



2024 Camp Handbook for Families





Dear Families and Campers,

We are so happy you chose to join us at North Dakota 4-H Camp this summer. Whether you are a new or returning camp family, we hope you are as excited as we are about this summer!

The North Dakota 4-H program has offered camping as an educational experience for more than 50 years. The North Dakota 4-H Camp is committed to providing a safe environment where youth build new friendships, master new skills, gain independence, learn about the differences in others and feel confident in the person they are becoming.

Camp staff are selected for their maturity, character and leadership capabilities, as well as their desire to be positive role models and mentors to our campers. Our staff members are trained in outdoor skills, science, agriculture, and working with youth to ensure a high-quality experience for campers.

The fully modern and expanded North Dakota 4-H Camp sits on 80 acres of wooded riverfront property 1.5 miles west of Washburn, N.D., and has provided overnight camping since 1968. The scenic camp is strategically located between the Lewis and Clark Interpretive Center and historic Fort Mandan along the Missouri River.

We hope you will partner with us this summer to be successful in providing a rewarding experience for your camper. As a start, this family handbook is designed to answer many of your questions regarding your camper's upcoming summer camp experience. Please feel free to call or email us at any time.

In the Green,

Karla Meikle
State 4-H Activities Coordinator

Center for 4-H Youth Development
Fargo office phone: 701-231-7251
Camp email: ndsu.4-H@ndsu.edu

Fall office hours: Monday-Friday 8 a.m. – 5 p.m.
Summer office hours: Monday-Friday 7:30 a.m. – 4 p.m.

Communicable Disease Strategy for N.D. 4-H 2024 Camp Season

Participation in 4-H camping is a voluntary choice. The North Dakota 4-H Camping Program will make accommodations to protect participants but cannot guarantee against being exposed to contagious disease.

We require the outlined strategies so everyone can feel safe to participate in camp activities. These procedures were created in response for the need for stricter health safety standards for the 2024 camp season.

As with many aspects of this pandemic, recommendations are changing almost constantly. The 4-H camping program will make every effort to follow state and local guidelines, and reserves the right to maintain higher health standards according to North Dakota State University policy.

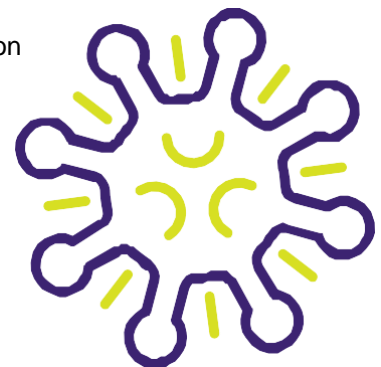
We are required to inform everyone that NDSU Extension works with university officials responsible for monitoring the COVID-19 pandemic situation to determine guidelines for events associated with NDSU. Participation in face-to-face activities poses an unknown level of risk for participants. Conditions associated with the pandemic may result in postponement or cancellation of the activity.

Before Campers Arrive at Camp

Approximately 14 days before their arrival at camp, camper families will be asked to monitor their camper's health and temperature daily. We will ask that camper families share any reported illness or exposure and will work with camper families to reschedule or cancel their child's visit to camp.

If a camper recently has tested positive for COVID-19, the youth can come to camp when:

- 5 days have passed since symptoms first appeared
- 24 hours have passed with no fever without the use of fever-reducing medication



****Any camper with a fever will be advised to stay home.**

Maintaining Healthful Operations

Camp counselors will be contacted immediately and made aware of any COVID guidance that changes. Daily cleaning and health reports will be signed off to ensure daily operations are being maintained.

Campers also will be informed of the importance of sharing with their counselor if they are feeling unwell. Signs will be posted around camp to remind campers and staff of social distancing and preventive health measures.

Reported Illness

In the event that a camper or staff member reports COVID-like symptoms while at the 4-H Camp, the following steps will be taken:

- The individual displaying symptoms will be separated immediately from the rest of the camp population and isolated in a safe, comfortable place (adult lodging or dining hall office). Every effort will be made to ensure isolation is safe and comfortable, and all needs are being met.
 - If the individual is a staff member who is healthy and well enough to drive, the person will be asked to drive home. If the person is not well and is unable to drive, the individual will stay in isolation until someone is safely able to transport the person home or the person has recovered.
 - If the individual is a camper, a parent or guardian will be contacted immediately to safely pick up the youth from camp. The camper will stay in isolation until a parent or guardian is able to retrieve the youth safely.

A camp nurse will be on call for illness-related emergencies and questions.

N.D. 4-H Camp Contacts

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Preparing for Camp

You will receive an immediate email confirmation of your registration, followed by additional emails about two weeks and one week prior to your camp date. For your camper's safety, you need to complete the required forms, including the *Health Form*, which includes the emergency authorization, media release, youth code of conduct agreement, permission to participate and assumption of risk. Please complete all forms online in Ultracamp before check-in, and also upload a photo of your camper.

Families should prepare campers for an overnight camp stay. The excitement of living with others and sharing space, time and activities will make sleeping the first night difficult for some campers.

Campers make new friends and meet staff from diverse backgrounds. We value acceptance, tolerance and mutual respect. If your camper never has been away from home, you may want to arrange overnight visits with friends or relatives before the camp week. These experiences, while not the same as a residential sleep-away camp, can help a young person adapt to being away from home.

Parents should discuss a camper's plans for learning activities, classes and projects. We encourage campers to try new things and participate fully in the camp program. By talking about the program ahead of time, you can increase your camper's interest and enthusiasm for camp.

Research shows that the camp experience encourages and supports important developmental outcomes in young people. Independence, resiliency, teamwork, problem-solving skills and the ability to relate to other people — these are the skills that tomorrow's leaders will need and the skills the camp experience is adept at building. From learning responsibilities in daily chores to trying new things such as food or activities, camp is a great place for people to grow safely.

Request for Accommodations

The mission of the North Dakota 4-H Camp is to ensure equal access to educational opportunities for youth with disabilities so they can participate fully in the camp program. NDSU Extension will assist youth with disabilities who request accommodations at least two weeks prior to the camp dates. **Requests for accommodations should be made to the Center for 4-H at 701-231-7251 to discuss their needs.**

County commissions, North Dakota State University and U.S. Department of Agriculture cooperating. NDSU does not discriminate in its programs and activities on the basis of age, color, gender expression/identity, genetic information, marital status, national origin, participation in lawful off-campus activity, physical or mental disability, pregnancy, public assistance status, race, religion, sex, sexual orientation, spousal relationship to current employee, or veteran status, as applicable. Direct inquiries to Vice Provost for Title IX/ADA Coordinator, Old Main 201, NDSU Main Campus, 701-231-7708, ndsuoaa@ndsuoaa.edu. This publication will be made available in alternative formats for people with disabilities upon request, 701-231-7881.

Camp Staff

Our counselor staff consists of college-age students full to the brim with the energy and excitement needed to keep up with our campers. The counselors are responsible for camp supervision, camp housekeeping, morning and evening ceremonies, and evening social activities such as campfires, dances and recreational games. Most have 4-H experience and are eager to pass the benefits of that experience to your camper.

Our program staff consists of 4-H and NDSU Extension agents, state specialists and 4-H adult volunteers from across the state. Each staff member brings a range of talent and expertise to the camping experience. From traditional 4-H activities to new concepts, our mission is to design a camping opportunity for your camper to experience belonging, master skills, practice generosity and gain independence. The 4-H staff members share a deep dedication and love for the camp experience.

Packing List for Camp

We suggest campers label everything and pack it in an easy-to-carry duffel bag or suitcase. Having your property labeled helps ensure you will be able to claim your items. We reserve the right to inspect any belongings on camp property.

Clothing at camp: Shoes must be worn at camp at all times, except on the water slide. Closed-toed shoes are needed for most camp activities and are required for shooting sports and equine activities. Use discretion when choosing camp clothes; we get muddy and dirty in some activities, and modest clothing should be worn at all times. Inappropriate language or graphics on clothing is not acceptable. North Dakota 4-H Camp is not responsible for lost, stolen or damaged items.

Please Bring

Linens:

- ☐ Pillow and pillowcase
- ☐ Sheets for single bed and sleeping bag or blankets
- ☐ Two to three towels and washcloths
- ☐ Beach towel

Clothing and shoes:

- ☐ Socks and underwear for four days (pack extra socks!)
- ☐ T-shirts
- ☐ Sweatshirt or sweater
- ☐ Medium-weight jacket
- ☐ Sleepwear
- ☐ Shorts and long pants
- ☐ Two pairs of shoes (one **must** be closed-toed shoes or sneakers)
- ☐ Bathroom slippers/sandals
- ☐ Rain gear
- ☐ Bathing suit and swim towel

Toiletries:

- ☐ Sunscreen (staff can assist with spray/pump dispensers, not lotions)
- ☐ Insect repellent
- ☐ Tote for shower
- ☐ Soap, shampoo, toothbrush and toothpaste
- ☐ Hairbrush or comb
- ☐ Deodorant
- ☐ Laundry bag
- ☐ A water bottle to carry during sessions

Optional:

- ☐ Flashlight with extra batteries
- ☐ \$25-\$35 for Camp Canteen (camp store)
- ☐ Inexpensive camera
- ☐ Hat/cap/inexpensive sunglasses

Specific camp program suggestions:

- ☐ Additional packing information specific to the camp you are attending may be sent to your email prior to the start of your camp.
- ☐ For camps hosting animals, please see the additional camp information starting on Page 15 of this handbook, including a suggested *What to Pack* checklist for your animals and what is required for those camps.

Please do not bring:

- Cellphones will be turned in at check in and given back at check out unless there is an emergency
- MP3 players, hand-held video games, DVD players, tablets
- Phone cards
- Knives or weapons of any kind
- Pets
- Tobacco products, alcohol or illegal substances
- Candles or lanterns
- Food, candy or gum (food items are not allowed in the cabins)
- Expensive jewelry

Note: Campers who bring any of the above items to camp will be asked to surrender them to the camp staff and may face disciplinary action. The North Dakota 4-H Camp is not responsible for confiscated items. Items will be returned to the camper and parent/guardian during checkout.

Think twice before packing the cellphone.

Cellphones are discouraged at camp. Camp is an exciting opportunity for campers to build a sense of independence and we encourage them to focus on their camp experience.

Cellphones, like many other modern technologies, are expensive possessions that can be lost or damaged easily in the course of a week at camp.

**Don't forget:
Pack lots of enthusiasm!**

Meals at Camp

North Dakota 4-H Camp's Dining Hall serves outstanding meals at each of the camps. Our kitchen staff is dedicated to bringing healthful meal options and tasty choices for everyone, and takes pride in the meals we serve.

Breakfast typically includes a hot entrée and sides. Cold cereal and toast always are available. Lunch and dinner feature a hot entrée and sides. Beverages include a choice of milk, water, juice at breakfast, and punch or lemonade at some meals. Breads include wheat breads and specialty breads, depending on the meal. Each camp menu is diversified on a weekly basis with a variety of popular meals.

Dietary needs: Gluten-free meals and special needs can be arranged if the staff is informed. Known allergies, dietary needs or vegetarian diet requests should be included on the registration and camper health form. Questions and other special requests can be directed to the Center for 4-H at 701-231-7251 two weeks in advance.

Camp Check-in

The bags are packed, the car is loaded and the camper is ready! Here is a quick rundown of what to expect when you arrive at the North Dakota 4-H Camp.

Resident camp check-in runs from 4 until 5 p.m. on the first day of camp unless otherwise stated online. If you will not be able to arrive during the stated check-in time, please contact the Center for 4-H or the North Dakota 4-H Camp to make other arrangements.

Please do not come early. The counselors will not check campers in until exactly 4 p.m. When you arrive at North Dakota 4-H Camp, you should check in at the Dining Hall first.

As you enter the 4-H Center, several stations will be set up to guide you through the process. Campers and families should go through the first station to confirm paperwork and payment for camp, and determine the funds for the Camp Canteen (store) account.

At the second station, you will hand in all medicine (including any over-the-counter medicine that is brought to camp), and receive the camper's cabin assignment.

Cabin assignments are determined by age and gender. Our camp staff members have sleeping quarters in the cabin. Campers who wish to bunk close to a friend generally will be able to do so.

Once you receive your cabin assignment, we ask that you help your camper take the camper's belongings to the cabin and assist (if needed) with making the camper's bed and getting the camper situated.

After that is complete, the campers will make their nametag outside the dining hall, receive their color group assignment and start meeting new friends. When your camper starts the nametag, this is a good time to say your goodbyes. Campers will assemble at the basketball court when their nametag is completed.

A Sample Day at Camp

7:30 a.m.: rise and shine
8:15 a.m.: flag ceremony
8:30 a.m.: breakfast
9:30 a.m.: educational program
Noon: lunch
1 p.m.: educational program
2 p.m.: Camp Canteen (store) open
3:30 p.m.: educational program
6 p.m.: dinner
7 p.m.: recreation/evening activities
10 p.m.: cabin time



Camp Services

- **Registration fees and refund policy:** Online payment is available through UltraCamp on our 4-H Camp website and is recommended for a smooth check-in. Your initial deposit reserves your camper's slot. You may go back in to UltraCamp to pay the full amount due before camp. **Final payment is due two weeks before your camp date.**
- **Deposits** are nonrefundable and nontransferable (a deposit cannot be applied to the balance of another week's camp fees or transferred to another camper's fee). Refunds for the balance of camp fees are made only for cancellations received in writing at least two weeks prior to the opening day of the camp session. A refund may be granted in case of serious illness or injury, and this request should be accompanied by a physician's note. Campers who do not arrive, arrive late, leave earlier or attend only a part of the session will not receive a refund. If a camper experiences a shortened stay at camp or is sent home because of a behavior problem, no refund will be granted.
- **Camp Canteen (store) account:** We carry a variety of items such as sweatshirts, picture frames, hats, stuffed animals and other souvenirs. We also sell snack foods. If you would like your camper to be able to make purchases in the canteen, we will set up a prepaid account. Campers will have the opportunity to visit the canteen at least once a day during the camp, and it will be open during checkout.

You may add money to your camper's Canteen account on the on-line registration system. We only accept cash and check at check-in and prefer cash. An average amount that families choose to add to the Canteen account is \$25. Any money that is left at the end of the camp will be refunded by check or you can choose to donate it to the camp. **Amounts of \$5 or less will not be refunded.** Campers will not be allowed to spend more than is on their account during their stay at camp.
- **Laundry:** Please pack enough items for the length of your camper's stay. Laundry facilities are not available for campers; however, camp staff will launder certain items if circumstances require.
- **Religion:** North Dakota 4-H Camp does not endorse any religious affiliation.
- **Communication with families:** We will make every effort to contact you by phone if your camper has a need for out-of-camp health care or suffers from severe homesickness. Making sure the camp has current contact information for you for the camping week is very important. For routine matters, campers do not have phone access.
- **Birthdays:** If your camper is celebrating a birthday during the camp, we mark that day as a special day. We will plan a treat and a group "Happy Birthday" song. Please be sure to note your camper's birthday on the registration form if you wish for us to celebrate.

Lost and Found

The camp experience is an opportunity for youth to learn responsibility for their personal items. Please discuss with your camper the importance of caring for and keeping track of gear.

If your camper has lost an item, please check the Lost and Found during checkout. Every effort is made to return clearly marked items; however, due to the large volume of items we accumulate, long-term storage is not possible. Unclaimed items are held until the end of the season and then are donated to local charities.

Preventing Homesickness

We strive to keep your camper busy at camp and hope our campers never catch the “homesickness bug.” Realistically, homesickness probably will occur on some level with children away at camp or other activities. This is not a good reason to avoid camp and all of its positive outcomes. You can do many things to keep it from becoming severe:

- Start preparing your camper for the idea of being away from home and about what’s expected of the camper and what the camper is looking forward to or has concerns about.
- The camper should be involved in the packing and preparation process. Campers who know what they will have at camp will be more comfortable.
- Stress the positive aspects of camp. Talk about your camper’s abilities to attend camp successfully.
- Keep your own worries and anxieties away from your camper. Talk to the kitchen staff and counselors about food allergies, medications and any other needs so you are assured your camper is in good hands.
- Most campers are at least a little homesick at some point in their time away from home. Let your camper know this is normal and talk through what the camper might do if the homesick feelings start, such as:
 - Write a letter and include a list of all of the things the camper did at camp that day.
 - Find someone to talk to, such as staff, a counselor or a friend.
 - Try a camp activity the camper hasn’t done before.

If You Get the “Come Pick Me Up Right Now” Call

Even if the camper was really excited to attend camp and you tried the prevention efforts listed, you still may get a call from a worried camper: “Please come and get me now!” Consider the following actions you might take:

- You will need to be understanding and, at the same time, hold firm to your agreements. Staying and working through the feelings may be best for most campers so they are better able to handle all of the inevitable changes, losses and separations to come. This is why not promising you will pick the camper up early if the camper feels homesick is important.
- Be sure the camper alerts the counselor and/or other staff if the youth is dealing with homesickness. Keeping it a secret makes the situation worse in the long run.
- Homesickness may be most common in the evening as bedtime approaches. Instead of picking the camper up at this first sign of sadness, make a date to call back in the morning or next evening to see if things have turned around. This gives the camper a short timeline to look forward to and time for the camper to engage more fully in activities and the homesickness to pass.
- Occasionally, the camper and camp are not a good fit or other special circumstances arise and the camper will experience a shortened stay at camp. Pick up the camper but focus on “next year when you go to camp” or other positive opportunities, rather than making the youth feel like a failure.

Camper Conduct

Youth Conduct Agreement

A goal of the North Dakota 4-H program is to provide opportunities for children and youth to build character. North Dakota 4-H supports the CHARACTER COUNTS!® Six Pillars of Character: trustworthiness, respect, responsibility, fairness, caring and citizenship.

To ensure that North Dakota 4-H programs provide positive environments for all individuals to learn and grow, North Dakota 4-H participants, staff and volunteers agree to abide by these expectations of behavior. Supervision of this program is under the direction of 4-H camp staff and volunteers. All participants are responsible for their conduct. The camper will accept responsibility for the following guidelines and agree to comply with these guidelines:

I will be trustworthy.

I will be worthy of trust, honor and confidence. I will be a model of integrity by doing the right thing even when the cost is high. I will be honest in all my activities. I will keep my commitments by attending all sessions during a camp session. North Dakota 4-H does not permit dishonesty by lying, cheating, deception or omission.

I will be respectful.

I will show respect, courtesy and consideration to everyone, including myself, other program participants and those in authority. I will act and speak respectfully. I will treat program areas, lodging areas, personal property and transportation vehicles with respect. I will follow all published dress code guidelines for an event and/or activity. I will not use vulgar or abusive language or cause physical harm. I will appreciate diversity in skill, gender, ethnicity and ability. North Dakota 4-H does not tolerate statements or acts of discrimination or prejudice. I will respect the personal space and choices of other participants and will not participate in inappropriate displays of affection or physical contact.

I will be responsible.

I will be responsible, accountable and self-disciplined in the pursuit of excellence. I will live up to high expectations so I can be proud of my work and conduct. I will be on time to all program events. I will be accountable by accepting responsibility for my choices and actions. I will be responsible for any damage, theft or misconduct in which I participate. An adult designated by the 4-H program may inspect luggage or rooms when a reasonable suspicion exists that a violation of law or NDSU Extension event or camp regulations has occurred.

I will be fair.

I will be just, fair and open. I will participate fairly by following the rules, not taking advantage of others and not asking for special exceptions. I will share and take turns in activities at appropriate times.

I will be caring.

I will be caring in my relationships with others. I will be kind and show compassion for others. I will treat others the way I want to be treated. I understand that bullying behavior of any kind (for example, physical, social, emotional, sexual or electronic) is prohibited. Bullying behavior may include negative actions such as verbal aggression, emotional attacks, sexual harassment, racial discrimination, physical aggression, isolating others or electronic harm.

I will be a good citizen.

I will be a contributing and law-abiding citizen. I will be respectful to the environment and contribute to the greater good. I will complete cabin housekeeping chores, keep my cabin space clean, and perform main lodge duties, facility cleanup and livestock chores (if applicable). I will not have in my possession, use or distribute any illegal substances such as tobacco, alcohol or nonprescribed drugs. If I am found to have any of these items with me or if I have taken any illegal substances, notification of law enforcement will be conducted by adult staff/volunteers. I will not have in my possession or use weapons or dangerous materials.

* CHARACTER COUNTS!® is a service mark of the CHARACTER COUNTS!

Youth and parents signify their acceptance of the above guidelines when they sign the North Dakota 4-H Camp Health Form.

Behavior Expectations

Campers are expected to follow the camper conduct agreement. Participants must respect the personal property of others, as well as the facilities and grounds of the North Dakota 4-H Camp. The willful destruction and/or intentional abuse of property (including graffiti) will not be tolerated. Destruction, theft or intentional abuse of property may be grounds for immediate dismissal from the camp. Families are responsible for repairs or replacements.

Campers in minor violation of the Camper Conduct Agreement will be given an opportunity to present information to be placed in an incident report (if needed) and participate in consequences to earn back privileges.

Campers with a major violation will be given the opportunity to present information to be placed in an incident or behavior report. Camp staff are required to complete an incident or behavior report on major violations. Families will be notified about major violations and appropriate measures will be discussed. Families will be financially responsible for intentional loss or damage to property.

If campers violate the conduct agreement, they may lose privileges, be expelled from camp, be ineligible to participate in future camps, forfeit camp fees and be financially responsible for damage or loss of property.

In the event a camp staff member decides to send a camper home for one or more of the behaviors described above, the staff member will notify the family immediately. The family must provide transportation to bring the camper home. If the family cannot pick up the camper that day, the camp may arrange for alternate transportation at the family's expense.

Grounds for Likely Expulsion From Camp:

- Noncompliant behavior (failure to comply with camp rules and the reasonable directions from camp staff) or disruptive behavior
- Profanity, obscene gestures, indecent conduct
- Fighting, bullying, threatening or other forms of violent or aggressive behavior
- Theft; vandalism; damaging, destroying or defacing personal or camp property

Grounds for Expulsion From Camp:

- Possession and/or use of cigarettes, cigars, vaping products and other tobacco products
- Possession and/or consumption of alcoholic beverages and/or illegal drugs
- Possession and/or use of any medication without the supervision of camp staff
- Possession of an unauthorized weapon
- Sexual, racial, religious or other forms of harassment
- Leaving camp property without authorization, running away, being in restricted areas of camp without permission

Weapons Policy

The use, possession or carrying of any kind of weapon or firearm on the property of the North Dakota 4-H Camp, except those used for the camp shooting sports activities by 4-H instructors, is strictly forbidden during the camping sessions. The North Dakota 4-H Camp reserves the right to determine what constitutes a weapon. An unauthorized weapon will be confiscated and charges may be filed.

Mandated Reporting

The camp staff must follow NDSU youth protection policies. Our staff is mandated to report any suspected abuse or neglect to the appropriate authority.



Health and Safety

Camper Health Forms must be completed in UltraCamp. Campers will not be permitted to stay without this form. Campers returning for multiple weeks during the same year do not have to complete separate forms for each week unless a change has occurred.

Campers are expected to arrive in good health and be able to participate in the programs. We cannot take campers who have a fever or contagious disease. We reserve the right to refuse to admit campers who arrive ill or have communicable diseases.

Prescription and Nonprescription Medicines

If receiving any medication (prescription or over-the-counter) is necessary for your camper while at camp, please adhere to the following guidelines:

- North Dakota 4-H Camp expects campers with chronic health concerns to be capable self-managers.
- Campers taking medication for emotional or mental health should have a history of taking this same medication and same dosage prior to coming to camp.
- If your camper takes medications for ADHD, please consult with your physician before changing the schedule or dosage for the youth's time at camp.
- If you are sending medications with your camper:
 - Send enough medicine for the entire stay.
 - Do not mix medications. Each medication must come in its original and appropriately labeled bottle/container. This includes vitamins or over-the-counter drugs.
 - Prescription medication must come in a pharmacy container with a legible label in the camper's name. All medications must have the camper's name clearly written on the container, whether over-the-counter or prescription.
 - Use the health form to explain why your camper takes any medication.
 - Camp staff must follow directions on the label. If the dosage has changed, please have the pharmacy correctly label the medication.

All medicines must be turned in during check-in, and leftover medicines/containers will be returned during checkout.

All campers with medication will be instructed on the first day of camp about the schedule and procedure for dispensing medications. Emphasize with your camper the importance of taking responsibility for complying with this schedule.

- Campers are not allowed to keep any medication

(prescription or over-the-counter), including vitamins, ointments or lotions of any kind, with them in the cabins. A small amount of authorized medications may be kept with the campers in certain situations (for example, inhalers or EpiPen). This is subject to approval from the camp chair and camp counselors, and parent/guardian authorization.

- The camp maintains a supply of over-the-counter generic medication, such as generic Tylenol and Benadryl, for the camping season. If you send some with your camper, the medication will need to be checked in at the start of camp.

If your camper needs to be seen by a physician, you will be billed by that health-care provider. North Dakota 4-H Camp carries supplemental insurance that may cover costs not covered by personal insurance policies. Health-care provider information and a photocopy of your card are requested at check-in. Families will be notified if an illness or injury requires outside treatment.

Personal Health Care

Our camp staff monitor personal hygiene, such as regular bathing and tooth brushing. Please take the opportunity to discuss the importance of this with your camper.

As noted in the packing list, we suggest campers bring insect repellent with 30 percent active DEET. We also recommend campers bring sunscreen with a SPF of 30 or more.

Request for Accommodations

The mission of the North Dakota 4-H Camp is to ensure equal access to educational opportunities for youth with disabilities to fully participate in the camp program. NDSU Extension will assist youth with disabilities who request accommodations at least two weeks prior to the camp dates.

Requests for accommodations should be made to the Center for 4-H at 701-231-7251 to discuss their needs.

Adult Volunteers Participating at Camp

All volunteers must be approved by the camp chair for that camp; please contact camp chairs for more information. An adult who volunteers for a camp must complete application forms and be approved at least two weeks before camp starts. (Contact the Extension office in your county for more information.)

Family Feedback

We survey staff, youth and families each year to continue to improve our program and facility. The survey will come in an email link about two weeks after your camp week. The survey will take about five minutes to complete. Thank you for participating.

Scholarship Information

A limited number of scholarships based on income levels are available from the North Dakota 4-H Foundation. Applications are on the North Dakota 4-H Camp website. Some North Dakota counties provide partial or full scholarships; contact the Extension office in your county for their availability.

Complaint Procedures

A complaint form can be filled out in the event a camper has safety concerns or staff issues. Complaints can be given to the counselors or person who is in charge of the camp or sent to the Center for 4-H.

All written complaints, especially those that are not resolved, will be submitted to the Center for 4-H Youth Development specialist who works with camping by the person in charge of the camp within 24 hours. A copy of the complaint can be emailed, faxed or mailed to the Center for 4-H Youth Development office, Attn:

Karla Meikle
Tel: 701-328-9715
Email: karla.meikle@ndsu.edu

NDSU Extension
2718 Gateway Ave
Bismarck, ND 58503



Healthy Camp Challenge

Parent Permission

The North Dakota 4-H Camp participates in a Healthy Camp Challenge with North Dakota State University's Department of Health, Nutrition and Exercise Sciences at EML 351, Fargo, ND 58108.

We would like to invite your children to participate in a nutrition and health activity (Healthy Camp Challenge) during camp. The children will participate in fitness and nutrition games and activities to promote health, and they will track their healthful behaviors (such as drinking water, getting physical activity, getting adequate sleep, brushing their teeth, eating fruit/vegetables) on a chart in their cabins. The children will be asked to complete a short survey at the end of camp. Parents will be asked to complete a brief online survey delivered by email after the camp has concluded.

What is the reason for doing the study? We are conducting this research project to evaluate and improve the health activities in a camping situation.

What will I be asked to do? Parents will be asked to complete a short online survey about their child's camping experience, including the nutrition/fitness activities, at the conclusion of 4-H Camp. Your child(ren) will be asked to complete a few questions about the "healthy challenge" on their paper survey at the end of the camp. We will use that information to determine activities the campers did so we can develop educational activities to promote healthful behaviors.

Where is the survey going to take place, and how long will it last? The survey of your children will take place at the North Dakota 4-H Camp at Washburn, N.D. The average time to take the survey is five minutes. The online survey for parents will take about five minutes to complete, and it will be emailed after the camp has concluded.

What are the possible risks and discomforts? This study has no foreseeable risks.

Do I have to take part in this study? You may choose whether to take part in this research. You or your child may decide to stop participating at any time without penalty or loss of benefits to which you already are entitled, although we hope you will continue with the survey once you have started. Your assistance would be greatly appreciated in making this a meaningful study. By participating in this study, you will help researchers learn more about developing effective nutrition education and training materials.

Who will see the information I provide? We will keep private all research records that could identify you. Your information will be combined with information from others taking part in the study. When we write about the study, we will write about the combined information we have gathered. You will not be identified in these written materials. We may publish the results of the study; however, we will keep your name and other identifying information private.

What if I have questions? This study is being conducted by researchers Julie Garden-Robinson and Callie Johnson. If you have any questions about this project, please contact Garden-Robinson at 701-231-7187 or Julie.Garden-Robinson@ndsu.edu.

What are my rights as a research participant? You have rights as a participant in research. If you have questions about these rights or complaints about this research, you may talk to the researchers or contact the NDSU Institutional Review Board by telephone: 701-231-8995 or toll-free at 855-800-6717; email: ndsu.irb@ndsu.edu; or mail: NDSU HRPP Office, 1735 NDSU Research Park Drive, NDSU Dept. 4000, P.O. Box 6050, Fargo, ND 58108-6050.

Thank you for your participation in this study. If you wish to receive a copy of the research results, please email your request to Julie.Garden-Robinson@ndsu.edu.

Please indicate your permission by checking the appropriate box (Healthy 4-H Camp Challenge Survey) on the Camp Permission Health Form you were provided and signing the overall form.



Additional Information for N.D. 4-H Camp Livestock Camp

- All animals should be broken to lead and be relatively tame and easy to handle. **We will not risk anyone getting hurt.**
- Campers are expected to be able to care for their animals at camp.
- Livestock camp staff will monitor the animals' health and well-being. All animals should be free of infectious disease. Please make sure that all animals are free of warts and ringworm, and make sure that all sheep are checked for club lamb fungus. If any animals are found with any contagious disease, we will ask the youth to leave them on the trailer for the duration of the camp. If animals at any time show signs of illness or are injured during the camp, medical attention will be given promptly. The owner is responsible for seeking medical attention for the animal, and any fees incurred for the care of the ill/injured animal will be the responsibility of the owner.
- Campers will need sufficient feed and bedding for the duration of the camp (see packing list below).
- We would prefer that if at all possible, you should leave your horse trailer at camp as shelter for the animals. We do not have any barn space for protection or a place to store your feed. **We do have some panels available for you to use if you wish to make a pen outside your trailer. These will need to be put away when you are done using them.**
- Campers will be under the supervision of camp staff at all times and are expected to stay within the camp boundaries. Campers are not allowed in the arena area unless under staff supervision.
- **No open-toed shoes will be allowed when we are working with the livestock.** Official 4-H dress is not needed for the showmanship contest. We do ask that the youth dress appropriately for the contest.
- We would prefer parents not clip beef, sheep and goats before they come to camp. We want the campers to learn how to work on their own livestock.
- Pigs can come to camp.

Livestock Equipment Packing List

- ☐ Clippers
- ☐ Clipping chutes
- ☐ Combs, brushes, washing scrub brushes
- ☐ **Scrub boots for you or a couple of changes of shoes**
- ☐ Blowers
- ☐ Trimming stand for sheep
- ☐ Hand shears
- ☐ Show halters and show sticks, and any other fitting supplies

If you do not have your own equipment, you will have to wait in line to use the clippers or hand pieces that we have. **If you bring clippers, label it with your name and please make sure the blades are sharp and ready for use.** The camp will furnish the soap, hoses and nozzles. Please make sure that all equipment you bring to camp is clearly marked with your name.



Rent N.D. 4-H Camp

Did you know that North Dakota 4-H Camp is available for rentals, too? Whether it is a 4-H club retreat, a family reunion or a school field trip, you can have it all at North Dakota 4-H Camp!

With residential accommodations for up to 115 people, we can handle a number of different types of groups. If you just need large outdoor space, we have that, too. Contact Mark Lehm, 4-H Camp manager, at ndsu.4hcamp@ndsu.edu for more information.

Area Attractions and Accommodations

- **Audubon National Wildlife Range** is a haven for area wildlife and migratory birds. The refuge has an eight-mile auto tour along Lake Audubon and a one-mile interpretive walking trail. The refuge encompasses 14,735 acres of native prairie, planted grasslands and wetlands. These lands are managed to meet the needs of many species of wildlife. For more information, call 701-442-5474.
- **Cross Ranch State Park** is situated along the seven miles of the last few sweeps of untouched riverbanks on the western side of the Missouri River.
- **Garrison Dam** is 30 miles north of Washburn between the communities of Pick City and Riverdale, N.D. It is the fifth largest dam in the U.S. and holds back the Missouri River. The Garrison Dam National Fish Hatchery is the largest walleye- and northern pike-producing facility in the world and is at the base of the Garrison Dam. Each year, the fish hatchery stocks about 15 million fish of 16 different species. For more information, call 701-654-7441.
- **The Lewis and Clark Interpretive Center** is a commemoration of the heroic adventure of Captains Meriwether Lewis and William Clark through the Northwest. Their expedition wintered in 1804 and 1805 near where the center is located. At the interpretive center, you can learn about the entire Lewis and Clark journey. Fort Mandan greets you with a brand-new visitor center, walking trails, picnic shelters and the fully furnished reconstructed fort. You'll also find daily interpretation about fort life and activities from 200 years ago. For more information, call at 877-462-8535.
- **Lake Sakakawea** is one of the three largest man-made reservoirs in the nation, and Lake Sakakawea State Park is on the south shore of the lake. The park offers a wide variety of recreational activities and facilities. For more information, call 701-487-3315.

About 4-H Programs

More than 27,000 youth took part in NDSU Extension youth programs in 2017, with nearly 6,000 of them enrolled as 4-H members and more than 2,500 adult volunteers. Because people have a wide range of interests, 4-H offers a full spectrum of activities.

While we continue to offer traditional activities such as exhibiting livestock, we also offer opportunities to learn about wind energy, build model rockets, study insects, investigate water-quality issues or volunteer to help in a community project. 4-H offers something for everyone.

We even have special-interest clubs in activities such as shooting sports. 4-H is a great fit for anyone because many of our activities meet North Dakota educational standards in science, social studies and language arts.

How to be a 4-H'er and Get in on the Fun!

- Stop at your local Extension office and ask about the options in your county.
- Join a club that's in your area or start a 4-H club.
- Join a special-interest group. It's a group that gets together for a short time to study one interest area or participate in one activity.
- Look for 4-H school-enrichment programs in your school.
- Go to our website at www.ndsu.edu/4h and discover 4-H activities and project areas.
- Some projects even offer state youth conferences and national trips.

Do you have a younger brother or sister who is interested in 4-H? Younger youth ages 5 to 7 may be Cloverbuds.

Any way you choose, contact the Extension office your county and enroll today.

Ready for Camp Checklist

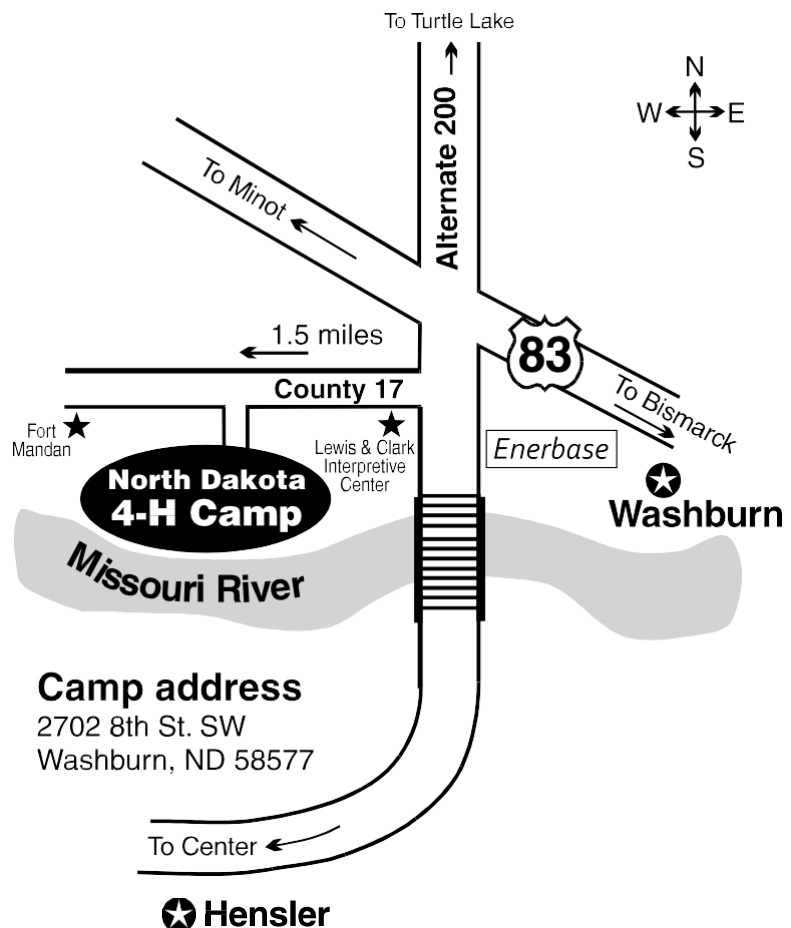
- ☐ Registration complete (via UltraCamp)
- ☐ All fees paid (via UltraCamp or by check to the Extension office in your county; check should be made payable to the North Dakota 4-H Foundation)
- ☐ Have information about how to get to camp
- ☐ Have reviewed camper packing list, and all items are packed and ready to go (see Page 6)
- ☐ All necessary forms are completed and ready to hand in at check-in (forms found online or attached to the pre-camp emails)
- ☐ Have visited with my camper about actively participating at camp and homesickness (see Pages 1 and 9 of the Family Handbook)
- ☐ Made appropriate notifications regarding accommodations related to food (via UltraCamp and the health form)
- ☐ Made needed requests for accommodations (via UltraCamp, the health form or calling the Center for 4-H)
- ☐ Checked online (ndsuh4h.org/4-HCamps) to find the camp check-in and checkout times
- ☐ Ready for fun and adventure!

How to Get to Camp

North Dakota 4-H Camp Address:

2702 8th St. S.W.
Washburn, ND 58577

The North Dakota 4-H camp is 1½ miles west of the Washburn Enerbase (Cenex) station on McLean County Road 17, between the Lewis and Clark Interpretive Center and Fort Mandan. As you approach the Interpretative Center, watch for the sign “4-H Camp;” the camp driveway is west of the center and a big North Dakota 4-H Camp sign is on the south side of the road.





Camp Contact information

North Dakota 4-H Camp, 701-462-3624

The camp typically is staffed two hours prior to check-in through the end of checkout.

**North Dakota 4-H Camp website
and registration:**

ndsu.ag/4-HCamps

Find us on Facebook:

www.facebook.com/ND4HCamp



For more information on this and other topics, see www.ndsu.edu/4h

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