2017
Camp Handbook
for Families
Dear Families and Campers,

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

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

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

The newly renovated and expanded North Dakota 4-H Camp sits on 80 acres of wooded riverfront property 1.5 miles west of Washburn, N.D., and has provided overnight camping to youth for more than 40 years. The scenic camp is strategically located between the Lewis and Clark Interpretive Center and historic Fort Mandan along the Missouri River.

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

In the Green,

Adrian Biewer and Lindsey Leker
4-H Youth Development Specialists
Preparing for Camp

You will receive an immediate email confirmation of your registration, followed by additional emails about two weeks and one week prior to your camp date. For your camper’s safety, you need to print out the required forms and bring to camp a completed Health Form (available online), which includes the emergency authorization, media release, youth code of conduct agreement, permission to participate and assumption of risk. Please turn in this form with a copy of a photo of your camper at the check-in table.

Prepare your camper for an overnight camp stay. Talk about living with others and sharing space, time and activities. Campers will meet other campers and staff from diverse backgrounds. We value acceptance, tolerance and mutual respect. If your camper never has been away from home, you may want to arrange overnight visits with friends or relatives. These experiences, while not the same as a residential sleep-away camp, can help a young person adapt to being away from home.

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

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

Request for Accommodations

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

Camp Staff

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

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

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

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

Don’t forget: Pack lots of enthusiasm!

Please Bring

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

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

Toiletries:
- Sunscreen (staff can assist with spray/pump dispensers, not lotions)
- Insect repellent
- Tote for shower
- Soap, shampoo, toothbrush and toothpaste
- Hairbrush or comb
- Deodorant
- Laundry bag

Optional:
- A water bottle to carry during sessions
- Flashlight with extra batteries
- $25-$35 for Camp Canteen (camp store)
- Inexpensive camera
- Hat/cap/inexpensive sunglasses
- Pre-addressed and stamped postcards/envelopes to send a letter home

Specific camp program suggestions:
- Additional packing information specific to the camp you are attending may be sent to your email prior to the start of your camp.
- For camps hosting animals, please see the additional camp information starting on Page 13 of this handbook, including a suggested What to Pack checklist for your animals and what is required for those camps.
- Shooting sports campers are welcome to bring their own equipment for specific shooting sports camps.

Please do not bring:
- Cellphones
- MP3 players, hand-held video games, DVD players, tablets
- Phone cards
- Knives or weapons of any kind
- Pets
- Tobacco products, alcohol or illegal substances
- Candles or lanterns
- Food, candy or gum (food items are not allowed in the cabins)
- Expensive jewelry

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

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Camp Check-in

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

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

When you arrive at North Dakota 4-H Camp, you should check in at the Johnsrud 4-H Education Center first. As you enter the 4-H Center, several stations will be set up to guide you through the process. Campers and families should go through the first station to receive their camp T-shirt, confirm paperwork and payment for camp, and determine the funds for the Camp Canteen (store) account.

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

Once you receive your cabin assignment, we ask that you help your camper take his/her belongings to the cabin and assist (if needed) with making his/her bed and getting him/her situated. After that is complete, the campers will make their nametag, receive their color group assignment and start meeting new friends. When your camper starts his/her nametag, this is a good time to say your goodbyes.

Meals at Camp

North Dakota 4-H Camp's Dining Hall serves outstanding meals at each of the camps. Our kitchen staff is dedicated to bringing healthful meal options and tasty choices for everyone, and they take pride in the meals we serve. The cooking and baking is done at camp, with food being provided by the local grocery store and food service vendors. Campers and camp staff sit together in the Dining Hall. We always have enough for second helpings, and we are confident that we have something to appeal to everyone.

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

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

A Sample Day at Camp

7 a.m.: rise and shine
7:45 a.m.: flag ceremony
8 a.m.: breakfast
9 a.m.: educational program
Noon: lunch
1 p.m.: educational program
2 p.m.: Camp Canteen (store) open
3 p.m.: educational program
4 p.m.: recreation activity
6 p.m.: dinner
7 p.m.: recreation activity/educational program
7:45 p.m.: evening program
8:30 p.m.: flag ceremony
10 p.m.: cabin time
Camp Services

- **Registration fees and refund policy:** Online payment is available through UltraCamp on our 4-H Camp website and is recommended. All camps are eligible for early bird registration when a deposit is made before the early bird deadline May 20 for June camps and July 1 for July/August camps. Your initial deposit reserves your camper’s slot. You may go back in to UltraCamp to pay the full amount due before camp. **Final payment is due two weeks before your camp date.**

- **Deposits** are nonrefundable and nontransferable (a deposit cannot be applied to the balance of another week’s camp fees or transferred to another camper’s fee). Refunds for the balance of camp fees are made only for cancellations received in writing at least two weeks prior to the opening day of the camp session. A refund may be granted in case of serious illness or injury, and this request should be accompanied by a physician’s note. Campers who do not arrive, arrive late, leave earlier or attend only a part of the session will not receive a refund. If a camper experiences a shortened stay at camp or is sent home because of a behavior problem, no refund will be granted.

- **Camp Canteen (store) account:** We carry a variety of items such as sweatshirts, picture frames, hats, stuffed animals and other souvenirs. We also sell snack foods. If you would like your camper to be able to make purchases in the canteen, we will set up a prepaid account. Campers will have the opportunity to visit the canteen at least once a day during the camp, and it will be open during checkout. You may add money to your camper’s Canteen account during registration or by check or cash during check-in. We prefer checks and only can run credit cards at camp online through your 4hOnline system account. An average amount that families choose to add to the Canteen account is $25. Any money that is left at the end of the camp will be refunded by check or you can choose to donate it to the camp. Campers will not be allowed to spend more than is on their account during their stay at camp.

- **Laundry:** Please pack enough items for the length of your camper’s stay. Laundry facilities are not available for campers; however, camp staff will launder certain items if circumstances require.

- **Religion:** North Dakota 4-H Camp does not endorse any religious affiliation.

- **Communication with your camper:** If you would like to send your camper an email, please send it to ND4HCamp@gmail.com. Each day, the email will be checked prior to lunch and the emails distributed to the appropriate camper. Please indicate your camper’s name in the subject line of the email. This email address will be used only for communication with the campers, and campers will not have time to compose a response. If your camper wishes to send a letter home, please pack a self-addressed and stamped envelope, and the camp staff will be sure to put it in the U.S. mail. (We recommend that campers mail any letters home on Monday so they arrive home before the campers arrive home.)

- **Communication with families:** We will make every effort to contact you by phone if your camper has a need for out-of-camp health care or suffers from severe homesickness. Making sure the camp has current contact information for you for the camping week is very important. For routine matters, campers do not have phone access.

- **Birthdays:** If your camper is celebrating a birthday during the camp, we mark that day as a special day. We will plan a treat and a group “Happy Birthday” song. Please be sure to note his/her birthday on the registration form if you wish for us to celebrate.

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Lost and Found

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

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

Built in 1967, the North Dakota 4-H Camp is the only 4-H camp that remains in the state. It is nestled in the Missouri River Valley among the cottonwoods on the shore of the Missouri River. The camp is approximately 80 acres and has two horse arenas, a basketball court, a corral and small pasture, walking trails, mud pit, Gaga ball pit, three newly renovated sleeping cabins, a renovated dining hall and a new 4-H Center with shower houses. Its capacity is 80 campers.

Campers should not be surprised to find the occasional squirrel scurrying over the cabin or a spider in the bathrooms. Bugs also can be found at camp, and we suggest that your camper pack an insect repellent. Respect for animals, plants and all other aspects of the natural environment is the expectation.

Preventing Homesickness

We strive to keep your camper busy at camp and hope our campers never catch the “homesickness bug.” Realistically, homesickness probably will occur on some level with children away at camp or other activities. This is not a good reason to avoid camp and all of its positive outcomes. In a recent study, researchers found that nearly 90 percent of campers noted some homesickness. You can do many things to keep it from becoming severe:

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

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

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

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

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

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

I will be trustworthy.
I will be worthy of trust, honor and confidence. I will be a model of integrity by doing the right thing even when the cost is high. I will be honest in all my activities. I will keep my commitments by attending all sessions during a camp session. If I am not feeling well or have a schedule conflict, I will inform my counselor or a person in charge. I will be in the assigned area (for example, meeting room, building, cabin) at all times. I will not be absent from a program site without authorization. North Dakota 4-H does not permit dishonesty by lying, cheating, deception or omission.

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

I will be responsible.
I will be responsible, accountable and self-disciplined in the pursuit of excellence. I will live up to high expectations so I can be proud of my work and conduct. I will be on time to all program events. I will be accountable by accepting responsibility for my choices and actions. I will abide by the established program curfew by cooperating with counselors at “lights out” by turning out lights and remaining quiet, and cooperating with counselors at “morning bell” by completing cabin chores and arriving at the flag ceremony or breakfast within camp expectations. I will be responsible for any damage, theft or misconduct in which I participate. I will follow hours and cabin rules established before the event begins and will respect the rules established for each event. An adult designated by the 4-H program may inspect luggage or rooms when a reasonable suspicion exists that a violation of law or NDSU Extension Service event or camp regulations has occurred.

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

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

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

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

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

Camper Conduct
Behavior Expectations

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

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

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

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

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

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

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

Weapons Policy

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

Mandated Reporting

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

N.D. 4-H Camp Expectations:
1. Remember the Character Counts! pillars.
2. Participate in activities and try new things.
3. Wear your nametag and shoes and drink plenty of water each day.
4. Close the door and turn the lights off when you leave a cabin.
5. Do not run unless in the field area. Stay on the gravel paths and mowed areas.
6. Try your best to be friendly and polite. Take your hat off when you’re inside and don’t talk while others are talking.
7. Have fun!
Camper Health Forms must be completed, in UltraCamp. Campers will not be permitted to stay without this form. Campers returning for multiple weeks during the same year do not have to complete separate forms for each week unless a change has occurred.

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

**Prescription and Nonprescription Medicines**

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

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

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

- Campers are not allowed to keep any medication (prescription or over-the-counter), including vitamins, ointments or lotions of any kind, with them in the cabins. A small amount of authorized medications may be kept with the campers in certain situations (for example, inhalers or EpiPen). This is subject to approval from the camp chair and camp counselors, and parent/guardian authorization.
- The camp maintains a supply of over-the-counter generic medication, such as generic Tylenol and Benadryl, for the camping season. If you send some with your camper, the medication will need to be checked in at the start of camp.

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

**Personal Health Care**

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

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

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**Request for Accommodations**

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Camp Checkout

Camp checkout typically occurs at 11 a.m. on the last day of camp (exceptions will be noted online and in the pre-camp email). Families will need to check out through the Camp Canteen (store) to sign out their campers and any friends riding home with them. Please understand this security is intended to protect the safety of your camper. Please do not take your camper until you have signed him/her out.

You will collect medicines and the remainder of your Camp Canteen dollars by checking out through the Camp Canteen. The Canteen will be open for you to purchase items if you choose. Please make sure your camper has collected all of his/her belongings from the cabin. Often, items get left on top of or beneath the bunks.

Additional Information

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

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

Scholarship Information
A limited number of scholarships based on income levels are available. Some North Dakota counties provide partial or full scholarships; contact your local county Extension office for their availability.

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

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

Adrian Biewer
Tel: 701-231-7251, Fax: 701-231-8568
Email: adrian.biewer@ndsu.edu

N.D. Center for 4-H
P.O. Box 6050
NDSU Dept. 7280
Fargo, ND 58108-6050
Parent Permission

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

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

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

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

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

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

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

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

Please indicate your permission by checking the appropriate box (Healthy 4-H Camp Challenge Survey) on the Camp Permission Health Form you were provided and signing the overall form.
The following guidelines are designed to make your experience as a 4-H member at Horse Camp a pleasant one for you and all others attending. This means that all participants - 4-H members, leaders and staff - shall respect the individual rights, safety and property of others.

- Campers are expected to bring a well-trained, gentle horse (one horse/camper) to camp. Horses should be accustomed to being ridden away from home and around unfamiliar horses and surroundings. Campers are expected to be able to halter, lead, saddle and care for their horses at camp. All tack, including bridles, reins, saddles, cinches and straps, must be in good working condition.

- Horse camp staff will monitor the horses’ health and well-being. Horses must be free from parasites, be up to date on vaccinations, and be sound and not show any signs of pain or illness. If horses at any time show signs of illness or are injured during the camp, medical attention must be given promptly. The owner is responsible for seeking medical attention for his/her animal, and any fees incurred for the care of the ill/injured animal will be the responsibility of the owner.

- Campers will need a water bucket and sufficient feed (see suggested Horse Checklist) for the camp. Horses must be secured in a portable stall. A limited number of portable stalls are available at camp. These stalls must be reserved when registering online for camp and are on a first-come, first-served basis. If you are not able to reserve a stall, you must provide your own portable panels. Trailers should be parked in areas designated by camp staff.

- Campers will be under the supervision of camp staff at all times and are expected to stay within the camp boundaries. Campers are not allowed in the horse arena area unless under staff supervision.

- Campers need to bring and wear boots with a 1/2-inch heel with less than 1/8-inch tread while participating in horse activities. Campers must wear jeans or long pants while riding.

- Campers must provide their own helmet, and helmets must be worn during all activities while mounted on their horse. Helmets must be ASTM/SEI-certified equestrian helmets; bike helmets are not allowed.

- A horse camp staff member must be present before a camper mounts his/her horse. No camper may ride a horse without permission and supervision from the Extension camp chair and/or the horse camp staff member.

- Camp is to be a safe place to expand your horsemanship skills. No teasing, bullying or any form of behavior that would cause harm to another camper or his/her horse will be allowed.

- Horses arriving from out of state must be accompanied by a certificate of veterinary inspection and a negative equine infectious anemia test (completed within the last 12 months) as per the animal importation guidelines set forth by the North Dakota State Board of Animal Health.

What-to-pack Checklist for Your Four-legged Friend (Horse):

- Four portable panels to form a stall for your horse for the week (A limited number of stalls are available to reserve on a first-come, first-served basis. You must register during online registration for these stalls.)
- Two water buckets
- Hay that your horse is used to consuming: 20 to 30 pounds of hay/day or approximately half of a small square bale per day
- Any grain, supplements or medications you may be feeding your horse (Please note: If your horse is not receiving grain regularly at home, do not bring grain to camp.)
- Tack: saddle, saddle pad, bridle, halter and lead rope
- Grooming tools: brushes, combs, hoof pick, etc.
- Fly spray (full bottle)
- Any other items you use for the daily care for your horse
- Don’t forget that you need: riding boots with less than a 1/8-inch tread, an ASTM/SEI-certified equestrian helmet and long pants/jeans to go riding
Additional Information for N.D. 4-H Camp Livestock Camp

- All animals should be broken to lead and be relatively tame and easy to handle. If beef animals are not tame enough to handle, they will remain tied to the fence or horse trailer the entire time they are at the camp. **We will not risk anyone getting hurt.** We hope that you will work with them at home before you come. We do not have facilities at camp to handle unruly animals, nor do we have any means to catch them if they get away.

- Campers are expected to be able to care for their animals at camp.

- Livestock camp staff will monitor the animals’ health and well-being. All animals should be free of infectious disease. Please make sure that all animals are free of warts and ringworm, and make sure that all sheep are checked for club lamb fungus. If any animals are found with any contagious disease, we will ask the youth to leave them on the trailer for the duration of the camp. If animals at any time show signs of illness or are injured during the camp, medical attention will be given promptly. The owner is responsible for seeking medical attention for his/her animal, and any fees incurred for the care of the ill/injured animal will be the responsibility of the owner.

- Campers will need sufficient feed and bedding for the duration of the camp (see packing list below).

- We would prefer that if at all possible, you should leave your horse trailer at camp as shelter for the animals. We do not have any barn space for protection or a place to store your feed. **We do have some panels available for you to use if you wish to make a pen outside your trailer. These will need to be put away when you are done using them.**

- Campers will be under the supervision of camp staff at all times and are expected to stay within the camp boundaries. Campers are not allowed in the arena area unless under staff supervision.

- **No open-toed shoes will be allowed when we are working with the livestock.** Official 4-H dress is not needed for the showmanship contest. We do ask that the youth dress appropriately for the contest.

- We would prefer parents not clip beef, sheep and goats before they come to camp. We want the campers to learn how to work on their own livestock.

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

The camp will not be furnishing any fitting supplies. If you do not have your own equipment, you will have to wait in line to use the clippers or hand pieces that we have. **If you send clippers, please make sure the blades are sharp and ready for use.** The camp will furnish the soap, hoses and nozzles. Please make sure that all equipment you bring to camp is clearly marked with your name.
**Rent N.D. 4-H Camp**

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

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

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**Area Attractions and Accommodations**

- **Audubon National Wildlife Range** is a haven for area wildlife and migratory birds. The refuge has an eight-mile auto tour along Lake Audubon and a one-mile interpretive walking trail. The refuge encompasses 14,735 acres of native prairie, planted grasslands and wetlands. These lands are managed to meet the needs of many species of wildlife. For more information, call 701-442-5474.

- **Cross Ranch State Park** is situated along the seven miles of the last few sweeps of untouched riverbanks on the western side of the Missouri River.

- **Garrison Dam** is 30 miles north of Washburn between the communities of Pick City and Riverdale, N.D. It is the fifth largest dam in the U.S. and holds back the Missouri River. The Garrison Dam National Fish Hatchery is the largest walleye- and northern pike-producing facility in the world and is at the base of the Garrison Dam. Each year, the fish hatchery stocks about 15 million fish of 16 different species. For more information, call 701-654-7441.

- **The Lewis and Clark Interpretive Center** is a commemoration of the heroic adventure of Captains Meriwether Lewis and William Clark through the great Northwest. Their expedition wintered in 1804 and 1805 near where the center is located. Within the interpretive center, you can learn about the entire Lewis and Clark journey. Fort Mandan greets you with a brand-new visitor center, walking trails, picnic shelters and the fully furnished reconstructed fort. You'll also find daily interpretation about fort life and activities from 200 years ago. For more information, call 701-654-7441.

- **Lake Sakakawea** is one of the three largest man-made reservoirs in the nation, and Lake Sakakawea State Park is on the south shore of the lake. The park offers a wide variety of recreational activities and facilities. For more information, call 701-487-3315.

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**About 4-H Programs**

More than 30,000 youth took part in NDSU Extension Service youth programs in 2014, with nearly 5,500 of them enrolled as 4-H members. Because people have a wide range of interests, 4-H offers a full spectrum of activities. While we continue to offer traditional activities such as exhibiting livestock, we also offer opportunities to learn about wind energy, build model rockets, study insects, investigate water-quality issues or volunteer to help in a community project. 4-H offers something for everyone. We even have special-interest clubs in activities such as shooting sports. 4-H is a great fit for anyone because many of our activities meet North Dakota educational standards in science, social studies and language arts.

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

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

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

**Any way you choose, contact your county Extension office and enroll today!**
Ready for Camp Checklist

- Registration complete (via UltraCamp)
- All fees paid (via UltraCamp or by check to the local county office; check should be made payable to the ND 4-H Foundation)
- Have information about how to get to camp
- Have reviewed camper packing list, and all items are packed and ready to go (see Page 4)
- Have all necessary forms completed and ready to hand it at check-in (forms found online or attached to the pre-camp emails)
- Have visited with my camper about actively participating at camp and homesickness (see Pages 3 and 7 of the Family Handbook)
- Made appropriate notifications regarding accommodations related to food (via UltraCamp and the health form)
- Made needed requests for accommodations (via UltraCamp, the health form or calling the Center for 4-H)
- Checked online to find the camp check-in time and camp checkout times (www.ndsu.edu/4h/camp)
- Ready for fun and adventure!

Camp Contact information

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

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

North Dakota 4-H Camp website and registration:
www.ndsu.edu/4h/camp

Find us on Facebook:
www.facebook.com/ND4HCamp

How to Get to Camp

North Dakota 4-H Camp Address:
2702 8th St. SW
Washburn, ND 58577

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