



Parent's About Camp

Camp is a special opportunity for kids to learn new skills, try new activities, make friends and be a part of a "camp family" group. We look forward to having your child participate in camp this year. To help you and your camper prepare for this adventure is a list of frequently asked questions about camp.

Who will my child be staying with?

Eight campers and two counselors will be assigned to a living group. This will be their home for the 4 days of camp. The campers are all from different counties and are all within one year of age of each other. We don't house 7 and 10 year olds or 10 and 12 year olds together because of the wide span of interests between their ages. One of the goals of camp is to help campers meet new friends. The living groups are one way of doing this.

Who are the counselors?

We use teams of 2 older 4-H members. They must be at least 14 years old to be a co-counselor. Usually we will pair a first time counselor with an experienced counselor. Counselors must complete the same VIP training as adult volunteers. In addition, they arrive in camp a day early to go thru an additional training session dealing specifically with camp.

My camper has never been to camp and doesn't know where anything is.

Campers and counselors are to stay together at all times, so they will go to horseback riding together, to meals together, to the swimming pool, etc. And all of the activities are designed for a team of campers and their counselor. A copy of the map of camp will be given to each camper when they check in.

Should I send snacks?

We don't encourage it. Rock Springs prepares 3 well balanced meals a day. And if kids have too much snack food, they fill up on sugary items instead of more healthful choices. The snack bar is available every afternoon and every evening for the "munchies". Snack food also encourages mice, bugs and other critters into the cabin. If you do send a snack, consider something that can be shared by all the campers in the cabin.

My camper is a little nervous about being away from home. What should I do?

Prepare yourself and the camper for that new experience. Help him or her to understand that those feelings are normal. Your positive attitude will also help as you talk about their feelings. Talk about the feelings of excitement, making new friends and exploring new places. Do not dwell on how much he/she will be missed. When seeing a child off, or leaving him at camp, be positive about his going and having a fun time. Tell them you love them and that you will look forward to hearing all the stories about the fun things he/she did at camp. Encourage them to participate in all the camp activities. The more involved they are the less home sick they will tend to be.

How much money should I send?

Activities with fees are very minimal. Most spending occurs on snacks and souvenirs. Campers will get a price list to give you an idea of the cost of items. Talk with your camper and plan what their daily budget should be. \$12-25 should be very adequate. Campers are responsible for keeping track of their money, and it sometimes gets lost, dropped, or misplaced.

What about cameras?

Disposable cameras are great. Be sure to write the campers name on it so that if it is lost, it can be returned.

Should I label clothing and other items?

It's usually a good idea for towels, sleeping bags, pillows, fanny packs, jackets or any important item of clothing. Lost and found items are announced at each meal time and there is a lost and found table in the dining hall where campers can claim items.

What if my child gets sick?

We have 2 nurses on duty 24 hours a day at camp. The nurse will administer any treatment and can take care of cuts, scrapes, sprains, chiggers, sunburn, etc. As per your directions on the health form, the nurse can also give ibuprofen and other over the counter medications. If there is need for additional treatment, the agents will call you and we will take the camper to the Junction City Hospital Emergency Room. Should this be needed, we will stay with them at all times and keep you informed of the situation.

What do I do with my child's medicine?

All medicine should be checked in at the nurse's station. All medicines should be in the original container, with the medicine name and dosage label. Put it in a zip lock bag with a note inside with the child's name and county. If you'd like, you may also add additional information for the nurse. The nurse will log this into the book and then will make sure that medication is dispensed as required. We do not want counselors or campers to have this responsibility to remember to take medication on a regular basis. Any leftover medication will be returned to the camper the last day of camp.

What about inhalers and EPI pins?

Campers should carry these at all times at camp so that they are available when they are needed. They should not be checked in with the nurse or left in the cabin.

Sometimes when my child is in a new situation or really tired they wet the bed. How is that handled?

This isn't unusual and it's a subject that we cover in counselors training. It will be handled in a low-key way, without any fuss or attention.

I heard that campers do KP. What's that all about?

Camp meals are served family style. Each living group has an assigned table that they will use all during camp. In order to make camp meal time work, living groups take turns setting and clearing the tables. The kitchen staff gives all the directions and other adults at camp help out too. Each group only has to do KP one time during camp. It is worked into their individual schedules so that they do not miss any planned camp activities.

What do campers do about storms?

There are assigned storm shelters in all locations throughout camp. The Rock Springs Staff is in constant contact with officials about weather situations. In the event of severe weather, Rock Springs Staff members go to each cabin/living group and move them to shelter. Storm sirens are also used. During the day, staff members at each venue practice storm safety procedures and would move the group to a safe location as needed. In addition, counselors each know their assigned shelter.

What are the safety precautions taken at camp?

For horseback riding, all campers wear RSR helmets and closed toed shoes (sneakers are OK – flip flops are not). At the rifle range, protective eye wear is provided by the camp and required to be worn. All campers wear RSR life jackets when canoeing. And any camper who wants to go in the deep end of the pool, must demonstrate to the life guard that they can swim the width of the pool. Those that qualify will be given wrist bands which show that they can go off the diving board in the deep end. All other campers will be required to stay in the shallow 4' part of the pool.

Are there other adults at camp?

Yes. Extension 4-H agents attend camp. 3-6 other 4-H parents attend and assist with camp events. The adults are assigned sleeping quarters in each of the living areas and will assist campers and counselors as needed. If you would like to be a parent helper at this year's camp, please contact Jodi (316) 660-0111.

REMINDER.....!

Camp will be a "Technology Free" Zone!

Campers and Counselors will need to leave cell phones at home. We want you to experience all the great camp activities and not keeping batteries charged. We appreciate your cooperation