

4-H Jr./Sr. Camp Gazette

Welcome to Ross County Junior & Senior Camps

June | 2019



**You are registered and we have a bunk waiting just for you!
So, what's next?**

Your epic summer camp adventure is almost here! We hope your geared up and ready to hit the trail for the Quest Out West. To help you be prepared, please—

READ THIS LETTER about all things camp such as What to Pack, How to Check-In, Rules & Policies for a Safe Camp, Directions to Camp, and more.

Call us at (740) 702-3200 if you have any questions.
See you at Tar Hollow!

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THE OHIO STATE UNIVERSITY
COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

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[SENIOR CAMP]

(grades 6,7,8,9)

Check in:
JUNE 13 at 4:30 pm

Check out:
JUNE 16 at 10:30 am

[JUNIOR CAMP]

(grades 3,4,5)

Check in:
JUNE 27 at 4:30 pm

Check out:
JUNE 30 at 10:30 am

CAMP BANK—JR AND SR CAMPERS—

How the BANK works:

1. Deposit spending money into your own account.
2. Campers may withdraw money when the Bank is open (i.e. when Canteen or Crafts open).
3. Bankers track all withdrawals & deposits so campers know their balance.
4. At the end of camp, accounts are closed and any remaining funds are returned to camper.



NOTE: Campers choose how to spend their money, we just keep it safe.

CHECK IN PROCEDURE

1. **ARRIVE.**
Line up outside the Lodge. An adult **MUST** be with each camper for check in. Campers will **not** be checked in early!
2. **GET HEALTH SCREENING.**
Camper will complete a simple Health Screening. This is also the time to update camper's Health Form or turn in medications (see pg3 Medication Policy—strictly enforced!)
3. **CHECK IN & CAMP BANK**
After completing the Health Screening, camper will check in and get his/her cabin assignment. Deposit camper's money in the Camp Bank. (Please, do **NOT** enter the Lodge until camper has completed Health Screening.)
4. **CAMPER RELEASE FORM.**
Every camper MUST have a "Camper Release Form" on file which authorizes who is allowed to pick-up your child. List Name, Phone, and Relationship (ex. grandparent, neighbor). This Form will be available at camp.
5. **FIND YOUR CABIN.**
Meet your counselor and new friends.

CHECK OUT PROCEDURE

CAMP RULE: Parents, do **NOT** take luggage from campers as they come down from hills at check out!

1. **ARRIVE ON TIME.**
Please do not arrive more than 15 minutes early—campers & staff will not be ready to leave!
2. **WAIT OUTSIDE.**
Check-out will begin after all campers are off the hills and are inside the Lodge.
3. **CHECK OUT.**
Come inside lodge. SIGN OUT your camper, then—Walk over to your child's counselor to pick-up camper and belongings.

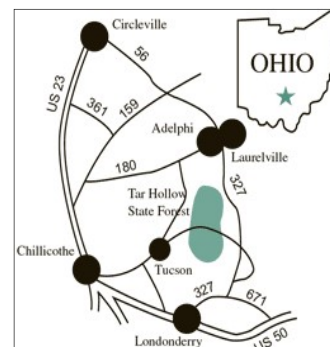
DIRECTIONS How to Get to 4★H CAMP WITHOUT GETTING LOST IN TAR HOLLOW

Cell Phones do NOT work in Tar Hollow area!

GPS devices will send you to the wrong camp area in the forest.

Follow these directions...

- From Chillicothe, take US Rt. 50 East
- Turn North (left) on SR 327 at Londonderry
- Stay on SR 327 until you come to the big "Tar Hollow State Park" sign (you will pass a small Ranger Station sign)
- Turn Left at "Tar Hollow State Park" sign
- After entering the Park, follow the signs marked "RESIDENT CAMP" Look for the 4-H Clover signs



MEDICATION AND MEDICAL EQUIPMENT POLICY

FOR ALL MEDICATIONS BROUGHT TO CAMP—

1. **Do NOT pack or hide any medicine in luggage or tell camper they may keep it with them.**
2. **Give ALL medications to the Camp Nurse at check-in.** Bring only exact amount needed!
3. **In a zip-type baggie:** Place medication & directions. Write child's name & staple child's photo on the baggie.
 - Prescription Medications: MUST be in the container in which they were issued with label, medical orders and physician's name intact. Others will not be accepted.
 - Over-the-Counter Medications: MUST be in the original container with label attached. Others not accepted.
 - Epi-Pen: If participant has an allergy that may require the use of an "EPI-PEN", then the participant should provide it. At check-in, alert Camp Nurse that camper will be carrying an Epi-Pen.
4. **Medications will be given as directed on the original package/container.** If there are any dosage adjustments, you must bring signed documentation from your physician.

MEDICAL EQUIPMENT/APPARATUS (i.e. knee braces, wraps, splints, crutches, etc.) —

1. To wear/use medical equipment/apparatus during camp, camper must bring signed documentation and instructions for use from their physician.
2. Parent/guardian assumes full responsibility of any injury or further damage as a result of camper wearing/using this medical equipment/apparatus while at camp.

WHILE AT CAMP

ELECTRONICS POLICY:

Electronics (including cell phones) ARE NOT ALLOWED at camp.

Honesty and personal accountability are very important! Please help us with this policy by NOT bringing and/or hiding prohibited phones or other electronics.

The camp phone is for staff use only and restricted to emergency or approved camp business. There is no phone available for camper use.

YOU MAY WANT MONEY FOR:

- ☒ Crafts
- ☒ Canteen Items
 - Snacks
 - Other (flashlight, ball, etc.)
- ☒ Camp t-shirt is included with your paid fee.

USE DOLLAR\$ & SENSE

Send SMALL bills (\$1, \$5) for spending money because we do NOT have change.

VISITORS:

Parents & family are welcome to look around when bringing their 4-H'er to camp. However, while camp is in progress, **NO PERSONAL VISITORS** are allowed! This disrupts the camp schedule and can make both the campers and parents homesick.

LEAVING CAMP:

For safety reasons and so youth can enjoy the entire 4-H camping experience, **campers will NOT be allowed to arrive late or come & go from camp.** This applies to all camps. We enjoy having each camper participate fully from the start of each camp to the closing of each camp.

YOU GOT MAIL:

Tar Hollow Resident Camp
Attn: *Camper's Name*
16396 Tar Hollow Road
Laurelville, Ohio 43135

NOTE:

Unfortunately, bed bugs are becoming more of a concern for households and residences across Ohio. At this point, Tar Hollow has not had any problems related to bed bugs. After consulting the American Camp Association (ACA) guidelines, an action plan has been developed for use in the event of an outbreak. Please help us keep camp and your home bed bug free by taking advantage of the following preventative suggestions:

- While at camp, keep bags closed and zipped.
- To transport items home, put all belongings in garbage bags from cabin to home.
- Upon returning home, immediately put all non-toiletry items into the dryer on medium-high heat.

For more information, go to:

<https://www.acacamps.org/knowledge/health/diseases/bedbugs>

TAR HOLLOW ELECTRONICS POLICY FOR CAMPERS AND COUNSELORS

Approved by the Ross Hocking Extension Camp Board 3/27/14

Cell phones: Campers and counselors shall **NOT** bring any kind of cell phone to camp. Cell phones do not have reception at camp, and their use as cameras is prohibited.

Music players: Only counselors and staff may bring music players, radios, and iPod type devices but only for use in the cabins as alarm clocks and for music. Counselors may use iPod type devices outside of the cabin only at dances where the counselors are serving in a DJ capacity. In addition, iPods may not be used to play games or in a cell phone like capacity for texting, photos, or internet purposes.

Other electronics: Campers and counselors shall **NOT** bring any other handheld game, laptop, or other communications devices capable of accessing the Internet through Wi-Fi or other external network.

Cameras: Campers may bring cameras provided that they cannot upload pictures to the Internet. Due to the nature of camp programs, a disposable or inexpensive camera is recommended.

MESSAGE TO PARENTS:

We know in this high-tech era that it's difficult for youth to not be in constant contact with their families and friends via social media, texting, or cell phone calls. However, *camp is a unique experience.*

The camp experience helps youth develop life skills including independence and self-reliance. Among the concerns that make bringing and using cell phones and other communication devices inappropriate at camp are:

- Concern that such expensive devices will be lost, damaged, or stolen. OSU Extension, camp, and staff cannot accept responsibility for lost, stolen, or damaged items at camp.
- Inappropriate use of photo and video devices. We know from media reports that the ease of uploading inappropriate photos and videos is a concern. Cyber bullying is not permitted before, during, or after camp.

In addition, youth contact with home if they are suffering a temporary spate of homesickness at camp may cause the condition to worsen. We fully appreciate and respect the positive relationships our campers and counselors have with their families, but if they are to benefit fully from the camp experience, they must be encouraged to develop the skills of independence and self-reliance. If there is an emergency, or if we are concerned about the youth's well-being, we will contact the parents or guardians immediately. Campers are constantly in the company of other campers and counselors while at camp, and our camps are staffed with many caring adults, including an experienced camp nurse.

Thank you for your cooperation with our electronics policy.



**** NOTICE ****

WEAR "4-H FRIENDLY" CLOTHING AT CAMP AT ALL TIMES!

Guidelines:

- ▶ Wear appropriate camp clothes! Violators will have to change clothes.
- ▶ No underclothes are to be showing!
- ▶ No midriffs / backs to be showing. (**except at beach*)
- ▶ *Swimsuits: See Swimwear Policy.
- ▶ Remember THIS IS CAMP - Dress appropriately.

★ Note: Some parents like the option of throwing away camp clothes ☺ Keep this in mind ... WE DO PLAY HARD!

YES's

Tennis Shoes
Shorts
Old Clothes
Stuff that can get dirty
T-shirts
Sweats
Jeans

NO's

Short-shorts / daisy dukes
No 'spaghetti-straps' tanks
Sandals, Heels, Flip Flops
Mini Skirts
New Clothes
Stuff to stay clean
Expensive jewelry

RULES FOR A SAFE AND FUN CAMP

REPORT INJURIES, ILLNESSES, and HEALTH PROBLEMS:

The camp nurse is on duty 24/7. They are here to assist with maintaining the health and well-being of all camp participants. Anyone with injuries, illnesses, and health problems must see the nurse. All medications are dispensed by the nurse.

ACT RESPECTFULLY TOWARD OTHERS:

- Respect other campers and the camp staff. Be kind and courteous. No put-downs. No fighting.
- Listen when others are talking. Use respectful language.

DEMONSTRATE APPROPRIATE BEHAVIOR in CAMP and CABIN AREAS:

- Follow the "Rule of 3's" at all times! 3 = 2 campers + 1 counselor OR 3 = 2 counselors + 1 camper.
- No boys are allowed on the girls' hills. No girls are allowed on the boys' hills.
- Campers and counselors are not to leave their cabins between lights out and morning wake-up call; except to see the nurse or go to the restroom.
- Respect & protect the camp property and the property of others at all times.
- Campers will clean their cabin, restroom, the campgrounds, and will help set & clear the tables.
- Snacks brought to camp must be in sealed, plastic containers to limit unwanted animal and insect visitors.

BE SAFE WHEN PARTICIPATING in ACTIVITIES:

- We offer many activities for campers such as swimming, canoeing, hiking, gaga ball, etc. Go to: <http://u.osu.edu/tarhollow> for list.
- Swimming and boating are permitted only with lifeguard supervision. Obey waterfront rules and use the "buddy" system.
- Each person MUST wear a life jacket while in a canoe/kayak/corcls.
- Play safely and fairly.

WEAR APPROPRIATE CLOTHING and FOOTWEAR:

- Wear closed-toe footwear (gym shoes) at all times. No sandals, no open toes, no wedge/heels. Exception: flip-flops/shower shoes are allowed in shower house.
- Do not wear inappropriate clothing. NO midribs/back or undergarments should be showing unless at beach.
- Wear appropriate swimwear. Read the Swimwear Policy above.

KEEP A LEGAL & SAFE ENVIRONMENT

Any person found engaging in any illegal activity will be sent home and may have potential legal consequences.

Activities include, but are not limited to:

- NO smoking, use, or possession of tobacco products, including cigarettes, cigars, chewing tobacco.
- NO alcohol or drugs of any type or any quantity are allowed.
- NO weapons, fireworks, and/or fire of any type. This is a State Law in the Park—items are illegal and prohibited.
- NO bullying or harassment of camper(s), counselor(s), or camp staff.
- NO electronics – refer to Electronics Policy.
- NO leaving campground. Campers/counselors may not leave the grounds without the permission of the Camp Director.
- NO personal sports equipment.
- NO personal pets or animals.
- NO access to vehicles by campers or counselors.

Inappropriate behaviors will not be tolerated.

FAILURE TO OBEY RULES IS CAUSE FOR IMMEDIATE DISMISSAL WITHOUT REFUND OF CAMP FEES!



CAMP SWIMWEAR POLICY

Girls: One-piece full-coverage (with straps) swimsuit or modest tankini is required.

Boys: Appropriate length trunks that don't sit too low on the hips.

We encourage 4-H'ers to come as they are to camp; however, we also want to provide an environment for campers to learn self-confidence, leadership and respect for others. Please follow the swimwear policy. Thank you for supporting us in our effort to make all areas of camp fun!

PACKING HINTS

- ✓ Put **camper's name on everything!**
- ✓ Pack light! On the last day campers must carry everything back down the hills by themselves and it gets tiring!
- ✓ Duffel bags, suitcases, or backpacks are recommended. Footlockers are too heavy for campers to carry back down.
- ✓ Campers are responsible for their own belongings!
- ✓ DO NOT bring expensive, valuable items, or 'good' clothing. **This is camp!**
- ✓ Before leaving camp, double check your possessions! Items that get lost at camp are hard to match to their owners.
- ✓ Camp is not responsible for lost items.



Whew!! Keep in mind—

At check in, campers can have help hauling stuff up to their cabins;

BUT ~ on the last day campers MUST carry everything back down the hills by themselves!



STUFF TO BRING

- **CAMPER RELEASE FORM** (*available at camp*)
- **SHOES— GYM SHOES must be worn around camp!**
Bring 2—3 pairs because shoes will get wet and wet shoes are icky!
Shoes must be closed-toe — No sandals, no open-toes.
Flip-flops are allowed **ONLY** in the shower house.
- **CLOTHING**— Clothes **WILL** get dirty and/or wet.
 - ☐ Shorts
 - ☐ Jeans / long pants
 - ☐ T-shirts, tops
 - ☐ Pajamas
 - ☐ Jacket or sweatshirt
 - ☐ Rain gear
 - ☐ Underclothes
 - ☐ Extra socks
 - ☐ Swimsuit (see swimwear policy) & Beach Towel
 - ☐ Silly items/costumes to fit camp theme.
 - ☐ **NO inappropriate clothing.** NO midriffs / backs or undergarments should be showing (unless at beach)
- **BEDDING**—nights can get cool even in hot weather.
 - ☐ Sleeping bag OR blankets & sheets
 - ☐ Pillow
- **TOILETRY ARTICLES**
 - ☐ Soap, shampoo
 - ☐ Towels & wash clothes
 - ☐ Toothbrush & toothpaste
 - ☐ Deodorant
 - ☐ Shower shoes / flip flops for shower house
 - ☐ _____
 - ☐ _____
- **LARGE PLASTIC TRASH BAG** for wet clothes—have name on it, use masking tape & marker
- **INSECT REPELLENT & SUNSCREEN**
- **FLASHLIGHT**
- **A SMILE**
- **SPENDING MONEY** (*optional*) —SMALL BILLS ONLY (\$1, \$5)
- _____
- _____

DO NOT BRING CELL PHONES or ELECTRONICS