

2009 Parent Handbook



4-H Camp

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Dear Parents,

Welcome to the Lake Area 4-H Camp held at Camp Windermere! We know there are many choices when it comes to summer camp and we thank you for choosing to send your child(ren) to 4-H Camp!

Please read this booklet and keep it for future reference!

This booklet will help you understand the procedures and policies regarding your child's stay at 4-H Camp. Together, we can work to give your camper a positive growing experience that will last a lifetime.

To save you time and frustration, please remember:

1. All registrations require full payment at time of registration.
2. Refunds will not be issued.
3. Make sure to read and sign the Health and Activity acceptance form and return with registration and payment. Each camper must have all forms and money turned in by deadline date to attend camp.
4. Adults serving as Chaperones must also complete registration and health forms.
5. All medications, prescription and non-prescription, must be in original container with dosage information, and in a Ziploc bag with campers name. The camp nurse will collect it upon arrival and will dispense all medications.

Please review the above items. If you have any additional concerns, please feel free to contact your County 4-H Youth Specialist. We look forward to providing your child with a safe and happy outdoor experience.

2009 4-H Camp Schedule

Session	Date (Arrival and Departure)	Youth	Adult
Clover Kids Cooking Camp	July 21, 2009 (9:00 a.m.-4:00 p.m.)	\$16.00	\$5.00
4-H Camp	July 22-24, 2009 (9:00 a.m.-4:30 p.m.)	\$120.00	
Family Adventure Camp	July 25, 2009 (9:00 a.m.-7:00 p.m.– overnight stay is optional)	\$15.00 \$5.00 children 2 and under	\$15.00
Registration is due by July 3rd. Family Adventure Camp July 10th.			

CAMP LIFE

When do I bring my children to camp?

Please see the information above for the arrival time for each of the camps. Please keep in mind that several of the camp sessions run back to back and staff need time to close out one camp and prepare for the next. Please DO NOT arrive earlier than listed. 4-H Camp cannot be responsible for children left unattended. You are welcome to tour the camp grounds with your child while waiting for registration to open. Please check-in and register for camp at the Spring Valley Auditorium when first arriving.

When do I pick up my camper (s)?

Please see the information above for the departure time for each of the camps. The campers final assemble is in the auditorium and includes a slide show of camp activities (for residential camp); parents are invited to attend this final assembly. At the conclusion, campers will be dismissed to return to their cabins to collect their belongings.

Whoever is picking up the camper must sign the camper out and show a photo id. Please confirm that your camper has picked up any and all medications from the health center.

Parking during dismissal: The parking area will be congested. Please park in other lots so you are not blocking the main road. Youth are excited and are running in all directions. Please be cautious as there is much activity during this time.

Homesickness

Homesickness is usually a result of the discomfort of being in strange surroundings. The Camp Staff and Counselors are trained to deal with homesickness by providing extra patience and attention and by keeping the camper active. Most campers quickly recover because they are having so much fun and meeting new people. If there is a serious problem, you will be called. Otherwise, "No news is good news" is what you should expect.

What are the top 5 things I can do to help prepare for camp? (Excerpt from "Summer Camp Handbook" by Dr. Chris Thurber.)

1. Do not make a "pick-up deal."
Promising "if you get homesick, I'll come and get you" undermines children's confidence and dramatically intensifies homesickness. Talk positively about camp and what they can expect to experience.
2. Double-check the camps packing list.
Many seasons of experience have helped your child's camp directors refine the packing list to include all essentials. Do not pack anything that is not listed even if tempted.
3. Spend practice time away from home.
Nothing builds confidence and teaches a child how to cope with time away from home better than time away from home. Send them to grandma's . . .without their pet, video games, pack like they were going to camp.
4. Label everything.
It's easy to lose things at camp where there is communal living quarters. Label everything if you want to be able to claim it. In the cabins, there will be lots of stuff, it is much easier to identify if labeled.
5. Double check the opening and closing dates and times.
Get a good start by arriving on the correct date at the correct time. Use a wall calendar in the months preceding camp to make an exciting count down to the big day.

Telephones

Phone calls to or from campers are not allowed. The calls tend to defeat a sense of independence and interrupt the camp environment. They can also cause homesickness as well as unspoken hard feelings.

Please do not send cell phones with your campers. Not only are the phones distracting, the camp will not be responsible for loss or damage. Cell phones may be taken from campers and will be secured in the administration office. It is the camper's responsibility to pick up the phone before leaving camp. If they fail to do so, it is up to the owner to retrieve it.

Staff members are not allowed to use cell phones while on duty, unless given permission. Please help us keep camp a special place by keeping "Camp Unplugged." Remember, you will always be contacted if there is a need. We ask for your cooperation, not to keep you secluded from your child, but to encourage their personal growth and developing a sense of independence.

If you do receive a call from your child, please call the camp to let staff know so that the child's issue can be addressed. We are committed to helping improve the situation.

Emergency messages will be taken at Camp, at (573-280-0215).

Behavioral Expectations and Guidelines

The Missouri 4-H Youth Development Program recognizes that positive discipline teaches and encourages the healthy development of a child's self-esteem. 4-H Camp does not allow the use of corporal or physical punishment. Instead, staff employ positive discipline techniques, which include praising, calling attention to appropriate behavior and acting as positive role models to influence and reinforce positive behavior. The staff sets limits that are developmentally appropriate and consistently enforced.

Staff will encourage and assist all children in following camp rules. All campers will be given an orientation on the first day of camp. All questions will be answered and the rules will be explained during this orientation.

At camp, staff are trained on preventing, recognizing and dealing with bullying. However, we need your help as a parent to help us ward off and correct bullying behavior and to get bullied children to speak up when they are bullied.

Bullying another child is a no tolerance policy at camp and while we do our best to detect and prevent bullying, children can be sneaky. Therefore, we ask you to coach your child in speaking out. Tell your child to find their counselor, or any of the 4-H staff and tell them what is happening.

Mail

Campers enjoy receiving mail, even during a three day camp!

If you desire your camper to write home while at camp, please prepare them with a self-addressed, stamped postcard or envelope. There will be a mailbox at the registration table where they can mail their letter at.

If you would like leave mail for your child during camp please leave it in the mailbox at the registration table at camp when checking in. Camp staff will "deliver" mail daily to campers.

Camper Information and Health Topics

Release Forms

All persons (including adult chaperones and adult campers) participating in any 4-H camp session must complete a registration form, health form and event/activity acceptance form. Health forms do not need to be notarized but healthcare at the hospital could be delayed if not. The completed forms should be turned in with your camp payment. All forms are found on the web site: <http://extension.missouri.edu/camden>

Health and Safety

The health and safety of campers is one of our number one priorities. A camp nurse is on duty 24 hours a day during residential camp and is responsible for daily health needs of campers, including dispensing of medication. At registration on opening day of any camp, all medications including over the counter and "as needed" medications are to be given to the Camp Nurse, along with instructions in a Ziploc bag with the campers name. All medications must be in original containers and labeled with the child's name. Please mark on the registration form those medications that may be given to your child as symptoms warrant.

Emergencies

Parents will be notified in the event of serious illness, injury or emergency. If you need to contact your child in an emergency, call 573-280-0215. If you are unable to reach someone, please contact Windermere at 573-346-5200.

Insurance and Medical Expenses

As parent/guardian you are responsible for any and all medical costs incurred by your child while they are at camp. 4-H Camp does have limited specialty insurance that covers illness/accidents originating at camp.

Special Accommodations

4-H Camp strives to meet every individual's needs to the best of our ability. Please indicate any special needs accommodation on the registration form. Food allergies or special food preparation, especially, should be noted so that other food sources can be prepared.

Cabin Assignments

Living assignments are by age group and gender. There are 6 campers and 2 counselors in each cabin. Counselors are trained to work with a specific age group. However, if your camper desires to room with someone of a different age we will make every effort to meet the request. We can not guarantee the request will be made. The best part of camp is making new friends!

Dress During Camp

4-H Camp encourages parents to help us in having all youth adhere to the dress code and policies.

Items not allowed: tops with spaghetti straps, halter type tops, staples or backless shirts, shirts that reveal the midriff, excessively loose fitting pants or jeans, short shorts or skirts, clothing advertising or referencing alcohol, drugs, violence or having sexual content.

Swimsuit policy: Girls– swim suits must be one piece or tankini style or otherwise a t-shirt cover up must be worn. Boys– loose swim trunks. Bring a life jacket if needed.

Shoes: Campers are to wear athletic, tennis type shoes to activities. Campers may not wear flip-flops unless at the pool. Shoes may become wet/muddy during the cave tour. Campers will be walking a lot and need a good pair of shoes to prevent cuts and blisters.

Staff may instruct a youth to return to their cabin and change their clothing if any items are not within the guidelines.

Challenge Course– Close toed shoes, long pants or shorts that are longer so that the safety equipment will not rub the inside of their thighs. The EDGE program happens rain or shine.

Practical Jokes and Pranks

4-H Camp has a no tolerance policy of practical jokes and pranks during camp. While these are fun, often times one or just a few youth are singled out and emotional or physical damage can occur. So please, leave the shaving cream, water balloons, and other items for pranking at home.

Help us keep Camp Unplugged!

Camp is designed to allow your child to enjoy the true feeling of childhood. It's time for them to build strong friendships, create lifelong memories, learn from their peers and counselors, experience nature, and all the joys of camp!

Please help us by not allowing your camper to bring the following items (or similar) to camp:

- Cell phones
- Pagers
- Walkie Talkies
- Mp3 players/iPods
- Video Games
- Any other electronic or media devices

These items are distracting and pose the potential for being lost, broken or damaged for which 4-H Camp will not be responsible. We look forward to providing you camper with an experience of a lifetime
UNPLUGGED!

Acres of Adventure– Exploring Earth and Nature!

Camper-Staff Ratio Policy

Camper /staff ratio is 1 to 8. Counselor/Camper ratio is 1 to 3.

Packing Information

What do I bring to camp?

Please mark every item with the campers full name. Do not bring expensive items (jewelry) to camp. Pack efficiently.

Checklist of essential Items– you may think of others, but these are the basics!

Sheets (twin) and light blanket	Beach towel for swimming
OR sleeping bag	Sunscreen/Bug Spray
Pillow Provided (bring pillow case)	Sunglasses
Bath towel and washcloth	Cap/Hat for outdoors
Toiletries	Socks, underwear
Sturdy athletic type shoes	Shirts/Shorts/Jeans/Jacket
Shower Shoes	Sleepwear
Swim Shoes	Swimsuit/Cover up
Prescription/other medications	Camera
Laundry bag for dirty clothes!	Water Bottle
Flashlight	Alarm Clock

Items to leave at home!

- Fireworks, guns, ammunition, knives
- Lots of make-up, perfumes
- Candy, snacks, food– draws ants and other rodents. (Meals and snacks are provided).
- Electronic devices: cell phones, mp3 players, video games, etc.
- Practical joke devices– pranking is not allowed, on any level
- Illegal drugs, alcohol, tobacco
- Money– All camp costs are covered in registration fee.

**Family Adventure Camp– bring garb and feast gear for the day! See camp brochure.

Directions to Camp Windermere

From the East: Travel West through Camdenton on Highway 54 approximately 6 miles to State Road AA. Turn right on AA and follow signs north to Windermere to Koehler Road. Turn right. Continue 1.3 miles. Camp registration is at Spring Valley Auditorium on the campgrounds.

From the West: Travel east through Macks Creek on Highway 54 approximately 10 miles to Sate Road AA. Turn left on AA and follow the signs north to Windermere to Koehler Road. Turn right. Continue 1.3 miles. Camp registration is at Spring Valley Auditorium on the campgrounds.

573-346-5200

www.windermereusa.org (go to website to download a facility map or get GPS directions).

Activity and Class Descriptions

Memory Books– Upon check-in campers make nametags and design camp memory books to take home. Journaling and getting friends addresses adds to the camp experience.

Make and Take- Several crafts will be available during camp for campers to make and take with them with no formal class. Campers will enjoy making a wooden snake toy.

Canteen– Drinks and snacks are provided two times during the day– afternoon and campfire. Campers will enjoy smores at the last campfire.

Evening Recreation- Each night is a theme night. Campers will sing songs, play games, learn line dances and compete against cabins. Digital photography, dramatic arts, and table top games are a few of the fun things that await.

Giant Games– Several giant games are available during camp to challenge campers.

Cave Tour- Campers will engage in cave exploration in this 2 hour workshop.

Swimming- Splish, Splash and fun in the sun. Camp wouldn't be the same without swim time!

The EDGE- The low ropes course has challenges designed to turn a group of kids into a thinking team.

High Ropes-Wearing a harness and attached to a belay system, campers face the daunting challenge of climbing a 35 foot wall by 3 different climbing challenges. Climb. Jump. Zip line down. Campers also get to try the 'Leap of Faith' by climbing a tall pole and jumping out to reach a bar. Another favorite is the Giant Swing!

Camp Crafts-Several craft projects are planned. Campers will be making flying discs from recycled hose.

Campfires- Each evening we end the day with a campfire ceremony to reflect on our days experiences. Campfires are led by camp counselors.

Electric Cooperative Workshop-The Electric Coop will be here to teach youth about conserving electricity. Each camper will make an insulator lamp to take home!

Acres of Adventure- While at camp, campers learn about wildlife habitats, nature, and conserving resources. This workshop campers will make different kinds of homemade glues, invisible inks, microwave a batch of corn putty, make imitation wood, and wheat-based play dough.

Magic NUUDLES– A fun environmental workshop using cornstarch packing peanuts to make a cabin sculpture. Cornstarch peanuts disintegrate with water and are better for the environment.

4-H Assemblies– What's 4-H all about? Flag Ceremonies, announcements, recognition of clean cabin awards and character counts events highlight assembly times.

Closing Ceremony- Each camp provides a closing ceremony to sum up the camp experience. At residential camp campers relive the week by watching a power point slide show. Counselor awards are given and campers are given a special token to remember their camp experience. Parents are invited to attend. See camp schedule for times.

Cabin Themes– Each cabin will have a theme. Campers will design a cabin flag and sculpture the first day of camp.

Camp Theme– This year's theme is "Show your Green: Acres of Adventures!" We are celebrating Earth and our natural environment.



Rules for Campers

1. Respect all living things here whether it's plants, snakes, bugs, other campers or adults.
2. You may pick up rocks and look at them, but place them back on the ground rather than throwing them.
3. Shoes must be worn at all times even if they are wet. Flip-flops can be worn in showers.
4. Keep one pair of shoes dry at all times.
5. Pillows are for sleeping rather than fighting.
6. Keep food out of the cabins. If food is in the cabins it will attract critters.
7. Do not leave camp group at any time unless accompanied by a camp staff or counselor.
8. The climbing wall and other high-low elements are off limits unless we are there to do The Edge.
9. Eat lunch with your cabin group. Do not leave the table until everyone is excused.
10. Do not walk to an activity by yourself or with friends. Always walk with your cabin or assigned group.
11. Swimming is at designated times only.
12. Be on time.
13. Pitch in and help your cabin with assigned chores everyday.
14. Chewing gum and candy is not allowed.
15. Phones are for adult use only.
16. Only go into your own cabin. Do not enter other people's cabins.
17. Put all your trash in trashcans.
18. When instructors raise their hands, please be quiet so you can hear what they have to say.
19. Wear your nametag always.
20. Keep your bed and living area clean and pathways clear.



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