**Frequently Asked Questions about 4-H Jr. Camp**

**Q. Does my child have to belong to 4-H before he/she can attend 4-H camp?**

A. No, 4-H camp is open to all youth who meet the age requirements.

**Q. Where will my child sleep at camp and do boys and girls stay in the same cabins?**

A. All campers stay in cabins and sleep in bunk beds. The cabins have shared bathrooms with private stalls for toilets and showers along with central heating and cooling systems. Boys and girls do not sleep in the same cabins. Children should not bring fans to camp.

**Q. Who supervises my child in the cabin?**

A. Children are supervised by a combination of Extension Agents, adult volunteers and teen volunteers from the local Extension Office as well as 4-H Center staff. All volunteers must attend training sessions before coming to camp and volunteers over the age of 18 have clear background checks. The supervision ratios are at least 1:8 for staff to campers. Additionally, the camp has an Above Suspicion policy that prohibits any one-on-one situations with campers and staff.

**Q. Is my child placed in a cabin with older or younger children or are they divided by ages in their cabin?**

A. The cabin assignments are made by the Extension Office before arrival at camp. All ages and counties/cities are mixed in cabins for our week of camp.

**Q. It says your camp is accredited by the ACA (American Camp Association). What does that mean?**

A. American Camp Association (ACA) accreditation means our camp has voluntarily opened its doors to a team of visitors from ACA who score the camp on over 300 program quality, health and safety standards. The camping community has established these standards as basic requirements for a quality camping experience. This symbol helps parents know their child will be attending a program that meets ACA quality standards.

**Q. Do you have lifeguards for supervising swimming and aquatic activities?**

A. Yes, the 4-H Center normally hires several staff members who are certified lifeguards. Lifeguards are required to be on duty for all swimming, canoeing, and other watercraft activities. During free swim additional spotters are placed around the pool for safety.

**Q. How will my child travel to camp?**

A. At the current moment we do not provide transportation. As a result parents/guardians and other approved adults provide transportation.

**Q. Can my child call home and let me know how they are doing?**

A. Campers are not permitted to use telephones or to bring cell phones to camp. Each camp session has more than 100 campers and it would be impossible to allow everyone telephone time. Instead, parents are encouraged to send cheerful letters to their children. Campers may buy postcards with a stamp in the camp store. You may also send pre-addressed and stamped cards with your child so he or she can write to you.

**Q. How is medicine administered?**

A. From the time medicine arrives on the camp property either by parent or by the 4-H Agent who collected it at the bus stop, the medicine is checked in with the medical staff in the clinic. All medications are kept in a locked place. The medical personnel follow the doctor's orders written on the prescription bottle or doctor’s note. All medications must come in its original container in order to be administered. The medical staff has a designated area for administering medications over meal times. Nighttime medication is done before lights out. The 4-H Center employs a staff member who works under the standing orders of a local doctor to manage the medical needs of campers.

**Q. What can they buy in the camp store? How much does all this cost?**

A. Stationery, T-shirts, polo shirts, sweatshirts, hoodies, water bottles, assorted refrigerated beverages, dry snacks and candy bars and other souvenirs. Please review the enclosed sample list of camp store items. This can help you decide how much $ to send with your camper.

**Q. How often do children get to visit the camp store?**

A. The camp store is usually open once per day. We do not allow campers to purchase food at the camp store right before a meal.

**Q. How is homesickness addressed?**

A. If possible, you can visit the camp ahead of time so that your child will be familiar with the cabins and other general surroundings. Consider arranging for a first-time camper to attend with a close friend, relative, or camp "buddy." Do not tell your child in advance that you will "rescue" him/her from camp if he/she does not like it. Doing this will prevent our staff from helping your child make it through the week. Our staff will work with children on an individual basis and try to help them get over feeling homesick by getting them involved in the camp activities and helping them meet new friends. It is important for your child to feel included and stay involved in the camp activities. If our efforts are not working, we will then call you for advice. Trust your instincts: the occasional child who is truly not enjoying anything, having a miserable time and not adjusting to camp life at all should be allowed to return home after a reasonable amount of time and effort.

**Q. What kind of foods will my child eat at camp?**

A. Campers will be served 3 delicious and nutritious meals a day while at camp. We have tried to select a variety of foods that children will eat. The sample menu is sent out in advance to the Extension office to make specific selections for their week. A typical breakfast will include cold cereals and a hot entree such as bacon & eggs or sausage & pancakes. Typical lunches include the salad bar and a hot entree such as chicken tenders, hot dogs, sliders and subs. Typical dinners include the salad bar and a hot entree such as noodle night, baked breaded chicken, fajitas and hamburgers. Children should not bring foods with them to camp unless they have a specific dietary need that has been discussed in advance with the Extension office & camp. Food is not allowed in the cabins.

**Q. What kind of security do you have at camp?**

A. All visitors to the 4-H Center must first stop at the main office and register. This is the only entrance into the camp. When they register, they receive a badge that identifies them as a visitor and they are instructed to meet a staff member on the grounds for escort to their final destination. Staff will immediately approach all strangers on the property and ask what their business is and make sure they have stopped at the office first. Children can only be signed out of camp by the parents or persons listed on the camper's health history form.

**Q. How long are camping sessions and can I check my child out of camp for special events?**

A. Camping sessions are from Monday to Friday. You should plan for your child to remain in camp for the full camp experience.

**Q. What items does my child need to bring to camp and what items are not allowed?**

A. Children should not bring large trunks or other large suitcases that they cannot move themselves. Lightweight duffel bags are best suited for camp. They should bring enough clothes for 5 days: shorts, shirts, underwear, socks, 1 pair of jeans, 1 jacket or sweatshirt, rain coat, hat, water shoes, swimsuit, 2 towels & washcloths, tennis shoes, water bottle, sleeping bag or bedding for twin bed, toothbrush, toothpaste, other personal toiletries, soap, sunscreen. Do not send expensive new clothes. Broken-in play clothes are fine and should be marked with your child's name. Your child should help pack so they know what they have brought to camp and can keep up with their own items. Also, send a plastic bag for dirty clothes and/or wet items.

\*\*\*\*Campers should not bring aerosol sprays, tobacco products, alcohol, drugs, weapons, cell phones, any electronic devices, radios, MP3 players, trading cards or bad attitudes.