

Ohio State University Extension Jefferson County 500 Market St. Suite 512 Steubenville, OH 43952 740-264-2212 Phone 740-264-2039 Fax 800-628-2039 Toll Free Jefferson.osu.edu

June, 2019

Dear Camper and Parents:

4-H Camp days are quickly approaching! (This year's camp is scheduled for June 19th-22nd.) We are planning a fun camping experience for everyone. This year's camp theme is "Into the Wild, Wild West.". In order to make our camp run smoothly and to ensure that you bring necessary items to camp, please review the following:

- Health Form (if you have completed a Health Form for any other event in 2019, you do not have to complete another one if nothing has changed. If you are not sure if your child has a health form on record, please call us.)
- Permission to Participate at 4-H Camp
- Minor Photo Release, Early Release & Restricted Release Form
- Permission to Take to Health Facility and Restricted Activity Form
- Directions to Camp
- Things You Need to Know About Camp/Things to Bring
- Medication Notification for Camp Nurse
- Tentative Camp Schedule
- © Telephone Number for Camp
- Basic Rules for Camp
- @ Guidelines for Searching the Belongings of Participants
- A Homesick Plan

The Health Form, if you have not submitted one for another event, and/or Permission to Participate, need to be completed and brought with you to Camp. If pictures are taken at camp, the Minor Photo Release Form gives The Ohio State University Extension permission to publish them. The Early Release Form should be completed only if your child plans to leave camp early. The Restricted Release portion of the form should be completed only if you have any restrictions on who will pick up your child from camp. The other forms this year are the Permission to Take to Health Facility and the Restricted Activity Form (they are on the same insert).

Also, if your child is taking a prescription or other medication on a regular basis, you will be asked to complete a "Medication Form" when you register your child at camp. If you are having someone else bring your child to camp, please give them the details the nurse will need. (This information will be vital, so be sure to have all medication and data with you at registration.)

Check out the Camp Program regarding registration, daily camping activities and departure time (camp is over on Saturday at @ 1:30 p.m.).

Sincerely,

Angie Allison, Extension Educator

4-H Youth Development

P.S. I know that everyone's excited about Camp, but please do not arrive before 4:00 p.m. on Wednesday. The counselors and I need that time to get ready. Please do not come early.

JEFFERSON COUNTY 4-H CAMP

THINGS TO KNOW ABOUT CAMP:

- The Theme for the 2019 4-H Camp is "Wild Wild West".
- When you arrive, go directly to the craft hall to register.
- ② All 4-H'ers leaving camp at any time <u>must</u> complete the 4-H Member Early Release Form. This form must be turned in at registration.
- © A completed Health Form and all medicine must be given to the Nurse at registration.
- © No cell phones are permitted at Camp Piedmont.
- All female participants must bring one-piece bathing suits to camp.

THINGS TO BRING: (Please put your name on all clothing, towels, etc.)

Clothing: (Wear the kind of clothing you like for play at home)

Also Bring:

- Sturdy Shoes
- A warm jacket or sweater
- A rain coat
- © Remember No sandals allowed

Bedding: (Be prepared for chilly nightsIII)

- © Sleeping bag or 2 blankets and sheets
- © Pillow

Toilet Articles:

- Towels and wash cloths
- © Soap, toothbrush and toothpaste
- © Shampoo, comb, brush, etc.

Other Things:

- Swim suit (one-piece for girls)/towel
- © Flashlight
- © Camera/radio(bring at your own risk)
- Sunglasses
- © Insect Repellent
- Alarm Clock

Guidelines for Searching the Belongings of Participants in Camps, Trips and Other Overnight Programming Activities

PROHIBITED ITEMS

Prohibited items at Ohio 4-H Camps, Trips, and other Overnight Programming Activities Ohio 4-H places priority on taking necessary and reasonable actions to safeguard the overall safety and well-being of all program participants. Prohibited items that are never allowed at any Ohio 4-H program where minor participants are present include alcohol, tobacco products in any form, illegal drugs, pornography, discriminatory iconography and/or messaging, and weapons not included in an approved 4-H shooting sports program.

Additionally, youth participants (campers and counselors) may not possess cell phones* during 4-H camp. Camp Program Directors will determine consequences for possessing a cell phone. The State 4-H Office recommends a zero tolerance approach: If an individual is found with a prohibited item, they will be sent home at the family's expense.

* Camp Program Directors also have discretion for prohibiting other internet-enabled devices at their 4-H camps.

SEARCHING BELONGINGS

Guidelines for Searching the Belongings of Participants

If there is reasonable suspicion that a violation of the program's prohibited items policies has occurred or other rules have been broken, a search may be conducted. The following steps will be taken:

- Searches will be conducted by at least two trusted individuals, in the presence of the participant whose belongings are being searched, and preferably in a private setting, unless there is imminent danger or circumstances that require immediate action.
- Searches may include a participant's luggage, bags, backpacks, knapsack, trunk, locker, bedding, dresser drawers, and personal effects including toiletries.
- When timing and circumstances allow, the participant's parent or guardian will be notified prior to conducting the search. In situations when this is not possible, either due to timing, lack of communications coverage, or lack of response, notification will be made as soon as possible.
- If an illegal item is discovered (e.g., alcohol), it will be confiscated and retained in a secure place, and the appropriate authorities will be contacted for further action.
- If a prohibited item is discovered, it is confiscated and retained in a secure place. Prohibited items may be returned to the parent/guardian when they arrive to pick-up their participant.



4-H Camp Piedmont Emergency Management Plan

General Emergency Procedures:

- Bell Ringing Continuously—bring your campers quickly yet safely to the dining hall basement.

 Maintain calm and quiet once there...until further instructions are given.
- # Air Raid Siren—keep your campers in place and wait until an adult staff member visits you in person to give the all clear.
- First AID—in most minor situations, bring your camper safely to the camp nurse. If the injury is severe, send another person to get the nurse while you stay with the injured camper. Do not move them. Have the camper perform self-pressure to stop bleeding.
- ## Blood or vomit—do not touch bodily fluids. Keep other persons from coming in contact. Send for the nurse or adult staff for assistance.

An Ounce of Prevention:

- # Have campers travel in pairs to any location that is away from your eyes.
- * Keep behavior management principles on track throughout the camp experience.
- Encourage campers to eat healthy meals and keep hydrated. Discourage junk food and sodal
- Pay extra attention to camper behavior near water, food, mud, or the shower house.

Situational Responses:

- Strong thunderstorm—unless a bell or siren indicates otherwise, get all your campers inside and maintain calm/fun until the storm is completely gone for 15 minutes.
- ** Bedwetting—privately handle the situation with adult staff so as to not embarrass the camper. Adult staff can launder the bedding. Talk to the nurse for further instructions.
- Scrapes/bumps/bruises/headaches—ensure one counselor remains with the cabin while another counselor accompanies the camper to the nurse's station.
- # Missing camper—after you have checked the location(s) the camper is supposed to be (also restrooms, group activities, dining hall, nurse's station), notify an adult staff member immediately.
- **39** Unauthorized guests—Do not interact with them. Go immediately to get the camp director or adult staff member.
- Homesickness—work with the camper to try to distract them or get them involved in an activity. Give them an important responsibility or help them make friends. Try to take their mind off of home. Take them to the bathroom then give them a drink of water. Then see how they feel in 5 minutes. If all attempts fail, work with the adult staff. Do not tell the camper they can go home.
- Worst case scenario—in the event that a tornado, unidentified shooter, or other crisis hits camp before any bells/sirens can be sounded, remember that you are the role model for the campers. Make good, common sense decisions.

Emergency Phones - located in the Nurse's Station and in the Dining Hall Kitchen.

<u>AED Unit</u> – located near the pool on the back porch wall. This unit is used if a person stops breathing. The unit gives step by step instructions. Quick response is critical.

Camp & Bed Bugs: Packing for Prevention

Whether they come to camp every year of this is their first trip, attending camp is an exciting time for children. Making new friends, exploring nature, and trying new things are all part of the camp experience and create memories that will last a lifetime.

However, along with all the good parts of camp, an annoying little bug can also be part of the experience. In recent years, bed bugs have made a resurgence in North America. They are often found in hotels, multi-unit dwellings, and other structures that house people for short periods, such as camps. While bed bugs may be a nuisance, they do not transmit disease to people.

The good news is that there are simple steps that can be taken to help ensure that children do not bring bed bugs to camp or back home. We are taking proactive steps in our camp facilities, please help us by following the packing advice listed below:

Packing for camp

Visually inspect items for bugs. Take sleeping bags, blankets, and luggage out of storage, place them outdoors, and inspect them carefully for any signs of bugs or eggs.

Tumble bedding and luggage in clothes dryer. Place bedding or luggage in the clothes dryer and tumble them on a high heat setting for 30 minutes. The heat from the dryer kills bed bugs and eggs. For items that cannot be placed in a dryer, place into a black plastic garbage bag, then put it out in the hot sun for a day(s) as heat can kill this pest.

Use a heavy gauge garbage bag as a liner in luggage. Place all clothing inside the liner, tightly twist, and knot to seal. This will help keep bed bugs out of clothing. In addition, place bedding in a separate garbage bag. Duffle bags are recommended as luggage for campers as they can be placed in a dryer. Additional recommendation is keeping luggage closed when not in use. Rubbermaid container is also an option.

Pack extra garbage bags. Be sure to pack two extra garbage bags for your child. One bag will be used for all dirty clothing and the other will be used for dirty bedding.

Coming home from camp

Inspect items before you bring them indoors. Inspect items that cannot be placed in a washer/dryer for evidence of bed bugs outdoors and clean if necessary before bringing them indoors. Place bedding and clothes stored in garbage bags directly into the washer/dryer. Dispose of the plastic bag outdoors.

Clean all camp items. For items that can be laundered, use a hot water setting and tumble dry on high heat for at least 30 minutes. For items that cannot be laundered, such as suitcases, vacuuming and place into a black plastic garbage bag then put it out in the hot sun for a day(s) as heat can kill this pest.

Wipe off shoes. Use rubbing alcohol to wipe off the bottoms of shoes. http://centralohiobedbugs.org/

4-H Camp Piedmont's Procedure for Prevention

The 4-H Camp Piedmont Board and Staff asks that we encourage kids to pack in totes to prevent transporting of insects.

Cabins checks for bugs are performed immediately after a group departs as part of our normal cabin sweep procedures. The company Four Paws K9 Detection performs the inspection. http://fourpawsk9detection.com/

CimeXa dust is professionally applied on each bed and cabin as routine treatment. This is to prevent bugs being brought into the cabins and laying eggs. If any signs of bed bugs are found during inspections, after a group has left, we immediately contact our extermination company for an additional inspection and treatment.

https://www.rockwelllabs.com/cimexa.html

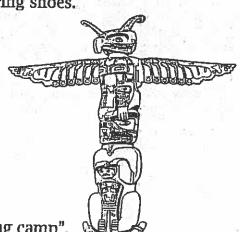
<u>Please do not bring and apply store bought sprays as they can dilute or wash away the CimeXa dust leaving and untreated area.</u>

If during a stay a guest believes to have found signs of bed bugs we immediately collect all clothing, luggage and bedding from the cabin and heat using laundry dryers to kill any bugs that may be in the guests belongings. If possible, we then move the group to another cabin.

If you have any further questions, please feel free to contact us.

4-H Camp Piedmont Ground Rules of Order

- o Campers shall not leave camp without permission from your camp director.
- o Campers are required to attend all regularly scheduled activities.
- o No smoking or use of smokeless tobacco at camp by anyone.
- o No alcoholic beverages or illegal drugs are permitted.
- o Fireworks are not permitted.
- The lake is off-limits to all except during scheduled waterfront activities.
- o No Swimming in the lake at any time MWCD regulation.
- o The kitchen, barbeque pit, and shop are off limits to all campers.
- Campers need permission before using the telephone.
- o All calls "in and out" are to be made from the phone in the First Aid Station. This phone number is (740) 758-5480.
- o The main camp phone (740) 758-5574 is for camp business and staff only.
- o Do not deface buildings or equipment including recreational equipment.
- Return all recreational equipment to where it belongs.
- o No littering, but if you see liter, pick it up and dispose of it properly.
- The boys are not permitted in the girl's cabins.
- o The girl's are not permitted in the boy's cabins.
- o Bathing suits shall be worn for scheduled pool swimming times only.
- o Report any injury immediately to your qualified medical person.
- o Avoid injuries by walking, not running and wearing shoes.
- Respect the rights and property of others.
- Leave expensive items at home.
- Keep the camp and your cabin clean.
- o Leave everything better than you found it.
- o Do not harm or destroy any trees or shrubs.
- o Follow "Dining Hall Procedures"
- o Follow "Cabin Rules of Order"
- o Follow "Cabin Cleanup Procedures prior to leaving camp".
- o DO Come prepared to have FUN!!!!



Vehicle Parking Policy

Parking is permitted in the designated parking areas as shown on the campgrounds map. All vehicles are to be parked on the side of the road before the "Y" on the lake side or on top of the hill (enter at the dumpster gate). Parking is not allowed around the loop, in the driveways, or in the grass by the cabins. 4-H Camp Piedmont's goal is to enhance the eye appeal in photos, etc. and to keep the roadways clear for delivery trucks and more importantly for "Emergency Vehicles". Parking is allowed for a limited time around the loop for loading and unloading on arrival and departure. As always hardship or handicapped persons are exempt from this ruling.

Cabin Rules of Order

This cabin is your home while you are at camp - take care of it!!

- o Do not write, mark, or carve on the walls, ceilings or beds.
- o Do not use staples, tape, glue, or nails on beds, walls or ceiling.
- o Do not use extension cords or outlet strips in the cabins.
- o Hair dryers or curling irons may be used in the shower house.
- o Clock radios and fans are permitted.
- o Food, candy, pop and gum should not be stored in the cabins.
- o Counselors ONLY are permitted to turn on the heaters.
- o Do not remove the batteries from the smoke alarms; this is for your safety.
- o Do not remove beds or mattresses without camp staff permission.
- o Report damaged or broken items to camp staff promptly.
- o Camp staff will inspect your cabin prior to your departure to check for cleanliness, damages and forgotten items.

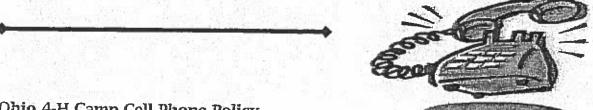
Telephone Use Policy

Campers Number is (740) 758-5480

This is the telephone number of the phone line in the Nurse's Station for your camps incoming and outgoing telephone calls. This phone is for camp directors to use for all their camp's needs. Your certified medical person should be at the First Aid's Station or have a sign on the door where to locate him/ her to gain access to the phone. Please make sure your counselors, campers, and other members of your camp give their family at home this number in case they need to call you at camp. Have your campers bring calling cards or call collect for personal calls whenever possible. Camp directors, counselors, campers, and other members of your camp will not be allowed to use the phone in the kitchen or manager's office. An exception to this would be in case of an emergency, such as calling an ambulance, etc..

Camp Business Number is (740) 758-5574

The main phone line at the camp is for camp business only and is to be used by the camp managers, head cook, and camp staff. Camp staff will not be responsible for taking and delivering messages from incoming calls unless its' an emergency situation. They will advise the caller to call back on the other number.



Ohio 4-H Camp Cell Phone Policy

As a means of risk management, youth participants (campers and counselors) may not possess cell phones * during 4-H camp. Counselors shall not use cell phones (as alarms, music players, etc.) in their cabins at any time. Camp Program Directors have discretion for permitting camp counselors selective cell phone use during limited time periods, such as during out-posting, nature treks, or off-camp travel (field trips), or for other safety concerns where the use of two-way radios is not practicable. Camp Program Directors will determine consequences for possessing a cell phone. The State 4-H Office recommends a zero tolerance approach. If any individual is caught with a prohibited cell phone, they will be sent home at the family's expense.

Camp Program Directors also have discretion for prohibiting other internet-enabled devises at their 4-H camps.

DIRECTIONS TO 4-H CAMP PIEDMONT

Location: 34221 4-H Club Road, Piedmont, OH 43983

From Steubenville/Wintersville:

- Stay on SR22 West through small town of Smyrna
- Turn a sharp Left at SR 800 South go 3.0 miles
- Turn Left at 4-H Camp Piedmont Sign / Rouggen Road go 0.9 mile
- Turn Right on Briar Wood Drive go 0.3 mile
- Bear Right on Briar Hill Road go 0.5 mile
- Turn Left on Briar Hill Road go 0.6 mile
- Bear Right on 4-H Club Road and go 0.2 mile to the camp entrance

From South End of County:

- Take 1-70 West to Exit 202 (Barnesville SR 800)
- Take SR 800 North appx 9.0 miles
- Turn Right onto 4-H Camp Road
- Follow directions above

Camp traffic is one way – veer to the right!

OHIO STATE UNIVERSITY EXTENSION

Ohio 4-H Health Statement

ALL SIDES of this form MUST be completed for each participant. Minors must have the form completed and signed by a parent/guardian. This information will be kept confidential and used only for the weifare of the participant. PRINT neatly using blue or black ink.

REQUIRED!
Attach
Picture
(for i.D.
purposes only)

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Other Contact/Relations	N/P		Other Gel	Phone:	
Other Contact/Relationsh	hip:	447.33	Other Cel	Phone:	
Physician:		10 10 = 40	Physician	Phone:	
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THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES



ohio4h.org

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☐ Asthma	☐ Bronchitis	☐ Cramps	☐ Fainting	☐ Heart Trouble	☐ Seizures	☐ Sore
Controlled? yes/no	5 To 12 to 12 to 12					Throat
☐ Athlete's Foot	☐ Constipation	n 🗖 Diarrhea	☐ Frequent Colds	☐ Home Sickness	☐ Sinusitis	☐ Other?
☐ Bed Wetting	☐ Convulsion:	Ear Infections	☐ Headaches	☐ Kidney Trouble	☐ Sleep Walking	
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☐ Aloe Lotion	1	☐ Cough Syrup/Drop	1-	iprofen :: Advil, Motrin)	☐ Sore Throat M	/ledicine
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Emergency Medical and	Informed Consent/Camp	Last Name	First
I understand that my child.	will be a particip	ant in the Ohio 411	<u></u>
activity, my child may risk person supervised and acknowledge tha Camp Site are not responsible fo hereby attest and verify that I have involved and that I assume any experience.	required to participate in this progr I recognize that by participating i al injury, paralysis and/or death. I t the 4-H staff and volunteers, OS r any potential injury or illness res re been advised of the potential ris xpense that may be incurred in the I have authorized such expenses	In this program, as to an understand program. The Ohio State ulting from my child sks, that I have full it as a country of the	with any physical am participants will be University, and the 4-H I's participation. I
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a dealistic, nospitalize, allufol take	any other action deemed necess	sary for the immedia	ate care of my child.
In consideration of the opportunity our respective heirs, executors, a with this activity and do hereby re Trustees, OSUE, the Ohio 4-H pro employees from any and all liability child's participation in this program	lease, indemnify and hold harmles ogram, the 4-H camping facility, at the demander claim of any party.	io assume any and is The Ohio State L	all risks associated Jniversity, its Board of
Restricted activities and/or specia	notification instructions:		<u>, , , , , , , , , , , , , , , , , , , </u>
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Photo and Video Release	!	a Th	
I give permission to The Ohio Stat record and edit into video and/or p materials for The Ohio State Unive any and all public awareness for th	and to use all or parts of the videoersity. OSUE the Objo 4-H progre	nage and video imago o or photographs in	ges of my child,
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Parent/Guardian Printed Name	Parent/Guardian Signature	Date	

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PERMISSION TO PARTICIPATE 4-H CAMP

natu	e permission for my child,, to participate in the 2019 erson County 4-H Camp from June 19-22. Activities involved in camp will include living in a n on a hill, sharing bathroom facilities with other campers, sleeping in bunk beds, canoeing, ire hikes, playing volleyball, basketball, relay races and other recreational games, campfire vities and dances.
Atte	nding camp may lead to contact with individuals who are experienced or inexperienced in the ve mentioned activities.
l als requ	o understand that participation in any of the above activities is strictly voluntary and not a irement for 4-H membership.
l am	aware, and have discussed with my child, that:
0	Being in and around water, woods and participation in camp activities may cause clothing to become wet, dirty and beyond cleaning and/or repair.
2	While in a canoe, my child may be involved in a collision with another canoe, person or object in water.
6	Hiking may give rise to risk of injury from arising from the surface or subsurface of the ground on which the hiking occurs.
4	Participation in sporting/recreational events may give rise to injury as a result of collisions with another individual or sudden falls.
6	Other participants may act in a negligent manner which otherwise may result in harm to my child.
•	Swimming in a pool may lead to injury caused by slippery surfaces, contact with other swimmers and/or objects in the water.
l reco	ognize that the above mentioned activities and potential resulting risks may cause injury, death, ning or loss to participants or other persons in the immediate vicinity.
activit that I these	erstand that my child is not required to participate in any of these activities, but grant ission for them to do so, despite the possible risks. I recognize that by participating in these ties, as with any physical activity, my child may risk personal injury. I hereby attest and verify have been advised of the potential risks, that I have full knowledge of the risks involved in activities and that I assume any expenses that may be incurred in the event of an accident, so or other incapacity, regardless of whether I have authorized such expenses.
CAME	PER/COUNSELOR
PARE	NT/GUARDIAN DATED:
de l'internation de l'en	

HOMESICK PLAN

If you are concerned that your child may be homesick at camp, tall to him/her about it. Send a favorite pillow or stuffed animal to keep in his/her bed to help at_night. Be sure they know to let a counselor/adult know if they are feeling homesick. We can help! Fill out the short form below to let us know what we can do to help your camper succeed and not be homesick. NAME: (Camper) Things that Make Me Feel Better:

MINOR PHOTO RELEASE FORM

College of Food, Agricultural and Environmental Sciences Ohio State University Extension Ohio Agricultural Research and Development Center

I GIVE The Ohio State University permission to publish in print, electronic or video format the likeness or image of my child. I release all claims against the University with respect to copyright ownership and publication including any claim for compensation related to use of the materials.

MINOR'S NAME:	
YOUR NAME:	
	Parent/Guardian (Please Print)
YOUR SIGNATURE:	
DATE:	

This release pertains to the 2019 Jefferson County 4:H Camp.

PERMISSION TO TAKE TO HEALTH FACILITY
I,, hereby authorize
to make any decisions necessary for my child,
as it relates to being taken to a Health Facility if necessary during
any 4-H activity. If such action is taken, I can be reached at
(home phone number) or
(cell phone number)
to be notified to which facility my child will be taken.
Parent Signature
Date:
Date.

MEDICATION INFORMATION JEFFERSON COUNTY 4-H CAMP

Child's Name:				
Name of Parent(s):				
Telephone/Cell:				
List of Medications:			(In case	of emergency)
Route (i.e. inhaler or Time to be taken (i.e. Evening)	by mouth) Before meals	After meals	Morning	Afternoon

Medication #1:			(List nar	ne of prescription)
	Route:		Times:	
Medication #2:				ne of prescription)
	Route:		Times:	
Medication #3:			(List nan	ne of prescription)
	Route:		Times:	
Medication #4:			(List nan	ne of prescription)
	Route:		Times:	
List any allergies:				