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2019  
Teen Adventure  
Camp  
Day Camp  
Camper Information Packet

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**Important information enclosed.**

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**Please read the entirety of this packet.**

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## Welcome!

We are excited for your camper to experience Teen Adventure Day Camp this summer! This packet is filled with information to help prepare your family for camp and make your camper's experience, safe, fun and fulfilling! Camp is a special place, full of opportunities for growth and personal development. Our highest quality of leadership and staff will be provided at all of our camping programs across the state to instill a great sense of appreciation for the outdoor world.

Teen Adventure Camp Day Camp is the perfect place for your camper to develop new skills and build self-confidence in a safe, fun environment. Many youth come to camp because they want to have fun, but they leave with so much more! Your child will come home with new friends, bolstered confidence, leadership and outdoor skills, and a lifetime of memories that you made possible - all by giving the gift of camp.

**Even if you have been to one of our camps before, please read through this thoroughly as some things may have changed.** If you have any questions that are not answered here, please do not hesitate to contact any of the directors listed below.

**Sean Gundersen**  
Camp Director  
sgundersen2@unl.edu

**Katie Zabel**  
Camp Program Director  
Kzabel2@unl.edu

**Kali Tomlinson**  
Camp Program Director  
ktoomlinson2@unl.edu

## Drop Locations and Times:

**Eastern Nebraska 4-H Center  
21520 W HWY 31  
Gretna, Nebraska 68028**

Check-In Time	Check-out Time
7:30AM- 8:30AM on each day of camp session	4:30PM – 5:30PM on each day of camp session

**Peterson Park  
West Angus Road  
Gretna, Nebraska 68028**

Check-In Time	Check-out Time
7:30AM- 8:30AM on each day of camp session	4:30PM – 5:30PM on each day of camp session

## **Open Houses**

We invite you to visit camp during an open house so you can get to know our staff and facilities. We especially encourage first time campers and their families to attend. Bring the whole family and tour camp, meet the full-time staff, and get your questions answered!

Only camp staff and campers are allowed in camp during sessions so we encourage you to take advantage of this opportunity to learn more about the camps and the staff. When you drop off your child at camp, your access to the property will be limited. For more information on Drop Off, see Camp Check-In Procedures.

## **First Time Campers**

We want your camper to have the best camp experience possible! The best thing you can do to prepare your camper is to use positive language and an excited, upbeat tone when talking about camp. Here are some tips to make the first experience the best it can be.

Preparation and practice for campers:

- Have your camper practice washing their hands.
- Encourage drinking water with meals and carrying a water bottle.
- Talk about playing and learning with others. At camp, we practice living the 4-H pledge. The camp community is like a big family and we expect campers to respect themselves, others and the environment.
- Talk with them about what to do if something is wrong. Encourage your camper to talk to a counselor when they have conflicts with a friend, if they are hungry or homesick, lost their backpack, etc. Counselors can help if they know what the problem is!

**We want you to be prepared for questions your child might ask.** Below are some of the most common questions and responses for you to consider.

### **What if no one likes me?**

There will be a variety of campers in the unit and many campers who don't know anyone else. Counselors will start the week off with games to help you get to know one another as well as check in during daily community circles.

### **What if I get sick?**

Your "cabin" mates and counselors can help you and will take you to see our health supervisor. You will be fixed up in no time!

### **What if I really miss home?**

That's ok. I will miss you too, but you'll be having a great time with your new friends! Your counselors are there to give you the support you need and I'll see you at pick up!

### **What if I'm scared of bugs?**

There are bugs at camp, but they won't hurt you if you don't mess with them. Your cabin mates and counselors can help you if you get too scared.

## **First Time Campers continued...**

### **Missing Home**

Most campers experience “homesickness” or missing home to some degree – even at Day Camp. We tell our staff that homesickness is not so much about missing home as it is about making sure this new place is safe.

## **Returning Campers**

Even though your camper has been to camp before, here are a few tips to keep things going smoothly.

Returning campers can also experience “homesickness.” This may be due to changes at home: marriage, divorce, a new sibling, death of a loved one, etc. If your camper is in any of these situations, talk about it before they come to camp. This will help process the changes so they won’t have to worry at camp. You may choose to share this information with the camp staff so they can be aware and sensitive to your camper’s situation.

Sometimes returning campers have to adjust to the fact that camp is different than it was last summer. Talk with your camper about how things change and that camp will be different and might just be better! Campers who are returnees are often “the experts” at camp. We encourage campers who are returning to be compassionate to new camper and show other them how exciting camp can be. **This is hands-on leadership development!**

## **Our Counselors**

Our camp counselors are primarily college students who are studying fields such as education, recreation, sociology, and psychology and want the experience of working with children. All Nebraska 4-H Camp staff complete a thorough application process which includes a written application, employment history, three reference checks, verification of skills and certifications, a personal interview, and a background check. Hired staff are required to complete a two-week long training program prior to working with campers. Training includes CPR/First Aid certification and emergency preparedness, child development, group management, how to help with homesickness and much more. Staff at each camp are trained in safety and facilitation practices for the program activities at their site (e.g., archery, lifeguarding, and challenge course).

## **Health Procedures**

Each camp is staffed by a trained staff member known as a health supervisor.

## **Health History**

In order for your camper to attend camp and receive the best care in the event of an accident or illness, all campers must submit a current Camper Health History/Release form found in your online profile. This form must be completed three (3) weeks prior to the camp session your camper attending. Please provide us with all relevant information regarding your camper. If your camper has any special needs, our knowledge of these will only further the camp experience. This information is securely stored and only shared with staff working with your camper. If you have questions, please contact us.

## **Head Lice**

Head lice are common in children and adults so please check your camper before you bring them to camp. We will be unable to allow any camper to attend camp if there are any nits or lice in their hair. Refunds will not be provided if your camper has lice and decides not to attend camp. Some signs of head lice are:

- An itchy scalp and a great deal of head scratching.
- Nits in the hair. Unlike dandruff, nits attach themselves to the hair shaft and cannot be “flicked” off of the hair.

## **Parents/guardians will be contacted if the following situations occur:**

- If your camper spends the day in the health center.
- If your camper needs to see a doctor or visit the emergency room.

## **Parents/guardians may be contacted in the following situations:**

- If the health supervisor has a question in regards to information supplied on your campers Health History/Release form (medications, chronic health conditions, etc).
- If a camp staff person needs your assistance/support in regard to your camper’s well-being.

## **Medications, Vitamins, Non-Prescription Drugs, Etc.**

All medications, vitamins, herbal supplements, etc. must be handed in when campers check in at camp. Please make sure not to pack these items in your camper’s gear. If your camper requires a rescue inhaler, epi-pen or other rescue medication, they will be carried by the counselors with your camper at all times. For safety of the camp community, no camper (including adult participants) will be allowed to keep medication on their person or in their belongings.

## Health Procedures continued...

Please note the following as you are packing your camper's medications:

- All medicines, vitamins, non-prescription drugs, etc. must come to camp in the original containers.
- Prescription drugs must be in the name of the camper and have the instructions from a physician as to dosage, use, etc. accompanying the container. Please check carefully to insure inhalers or other boxed medications and prescription samples either have the box with the prescription label or a note from your physician indicating the campers name, dosage, and any other instructions.
- Vitamins, non-prescription drugs, herbal supplements, etc. require a written signed note from the parent/guardian indicating dosage and frequency.

### Medication Blister Packs

All prescription medications are required to be filled into provided blister medication packs during the check in process. You will be required to transfer information regarding the prescribed medication onto the provided medication labels. Please see the health supervisor, if you have any questions or need assistance.

### Emergency Procedures

Parents will be contacted if there is an emergency that affects the camp community. Examples of emergencies include wildfire evacuation, tsunami evacuation or other such occurrences. If these events occur, please do not call camp. You will be contacted by Nebraska 4-H staff with information regarding next steps.

### Medical Insurance:

Health insurance is the parent's/guardian's responsibility.

## Meals at Summer Camp

Campers will enjoy a cafeteria style meal served daily in the dining hall. Meals are carefully planned to ensure generous amounts of healthy and nutritious options. Nutritional value and inclusion of the food groups are also considered when putting together menus for the summer. For lunch we may have burritos, sandwiches, or soup. Dinner options often include spaghetti, chicken, or stroganoff.

Food is readily available all day for any camper who wants a snack, as we know how much energy is spent having fun!

### Special Dietary Needs and Food Allergies

Most dietary needs can be accommodated (vegetarian, lactose-intolerant, gluten free, etc.). Special diets may require the participant to bring some of their own food to supplement the meals provided by camp. **We are a peanut free environment and ensure that a camper's meal is peanut free. If your camper has any specific dietary restrictions or needs, please put them on the Camper Health History/Release form.**

## Additional Special Needs

Please contact the Camp Director for campers requiring special health care or with mobility limitations. Together, you and the Camp Director can discuss the nature of your camper's needs and gather additional information to determine if the camp can provide the proper support, supervision and necessary accommodation for your camper to have a safe, fulfilling camp experience. To be successful at camp, your child needs to be independent with self-care (using the restroom, washing their hands, changing in to swim gear). Your camper needs to feel comfortable in the following camper to counselor ratios:

Camper Age	Number Staff	Overnight Participants	Day-only Participants
6-8 years	1	6	8
9-14 years	1	8	10
15-18 years	1	10	12

We are dedicated to serving ALL youth at Nebraska 4-H, and accommodation can be made in many cases. Please contact the Camp Director or Camp Manager if you would like to speak about accommodation.

## Program Session Information

Your camper is registered for a particular camp session for their age at the time of the program. The following are examples of activities that your camper will participate in at each of our camps, regardless of which program session they have registered for:

- Swimming
- Games
- Crafts
- Singing
- Field Trips
- Optional overnight stays

## American Camp Association Accreditation

We are an American Camp Association accredited camp. We voluntarily review over 300 industry standards related to the health and safety of campers and staff. In addition, we implement research based policies, procedures, and practices throughout our programs. All of our programs also comply with UNL's *Youth Activities Safety Guidelines*.



## Typical Daily Schedule

Depending on the session your camper is attending the activities will vary by camp. All activities are weather permitting.

7:30 a.m.	Morning Drops
8:30 a.m.	Morning Drops End; Travel to Camp Location
9 a.m.	Activities
12:00 p.m.	Lunch
1:00 p.m.	Activities
4:00 p.m.	Camp Store
4:15 p.m.	Depart Camp Location
4:30 p.m.	Evening Pick Up
5:30 p.m.	Evening Pick Up End

## Telephones and Cell Phones

Campers are not generally allowed to receive or make phone calls while at camp. If there is a problem or if your camper is not doing well, a staff member will contact you as soon as possible. If in an emergency arises at home and you must contact the camp by phone, our summer phone numbers are:

**Eastern Nebraska 4-H Camp • (402) 332-4496**

Please ask to speak to the camp director or assistant camp director. If they are not available, leave a message and they will return your call as quickly as possible.

**Campers are not allowed to have a cell phone for any reason.** Camera phones can create privacy and legal concerns. Camp is purposefully a place where campers can “unplug,” allowing them to better connect with each other and their environment.

Any cell phone brought to camp by a camper will be secured in the camp office until the camper is ready to leave for home. Nebraska 4-H is not responsible for lost, stolen, broken, or damaged property.

## Camp Store

Camp store will be open for campers to purchase snacks, fun camp specific clothing and memorabilia as well as camping accessories to enhance their visit. **You can add camp store money to your child’s account by logging in to your Ultracamp account.** Due to refund policies, we can no longer accept cash or check payment for camp store in person on the day of check in. **We do not offer cash refunds at the time of check out.** The ideal camp store deposit is \$30 or less.

### Unspent Camp Store Money

At the end of the camp season, you will receive a refund for the remaining unspent camp store funds directly to your UltraCamp Account. Please allow 3-5 weeks for processing.

## Cancellations

All cancellations are subject to a \$25 processing fee. No fees will be returned if the camp being attended is not notified 14 days prior to the camp session commencing.

## Changing Camps

If for some reason you wish to register for a different camp, the request must be made at least 2 weeks prior to the camp for which you were originally registered. Changes will be made only where feasible. There is no charge for changing camp sessions. Parent/ Guardian is responsible for any difference in camp fees.

## Modifications and Changes

For a variety of reasons, although rare, Nebraska 4-H must occasionally cancel a camp session. If this occurs, you can expect the entire camp fee (including the deposit) to be refunded or an alternative camp session to be found. Other times, certain activities described in the camp brochure must be suspended or changed due to circumstances beyond our control, such as inclement weather or safety considerations. In these situations, we try to adapt by offering equally valuable alternative program. Under circumstances of this type, refunds should not be expected.

## Camp Check in Process

Please do not plan to arrive early, as the camp staff will be preparing the site for campers. Doors open promptly at drop-off time. Please bring any medication with you to the check-in table. You and your camper will check in.

## Camp Check-out Process

**The person picking up the camper is required to show photo identification and be an authorized pick-up on the account holder's Ultracamp account.**

There are no exceptions to this policy – even parents and guardians must show ID. This is for your safety as well as your child's protection.

- **Lost and Found Items:** Lost and found items at camp are kept in a box in the lodge. Items are displayed for claiming on the last day of camp. Unclaimed items will be held for two (2) weeks after the last day of the camp session. Any items that have not been claimed will be donated or discarded. Claimed items can be picked up from the camp. Nebraska 4-H is not responsible for lost, damaged or stolen items.
- **Meeting counselors:** At pick-up time, feel free to take a few minutes to meet the staff who worked with your camper during the week. They'll be happy to meet you and speak with you about your camper.
- **Leaving Camp Early / Coming and Going:** It is our goal to make your child's stay at 4-H camp one of the highlights of their summer. We strive to create a community in which all campers are actively involved 100% of the time. This is difficult when campers leave for sporting events or other engagements. Please try to make arrangements within your schedule so your child can remain at camp the entirety of the session.

- **Medications:** Remember to pick up your camper’s medication from the lead staff.

### **Check in and Check Out Times**

The following check-in and check-out times apply. The first and last day of your camper’s camp session can be found on your invoice. Only those listed on the Camper Health History/ Release form may pick up the camper. Please bring photo ID. Doors will open at the times listed below.

<b>Check-In Time</b>	<b>Check-out Time</b>
7:30AM- 8:30AM on each day of camp session	4:30PM – 5:30PM on each day of camp session

## **Directions to Eastern Nebraska 4-H Center**

**Please do not rely solely on Google Maps/Apple Maps or GPS as they can be inaccurate.**

Camp Office: (402) 332-4496

Camp Address: 21520 W Hwy 31, Gretna, NE 68028

### **From Omaha, Nebraska:**

- Take I-80 West towards Lincoln, NE.
- Take Exit 432 (Nebraska Crossing Outlet Mall and Flying J Truck Stop.)
- Turn Left (South) on Highway 31.
- The entrance to camp is approximately 5 miles south from the entrance to the Flying J.

### **From Lincoln, Nebraska:**

- Take I-80 East towards Omaha, NE.
- Cross the Platte River and take Exit 432 (Nebraska Crossing Outlet Mall and Flying J Truck Stop.
- Turn right (South) onto Highway 31.
- The entrance to camp is approximately 5 miles south from the entrance to the Flying J.

## **Directions to Peterson Park in Gretna**

**Please do not rely solely on Google Maps/Apple Maps or GPS as they can be inaccurate.**

Camp Office: (402) 332-4496

Camp Drop Off Location: Peterson Park, Gretna, Nebraska 68028

### **From Omaha, Nebraska:**

- Take I-80 West towards Lincoln, NE.
- Take Exit 432 (Nebraska Crossing Outlet Mall and Flying J Truck Stop.)
- Turn Right (North) on Highway 31.
- Turn Left (West) on to West Angus Rd. Peterson Park is on the Right (North) side of the street near the swimming pool.

### **From Lincoln, Nebraska:**

- Take I-80 East towards Omaha, NE.
- Cross the Platte River and take Exit 432 (Nebraska Crossing Outlet Mall and Flying J Truck Stop.)
- Turn Left (North) on Highway 31.
- Turn Left (West) on to West Angus Rd. Peterson Park is on the Right (North) side of the street near the swimming pool.