

2023 ROSS COUNTY 4-H CAMP



Camp	*Grades	Dates	Times
Junior	3, 4, 5 grades	June 26 - 29	Check-In 4:30 pm
Senior	6, 7, 8, 9 grades	June 8 – 11	Check-Out 10:30 am
Cloverbud	Kindergarten – 2	June 24	9:30 am – 3:30 pm
*Grade as of January 1, 2023			

CAMP CHECK-IN PROCEDURE

1. ARRIVE

Line up outside the lodge (leave luggage in your vehicle). 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 – temperature, hair lice, and general wellness questions. This is also the time to update a camper’s health form AND/OR turn in medications (see page 3 for the medication policy – strictly enforced)

3. CHECK IN & BANK

After Health Screening, Campers will deposit their money in the camp bank and then get their cabin assignments, camp schedule, and map! Please do not enter the lodge until after completing a 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. It requires name, phone, and relationship with child. This form will be available at camp as a part of the check-in process.

5. FIND YOUR CABIN

Head back to your vehicle to grab your stuff and head to your cabins! Meet your counselor and new friends! If a camper requested a cabinmate, at least one request will be honored. Parents are welcome to walk a camper to their cabin but must remain outside.

CAMP CHECK-OUT PROCEDURE

1. ARRIVE ON TIME

Please do not arrive more than 15 minutes early – campers and staff WILL NOT be ready to leave.

2. WAIT OUTSIDE

Check-out will begin after all campers are off the hills (finished cleaning) and are inside the Lodge.

3. CHECK OUT

Come inside the Lodge – SIGN OUT your camper, pick up meds, then proceed to your camper’s cabin table and assist them with their belongings to their car

CAMP BANK (Junior & Senior Campers)

How does it work?

1. Deposit spending money into your own account
2. Campers may withdraw money when the Bank is open (Canteen/Crafts open)
3. Bankers (Adult Staff) will 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 the camper.
NOTE: Campers choose how to spend their money, we just keep it safe!

**SMALL BILLS ONLY (\$1 or \$5)!
WE DO NOT HAVE CHANGE!**

IMPORTANT NOTE!

Parents can help Campers get their items TO their cabins at arrival, but they CANNOT help campers bring items down off the hill or grab it from them before officially checked out – even if attempting to be helpful!
Please keep this in mind when packing!

DIRECTIONS TO TAR HOLLOW

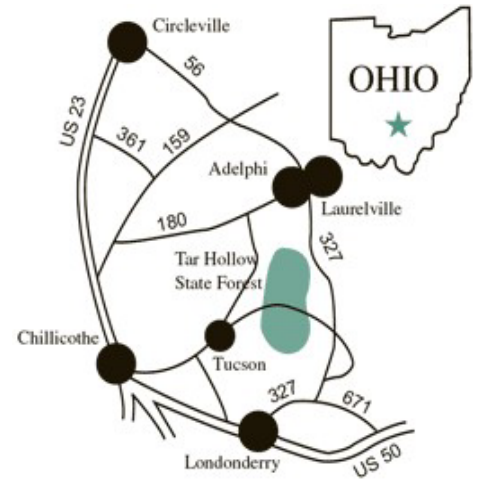
How to Get to 4-H Camp Without Getting Lost

Cell phones DO NOT WORK in the 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 Camp 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 the exact amount needed!
3. **In a zip-type baggie:** Place medications & directions. Write the child's name & staple the child's photo on the baggie.
 - a. Prescription medications: MUST be in the container in which they were issued with the label, medical orders, and physician's name intact. Others will not be accepted.
 - b. Over-the-Counter medications: MUST be in the original container with a label attached. Others are not accepted.
 - c. Epi-Pen: If the participant has an allergy that may require the use of an "Epi-Pen," then the participant **MUST** provide it. At check-in, alert Camp Nurse that the camper will be carrying an Epi-Pen.
4. **Medications will be given as directed by 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, the camper must bring signed documentation and instructions for use from their physician.
2. Parent/guardian assumes full responsibility of any injury or further damage because of camper wearing/using this medical equipment/apparatus while at camp.

WHILE AT CAMP

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 and 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.



SPENDING MONEY FOR:

- Crafts
 - Canteen - Snacks, Small Items, Tar Hollow Merchandise
- *Campers get t-shirt with camp registration fee

YOU GOT MAIL:

Tar Hollow Resident Camp
Attn: *Camper's Name* - ROSS
16396 Tar Hollow Road
Laurelvilve, OH 43135
**Mail 5 days before camp

TAR HOLLOW ELECTRONICS POLICY FOR CAMPERS & COUNSELORS

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

Music Players: Only counselors and staff may bring music players, radios, and iPod 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 communication devices capable of accessing the internet through wi-fi or other external networks.

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. Cyberbullying 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.

CAMP RULES: RECIPE FOR A SAFE & FUN CAMP!

REPORT INJURIES, ILLNESSES, & 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. For a list, go to:

<http://u.osu.edu/tarhollow>

- 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 (see packing list)

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, OR VAPING DEVICES.
- 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. Camper/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- if dismissed fees will not be refunded!

PACKING HINTS

- ✓ Write camper's name on everything!
- ✓ Pack light! Campers must carry down everything by themselves that you carried up together! 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.
- ✓ 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.

STUFF TO BRING

- **SHOES** – ONLY gym shoes or crocs with backstraps. Recommend bringing 2-3 pairs because they often get wet!
- **CLOTHING** –
 - Shorts
 - Jeans/Long pants
 - T-shirts, Tops
 - Pajamas
 - Jacket/Sweatshirt
 - Rain gear
 - Underclothes
 - Extra socks!
 - Swimsuit (see swimwear policy) & towel
 - Costumes for theme
 - NO INAPPROPRIATE ITEMS
- **BEDDING** – nights can get cool even in the summer!
 - Sleeping bag or blankets & sheets; pillow
- **TOILETRY ITEMS**
 - Soap, shampoo
 - Towels & washcloths
 - Toothbrush and paste
 - Deodorant
 - Shower shoes/flip flops (showerhouse only)
- **LARGE PLASTIC TRASH BAG** – for wet clothes, label with sharpie/masking tape
- **INSECT REPELLANT AND SUNSCREEN**
- **FLASHLIGHT**
- **SPENDING MONEY**

****DO NOT BRING CELL PHONES**

NOTICE

Wear "4-H Friendly" clothing at camp at all times!

Guidelines:

- **Wear appropriate camp clothes & shoes! Violators will have to change!**
- **No underclothes are to be showing!**
- **No midriffs/backs to be showing *except at beach!**
- **Swimsuits – see policy!**
- **Some like the option of throwing away camp clothes! GREAT! We do play hard!**

YES's

Gym shoes, shorts, old clothes, stuff that can get DIRTY, t-shirts, sweats, jeans

NO's

Short-shorts, daisy dukes, spaghetti strap tanks, sandals, heels, flip-flops (outside of shower), miniskirts, new clothes, expensive jewelry

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 prove an environment for campers to learn self-confidence, leadership, and respect for others. And we want them to be able to play hard without regard to what might be exposed during their adventures!