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# Nebraska 4-H

# BASH Day Camps

## Camper Information Packet

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**Important information enclosed.**

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

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## Welcome!

We are excited for your camper to experience 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.

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  
ktomlinson2@unl.edu

### Drop Site Locations and Times:

#### **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

#### **Eastern Nebraska 4-H Center 21502 W Hwy 31, Gretna, Nebraska 68028**

Check-In Time	Check-out Time
8:15AM- 8:45AM on each day of camp session	4:30PM – 5:00PM on each day of camp session

## **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 our day camp 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 group or "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.

## Correspondence and Photos – Bunk1 and Care Packages

Happy mail from home is always a welcome addition to the camp experience. We have partnered with Bunk1 to help you communicate with your campers more effectively. Download the Bunk1 App on your mobile device for easy access (available in your App Store)!

Be the first to know what’s happening this summer with the Nebraska 4-H Camps private photo gallery, then send messages using Bunk Notes. Your note will be delivered to the camp within 24 hours. No need to wait for snail mail: Bunk1 makes it easy to communicate with your child.

### GET STARTED TODAY!

•Go to [www.Bunk1.com](http://www.Bunk1.com)

**RETURNING PARENTS** will login using their email address and password.

**NEW PARENTS** will click “New Here? Get Started” button and complete the basic form.

•The Invitation Code for Nebraska 4-H Camps is: **NEBR4HCAMP2020**

You will be prompted to select a bundle for access to your Parent Portal. Bundles include credits for you to send Bunk Notes and enhance your notes with borders, photos, sports scores, and puzzles.

## Photo Gallery with Facial Recognition

**Save Favorite Photos** for easy access to pictures of your camper all year-round.

**Upload a profile photo of your camper.** Our facial recognition will scan all the uploaded photos and notify you when we detect photos of your camper

**Share Photos to social media** or email a photo to family.

**Customize Unique Photo Gifts** such as mugs, calendars, phone cases and more. Order high resolution digital downloads or prints.

## Sending Bunk Notes

Send Bunk Notes day or night! Your camp receives a PDF at 11:30 am CT each day containing all Bunk Notes received in the last 24 hours.

Use credits to create Fun Notes that include borders, photos, Sudoku puzzles or baseball box scores.

Purchase Bunk Note Express and receive a unique email address for your camper. You can customize your camper email address and share with grandparents or other relatives so that they can send Bunk Notes too.

When writing a Bunk Note, make sure your mail is cheerful and positive. Ask questions about what they are doing at camp, but please do not tell them about all the great things they are missing or how much you miss them. This can lead to homesickness. Mail with unhappy news (a pet passed away, a favorite relative is moving out of the area, etc.), while important, is sometimes better left until a camper returns home and can be with supportive friends and family.

## Care Packages

*Please do not send any care packages to your child at camp.* Any care package received will be kept in the office until check out day for pick up. Nebraska 4-H is not responsible for lost or stolen care packages.

## Camp Store

There is a camp store at both of our day camps. 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. Please do not add more than \$30 in your Camp Store Account.

### Adding Money to your Camp Store Account

1. Log in to your Ultracamp account: <https://go.unl.edu/qszp>
2. Click the **"Additional Options"** tab on the Menu bar
3. In the **"Additional Options"** tab, select **"Camp Store"**
4. Select **" Add money to the camp store/manage accounts>>"**
5. Add the amount of money you like to add to your selected camper's account(s). Click **"Next"**
6. Click **"Proceed to Checkout"**, review order
7. Click **"Proceed to Payment"**.
8. Select method of payment and provide credit card information.
9. Complete your order by selecting **"Process Order"**

### Unspent Camp Store Money

We highly encourage all campers to spend all of their camp store money while at camp. In the event of

Unspent Camp Store Money at the end of the summer season, any unspent money will be donated to the Camp Scholarship Fund. This fund helps sends campers who are in need of financial assistance to attend our camp program. We do not provide refunds or credits for unspent camp store money.

## Cancellations

All cancellations are subject to a \$50 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 check-in and check-out times are listed on the first page of this confirmation form. 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.

## **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 TruckStop.)
- 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.

## **Directions to UNL East Campus in Lincoln**

**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: 114 Agricultural Hall. Meeting place is on the west side of the Ag Hall Building, inside the doors.

- Turn onto N 33<sup>rd</sup> Street.
- Turn Left on Holdridge Street.
- Turn Left to E Campus Loop.

## **Directions to Papillion City Park**

**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 448 (84<sup>th</sup> Street)
- Turn Left (South) on S 84<sup>th</sup> Street. 84<sup>th</sup> Street becomes Washington Street in Papillion.
- Turn Right (West) on to Lincoln Street. The entrance to the park is at the corner of Washington and Lincoln Streets.

### **From Bellevue, NE:**

- Take NE-370 West toward Gretna, NE.
- Turn left (North) onto S Washington Street. (Sarpy County Courthouse and Jail is on this corner.)
- Turn Left (West) on to Lincoln Street. The entrance to the park is at the corner of Washington and Lincoln Streets.