

May 16, 2019

To: All 4-H Campers and parents

From: Jodi L. Besthorn *Jodi L. Besthorn*
County Extension Agent
4-H Youth Development

Get ready for "**4-H Mission IM-possible**" at Rock Springs 4-H Center, June 14-17. We have 66 campers, 16 counselors, and 6 adults going from Sedgwick County this year. The enclosed camp packet contains lots of detail, so please read it carefully.

We will be joining with Saline, McPherson, Marion, Butler, Ellsworth, Rice, Shawnee, Leavenworth, and Sedgwick Counties.

If you have questions, please do call.

Check In Check in will be done in Heritage Hall lobby. #24 on the map. This is the large auditorium building. Doors will not open until 4:30 pm. We ask that you wait outside until we are ready to check in. Parking is #25 & #26 on the map. Nurses will be in the lobby so that you can check in medicines at the same time.

Rookie Campers – Session #1 (1st & 2nd graders) will follow the same procedures (See the attachment for further Rookie Instructions for session #2).

Check Out: Full Timer Campers – parents **should arrive at 1:15 pm on Saturday**, June 17 at the Sand Volley Ball court area. #16 Drive on around the curve, past the stone house and the grassy field until you get to the barrier. Be aware that a line of cars will build up on the road. Please be patient and wait in line until it begins to move. For safety reasons, we will ask you to wait for the buses to load campers before you enter the housing areas. See attached instructions for additional detail.

Medication All prescriptions and other medicines must be checked in at check in time. Please make sure the prescriptions are labeled in the original prescription bottle. **LABEL the bag with your child's name and Sedgwick County. Also Print off a copy of the meds list from CampDoc.com** and put it in the bag. (If your child is not taking any medications, then you do not have to fill out this form) Double check that the dosages on the list, match the medications. If they don't match, the nurses will dispense the medications according to the prescription label!

If your child needs an inhaler or EPI pin, **they should carry that with them at all times**. Do not turn it into the nurse.

The camp nurse will have a supply of over the counter medicines (ibuprofen, Benadryl, etc.) so there is no need to send those, unless there is a specific brand that you need.

Food Allergies No peanuts or other nuts will be served in the dining hall during camp. However, there will be nuts in the kitchen area for other uses. If your child has other food allergies --- and were listed on the camp enrollment such as gluten free, lactose intolerance, egg allergy, vegetarian, etc. The dining hall staff will prepare special

plates for those with food allergies. If the allergies are severe or beyond the regular allergy foods, you may also send food that the staff can re-heat or keep in the refrigerator during your child's stay at camp. This is for food allergies and diabetics only. If you are sending food, please call Jodi for information.

Cell Phones	We know that we are in a 24/7 connected world. But camp is an outdoor experience and a chance for campers to explore new things and take a break from technology. So to help keep everyone focused on the purpose of camp - <u>No cell phones are allowed at camp for campers or counselors.</u> If a camper/counselor is found with a cell phone, parents will be notified and asked to come pick them up. This policy was started as part of the original camp registration form. Rock Springs is in a valley so often reception is not available. We ask your cooperation in keeping cell phones at home.
Transportation	Campers are responsible <i>for their own transportation</i> to and from camp. Many clubs car pool.
Church	Since we are camping over the weekend again, we have made arrangements on Sunday evening to have a non-denominational vesper service, a Catholic mass, and an alternative activity for those who don't wish to participate.
General	We have tried to accommodate all housing requests. However, we can't always satisfy everyone. We hope you will understand as camp is an opportunity to make new friends. Campers will receive their cabin assignments when they arrive at camp. Sending a snack to camp is OK, but please don't send anything with nuts. Do keep in mind that camp serves 3 home cooked balanced meals a day, so don't overdo the snacks. Plus camp critters like to get into the good stuff too!
Contacts	The address for writing campers is: Rock Springs 4-H Center, 1168 W Highway K-157, Junction City, KS 6641. Mail call is once a day at camp. If you want it delivered during camp, mail it a week prior. Mark the outside with " Ozsome Camp Group – Sedgwick County " so that the camp staff knows where it goes. If you need to talk with your child or an agent, call the Rock Springs Center and leave a message with the staff person. They will get it to us. Phone: 785-257-3221. Jodi's cell phone is 316-295-7710 and Shannon's is 785-577-4828 (but remember reception is lousy. Texting is usually better). If there is an emergency or need to call home, an Extension agent will help the child call home.
Clothing	Bring comfortable clothes and shoes. Flip flops do not hold up well on the walking trails and rocks!! Bring one pair of closed toe shoes (tennis shoes are fine) for horseback riding. You cannot ride with flip flops, swim shoes or crocs. Bring 1 pair of long pants for horseback riding. They do not have to be jeans, but must cover their legs. Cut off's are not allowed in the pool. Likewise – revealing swim suits are not appropriate for camp. We have a supply of large t-shirts if needed to cover up swim suits. See the attached list for a complete packing list.

Dress Code	Remember this is a 4-H event and you are representing Sedgwick County, your club, and your family. No offensive t-shirts, wording or pictures. No revealing clothing such as backless, off the shoulder spaghetti straps, baggie shorts, wife beater t-shirts, etc.
Activities	All activities are done together by the living group. During the day, campers will rotate from session to session. In the evening there will be special events including movies, games and special assembly. One night will include a camper appropriate dance (line dance, group dance, night swim, board games, everyone join in type dance.) Some campers will bring a special outfit to wear – but that's not required/encouraged. "Dates" are also discouraged. We want the campers to have fun.
Air Conditioning	All of the main buildings at camp (dining hall, auditorium, classrooms) are air conditioned. Rookies will be staying in Hansen, with air conditioning. All the full time camper boys will be in Stoneybrook Tent area without air conditioning. So guys may want to bring a fan. You will also need flip flops for the shower house. 3 rd and 4 th grade girls will be in Hilltop Housing, with the screened in front porches and ceiling fans. You may want to bring a fan and flip flops for the shower house. In general, 6-8 th grade girls will have air-conditioned cabins.
Money	Generally \$20-25 is adequate. The camp fee includes most supplies for classes, special camp t-shirt, camp photo and a water bottle. NEW this year – campers will pay for the crafts they want to make. See enclosed list. Campers may also want to purchase souvenirs at camp. A price list is enclosed so you and your child can plan for those purchases if you would like. Your only other cost would be snack bar (see attached price list). Please send money in \$1 and \$5's. \$20 bills are difficult to break and to manage. Souvenir prices range from \$2 for a stadium cup to \$12 for a t-shirt or shorts. Snack bar prices range from \$.50 to \$2.00. A price list is enclosed.
Leave at Home	Water guns, toys, electronics, weapons, pocket knives, matches, cell phone, electronic games, shaving cream, water balloons, etc.
Swim Test	Campers will be required to swim across the width of the swimming pool if they want to swim in the deep area and/or go off the diving board. The test is done during the campers first swim session. Campers <u>are not required</u> to take a test to be in the regular area of the pool or to go down the slide.
Send Home Policy	Campers may be removed from camp for inappropriate behavior following a meeting with the grievance committee. Campers/counselors will also be sent home if they have a cell phone.

If you have questions, please don't hesitate to call.

Enclosures:

- Map of Rock Springs
- Directions to Rock Springs
- Camper Check Out
- Packing List
- Parents Q&A