

## Ashland-Wayne County 4-H Junior Camp at 4-H Camp Ohio

### What to bring to camp – Pack everything in a duffel bag or tote (not suitcase)

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#### Camp Forms!

- Health form (if you have been notified)
- Camp Ohio Waiver Form
- Dismissal policy
- Scuba Form (if applicable)

#### Shoes:

- Tennis shoes/Walking shoes
- Old shoes that can get wet/dirty
- Shower shoes (Only used in shower or going to pool)

#### Clothes:

- Jacket or Sweatshirt
- Raincoat
- Swimwear
- Warm Clothing for Evenings (x3)
- Cool Clothing for daytime (x4)
- Socks & under garments (x5-8)
- Sleep wear
- Nice Dark Jeans or Khakis and a nice shirt, blouse, or skirt for last night dinner – like the nicest clothes you would wear for showing or a concert at the county fair to wear at dinner on the last night of camp!

#### Bedding:

- Twin sheet
- Sleeping bag or blankets
- Pillow

#### Hygiene/Toiletries:

- Towels (x2) and washcloths
- Soap & Shampoo
- Toothbrush and Toothpaste

#### Other items:

- Sunscreen
- Non-aerosol bug repellent
- Postcards/Letters with postage
- Flashlight

ALL MEDICATION MUST be turned in to the camp nurse during check-in. Please have it labeled with your name and specific dosing instructions and placed in a tightly sealed plastic bag.

### What NOT to bring to camp:

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|-------------------------|-----------------------|----------------------|
| • Knives of any kind    | • Electronic toys     | • Any items of value |
| • Guns of any kind      | • <b>Cell phone</b>   | (Items can and do    |
| • Weapons or Explosives | • iPod or MP3 players | become lost or       |
| of any kind             | • Fireworks           | misplaced!)          |
| • Food or beverage      | • Jewelry             |                      |

### Parents:

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**Participation:** Due to COVID Restrictions there is no “part-time” camper participation. No campers may leave for baseball, cheerleading camp, etc. and then return. All campers are expected to fully participate in camp from their scheduled arrival time on June 30<sup>th</sup> through their scheduled departure time on July 3<sup>rd</sup> unless released for medical, emergency, or behavioral reasons.

**Food at camp:** In addition to 3 meals, each camper will be provided with snacks and drink items each evening (this is included in the camp fee). No extra food, drink, or souvenirs will be available for purchase by campers during camp. Do not send food! **Food in the cabins attracts rodents.** *Any food found will be discarded.*

**Blisters:** A potential problem at camp each year is blisters on campers’ feet. Please be sure to stress to your child that it is extremely important to wear socks and shoes during the entire week. Wearing shoes at all times is strongly enforced at camp.

**Lost Clothing and Other Personal Items:** Lost articles are another camp nuisance. To prevent loss of your child's items, print your child's name on every item he/she brings to camp.

**Bug Bites:** Mosquito bites are fairly common, so be sure that some kind of repellent is packed. Be sure it is a non-aerosol type.

**Camp address:**

The camp address is 4-H Camp Ohio, 11461 Camp Ohio Rd., St. Louisville, OH 43071. The telephone number, in case of emergency, is (740) 745-3388.

Additionally, cell phone numbers for 4-H Extension Camp Directors Diane Johnson and Jackie Wasilewski are listed below but note that cell service can be very limited at camp and your call or message may not come through immediately. Please only call in case of emergencies or other very important reasons.

**Diane Johnson Cell #: 330-465-1403**

**Jackie Wasilewski Cell #: 567-217-2033**

**Picking up your kids:** Please be on-time, picking your child up, on the last day of camp. Emergencies are certainly understood but remember that your children are anxious to see you and they become worried when no one is there to meet them. Thank you!

**Forms:** These forms will be collected within the registration line. **If you need copies of any forms – please visit <http://wayne.osu.edu/camp>!** We must have complete forms and any medications before your child is permitted to stay at camp.

**Camp Theme:** The theme this year is “Hawaiian Cowboy” The counselors have planned many fun activities including campfire evening entertainment, luau parties, games, and more. Be sure to pack something a little nicer to wear for our last night dinner and evening program.

**COVID Restrictions / Protocols:** While the CDC, Governor, and OSU administration have ended most COVID restrictions and protocols there are still some that remain in place for 4-H Camp. Below is a quick summary of the key ones you should be aware of:

- Facemasks **are not** required to be worn inside or outside at 4-H camp
- Facemasks are strongly recommended for those who are not yet fully vaccinated (strongly recommended means the individual chooses to wear a mask or not)
- Everyone who feels more comfortable continuing to wear a mask is encouraged to do so; and there should be no stigma attached to this personal choice and no comments, questioning, or shaming of those who are wearing a mask.
- Counselors will ask campers each day how they are feeling and if they are experiencing any COVID symptoms such as fever, cough, loss of taste or smell, etc. Anyone exhibiting COVID symptoms during camp will be isolated and parents contacted and expected to pick them up immediately
- Extensive cleaning and sanitizing procedures will be in place throughout camp
- As recommended by the American Academy of Pediatrics, Pediatricians can advise families on whether it is safe for a child to attend camp based on his or her medical history and should make sure the child is up to date on vaccines.
- If a staff member, counselor, or camper has a persistent fever of 100.4 degrees or higher or any other COVID-19 symptoms OR they have been in close contact with someone who has tested positive for COVID-19 or is suspected of having COVID-19, they will receive a refund and will not be allowed to attend camp.
- Parents will be required to sign and turn in at camp the enclosed special COVID Acknowledgement Form.