

# The Great NW 4-H Camp Guide

## What is the Great NW 4-H Camp Guide?

The Great NW 4-H Camp Guide is designed to give you and your child all the information that you need to know about camp. Included is a packing list, some program material, directions and more. Please take the time to read through this information to help insure a positive camping experience for all.

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## What is 4-H anyway?

4-H is the comprehensive youth develop program of K-State Research and Extension. Youth aged from 7 to 18 engage in hands-on learning experiences under the guidance of adult or teen 4-H volunteers trained by Extension agents. 4-H programs use experiential learning opportunities to teach the latest research-based subject matter knowledge and to foster skill development in effective citizenship, leadership, and other life skills. 4-H members learn how to: make decisions, manage resources, work with others, and utilize effective communication skills. There is a large selection of projects that participants can choose from, and many ways to participate in 4-H after camp.

## Packing List

We always have some "unclaimed freight" when camp is over. Mark everything with your name and your county's initials. This is a suggested list - you might want more or less.

- ✓ Sleeping Bag or Twin Bedding & Pillow
- ✓ Towels & Washcloth for Bathing & Swimming
- ✓ Personal Toiletries (toothbrush, soap, etc.)
- ✓ Comfortable Clothing for 3 days
- ✓ Pajamas and Swimming Suit
- ✓ Light Jacket and Rain Coat
- ✓ Sun Screen and Insect Repellent
- ✓ Flashlight and Hat
- ✓ Long Pants & Hard Soled Shoes (required for riding horses)
- ✓ Second Pair of Shoes
- ✓ Some Money (snacks, craft items, souvenirs)
- ✓ Personal Prescriptions with CLEAR directions on a 3x5 notecard.
- ✓ Plastic bag or Ziploc bag to bring home wet swimming suit and a large bag for dirty damp clothing.

## DO NOT BRING

- ✓ Expensive Electronic Games & Toys.
- ✓ Dangerous items like knives, tobacco, fireworks, etc.

## LET THE GAMES BEGIN!

### Norton, Decatur, Sheridan, Graham

**Depart on Tuesday, June 19, 2018**

**Decatur** – Meet at the Decatur County Courthouse at 7:00 a.m. Bus will depart at 7:15 a.m.

**Sheridan** – Meet at the Sheridan County Courthouse at 8:00 a.m. Bus will depart at 8:15 a.m.

**Norton** – Meet at the Norton County Courthouse at 7:45 a.m. Transportation will depart at 8:00 a.m.

**Graham** – Meet at the Graham County Courthouse at 8:45 a.m. Bus will depart at 9:00 a.m.

**We will be stopping for lunch along the way. Be sure to bring money.**

**Rock Springs 4-H Center** – Arrive at camp approximately 1:30 – 1:45 p.m. ready for fun!

### **Return on Friday, June 22, 2018**

*We will not release your child to anyone other than a parent without prior authorization.*

**Graham** – Arrive at Graham County Courthouse between 2:00 - 3:00 p.m.

**Norton** – Arrive at Norton County Courthouse between 2:45 and 3:45 p.m.

**Sheridan** – Arrive at Sheridan County Courthouse between 2:45 and 3:45 p.m.

**Decatur** – Arrive at Decatur County Courthouse between 3:45 and 4:45 p.m.

## Activities

Some of the activities include swimming, horse, crafts, fishing, and more.

## Dress Code

The following dress code is suggested for all campers, counselors, agents, and adult volunteers. Dress should reflect well on the camper and the 4-H program. Jeans and other clothing articles should be in good repair. Jeans and closed toed shoes suitable for riding will be needed for the horse rides. Blouses, shirts, and t-shirts are

acceptable. Crop tops should be at least waist length. No string tops or string top dresses. Shorts, skirts and dresses must be fingertip length or longer. No shirts, t-shirts, caps etc. with offensive sayings or logos. Boys and girls should wear a t-shirt or acceptable cover-up outside the pool area. No thong bikini swimsuits for girls or bikini brief swimsuits for boys. Boys should wear shirts at all times except while at the pool. (Adapted from Discovery Days dress code March 1998) (2009) No split or open-sided t-shirts for campers or counselors will be allowed. (2012))

#### **DETAILS, DETAILS, DETAILS...**

- ✓ **Living Groups** – All campers live in permanent housing in groups of approx. 8 campers and 2 counselors. Each group will participate in assigned activities and free time as a group. Everyone is expected to participate.
- ✓ **Name Tags** – All campers will be given a name tag. It is to be worn at all times so we can quickly establish identification in a medical emergency.
- ✓ **Spending Money** – Campers from past years feel that \$30 seems to be a sufficient amount of money. There is a small charge for some of the craft kits. Campers can also buy souvenirs and snacks from the Snack Bar. **Please send small bills.**

Campers will also need money for a meal on the way to Camp and on the way home from Camp. So campers will need an additional \$15 to \$20 for those meals. Please make sure they know to keep this money on their person for the bus rides so it will be easily accessible and not packed in their luggage.

- ✓ **Conduct** – All 4-H'ers sign a Code of Conduct. Campers are required to stay in living groups at all times. The following activities are strictly forbidden during camp: sneaking out at night, climbing steep slopes, and being disrespectful to others.
- ✓ **Lost and Found** – Items will be at Williams Dining Hall while at camp. Items left on the bus will be kept at the Extension Office.
- ✓ **Phones** – It is our experience that campers who stay away from a phone are less likely to be homesick. Cell phone reception is also very poor at camp. Youth may bring cell phones but must leave them with an agent while at camp. The counselors will be instructed to have the agents assist the campers if the campers need to call home. In case of an emergency and you need to get ahold of a youth call Patsy 785-877-7262,

Keith 785-871-0623, or Rock Springs Administration Center numbers are (785) 257-3221 or (785) 257-3395.

- ✓ **Mail** – Some parents and relatives send letters to their campers. **If you wish to do this, you'll probably have to send it before your child actually leaves.**

The address at Rock Springs is:

Rock Springs 4-H Camp  
1168 Hwy K-157  
Junction City, KS 66441-7455

**Please write "Great NW 4-H Camp" somewhere on your envelope.**

#### **See Rock Springs on the Web!**

Rock Springs has a website where parents can see photos and maps of the facility. The address is: <http://www.rocksprings.net>. This is a great website for parents to visit and get an idea of what our state 4-H camp site has to offer Kansas youth.

#### **Insurance and Medical Treatment**

No camper will be allowed to attend camp unless the participation/health form is fully completed. The Great NW Camp Group hires at least two nurses and these nurses reside at the camp for the entire time period. Should a camper need additional medical attention, the camper will be taken to Geary County Hospital and the parent(s) will be notified in a timely manner.

#### **Medications**

Rock Springs Camp Standards 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 kits, or other ...according to doctor's orders. "Prescription medications must be administered by the qualified health care professional." Over the counter medications may be kept by the camper. The nurse will only administer over-the-counter medications with parental permission. Rock Springs has a health center where the nurse can safely keep prescription medicine.

Put all prescription drugs in a **CLEARLY LABELED ORIGINAL CONTAINER**. Do not pack in suitcase. Your Extension agent will need all medication before leaving for camp.

**COUNSELORS WILL NOT ADMINISTER MEDICATION.**

# Ojo Crafts List

## Wooden Craft Projects

- Arrow (Wall Art)
- Flexible Snake
- Flexible Fish
- Horseshoe (Wall Art)

## Other Projects

- Pony Bead Animal Keychains
- Fused Beads Project
- Sand Art Bottle or picture art
- Mini Canvas Art

## Weaving Craft Projects

- Drink Coasters w/Loom
- Ojo de Dios (God's eye)
- Paracord Keychain or Zipper Pull
- Paracord Bracelet

## Leather Projects

- Leather Bracelet
- Leather Keyfob
- Leather Bookmark
- Leather Mystery Braid Band

4-H campers will be allowed to pick (1) of the above projects to do as their included craft item. Additional craft items must be purchased.

Prices range from \$1.00-\$5.00

Ugly Mugz - Brandable camp mug (hot & cold drinks) 12oz capacity \$10.00 or \$12.00 with lid (colors: Lime Green, Electric Blue, Glow 'n' Dark)



# Barn Rules

1. Listen to everything the Wranglers have to tell you. They are here to keep you safe, so follow all their instructions.
2. No Running or Yelling in or around the barn complex.
3. Riders must wear a safety helmet with chinstraps attached.
4. Riders must wear clothing to cover swim suits. Wearing pants is recommended.
5. All riders must be at least 8 years of age to go out on the trails.
6. Riding with more than one person on a horse is not allowed.
7. If you are 15 years old or older you must be able to mount and dismount without assistance.
8. Riders must not weigh more than 250 lbs.
9. There is a maximum of 20 riders per ride.
10. All riders 7 years of age and younger are allowed corral rides if the child is able to sit on the horse by themselves with no help.\*\*
11. Closed toe shoes are required. This means Tennis shoes or boots. **No** sandals, water shoes, Keens, Croc's, or five toe shoes.
12. Rock Springs 4-H Center is not liable for injury or death of a guest participating in domestic animal activities, pursuant to K.S.A. 60-4001 through 60-4004.

**\*\*Corral rides are available if previously discussed with Administration\*\***



# Rock Springs Pool Rules



## General Rules

- Shower before entering the pool
- Must wear appropriate swim attire
- No Food/Drinks allowed on pool deck only on sun deck
- No T-shirts allowed in the diving area or Slide
- No balls or toys allowed
- Life jackets must be Coast Guard approved
- No floating tubes
- Pool is U shaped so it is deeper in the middle than the sides

## Pool Rules

- **Rock Springs** Lifeguard is **Required**
- No Running
- No Horse Play (dunking, pushing, chicken fights, etc..)
- No Diving allowed except off of the diving boards
- Must exit the pool using the ladder, steps or zero depth entry
- No Hanging on the rope
- Have fun by obeying the lifeguard

## Diving Board Rules

- Must complete swim test before going off the boards
- One person on the board at a time
- One bounce per person
- No T-shirt's or goggles allowed to be worn while jumping off the boards
- Must jump or dive straight off, not toward the side
- Must swim to the closest ladder to exit the pool
- Diving area must be clear before next person can get on the board
- No **BACK** Dives, this includes: Back Flips, Inwards, Reverses/Gainers

## Slide Rules

- One person allowed on the slide at a time
- No T-shirt's or goggles allowed to be worn while going down the slide
- Swimming area must be cleared before next person can go down the slide
- Must sit feet first or lay on back going forward
- No head first or backwards entry on the slide

# 2018 Snack Prices

**Candy** ..... \$1.25

Kit Kat	Starburst
Reese's Cups	Twix
Skittles	Snickers
Sour Patch Kids	

## Beverages

Bottled Water ..... \$1.25  
Bagged Ice ..... \$1.00  
Fountain Soda ..... \$1.25  
(Coke, Diet Coke, Cherry Coke, Mello Yellow, Dr. Pepper, Sprite, Fanta Orange, Root Beer)  
Iced Tea (Sweetened or Unsweetened) ..... \$2.00  
Lemonade & Coke Zero ..... \$2.00

## Frozen Treats

Chips Galore (Ice Cream Chocolate Chip Cookie Sandwich)..... \$1.75  
Cookies & Cream Sandwich ..... \$1.75  
Ice Cream Cookie Dough or Fudge Brownie cup ..... \$2.50  
Reese's Peanut Butter Cup Ice Cream Bar ..... \$1.75  
Nutt N Better Ice Cream Bar ..... \$2.00  
Strawberry Frozen Bar ..... \$1.75

## Other Treats

Beef Jerky ..... \$2.00  
Sno-Cone Single Flavor ..... \$1.50  
Specialty Sno-Cones ..... \$2.00  
Gardettos Trail Mix ..... \$1.00  
Nachos ..... \$2.00  
Giant Pickle..... \$2.00  
Popcorn ..... \$1.00  
Gold Fish Crackers ..... \$0.50  
Salty & Sweet Trail Mix ..... \$1.25  
Sunflower Seeds..... \$1.25

# 2018 Clover Corner

Items:	Price:
<b>Apparel</b>	
¼ Zip Shirt	\$38.00
Spirit Jersey Long-Sleeve	\$28.00
Hoodie Sweatshirt	\$20.00
Scenic Long-Sleeve shirt	\$18.00
T-shirts	\$12.00
Hats	\$12.00
Mystery Bag Shirts	\$8.00
Sunglasses (any color)	\$5.00
Cooling Bandana	\$4.00
<b>Drinkware</b>	
Rock Springs Camelbak Water Bottle 25oz.	\$18.00
Rock Springs Tumbler	\$16.00
Rock Springs Nalgene Bottle 32oz.	\$11.00
Rock Springs Nalgene Bottle 14oz.	\$9.00
Rock Springs Tervis 16 oz.	\$16.00
Rock Springs Tervis 24 oz.	\$20.00
Rock Springs Flat & Fold Bottle	\$4.00
<b>Games</b>	
Weaving Loom Kit	\$18.00
Farkle	\$8.00
Bass or Squirrel Popper	\$7.00
Thinking Putty	\$5.00
Spinner	\$5.00
Playing Cards	\$4.00
Glow 'n' Dark Yo-Yo	\$4.00

# 2018 Clover Corner

## Other Items

Coloring Books w/pencils	\$4.50
Disc Golf(any color)	\$10.00
Frisbee (any color)	\$3.25
Muscle Drawstring Bag (any color)	\$10.00
Mesh Drawstring Bag (any color)	\$5.00
Flashlight (any color)	\$5.00
Friendship Bracelet	\$2.00
Hacky Sack	\$5.00
Journal	\$5.00
Picture Frame	\$7.00
Twig Pen	\$3.00
Rock Springs Plush Animals	\$10.00
Rock Springs Lip Balm	\$3.00
Wooden Key Ring	\$2.00
Travel - Shampoo	\$1.50
Travel - Toothbrush	\$1.50
Travel - Soap	\$1.50
Travel - Toothpaste	\$2.00
Travel - Deodorant	\$1.00
Travel - Bug Spray	\$6.00
Travel - Sunscreen	\$6.00