



Iowa 4-H Center
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2009 Iowa 4-H Center Family Camp Information Packet

Dear Family Camp Participants,

We have created this packet for participants in our Girls Night Out and Dad & Me Camps. In this packet you will find information to help make your family's summer camp experience one that will last a lifetime. We have been planning for a fun and safe summer, and we are excited that you will be spending time with us.

The information in this packet is very important. We would like to familiarize your family with our procedures to minimize that "first day anxiety." The Family Camp Information Packet was designed for your family to use as a reference tool.

The 4-H Center Staff appreciates your patience and understanding with the number of forms and amount of information required to attend camp. The Iowa 4-H Center is accredited by the American Camp Association each year, which requires us to meet certain safety standards. The Health Form, Participation Agreement, and health checks during check-in are examples of these standards we have to adhere to, no matter what age our participants are.

If you find you still have questions you may contact us by e-mail tracidh@iastate.edu or phone 1-515-795-3338. Our staff are here to help in any way we can.

Welcome to the 4-H Camp Family!
In the Camping Spirit,

Traci Haselhuhn
Iowa 4-H Center Program Director

Enclosed Forms

All forms listed below must be returned to the camp office **at least two weeks** before your arrival at camp. If you have any questions, please call the camp office at (515) 795-3338. These forms are also downloadable on our website.

Adult & Youth Health Forms	Blue Forms
Participation Agreement	Purple Form

Keep these forms

Flyer for photos & e-mails/ Arrival and departure time grid	Yellow Form (yellow back side)
Camp map & directions	White Map

Housing

Family camp participants are housed in comfy air-conditioned lodges or cabins. There are shower rooms located in each cabin area.

Payment of Camp Fees

We request that the balance of amount due from the camper be paid in full by two weeks before your camps begins or your spot may be forfeited. Make checks payable to "Iowa 4-H Foundation". There is a \$25.00 service charge on all returned checks.

Refunds, Cancellations & Session Changes

The registration deposit fee is not refundable under any circumstances. Cancellations made within 14 days of your arrival at camp cannot be refunded, due to fixed expenditures which will have already been paid for by the camp. Fees for programs will be refunded only when campers are unable to complete the program due to an illness or medical issue requiring a physician note. Refunds are disbursed in the same form in which payment was made. Homesickness and disruptive behavior are not conditions for refunding. **Once registered, a \$25 fee will be charged for each session change you make after May 15th.**

Family Camp Arrival & Departure Times

When you arrive at camp there will be a camp staff member along the camp road to guide you. Please leave your luggage in the vehicle while you go through the registration process and health check. After registration, staff will lead you to your cabin to unpack and prepare for the first activity. If there is another family you would like to share a cabin area with, please let us know. We will start a closing ceremony an hour before your scheduled departure time for all participants. Please plan to be packed and have your cabin clean before this time.

Family Camp Schedules

When you arrive for family camps we will provide you with a detailed schedule. Your family will have the opportunity to sign up for activities that interest you, participate in group activities, or enjoy time together on your own. We ask only that you are on time for meals.

Phone Calls & Emergencies

Your family's time at camp is going to be awesome, and when their week is finished they are going to have some great stories to tell! If you must get an important message to your camper, call 515-795-3338. The camp office is staffed from 7:30am to 4:30pm for routine calls and a staff member is on-call each night for emergencies.

Iowa 4-H Center - Family Camps Packet

The “Buddy System”

In order to account for all persons at all times, everyone at camp uses the “Buddy System”. This means that anytime young campers go anywhere, they take another camper or adult with them. It is very important that all campers understand this policy! This allows us to have more fun while remaining safe.

Health/Physical Form

Proof of a health examination by licensed medical personnel within the past 24 months is necessary for all **YOUTH** attendance at camp. A sample form is included in the Camper Health History form. Youth need to complete the Camper Health History Form and adults need to complete the Adult Health Form. These forms need to be mailed to the 4-H Center **at least 2 weeks** before your session begins.

Medication

Participants in our family camps are allowed to keep their medication with them in their cabins. This policy is available considering the following:

- You keep all medication in a safe place
- You list on the health forms what medication your family is taking in case of emergency
- You **Do Not** dispense the medicine to anyone other than who the medicine was intended. For example: if you have Tylenol for your family and another camper has a headache – you may not give out your medicine to the other camper without their parent’s permission.

Camper Health

- Our Camp Health Center is not staffed over the weekend. If your child becomes sick or injured during camp our camp counselors will provide first aid care and, if needed, transport the camper to the Boone County Hospital.
- The Iowa 4-H Center provides a basic insurance coverage for all participants, however the family insurance would be considered the “second provider.” You may need to pay some bills and be reimbursed by our carrier.
- If a child cannot remain in camp due to illness or injury, it is the family’s responsibility to take the camper home.
- The Iowa 4-H Center is not responsible for any preexisting medical conditions prior to the first day of the session.

Camper Photos

Included in this Parent Packet is a flyer from Bunk1.com on how family members can view photos taken while they are at camp. Photos from the weekend camps will be uploaded on the Monday following our weekend camps. There is no fee to view the photos, but parents can pay to purchase the photos on-line.

Did you Know?

Many of the activities at camp are also offered on a year-round basis through 4-H Clubs. For more information about 4-H Programs offered in your area, contact your local extension office. The Iowa 4-H Center is also open year-round for camp and retreat rentals; call the camp office for details or check out our camp web site at: www.iowa4hcamp.com.

Suggested Packing List

Sleeping bag & pillow or sheets and blanket
T-shirts and shorts
Long-sleeved shirt and pants for hiking
Sweatshirt or jacket for chilly evenings
Rain jacket/poncho
Swimsuit, sunscreen and bag to carry it to the pool
2 towels (shower and pool)
Socks and underwear
Pajamas
3 pairs of shoes:

- old shoes for creek walk
- flip-flops for showering
- tennis shoes for camp activities

Soap, shampoo, toothbrush, comb, deodorant
Insect repellent with DEET
Camera/film marked with full name
Hat/bandanna
Flashlight

Please Note

- The Iowa 4-H Center **will not** assume liability for lost, stolen, or damaged personal property. All clothing and personal items should be marked with participant’s full name. Good Will locations will receive all unmarked & unclaimed items after September 1.
- Participants are **NOT** allowed to bring knives, firearms, fireworks, intoxicants, cigarettes, radios, CD players, walkmans, hand-held video games, iPods, MP3 players, expensive jewelry, or gum to camp.