

HEART OF KANSAS 4-H CAMP GUIDE

The Heart of Kansas 4-H Camp Guide is designed to give you and your child all the information that you need to know about camp in a handy "all-in-one-place" reference. Please take the time to read through ALL of the information to help insure a positive camping experience for all.



What is 4-H anyway? 4-H is the youth development program of K-State Research and Extension. Youth between the ages of 7 and 18 engage in hands-on learning experiences under the guidance of adult or teen 4-H volunteers trained by County Extension Agents. 4-H programs use experiential learning opportunities to teach life skills, such as: decision making, time management, communication, and social skills.



HOW DOES MY CHILD GET TO AND FROM CAMP?

The Extension Office Staff will be transporting the 4-H'ers to camp. We are looking for 2 more volunteers to drive; would you consider? Drivers must have completed the Volunteer Screening process. Drivers will be compensated for mileage. Please contact the Extension Office if interested.

Where does my child stay? All campers reside in cabins in groups of 6-8 campers (similar in age) with 1 or 2 high school counselors. Each group will participate in assigned activities and free time as a group. Scheduling does not always permit "groups" or friends of different ages or counties to stay together. No more than three youth per county will be housed together, except under special circumstances. Each cabin includes 10 beds with restroom/shower facilities nearby.



It is our experience that campers who stay away from the phone are less likely to be homesick. There is only 1 public phone: Rock Springs Administration Center (785)257-3221. In case of emergency, you may also contact your local extension agent .

Please realize cell phone service varies across the campground. It is Heart of Kansas camp policy that campers with cell phones will turn them into their County Agent, and will receive them back on the last day of 4-H Camp. Some parents and relatives choose to send a letter to their campers. If you wish to do this, you'll have to send it before your child actually leaves. The address at Rock Springs is:

Rock Springs 4-H Center
c/o Camper Name, Heart of Kansas
1168 Hwy K157
Junction City, KS 66441

How much spending money should I send? Campers from past years feel that \$40 seems to be a sufficient amount of money. There is a small charge for some of the camp activities. Campers can also buy souvenirs and snacks from the Snack Bar (see enclosed price list). There will be a camp bank available for campers to use during camp. **Any spending money sent with your camper needs to be small bills (NO \$20 bills!) in an envelope clearly labeled with your child's name and county. Camp Counselors will collect money envelopes upon arrival at camp.** Please do not send checks; they will not be cashed.

Camper Conduct? All campers & counselors sign a 4-H Code of Conduct. Campers are required to stay in assigned groups at all times. The following activities are strictly forbidden during camp: sneaking out at night, wandering off trails, bullying and being disrespectful.

FOOD ALLERGIES

If your child has any food allergies that need to be addressed during camp you should complete the form at <https://rockspringsranch.org/get-to-know-us/special-diets/>

PACKING LIST

We always have some "unclaimed freight" when camp is over. Label everything with your child's name & county! Lost items will be at Williams Dining Hall during camp. Items left on the bus will be kept at the Extension Office. Below is the suggested packing list:

- ✓ Sleeping Bag (or sheets & blanket) & Pillow
- ✓ 2 Towels & Washcloth for bathing & swimming
- ✓ Personal toiletries (toothbrush, soap, etc.)
- ✓ Comfortable Clothing for 3 days
- ✓ Pajamas
- ✓ Swimming suit (*absolutely no string or thong bikinis*)
- ✓ Light jacket
- ✓ Rain coat
- ✓ Sun screen
- ✓ Insect repellent
- ✓ Flashlight
- ✓ Hat
- ✓ Tennis shoes or other closed toed/laced shoe (required for riding horses) (crocs & other water-type shoes are NOT considered closed-toed!)
- ✓ Second pair of shoes that can get wet
- ✓ Some money (snacks, craft items, souvenirs)
- ✓ Personal prescriptions with CLEAR directions, ALL MUST be in original containers.
- ✓ Plastic bag or zip lock bag to bring home wet swimming suit and/or towels.
- ✓ Face masks – 5-7 cloth masks, or disposable masks that can be switched out and washed often.



- Shorts should be appropriate for school (example: 3-5 inch inseam).
- Shirts, blouses, tops and t-shirts cannot expose midriff, the back or cleavage.
- Tank tops and tops with spaghetti straps are allowed as long as they are not revealing.
- Anyone wearing inappropriate attire will be required to change.

MEDICAL TREATMENT

No camper will be allowed to attend camp unless they have completed

<https://rocksprings.campintouch.com/ui/forms/application/camper/App>. In addition county agents will print the

most updated health form from 4-H Online and if your child is taking medications you will need to complete the Heart of Kansas camp medical form

[https://cottonwood.k-state.edu/ellis-county4h/4-](https://cottonwood.k-state.edu/ellis-county4h/4-hevents/ellis_4hcamp/2018MedicationForm.pdf)

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The Heart of Kansas 4-H Camp hires two nurses and they reside at camp for the entire time period. Should a camper need additional medical attention, the camper will be taken to the Geary County Hospital & parent(s) will be notified in a timely manner.

The nurses have several common over the counter medicines in generic form (*See enclosed list*) such as ibuprofen, acetaminophen, antacid, Benadryl, Pepto-Bismol, Calamine lotion, Chiggerex, Swimmers Ear Drops, etc. *DO NOT send these with your child!*

PRESCRIPTION MEDICATIONS

Rock Springs Camp policy states that "Prescription medications for each camper must be given to the health care professional upon arrival at the camp. Prescriptions are not to be left with the camper". Exceptions may include inhalers, Epi kit, or other according to doctor's orders.

Prescription medications must be administered by the qualified health care professional. COUNSELORS ARE NOT RESPONSIBLE FOR, NOR WILL THEY ADMINISTER PRESCRIPTION DRUGS.

If your child is taking any prescription medications, please follow this procedure:

1. A medication form (enclosed) needs to be filled out for each prescribed medication. We need 2 forms (top & bottom) for each medication (one to keep with the medication and one to turn in with the health form). You can make additional copies of the form if needed. You can also download and/or fill out this form at https://cottonwood.k-state.edu/ellis-county4h/4-hevents/ellis_4hcamp/2018MedicationForm.pdf

DO NOT BRING

- ✓ Cell phones, MP3 players, headphones, video games, expensive jewelry or clothing.
- ✓ Over the counter medications (see enclosed list of what the nursing staff will already have available.)

DRESS CODE:

The following dress code will be strictly followed:

- Face masks will be worn at all times of camp with the exception of at the pool, dining table, in your sleeping corridors and during athletic activities. This follows American Camping Association rules not KSRE rules.
- All clothing articles should be in good repair.
- Flip flops should only be worn in the cabins and at shower time.
- Items of clothing advertising alcoholic beverages, tobacco products, drugs, or that have vulgar, obscene or offensive messages are not appropriate.
- Undergarments should be worn but not seen.
- Hats, caps and visors are not appropriate inside buildings and at meals. This is applicable to both females and males.

2. **You need to place each prescription drug in a ziplock bag in the ORIGINAL CONTAINER.** Please label each bag with your child's name and county and place the med form inside. (NO day of the week pill boxes or loose pills in baggies. Must be in original container!)
3. You will turn in all prescriptions and medication forms to the County Agent as your child boards the bus to camp.

