLY) |
| 9:00 a.m. | Camp Activities |
| 10:30 a.m. | Camp Activities |
| 12:00 p.m. | Lunch |
| 12:45 p.m. | Cabin/Grounds Cleanup |
| 1:00 p.m. | Camp Activity |
| 2:30 p.m. | Camp Activities |
| 4:00 p.m. | Free Swim/Open Recreation |
| 4:30 p.m. | Prepare for Dinner |
| 4:55 p.m. | Flag Ceremony |
| 5:00 p.m. | Dinner |
| 6:00 p.m. | Special Activity |
| 6:00 p.m. | Camp Survey (Thurs. ONLY) |
| 7:30 p.m. | Night Activity w/ Canteen |
| 9:30 p.m. | Campfire |
| 10:30 p.m. | Prepare for Bed |
| 11:00 p.m. | Lights Out |

Friday

- | | |
|------------|--|
| 7:00 a.m. | Rise and Shine, Clean Cabins/ Luggage out of cabin/Check out of cabin by camp staff/Breakfast |
| 8:45 a.m. | Clean-up camp areas |
| 9:15 a.m. | Closing Ceremonies
Canteen & Shop @ Camp Store
(Parents picking up their children from camp are welcome to join us.) |
| 10:00 a.m. | Campers load buses |

Friday, July 13, 2018 – ARRIVAL HOME

***Times are estimated. They may vary do to departure and/or travel time.**

Bay County: 12:00-1 p.m. at Extension Office

Wewahitchka Group: 12-1 p.m. CT at the Extension Office in Wewahitchka

Port St. Joe Group: 1:30-2:30 p.m. ET at Port St. Joe Elementary



Florida 4-H Medication Form

Youth Name: _____

4-H County: _____

Directions for Parents and Guardians: Please complete this form for any medication your child will be taking while attending any 4-H activity, including non-prescription drugs, lotions, inhalers or any other items. This form **must** accompany your child’s medication for the activity. Any medication not meeting the following requirements will not be allowed at a Florida 4-H activity.

All prescription medications **MUST**:

- Be in the original container with a prescription label
- Be properly labeled with the youth’s name, dosage, & frequency
- Have directions that match what is prescribed Have the doctor’s name and prescription number
- Not be expired
- Sample medications must have a written prescription from doctor

Special consideration for inhalers and/or Epinephrine (“EpiPen”):

- The inhalers and/or EpiPens should be in their prescription box with their prescription label. If you’ve thrown out the box, your pharmacy can print you a label to bring, but it must match the medication and still be in date.
- We **cannot** accept expired inhalers or EpiPens.

All over the counter medications (includes ear drops/swim ear, allergy meds, pain relievers, vitamins etc.) **MUST**:

- Be in the original container
- Marked with youth’s name
- Not be expired

I request that a person designated by Florida 4-H give my child, _____ the following medication:

1) Name of medication: _____

Amount to be given: _____

Time of day to be given: _____

Directions, if to be given “as needed”: _____

Dates medication is to be given: From ____/____/____ To ____/____/____

Prescribing doctor’s name: _____

Illness or condition prescribed for: _____

If inhaler or EpiPen, does the youth have to carry on-person and self-medicate?

Yes ____ or No ____

I agree to furnish Florida 4-H with the medication(s) listed on this form per the guidelines above. I further understand that Florida 4-H’s designated person will administer the medicine to my child in good faith, at request. I certify that I have signed the Florida 4-H Medication Consent provision in addition to this form.

Parent/Guardian

Signature Date

If you are sending more than one medication for your child, please complete the second page of this form.

Youth Name: _____

4-H County: _____

Additional Medications

2) Name of medication: _____

Amount to be given: _____

Time of day to be given: _____

Directions, if to be given "as needed": _____

Dates medication is to be given: From ____/____/____ To ____/____/____

Prescribing doctor's name: _____

Illness or condition prescribed for: _____

If inhaler or EpiPen, does the youth have to carry on-person and self-medicate?

Yes ____ or No ____

3) Name of medication: _____

Amount to be given: _____

Time of day to be given: _____

Directions, if to be given "as needed": _____

Dates medication is to be given: From ____/____/____ To ____/____/____

Prescribing doctor's name: _____

Illness or condition prescribed for: _____

If inhaler or EpiPen, does the youth have to carry on-person and self-medicate?

Yes ____ or No ____

4) Name of medication: _____

Amount to be given: _____

Time of day to be given: _____

Directions, if to be given "as needed": _____

Dates medication is to be given: From ____/____/____ To ____/____/____

Prescribing doctor's name: _____

Illness or condition prescribed for: _____

If inhaler or EpiPen, does the youth have to carry on-person and self-medicate?

Yes ____ or No ____

What to Bring to Camp?

(PARENTS/GUARDIANS THIS IS THE PACKING LIST. PLEASE KEEP THIS COPY.)

Please write campers first and last names on as many packed items as possible. Here is a possible sources for labels that will also help camp <https://mabelslabels.com/>
Select: green box support a fundraiser, then under camp drop down select: 4-H Camp Timpoochee (Niceville)

Items for You to Pack

- Sheets and Blanket for a twin size bed or a Sleeping Bag. (rooms can be hot or cold).
- Pillow & Pillowcase
- Towels & Wash cloth(s), Beach towel(s)
- Toiletries (shampoo, soap, toothpaste, toothbrush, brush, comb, deodorant, etc.)
- Sleepwear
- Plastic Bag(s) - to pack wet things to go home
- Swimsuit(s) - Modest swimwear is appropriate. You will be in the bay and Gulf. Girls if you are wearing a 2-piece bring a t-shirt to wear over your swimsuit. Boys no Speedo style swimsuits.
- Clothes for each day at camp at least 5 changes. (Do not send new clothes, camp clothes are likely to get damaged. No halter tops, no underwear of any kind showing including bra straps. Pants and shorts must be worn at waist height.)
- A light weight shirt with sleeves to block sun and/or a hat.
- Underwear
- Socks
- **Close toed shoes (MUST BE WORN AT ALL TIMES;** unless swimming or showering)
- Shower shoes (flip flops work great)
- **Water shoes or old tennis shoes,** diving booties, or aqua socks for the bay (**critical because of oyster reef in Bay**)
- **Sunblock (VERY IMPORTANT)**
- **Water Bottle (STAY HYDRATED)**
- Light jacket or raincoat

- Clothespins (for hanging wet clothes)
- Notepad and pen or pencil

Optional Items

- \$10-\$20 to make purchases from the camp store. (We **HIGHLY RECOMMEND** your **child turn in the money at registration on Monday to the camp bank.** The youth will receive the money on Friday morning before the camp store opens.)
- Flash light
- Sunglasses
- Stationary and Stamps
- Insect Repellant
- Fins, mask, and snorkel
- Disposable waterproof camera
- Quiet Games (cards, book, etc.)

Helpful Hints

- Sometimes it helps campers to pack outfits together in a Ziploc style bag.
- Try to pack all clothing in a small suitcase or duffel bag. Campers will have to carry their own suitcases to the cabins from the buses.
- We encourage you putting the child's name on all personal items.
- If you want child to receive mail from you, you may turn in at check-in.
- There are typically 10 youth per cabin.

DO NOT BRING:

- Expensive items to camp such as iPods, MP3 or CD players, electronic games cell phone, pager, expensive jewelry, and expensive clothes that you do not want messed up.
- Food (including candy or gum - except for special dietary needs that have been pre-approved by your agent. Insects are a problem in the rooms if food is present.)
- Tobacco products, firearms or knives, fireworks, alcohol, silly string, water gun/pistol
- A bad attitude or any items for prank-pulling. Pranks are your ticket home!!!