



FAMILY HANDBOOK

For Overnight & Day Camp

2023



Cornell University
Cooperative Extension
Nassau County

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OUR MISSION



Welcome to Cornell Cooperative Extension of Nassau County DPF 4-H Camp

The mission of Cooperative Extension is to enable people to improve their lives and communities through partnerships that put experience and research knowledge to work. Extension staff and trained volunteers deliver education programs, conduct applied research, and encourage community collaborations. Our educators connect people with the information they need on topics such as home horticulture; food and nutrition; positive activities for youth and families; finances; energy efficiency; economic and community development; and sustainable natural resources. Our ability to match university resources with community needs helps us play a vital role in the lives of individuals, families, businesses, and communities throughout Nassau County.

Being one of the oldest 4H camp in the state, we are dedicated to ensuring your child's safety and fun while offering high quality 4H educational programs. All in an environment that allows for personal growth in which diverse youth and adults reach their fullest potential as capable, competent, and caring citizens.

OVERNIGHT CAMP

DPF 4-H Camp is a 140 acre co-ed sleep-away camp for campers ages 8-16. Our camp is located on the majestic Long Island Sound in Riverhead, NY. Our camp is accredited by the American Camp Association and licensed and inspected by the Suffolk County Department of Health.

Being one of the oldest 4-H camp in the state, we are dedicated to ensuring your child's safety and fun while offering high quality 4-H educational programs. All in an environment that allows for personal growth in which diverse youth and adults reach their fullest potential as capable, competent, and caring citizens.

Using This Handbook to Prepare for Sleep-Away Camp

Preparing your child for this exciting adventure well in advance is important. Being prepared and knowing what to expect will help your camper feel ready and empowered and will increase comfort levels before they arrive for their first night away from home.

Sleep-away camp is a unique opportunity for a young person to experience independence and self-reliance, to make new friends with peers their age from all different parts of the country, and the world. 4-H camp is designed to encourage campers to try new things, meet new people, and explore new environments in the great outdoors through exciting group programming.

It is a good idea to begin preparing your child by discussing the differences between home and the more rustic camp experience they are about to have. Reviewing the information in this handbook together will help you get familiar with the sleep-away camp experience and provide you with all you need to know about our setting.

We encourage first-time campers and their families to get familiar with camp by visiting our website together and view the many photos of our summer camp programs from past years, pictures of the cabins, sports areas, canteen, bonfire arena, and various project areas. You will also see games, performances and crafts campers enjoy together, and some of the farm animals your camper will get to meet when they arrive.



FLINT DAY CAMP

Using This Handbook to Prepare for Day Camp

Flint Day Camp is the Day Camp portion of the Dorothy P Flint 4-H Camp which is a 140 acre co-ed sleep-away camp. Our Day Camp Program is for campers entering 1st grade and up who are not ready for a sleep-away camp or don't want to stay overnight but also get the shorter day camp experience. This handbook has a wealth of information to best prepare your camper for our day camp program. All information, forms and policies pertaining to sleep-away also apply to our day camp program (other than schedule, and packing list! provided below).

A reminder lunch is included in our day camp program! However, you are more than welcome to pack a lunch or snacks for your campers. Please review our sample menu to see our offerings

Day Camp Schedule:

	Ages 5-8	Ages 8- above
	Cloverbuds	SunStriders
8:30	Arrival	Arrival
8:45	Morning Madness	Morning Madness
9:30	Class 1	Class 1
10:40	Transition / Snack	Transition / Snack
10:50	Class 2	Class 2
12:00	Central Camp	Daily Sport
12:10	Lunch	Daily Sport
12:40	Daily Sport	Daily Sport
1:00	Daily Sport	Lunch
1:40	Daily Sport	Central Camp
1:50	Grassy Knoll / Attendance	
2:00	Campers Choice	Activity Board
2:50	Canteen	Canteen
3:00	Early Dismissal	
3:20	Rotational 1	Rotational 1
3:30	Transition	Transition
4:40	Rotational 2	Rotational 2
5:30	Pick-up	

Packing List:

- Bathing Suit
- Water bottle
- Towel
- Zip lock for wet bathing suit
- Sunscreen
- Bug Spray (Optional)
- Sweatshirt and long pants (Sometimes gets chilly here or they might want to put on for some activities)
- Raincoat or poncho (Rain does not stop the outdoor fun)
- Campers should everyday wear sneakers!



CAMP EXPECTATIONS

Expect Fun, Rustic Accommodations

Campers are housed in cozy, rustic wood cabins with 6 –12 other campers and 1-2 counselor. There are separate accommodations for boys and girls in each division. The cabins are screened, equipped with lights, smoke detectors and two outlets. Beds and mattresses are provided, but campers must provide their own bedding (see Packing for Camp). Bathrooms are not located in our cabins. Toilets and hot showers are in washhouses nearby.



Expect Great Food and Fun Mealtime Gatherings

Meals are served family style in Lodge dining hall. Food is plentiful, prepared fresh daily, and there are always additional choices that can be found on our salad bar. Vegetarian/vegan/gluten free options are available during every meal, upon request. To ensure we can enjoy our mealtime and maintain a nice environment campers help clean their section in the mess hall Lodge area after every meal.



Expect Our Traditional Camp Canteen

The canteen is the “camp store” that campers will visit you during assigned times after lunch on Mondays through Fridays. There is no fee for the canteen, and campers are permitted an item while they enjoy playing in the central camp area. We celebrate our warm summer days with a choice of ice cream (including dairy free and alternative snacks for campers with allergies) from canteen.



Expect Traditional 4-H Assemblies & Ceremonies

All campers participate in camp assemblies and ceremonies, which are designed to encourage friendship/sharing between new bunkmates and camp friends. These assemblies/traditions include flag raising/lowering, weekly bonfires, songs, and much more! Our ceremonies are inspirational activities that help campers wind-down from their busy day and reflect on things they experienced.

Expect Campers To Participate in Capers

At camp, we teach our campers the importance of teamwork, and respecting camp as our living space for the week! Campers work together to keep their cabins and other living areas neat and clean. Campers are assigned to daily “capers” or chores that may include picking up after a group craft, sweeping the lodge floor, setting tables, and helping clear their plates. Living areas are inspected daily by senior staff for general cleanliness, and all sorts of cool awards are distributed for teamwork and excellence.

Expect an Outdoor Camp Environment

Camp is in a rustic, outdoor environment. campers should not be surprised to spot the occasional chipmunk under a cabin, or spider in the bathroom. Respect for all parts of our environment is a part of what we teach our campers during their stay. Be ready to encounter all sorts of nature! Please see our detailed section on Battling Ticks and Mosquitoes for more information on biting insect control at camp.

Do NOT Expect Religious Services

Although we welcome all religious beliefs, we do not offer any religious services at camp.

DAILY SCHEDULE

Time	Youth
7:00AM	Wake-Up
7:15AM	Morning Lazy
7:30AM	Flag
7:50AM	Breakfast
8:20AM	Activity Board Sign-up/ Central Camp
8:40AM	Capers
9:10AM	Cabin Clean-Up
9:20AM	Grassy Knoll / Attendance
9:30AM	Class 1
10:40AM	Transition / Snack
10:50AM	Class 2
12:00PM	Back To Cabins
12:10PM	Lunch
12:50PM	Rest Hour
1:50PM	Grassy Knoll / Attendance
2:00PM	Activity Board
2:50PM	Canteen
3:40PM	Class 3
3:50PM	Transition
4:40PM	Class 4
5:30PM	Central Camp
5:40PM	Dinner
6:20PM	Flag
6:30PM	Unit Games
7:10PM	Back to cabins
7:20PM	Evening Program
9:00PM	Back to cabin
9:30PM	Tattoo
10:00PM	Taps / Lights out

Time	Teen
7:00AM	Wake-Up
7:15AM	Morning Lazy
7:30AM	Flag
7:50AM	Capers / Prep for Classes
8:20AM	Activity Board Sign-up / Central Camp
8:40AM	Breakfast
9:10AM	Back to cabins / Cabin Clean up
9:20AM	Grassy Knoll / Attendance
9:30AM	Class 1
10:40AM	Transition / Snack
10:50AM	Class 2
12:00PM	Rest Hour
12:10PM	Capers
12:50PM	Lunch
1:50PM	Grassy Knoll / Attendance
2:00PM	Activity Board
2:50PM	Canteen
3:40PM	Class 3
3:50PM	Transition
4:40PM	Class 4
5:30PM	Transition
5:40PM	Unit Games
6:20PM	Flag
6:30PM	Dinner
7:10PM	Back to cabins
7:20PM	Evening Program
9:00PM	Back to cabin
9:30PM	Taps
10:00PM	Lights out

Capers: Campers work together to keep their cabins and other living areas neat and clean. Campers are assigned to daily “capers” or chores that may include picking up after a group craft, sweeping the lodge floor, setting tables, and helping clear their plates.

Central Camp: Central camp is a time where campers can participate in lawn games, gaga, rec field games and much more! This is great bonding time for campers and their cabinmates.

Unit Games: These games will be lead by community leaders within the respective boys & girls units. These activities will vary from day to day and be optional for participants. Campers can choose to participate or relax with other campers in the unit and bond!

Activity Board: The activity board will be listed every day with fun, innovative classes for our campers to try! This time is a great opportunity for campers to try new things, or do more of their favorite camp activities!

PROGRAM AREAS

**Programs are subject to change based on staff availability and weekly offerings*

Performing Arts: In this program area you can learn everything from playing an instrument, to being in drama skits and even fun improvisation games! Our knowledgeable staff will help you become a master of the arts with teamwork as the value at the center.

Visual Arts: We offer a wide variety of arts and crafts related classes! We offer ceramics, traditional painting/drawing, nature crafts, basket weaving, bead crafts and much more!

Waterfront: Waterfront programming takes place on our beach on the Long Island Sound. We offer beach exploration, swimming, even beach crafts! The beach is the perfect place to cool off on a hot day.

Ropes Course: Our diverse ropes course has various elements for all levels of climbing ability. Our well-trained staff always puts safety first while campers explore! Our rock wall is a blast!

Low Ropes: Low ropes focuses on ground elemental team building and leadership skills. Learn how critical thinking and other team-oriented skill come into play as you navigate some fun and exciting low to the ground elements.

Sports: Soccer, Beach volleyball, Baseball, basketball, tennis and much more! Our Rec field has a lot to offer.

Archery: We have a number of targets in our full archery range. Campers will utilize the week learning proper shooting techniques and safety from a certified instructor to improve their skills. Each camper will have an opportunity to participate in the weekly competition to earn a grand prize award at the end of the week.

Outdoor Living: Learn how to build fires and make shelters in our outdoor living program area! You can learn how to cook meals over fires and learn various survival skills. Put your survival skills to the test in our 140-acre woodland setting!

Environmental Science: Discover the science behind the great outdoors with intriguing programming at the nature center! Hang out with our reptiles and go on hikes around our expansive property. You will learn all about our local flora and fauna as well as our ecosystems.

Farm/ Farm-to-table: We have a fully functioning farm on property! Learn what it takes to raise livestock and grow a wide variety of crops! We also have our farm-to-table program which connects what our campers learn on the farm directly to our kitchen! Make creative dishes with our farm fresh fruits and vegetables!



EVENING PROGRAMS

Offered Monday – Friday

These activities are programmed from 7pm- on after a fun day in the sun!

Monday Night Madness: High energy activities focused on cabin/all camp bonding! Make your first night at camp memorable with new activities each week! We end each Monday with a welcome bonfire to welcome in our new week of campers!

Cabin Nights: Your counselors will discuss with your cabin what activities campers would like to do for cabin night. Together, campers and counselors plan a fun evening! Activities can range from s'mores, campouts, spa nights, and much more!

Unit Night: Get together with your unit and explore some amazing pre-planned activities for you all to enjoy. Such as scavenger hunts, escape rooms and much more!

Counsel Fire: To end our week we close with our traditional campfire tradition. We get together to sing songs and share what we have learned over the week. It's a relaxing night accompanied by plenty of music and a big fire.

Other activities you may see over the summer are talent shows, the price is right, jeopardy, color war, July 4th celebration, "fashion" show, and much more exciting programming! Check out our theme calendar to see which specialty activities will be offered each week.



SAMPLE MENU

Day	Breakfast	Lunch	Dinner
Monday	Campers arrive 9am No breakfast is served	Chicken tenders, veggie chicken tenders, mixed vegetables, salad bar, fresh fruit	Tortellini and meat sauce, vegetarian tomato sauce, garlic bread, salad bar, fresh fruit
Tuesday	Pancakes, sausage, hot/cold cereals, juice/fresh fruit, yogurt, granola	Grilled cheese (assorted flavors meat and veggie options), tomato soup, salad bar, fresh fruit	Orange chicken, veggie orange "chicken", broccoli, rice, salad bar, fresh fruit
Wednesday	French toast, bacon, hot/cold cereals, juice/fresh fruit, yogurt, granola	Pizza (assorted flavors meat and veggie options), salad bar, fresh fruit	Chicken patty sandwiches, tater tots, salad bar, fresh fruit
Thursday	Scrambled eggs, sausage, toast butter/jelly, juice/fresh fruit, hot/cold cereal, yogurt, granola	Tacos/burritos, vegetarian taco "meat" option, salad bar, fresh fruit	<i>Old Fashion Chicken BBQ</i> Chicken on the bone charcoal roasted, hot dogs, veggie burgers, farm fresh potatoes, farm fresh corn, pasta salad, cole slaw, watermelon
Friday	Waffles, bacon, hot/cold cereal, juice/ fresh fruit, yogurt, granola	Hot dogs, hamburgers, veggie burgers, french fries, salad bar, mixed vegetables, fresh fruit	Meatball subs on hoagie rolls with tomato sauce, vegetarian meatball options, green beans/ mixed vegetables, salad bar, fresh fruit
Saturday	<i>Continental Breakfast</i> Bagels, fresh fruit, yogurt, granola, hot/cold cereal	Campers leave 9am after breakfast!	

All Meals are served "Family Style"

Beverages available at all meals: Milk, water, flavored water

Water is always available for campers at the lodge, or in coolers at program locations, a re-usable water bottle with a lid or seal is required for all campers to stay hydrated.

Continental Breakfasts may include Hot and cold cereals, muffins, yogurts, fresh fruits, bagels, English muffins, sandwich bread, selections of jelly and "Sun Butter" (vegan, peanut free peanut butter substitute - made from sunflower seeds).

Salad Bar may include Fresh tossed greens/lettuces, chopped vegetables, beans or chickpeas, varied side salads such as potato or macaroni salad, egg or tuna salad, fresh fruit, and various condiments.

We try our best to make accommodations for campers with dietary needs. Gluten free and vegetarian options are provided by camp and are available at every meal (upon request). Campers with more specific dietary needs can bring their own food which can be prepared by our kitchen staff and served to your camper during their scheduled mealtimes.

BATTLING TICKS & MOSQUITOS

There is no denying it, bugs are a part of outdoor, summer life. At camp, we take many precautions to manage and minimize exposure to biting insects, such as ticks and mosquitoes, but we ask that parents prepare their campers to take certain precautions as well.

What We Do at Camp

We eliminate tick and mosquito hiding areas. Early in spring, during the months ticks and mosquitoes are most active, we implement a mowing and leaf maintenance schedule, and begin to identify and manage areas where standing water may attract biting insects.

We treat the property. We have a contract with a professional company that sprays the summer camp areas to kill and prevent ticks and mosquitoes, and this process is repeated every 21 days leading up to summer camp season. We work with Cornell Cooperative Extension professionals and agents to ensure the products we approve are safe for humans and animals, and non-harmful to our water sources.

We treat all camper socks and shoes once a week. Once campers arrive at camp, we treat all of their socks and shoes with a commercial, waterproof Permethrin spray designed to adhere to fabrics. This product repels ticks, mosquitoes, and other biting insects, and is designed to last through 6 washings (or getting soaking wet 6 times). This product does not stain or damage clothing or fabrics, is odorless after it dries, and is nontoxic to humans. It helps repel biting insects from your camper's feet and ankles, which is the most common point of contact for campers who do encounter the occasional insect. If you do not want your child's shoes and socks sprayed, please notify us at drop-off.

We educate and train our staff. Our staff members are trained by specialists from Cornell Cooperative Extension, specifically designed for summer camp counselors, to prepare them as the next line of defense against insect bites. Staff learn how to use the illustrated guide and learn how to teach campers in their assigned units to use the illustrated guide to check themselves for sneaky ticks. Our washrooms at camp have several private tick-check-stations, with an enclosed private area and a three-way mirror, as well as the illustrated guide, so campers can check themselves.

We provide care and assistance with ticks at the Health Lodge. If a camper does find a tick or experiences effects of an insect bite, the nurse at our camp Health Lodge is available 24-7 to assist with removal, treatment, recording the event, and contacting home if there is potential for illness or allergic reaction.

What We Ask Parents to Do:

Provide you camper with the bug spray you are most comfortable with them using every day during their stay at camp. Staff will remind campers to apply their sunscreen and bug spray before heading out into the wooded areas to start their camp day. Camp will not provide additional bug spray beyond the Permethrin used to treat socks and shoes. It is required that all campers have their own bug spray, approved by mom and dad, from home.

Please ensure your child has the appropriate socks and required footwear. Covering the ankles may not always be the most fashionable look, but it is the absolute BEST way to protect your camper from picking up ticks that may be lurking in grass or wooded areas.

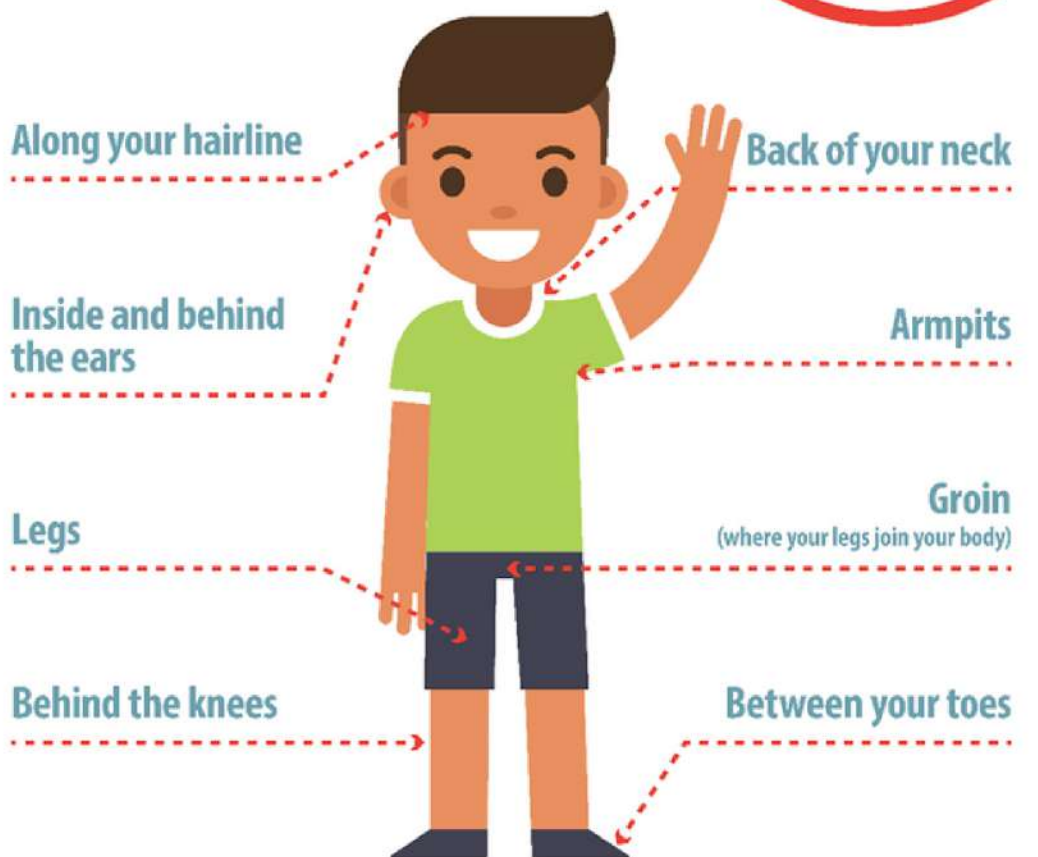
TICK CHECK

Review the illustration on this page with your child. This illustration acts as a visual guide for youth to independently check their entire body for ticks in the self-check stations at camp. Campers will get instructions to follow the prompts on the illustrated guide. Our camp nurse deals with ALL tick removal.

Is there a tick on you?

Do a tick check!

Here's where to look:



Ticks are tiny, so look for new "freckles." These are actual size:



Nymph



Adult female dog tick



Adult deer tick



**Prevent Lyme and other diseases
spread by ticks.**



PACKING GUIDELINES

Please pack for camp together with your child. It will be important that your camper knows where to find all their items quickly in his or her belongings. Packing together will help your camper get familiar with everything they are bringing, and where it is located.

Label Everything

Mark all clothing, shoes, luggage, and other items with campers first and last name.

Label laundry bags, luggage, bedding, and storage containers with campers first and last name.

About Luggage

Camp recommends that campers pack their property in a duffle bag or luggage that can be slid under the bed for easy storage. Soft duffle bags work especially well!

Some parents bring a small set of plastic drawers pre-packed, a backpack and a shower caddy with toiletries.

Socks and Shoes Guidelines

Sneakers or lightweight hiking/outdoor shoes with a solid sole that cover toes must be always worn. Campers travel frequently on their feet throughout the camp day, and as a result, for their safety, must have protective footwear. Campers are expected to wear socks and shoes for traveling to and from water activities.

Campers walk our famous woodland staircase to access the beach. Campers are expected to wear socks and appropriate hiking shoes or sneakers during travel to and from the beach. Flip-flops and water shoes may be worn once campers arrive at the beach. Water shoes are highly recommended for swimming and water play.

NO LOW ANKLE SOCKS! Tightly woven socks that cover at least the ankle, or higher are required. Staff recommends crew socks or knee socks, which can be pulled up when extra coverage is needed.

Set Necessary Medications Aside and Make Proper Arrangements

Please see our Medical Information and Guidelines for details regarding medications, health and safety, and policies on distribution of medicine. But, while you are packing and preparing, the following medications should be packed separately, and handed off by a parent directly to the designated staff member upon arrival for drop-off at camp.

Prescription medications/Over the counter medications must be in their correct and unexpired bottles or packages, clearly labeled with child's name/ a copy of their prescription. Please place the medication and a copy of the prescription in a sealed in a 'Ziploc' Bag, also labeled with your child's name. See Medical Information and Guidelines for full details of policy and procedure.



ONE WEEK PACKING CHECKLIST

- 2 PAIRS OF SHOES
- 1 PAIR OF WATER SHOES (For Safe Swimming)
- 1 PAIR OF FLIP FLOPS (For down time and showering)
- 1 PAIR RAIN BOOTS
- 7 PAIRS OF SOCKS
- 7 pairs of underwear (Daily change plus one extra)
- 2-4 pairs of shorts (Mid-length shorts - See Dress Code)
- 2-3 pairs of long pants, leggings, or jeans
- 6-7 shirts or t-shirts
- 1-2 pajamas or night shirts
-
- ** If child has issues with bathroom needs at night, please include overnight protection, and let the lead counselor in the camper's cabin know.
-
- 2 bathing suits (see dress code)
- Water shoes
- Rain jacket or poncho
- Sweater or sweatshirt
- Hat/cap
- Sunglasses
- Sleeping bag or two blankets
- 1 sheet set: Cover sheet & top sheet.
- Campers with nighttime bathroom needs, please include waterproof or plastic sheets to keep sleeping space sanitary).
- Pillow and pillowcase
- 3-4 towels and washcloths
- Beach towel
- Water bottle
- Flashlight
- Soap in waterproof container
- Shampoo
- Toothbrush and toothpaste
- Comb or hairbrush
- 1 bottle of hand-pump or lotion-based bug repellent (no aerosol cans)
- 1 bottle of sunscreen (preferably waterproof)
- Laundry bag
- Note paper, envelopes, pen, or pencil
- Stamps in sealable bag or affixed to envelopes in a sealable bag



Optional Items

- Baseball mitt, tennis racquet, or lacrosse stick if your child would like their own!
- A good book
- Beach bag or backpack
- Inexpensive camera and film
- Guitar, ukulele, or harmonica
- Work gloves or protective toe boots for farm
- A white or light-colored T-shirt for silk screening or tie-dyeing activities

A NOTE ABOUT EXTRA SNACKS/FOOD

Our canteen provides snacks every day, and often our evening programming includes after-dinner treats and snacks, but sometimes parents want to send a little something extra. If you pack additional snacks for your camper, please make sure they are in air locked containers and only meant for your camper. We are a nut-aware camp! This means please do not pack any snacks with nuts.

** Extra snacks will be held by the Staff, and access to snacks will be provided during appropriate times of the day.

DRESS CODE/ PERSONAL PROPERTY

A Note on Personal Property

To encourage your child to fully participate in camp activities, please refrain from packing personal property that could be distracting, lost, damaged or stolen. Camp provides everything a camper needs for all scheduled games, parties, classes, activities, assemblies, and ceremonies.

The Camp makes every effort to see that campers return home with all their personal property. Still, campers do lose or damage any property. Consider packing “play” clothes that can get stained or dirty and do not pack expensive items such as jewelry and designer clothes.

The staff of Cornell Cooperative Extension of Nassau County and the Dorothy P. Flint 4-H Camp staff reserve the right to inspect the personal property of campers and are not responsible for loss or damage to personal property.

Items found left behind during camp drop-off, pick-up or throughout camp sessions will be brought to the Lost and Found, where they can be reclaimed. Items in the lost and found that remain unclaimed will be donated or disposed of on October 1. Contact our camp office if you are looking for a lost item.

Dress Code Implementation

Dress code is always enforced by summer camp staff. Campers who do not meet dress code requirements will be asked to change. In the case that youth who do not have appropriate dress from the checklist to change into, when required for safety or protection during an activity, will have to choose an alternative activity for that period of the day.

Clothing Must Be Modest and Appropriate

- Use your discretion in choosing camp clothes. Modest clothing should be always worn.
- Inappropriate language or graphics on clothing is unacceptable. Logos or graphics that encourage breaking the 4-The Code of Conduct will be deemed inappropriate for camp.
- If you are not sure about something, please do not send it to camp with your child.
- We play hard at camp, and we get dirty! Please send play clothes and avoid expensive or new clothes.
- Please note that some classes require specific clothing for participation. See guidelines

Shorts and Pants

- Shorts should be mid-length and cover half the child’s thigh, or more.
- Shorts and pants must be fitted at the waist. Baggy pants must have a drawstring or be belted at the waistline.
- NO SHORT-SHORTS. NO SLIT SHORTS. NO REVEALING PANTS-WEAR OR REVEALING SLEEP-SHORTS OUTDOORS.
- Pants are required for many activities at camp. Please ensure your child has at least 2 pair.

Shirts and Tops

- Tee shirts are best and are required for some camp activities. Loose fitting tank tops may be worn but must be thick-shouldered and cannot be see-through. Absolutely NO tube tops, spaghetti strap tank tops, backless, ripped, mid-drift or see-through tops. Shirts must always cover stomach.
- Sleeveless and cut-off tee shirts are allowed but must fit the camper and may not be cut so low under the arms, stomach, or neckline areas to become a revealing piece of clothing.

Swimwear

- One-piece bathing suits are preferred. Tank-style 2-piece bathing suits must be secure. Bikinis, string bikinis, and bra-cut tops are not appropriate for camp.
- Only boxer style bathing suits or cut-offs should be worn at camp, with drawstrings to ensure they stay on in the ocean waves. No brief-style bathing suits are allowed.
- Baggy or loose shorts and/or pants must be belted or secured at the waist, above the hip, leaving no exposed area below the waistline.

SPECIALTY CLASSES

Your camper might sign up for one or more of the following classes held during all summer sessions. The following classes may require items not already included on the above list. If your child has expressed interest in one or more of the classes below, please see their included checklists for necessary items. Please note, there is a fee for High Ropes and Equine Classes, but Farm and Nature classes are part of all sessions and available as a choice to all campers without additional fees.

What to Bring For High Ropes Classes

Please make sure you have long shorts and/or pants suitable for climbing a high ropes course. Please make sure you also have good sneakers and high socks for optimal tick protection. Climbing equipment and helmets are provided for you.

What to Bring for Equestrian Classes

Learning how to interact with and ride horses can be exciting and so much fun. But to really enjoy your time in equine classes, it is important to be dressed appropriately and comfortably. Campers signed up for Horse Camp classes must wear the following to all horse class sessions.

Long pants or Riding Pants

Appropriate Riding Shoes: Sensible hard-soled shoes with a heel that is NO HIGHER than 1" and does not have platform soles. NO SNEAKERS.

Campers must treat themselves or ask staff to help them treat with bug repellent no more than 30 minutes before class sessions begin - for their protection. (Horses attract all sorts of biting insects. Bug spray will protect your child during class.)

Safety helmets are always required for all staff and campers during classes. We provide safety helmets here at camp. But if your child is an avid rider, and has their own, they are welcome to bring it. Please ensure your camper's first and last name is clearly labeled on any safety gear coming from home. Please know that if you choose to bring your own, camp staff cannot be held responsible for lost or damaged items.



WHAT NOT TO BRING TO CAMP

As noted in the code of conduct agreement, if a camper brings any of the items listed below to camp, he or she will face disciplinary action. At a minimum, the items will be confiscated and held in the director's office until a parent retrieves them. The camp does not take responsibility for any damage to personal items that are not permitted at camp.

CAMPERS ARE NOT PERMITTED TO BRING THE FOLLOWING ITEMS TO CAMP

- Cigarettes, cigars, matches, lighters, and vapes
- Alcohol
- Candles and lanterns (except battery operated)
- Electronic equipment, including but not limited to video games, portable TVs, radios iPods or CD players, beepers, cellular phones, etc.
- Sports equipment (except baseball mitt, tennis racket and lacrosse stick)
- Expensive cameras or jewelry
- Laser pointers or pens
- Weapons of any kind, including "survival" gear that might be used as a weapon including pocketknives, folding knives, sheath knives and hatchets.
- Cell phones
- Money
- Medicine (even over-the-counter medication must be with our nurse and signed off on by a physician!)
- Pressurized aerosol sprays, including but not limited to hair sprays, shaving cream and insect repellents. Please use pump spray bottles.

A Note About Technology

We believe in a screen free environment. This means no cell phones, tablets, computers, etc. This is a time for your camper to unplug from daily life and connect with the natural world around them. We recommend talking to your camper about our no technology rule prior to them attending. If your camper forgot something at home and needs to contact you, our office will call you! If you would like an update on your camper, you can also call our office as well- our staff will be happy to give you an update!



CAMPER CONDUCT

To provide the best possible experience for everyone, all campers must conform to camp policies and procedures, code of conduct, and group rules. Our goal is to ensure that no camper is hurt or adversely affected by the actions of another camper. We will therefore apply camp rules strictly and consistently.

THE FOLLOWING BEHAVIORS MAY RESULT IN EXPULSION FROM CAMP:

- Non-compliance or Failure to comply with camp rules and reasonable directions of camp staff.
- Consistent inability or refusal to comply with camp routines.
- Non-participation (cutting classes, refusing to participate in programs and activities).
- Recurring disruptive behavior without little or no response to redirection.
- Profanity, obscene gestures, indecent conduct.
- Fighting, bullying, threatening and other forms of violence or aggressive behavior towards self or others.
- Theft or vandalism, including damaging, destroying, or defacing personal or camp property.
- Providing false information.
- Severe homesickness or Failure to function (not eating, sleeping, bathing).
- Use of cell phone without permission.

THE FOLLOWING BEHAVIORS WILL RESULT IN IMMEDIATE EXPULSION FROM CAMP.

- These behaviors are treated as a third offense.
- Possession and/or use of cigarettes, cigars, or other tobacco products.
- Possession and/or use of matches, lighters, candles, or other combustibles.
- Possession and/or consumption of alcoholic beverages.
- Possession and/or use of illegal drugs.
- Possession and/or use of a weapon, including but not limited to pocketknife, sheath knife, folding knife, slingshot, or firearm.
- Possession and/or use of fireworks.
- Sexual, racial, religious or any other forms of harassment. This includes repetitive, indecent conduct whether it is directed at another person or an indirect, general display.
- Leaving camp property without authorization, running away, or being in restricted camp areas without permission.

CONSEQUENCES:

Depending on severity of the infraction, there are 3 levels of consequences for refusing to – or displaying inability to – adhere to the rules of camp or code of conduct, as listed below. The following steps will be followed if a camper, teen counselor, or adult staff member does not abide by the rules of camp or the camp code of conduct.

*New York State 4-H Program Cornell Cooperative Extension
Nassau County Cornell Cooperative Extension, Dorothy P. Flint 4-H Camp*



Cornell University
Cooperative Extension
Nassau County



CODE OF CONDUCT AGREEMENT

The following guidelines are designed to make your experience at 4-H Summer Camp satisfying to you and to all others attending. Please read carefully and sign the agreement to show that you have read and understand the expectation that we all do our best to adhere to the code of conduct, camp policies and group rules designed to provide the best possible experience for all of us at DPF 4-H Camp.

Our priority is to create a safe, inclusive space for learning, sharing, and collaboration welcoming to people from diverse backgrounds, cultures, and perspectives. Diversity includes, but is not limited to race, color, religion, political beliefs, national or ethnic origin, immigration status, sex, gender, gender identity and expression, transgender status, sexual orientation, age, marital or family status, educational level, learning style, physical appearance, body size, protected veterans, and individuals with disabilities.

1. Respect the rights, property, and personal space of others. This means...

Create a welcoming environment for all. Encourage everyone to fully participate in CCE and 4-H. Recognize that all people have skills and talents that can help others and improve the community though we will not always agree, we must disagree respectfully. When we disagree, try to understand why.

Rudeness, lack of courtesy, and disrespect for authority will not be tolerated.

Fighting and threatening physical abuse is not acceptable behavior and may result in being sent home or released from duty immediately.

Do not touch other camper's belongings.

Disrespectful, abusive language will NOT be tolerated at camp. NO profanity, racial slurs, verbal bullying, or putdowns.

Even if this type of language is used in a joking way, it is not appropriate for camp and will not be tolerated.

Do not damage or deface camp facilities or property. NO graffiti, carving into trees or wooden cabins, or marking any surface in a permanent way. You will be liable for cost of repair.

Campers cannot visit cabins in the alternate units. No exceptions. This will be treated as a third infraction.

Campers may not enter any cabins except their assigned cabin without approval from the counselors and arrangement between designated staff for both campers.

Follow the dress code. All clothing and footwear are well outlined in the dress code. Clothing that does not meet dress code standards may not be worn at any time during camp.

All clothing must fit securely enough to be non-revealing; that is, enough to protect the modesty of the wearer when the wearer is engaged in any activity one might reasonably be expected to engage in while at camp or when participating in 4-H activities.

This includes, but is not limited to, excessively low-cut shirts and/or blouses; inappropriately short dresses, skirts, or shorts; clothing that bares the shoulders, back, or midriff; and clothing that permits a view of undergarments at any time. In gauging the length of shorts or skirts the following is a rule of thumb – If your arms are extended down by your side then your shorts/skirt must fall at or below the fingertips.

Swim trunks or appropriate shorts – no male speedo-style suits allowed. Female suits: One pieces are preferred; two-piece suits are ok if they are secure to engage in physical activity.

Respect and uphold the rights and dignity of all staff, volunteers, families, and youth who participate in CCE and 4-H programs. Follow Cornell Cooperative Extension Non-Discrimination Policy.

2. Be concerned for the safety of yourself and others. This means...

Follow the 10 Miles an Hour speed limit at camp

Must wear closed-toe shoes and (permethrin) treated socks for camp activities. Sandals are not safe on uneven terrain and do not protect your feet from injury or biting insects.

Sleeping area shall be kept neat and free of litter. Dispose of all trash in designated areas. Littering is NOT permitted on campgrounds.

No running in camp unless during an organized activity.

Throwing objects is not allowed unless it is a planned activity such as sports (Throwing rocks, sticks, dirt or other natural items will not be tolerated).

No jumping or swinging on the beds or the cabins.

Campers cannot leave the grounds without an adult, and only in case of an emergency that requires attention from professionals outside of the campgrounds. Campers are not allowed to travel campgrounds unsupervised.

All prescriptions and over the counter drugs must be given to the Camp Nurse immediately upon arrival at camp. Only the camp nurse can distribute medications of any kind to your child. Please refer to the Medical Information and Guidelines for procedure regarding prescription and over-the-counter medicine at camp.

No weapons of any kind are allowed at camp. Survival equipment and fishing equipment is provided by camp for related classes. DO NOT BRING KNIVES OF ANY KIND TO CAMP. THEY WILL BE CONFISCATED.

CODE OF CONDUCT AGREEMENT

3. Camp is a fun experience, and everyone is to participate in the planned activities. This means...

Be on time and ready to participate.

Being your best self. Respect and follow Cooperative Extension rules, policies, and guidelines that relate to 4-H Youth Programs and Events. Conduct yourself in a manner that reflects honesty, integrity, self-control, and self-direction.

Accept the results and outcomes of 4-H contests with grace and empathy for other participants. Accept the final opinions of judges and evaluators. Be open to new ideas, suggestions, and opinions of others

All participants are expected to follow the schedules as set forth by camp staff. Straying from the schedules can be extremely disruptive and can sometimes even be dangerous.

Everyone must participate in the campfire drills. When you hear the bell report immediately to the designated area for head count.

If illness occurs during a planned activity, camper should report to their designated staff who will report to camp medical staff.

"Lights Out" means quiet and in bed.

4. Follow and respect the rules and policies as outlined in our handbook. This means...

The camp telephone is only to be used with the permission of one of the following: Camp Director, 4-H Staff or Camp Nurse. Bringing and using cell phones is not allowed. If a child or teen wishes to make a call, they can contact an adult staff to decide.

Everyone must check in/out with the Camp Director or designated camp staff when coming or leaving camp.

Parking vehicles is allowed in designated areas only.

5. The following items and activities are NOT allowed and will NOT be tolerated in any way at camp.

Campers will be sent home immediately at the first infraction and at their own expense. Youth will have arrangements made with a parent through the camp director.

- Possession of knives, weapons, firearms, fireworks, matches or other fire-starting tools.
- Being under the influence of drugs or alcohol OR possession of drugs or alcohol on camp property. Gambling or betting with money.
- Public display of affection between anyone.
- Physical violence, fighting, threatening/physical abuse.
- Theft, vandalism and/or tampering with emergency equipment.
- Running away from designated camp areas during a session, during any time of day or night.
- Being in restricted camp areas without permission.
- Sexual, racial, religious or any other form of harassment. This includes repetitive, indecent conduct whether it is directed at another person or not.

CONSEQUENCES:

Depending on severity of the infraction, there are 3 levels of consequences for refusing to - or displaying inability to - adhere to the rules of camp or code of conduct, as listed below. The following steps will be followed if a camper does not abide by the rules of camp or the camp code of conduct.

1st Infraction

Camp staff member or Camp Director will speak quietly in private, or pull person to the side, identify the inappropriate behavior, process with camper, and clarify the rule. Campers may need advice on how to better deal with a particular situation. First infractions are warnings for a camper.

2nd Infraction

Camp Director or camp staff will discuss the inappropriate behavior and give a "time-out" or other appropriate consequence for the behavior. The attitude and/or behavior in question will be discussed and processed, and first infraction will be noted. Camper may develop a plan with a staff member to prevent further infractions. Multiple time-outs may be used throughout a day for reinforcement if necessary. Camper parent may be called, depending on the severity of the behavior or attitude.

3rd Infraction or Any Behavior Listed in # 4 Above

Camp Director or 4-H staff will request parent to pick up camper or to be taken home at their expense and camp fee will not be refunded. Campers will be sent home at their expense.

By registering for camp, you are signing and agreeing to our code of conduct agreement.

BATTLING HOMESICKNESS

It is common to feel nervous when you first arrive at camp, especially if you are a first-time camper. Our camp staff are ready to help campers get settled in, comfortable and start making new friends right away, and most campers are so busy having fun at camp to get homesick. homesickness is not unusual, especially for campers joining us for their first time away from home.

Our camp program provides support and encouragement for campers who feel a little homesick. The camp staff members are trained in supporting and helping campers to deal with feelings related to homesickness and will work one-on-one with campers who are struggling. Most often, homesickness is a temporary feeling that can be overcome with the support of camp friends and staff mentorship.

You can begin practicing, preparing, and developing strategies to cope with homesickness months in advance of your child's camp session. The American Camp Association offers suggestions, resources, and a step-by-step guide to help parents understand and communicate with their child about homesickness. This can be found online at www.acacamps.org/press-room/how-to-choose-camp/homesickness.

Homesickness Protocol

When campers are very homesick and cannot adjust to camp life, after all other methods are exhausted, the camp director will contact the camper's parent to discuss the matter so decisions can be made together about next steps. We encourage all our campers to try their best to have fun and remain for their entire scheduled camping visit, but if homesick campers cannot adapt to camp despite everyone's best efforts, they can be picked up early after discussion with the parents and the camp director.

When a camper and his/her parents decide an early dismissal is best for them, unfortunately, there is no refund for the remainder of that session. Subsequent sessions are subject to a \$200 cancellation fee per session and there are no refunds for special program fees.

Some Suggestions for Battling Homesickness:

Review the information in the Parent/Camper Handbook. This will help your child feel familiar with the experience they are about to have, and will give them time to process, ask questions, and find answers to their fears and concerns. The more informed and prepared the camper feels before the first day, the less likely they are to experience more than a typical touch of missing home.

Avoid making "deals" with your child. Making deals like "I'll pick you up if you don't like it" can undermine a child's confidence and independence. Instead, tell your child you are sure they will be successful, and encourage them to confide in their designated camp staff if they are struggling with anxiety or homesickness.

First time campers who do not spend many nights away from home should work with parents to develop strategies that will help the child cope with feeling homesick or scared. The American Camp Association offers many step-by-step plans on the webpage noted above.



HEALTH FORM INFORMATION

Health forms must be completed and returned by June 1st. Forms must be submitted to the Cornell Cooperative Extension, Nassau County Office in Eisenhower Park, Parking field 8, East Meadow, NY 11554. Fax # (516)832-2597 , or email to Dpf4hcamp@cornell.edu. ALL FORMS MUST BE SUBMITTED BY JUNE 1st, or your camper will not be able to participate in camp this summer.

What do I need for my forms to be complete?

- Parent completed form on Ultra Camp
- A printed copy or handwritten record of immunizations
- **Any medication your camper needs signed off on by a licensed health professional this includes over the counter medication**
- **Copy of prescription for prescription medications**
- Medical insurance

HEALTH AND SAFETY

The camp takes every precaution to provide a safe and healthy environment for campers. Our camp nurses live at camp during the camping season and manage our Health Lodge, which is available 24-7.

MEDICAL SCREENINGS

The camp nurse, as required by the NYS Department of Health, must review all medical records. Campers with medication or change to their health must see the nurse upon check-in. The camp director must be notified in advance of any health issues regarding a child's special needs that may require modifications during camp such as: hearing impairments, language barriers, home life, divorce, learning disabilities, recent change in medications, etc. If a child comes to camp with a pre-existing illness or injury, he or she may be sent home or treated by the camp physician at the parent's expense. No refund will be issued for missed time due to injury or illness.

MEDICAL TREATMENT

In the event of minor or injury at camp, the camp nurse will treat the camper. If necessary, the camper may be examined by a local pediatrician. This summer there will be no overnight stay in the infirmary of our Health Lodge. If a camper is injured or becomes ill parents will be notified right away and asked to pick up their child. There will be no over the counter drugs such as Tylenol, or Aspirin permitted this year. When an injury is serious or outside treatment is required. All fees are the parent's responsibility. A copy of the front and back of your insurance card is required by the pediatrician.

EMERGENCY MEDICAL TREATMENT

In the event of serious injury requiring emergency treatment or hospitalization, campers will be taken to Peconic Bay Medical Center and every effort will be made to contact the parent immediately. A camper who becomes ill or is injured, cannot resume regular camp activities may be sent home at the discretion of the Camp Director. There will be no refunds.

PRESCRIPTION AND NON-PRESCRIPTION MEDICATION

If it is necessary for your child to receive any medication while at camp, please adhere to the following guidelines:

ALL MEDICATION PRESCRIPTION AND NON-PRESCRIPTION MUST BE SIGNED OFF ON BY A DOCTOR. ALL PRESCRIPTION MEDICATIONS MUST HAVE A COPY OF THE WRITTEN PRESCRIPTION WITH THE MEDICATION, NOT JUST THE LABEL! NO EXCEPTIONS!

- The physician must give permission to the camp nurse to administer medications by signing the appropriate section of the Physician's Form or provide a standing order.
- The parent or family physician must provide clear instructions about the use of prescription medications on the Physical Examination Form.
- All prescription/non-prescription medications must be packed separately and given immediately camp nurse.
- All prescription/non-prescription medications must be in their original containers and labeled correctly. Medications will not be dispensed with expired expiration dates and can only be dispensed by the camp nurse and/or witnessed by the camp health staff.
- Campers are permitted to carry their own inhalers and Epi-pens if they are noted on the camper health form and contain a pharmacy label with their name on it.

Prescription medications with written copy of prescription:

- Complete name of patient
- Date prescription filled
- Expiration date
- Directions for use/precautions (if any), storage (if any).
- Name and address of dispensing pharmacy
- Name of physician prescribing medication

Non-prescription medications:

- Complete name of patient
- Authorization and instructions for use by individual's physician.

All children on prescription medications will be instructed on the first day of camp about the schedule for dispensing medications. Emphasize the importance of encourage your child to take responsibility for complying with this schedule.

No camper is permitted to have medications, including vitamins, ointments and lotions of any kind, on his/her person at camp without the express permission of the camp nurse. Campers are allowed to bring sunscreen and insect repellent in lotion form (no aerosol or other sprays) but must use these appropriately and keep them in their luggage. Improper use of sunscreen or insect repellent. Will result in disciplinary action.

All Children on prescription medications will be instructed on the first day of camp about the schedule for dispensing medications. Emphasize the importance of and encourage your child to take responsibility for complying with this schedule.

No camper is permitted to have medications, including vitamins, ointments, and lotions of any kind, on his/her person at camp, without the express permission of the camp nurse. Campers are allowed to bring sunscreen and bug repellent (no aerosol or other pressure spray bottles) but must use these appropriately and keep them in their luggage. Improper use of sunscreen or insect repellent will result in disciplinary action.

Medical Insurance

The parent's personal medical insurance is the camper's primary coverage. All campers must have medical insurance or coverage to attend camp. All registered campers are covered by excess coverage accident insurance while at camp.

TRANSPORTATION/ CONTACT INFO

Parents should bring campers to camp no earlier than 9:00AM on Monday. We do not accept campers prior to 9:00AM.

AM parents/guardians will be required to show picture identification upon entering camp. Please know this policy is for the safety and welfare of your child. If someone other than a camper's parent/guardian is dropping them off, please reach out to us so we can be sure paperwork is in order.

At the end of the session on Saturday, campers must be picked up at 9:00AM.

Directions to Camp

1. Take the LIE to Exit 71 (Hampton Bays Calverton).
2. Turn left at bottom of exit ramp, cross the railroad tracks through light at Route 25 and continue north until you reach traffic light at Sound Ave. (approximately 3.9 miles from LIE to Sound Avenue).
3. At traffic light turn right and continue east for 2.5 miles until you see the 4-H Camp sign at the West Entrance on the left side of the road.
4. Turn left at the sign. Continue to drive into camp and park in the designated visitor parking. Camp staff will meet and direct you and your camper to the camp office.

Sending Mail

You can send letters, and care packages to our camp address listed below

Dorothy P. Flint 4-H Camp
3186 Sound Ave. Riverhead, NY 11901

If you would like your camper to send you letters please provide stationary and stamps! Our staff will be more than happy to help them write a letter home if they need assistance.

Cornell Cooperative Extension Nassau County

CCE-Nassau Main Office
Eisenhower Park, Special Activities Center, Parking Field 8
PO Box 148
East Meadow, New York 11554
TEL: 516-832-2591
FAX: 516-832-2597
nassau@cornell.edu

Dorothy P. Flint 4-H Camp

3186 Sound Avenue
Riverhead, NY 11901

Email: dpf4hcamp@cornell.edu

Important Numbers

Main Camp Office: 516-832-2591 Ext. 11

Summer Camp Office: 631-727-9762

Summer Camp Office Fax: 631-727-6065



CAMP POLICIES

OFFICE HOURS

There is a staff member in the office from 8:00AM to 5:30PM.

The phone number is 631-727-9762.

After 5:30PM leave a message by calling 631-727-9762 and your call will be returned first thing in the morning.

PHONE CALL POLICY

The camp phones are for emergency purposes only. Campers are not permitted to receive or make phone calls. Please refrain from calling the camp to check on your child. If there is a problem or unusual situation involving a camper, the Camp Director(s) will contact the parent.

VISITATION POLICY

For the health and safety of our campers, only staff and registered campers are allowed in the camp areas when camp is in session. Unannounced visitors who have not received previous clearance from the Camp Director are not permitted at camp. In special circumstances, such as an emergency or severe illness, parents can communicate with our Camp Director to make special arrangements.

ATTENDANCE POLICIES AT CAMP

Continuing attendance at camp is contingent on proper enrollment, full payment, and appropriate camper conduct. Please note the following policies and procedures.

CAMPER SESSIONS

Camper's Sessions are scheduled in one-week long increments. Campers are dropped off Monday morning and are picked up at the end of sessions on Saturday mornings. See Camp Dates for official drop off and pick up days. Campers leaving camp on Sunday and returning the following Monday must bring their belongings home for a proper re-set for the new week.

REFUND POLICY

- All camper weeks are subject to a \$200 non-refundable processing fee per week. No exceptions.
- No refunds will be granted after June 1st. This is due to staffing, food, and program supply allocation. Thank you for your understanding.
- No refunds will be granted if campers do not arrive at camp when scheduled or do not complete all required forms by due dates.
- No refunds will be granted if a camper is sent home for medical or behavioral reasons included but not limited to; violating camp rules and policies, homesickness, non-compliance, failure to thrive (e.g., not eating or participating).
- A prorated refund will be considered for remaining camp stays if a camper becomes injured at camp and the Camp Health Director or Camp Director (or designee) determined that he/she is unable to participate in camp activities and must be sent home.
- If camp must cancel a session(s) or is unable to open, refunds will be issued to participants minus a \$75 processing fee per session. If a session had taken place for 3 or more days at the time of cancellation no refunds will be issued.

EARLY DISMISSALS

For campers to get the most from their camp experience, we do not recommend early dismissal before the end of their full session. However, campers will be excused or dismissed during a session or prior to end of a session for emergencies or upon parent request, after discussion with the Camp Director and the approval of the Camp Specialist.

MEDICAL DISMISSAL

If a camper becomes ill at camp and is sent home at the discretion of the camp medical staff, there will be no refunds.

DISMISSAL FROM CAMP

In the interest of the health and welfare of all campers, those campers who cannot adjust to camp and become a danger to themselves or others or exhibit a consistent and atypically high level of stress because of inability to adjust to camp, may be sent home by the Camp Director(s) after all camp resources have been exhausted. There is no refund for the remainder of that session. Subsequent sessions are subject to a \$200 cancellation fee and all fees for special programs.