

# Shelby County 4-H Martin-Gatton Camp Newsletter

College of Agriculture,  
Food and Environment

Cooperative Extension Service  
Shelby County  
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4-H YOUTH DEVELOPMENT



2025

## DEAR CAMPERS & PARENTS

Please read this newsletter carefully. It outlines all the important information you need to know about camp. Keep this information in a safe place until you return from camp.

**CAMP DATE:** June 2-6, 2025

## **DEPARTING FOR CAMP:**

Monday, June 2

Girls Check in Begins @6:30 a.m.

Boys Check in Begins @ 7:00 a.m.

Shelby Co. Extension Office

1117 Frankfort Road



4-H CAMP  
FIND YOUR  
SPARK

## **RETURNING FROM CAMP:**

Friday, June 6

Approx. 3:00-3:30 p.m.

Shelby Co. Extension Office

## **CAMPER/PARENT ORIENTATION:**

We will be holding a **Camper/Parent Orientation Meeting** for all campers and their parents on **May 13th**. The meeting will be held at the Extension Office at 1117 Frankfort Road **at 6:30 p.m.**

The Camper/Parent Orientation Meeting will provide general information about 4-H Camp. We will discuss what to expect and answer any questions that you may have. We will *not* give out cabin assignments during orientation. We do, however, make every effort to put campers in cabins with friends they have requested.

**Camper forms and final payments should be returned to the Extension Office before May 9th!!!**

## **CAMPER FORMS:**

Everyone that attends camp must complete the **Camp Participant Registration Form**. This form has four pages and asks for important information about your camper and requires several signatures. All areas must be completed. The first page asks for general information about your camper, including emergency contacts and t-shirt size. The second page requests detailed health information. It is important that we are aware of any health concerns prior to leaving for camp. We will also need your health insurance information. The camp provides Camp Accident Insurance that covers out-of-pocket expenses, after your insurance has paid. No pre-existing conditions are covered by our Camp Accident Insurance. There is no cost to you for this insurance, but you must complete the forms entirely. The third page covers essential standards for Camp Participants and must be signed by a parent/guardian. The final page contains several releases for your child, including photographs, consent to treat and permission to participate. If not signed your child will not be able to participate in camp activities. Make sure to complete the **Pick-up/Release section** carefully. **ONLY** individuals listed on this form may pick up your child at camp or when we return home! Any individual listed on the form will be required to provide a photo ID and sign out the camper upon returning from camp. This may take a few extra minutes but is for the safety and protection of the campers. If it is necessary to pick your child up from the campground, please notify us prior to May 23. Campers being picked up from camp by parents or guardians must be picked up by 10 a.m. on Friday, June 6. We prefer all campers return from camp on the bus with us.

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Extension Service

Agriculture and Natural Resources  
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4-H Youth Development  
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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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 Disabilities  
accommodated  
with prior notification.

The **Medication and Prescription Form** requests the specific times and dosages for your child's medication. *All medications* and this form must be checked and turned in prior to boarding the bus. They will be given to the Camp Health Care Provider (HCP), who dispenses all medications. Please place the *exact number of doses of your child's medication* they will need for the week in a Ziploc type bag *in the original container* with the enclosed Medication Form signed by the parent and a recent photo of your child. Send *only* the amount needed for the week. If the dosage is different than what is on the medicine bottle, you *must* provide a note from the prescribing doctor. We can only give doses of the medicine as it is prescribed on the bottle. If your child takes medication to control hyperactivity or attention deficit disorders, they still need their medication while at camp. Camp is a fun-filled, active week but there are times when children have to be quiet and listen to directions. They will do better if they continue with their medication routine. Please do not pack as needed over the counter medications with your child. The camp HCP has over the counter medications if a camper needs something.




*Don't forget to pick up any medications upon return from camp on Friday.*

The **Head Lice/Nits Form** is provided to families that want to prescreen for head lice. Campers identified as having head lice will not be allowed to board the bus for camp. **We will provide a head check on Monday morning, June 2.** If you would like to have your camper screened prior to Monday, please bring the enclosed form with you to check in. *The head check can not occur more than 48 hours prior to camp!!* If you want us to screen your camper the morning of camp, then this form is not necessary. Youth identified as having head lice or nits after arriving will be sent home as soon as possible. Parents/Guardians will be responsible for picking up the camper from camp.



## **CAMP PAYMENTS**

*The camp fee is due in full by **MAY 9**.* We will accept cash and check payments at any time before this and in various amounts. You are welcome to make several payments or to pay it all at once. We will send out balance reminders  prior to camp.

If you completed a scholarship application for camp, please make sure all required parts are completed and turned in as soon as possible. Scholarship Applications are available at the Extension Office and are *due before April 11*. Funds are limited. No full scholarships will be given.

## **CAMPER DROP OFF ON JUNE 2**

Shelby County 4-H has added additional camper spots the last few years to accommodate more youth. This increases the number of people in our parking lot as we try to leave for camp. We have instituted a staggered camper drop off for 2025. Female campers should arrive between 6:30 a.m. and 7:00 a.m. to check in and load buses. Male campers should arrive beginning at 7:00 a.m. for check in. We would like to have all the buses ready by 7:30 to depart for camp. Once your camper is checked in, we ask that you say goodbye and leave the parking area so that we have space in our parking lot for others to check in.

## **4-H CAMP POOL RENOVATIONS**

The pool at lake Cumberland 4-H Camp is under renovation. In the event that the pool is not ready for our week at camp we have made alternate plans for our campers. We will offer lakefront swimming with some inflatables. Lifeguards will be assigned to the lakefront to provide a safe and fun experience for our campers.

### **CAMPER DROP OFF**

**MONDAY, JUNE 2**

**Female Campers: 6:30-7:00am**

**Male Campers: 7:00-7:20am**

## DRESS CODE FOR 4-H CAMP

- **NO** halter tops, shirts with spaghetti straps or strapless shirts. Tank tops must cover bra straps.
- **NO** bare mid-ribs or side-less shirts. T-shirts are recommended. Shirts should not be tied up or full of holes.
- **NO** short shorts. Shorts should be at mid-thigh length. Waistbands should not be rolled down to make shorts shorter.
- **NO** items with profanity, sexual innuendoes, obscenities, advertising beer, liquor, or tobacco products, or have racial overtones.
- **NO** Hip-hugger pants/shorts that expose lower abdomen or backside. Underwear should not be visible at any time.
- **NO** bikini bathing suits! Swimsuits should be appropriate for age of camper or teen and suitable for a co-ed environment. **Bikinis are not allowed.** Campers or Teens with bikinis will be required to wear an oversized dark t-shirt over bathing suits. (Other two piece bathing suits, such as tankinis, are acceptable if they provide sufficient coverage.)
- **NO** sandals, "croc", or open toe/heel shoes except in the pool area or inside the cabin. Old tennis shoes are highly recommended.



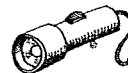
Any article of clothing deemed inappropriate by adult leader, agent, or staff will be asked to be changed immediately.

## COUNTRY STORE

A country store is available to buy camp souvenirs and snacks (we provide two snacks a day). Campers will have designated times to visit the Country Store to make purchases. Talk with your child about keeping up with their own money and where they should keep it. Please do not send large bills. Campers are welcome to bring a small backpack to keep up with their belongings.

## THINGS TO PACK FOR CAMP

- Toothbrush and toothpaste
  - Towels and wash cloths (not "nice" ones)
  - Soap/shampoo/deodorant (strong scents should be avoided)
  - Comb/brush
  - Light jacket or sweater
  - Casual clothes– **DO NOT** bring "nice" clothes
  - Appropriate Swimsuit (**NO BIKINIS!**)
  - Spending money (about \$10.00-\$20.00 max)
  - Blanket & sheets or sleeping bag
  - Pillow
  - Flashlight
  - Extra batteries
  - Two (2) pairs of comfortable, closed toe and closed heel shoes
  - Flip-flops for showers
- (flip-flops cannot be worn on campground)**
- Shoes that can get wet in the cave, closed toe/heel
  - Sunglasses
  - Sunscreen
  - Insect Repellent
  - Water bottle
  - Snacks in sealed containers
  - Disposable camera
  - Garbage/laundry bag for dirty/wet clothes
  - Small Backpack
  - Personal Hand Sanitizer



## THINGS **NOT** TO BRING

- Any valuable items
- Cell phones (they will be confiscated)
- I-Pods, MP3s, Radios, headphones, etc.
- Tablets, I-Pads, chrome books, etc.
- Smart Watches
- Hand held video gaming systems
- Any other electronic devices
- Weapons of any kind
- Knives of ANY kind
- Firecrackers/fireworks/sparklers
- Shaving cream
- Water guns or balloons
- Expensive jewelry
- Drugs/alcohol/tobacco products/vapes

**Parents: Please Do Not Pack  
a Cell Phone**



## LOST OR STOLEN ARTICLES

The 4-H staff will not be responsible for any lost or stolen items at camp. Please discuss with your child how to care for their personal belongings at camp. Rarely are items stolen, rather the camper has misplaced or left the item somewhere. **DO NOT** send valuables or large amounts of cash. Discuss acceptable ways to carry cash so the camper does not lose it. Label personal belongings to assure return if they are lost. Bring trash bags for dirty clothes, but put a label with the camper's name on the bag. *Any items left on the bus or Extension Office will be discarded after one week.* Make sure you pick up your belongings from the bus stop before heading home!

## IN CASE OF EMERGENCY

If you need to reach your child because of an **emergency**, you may call the camp office at (270) 866-3787 or the Extension Staff can contact the agent during normal office hours. Campers are not allowed to make outgoing calls. The Shelby County Extension Staff can also relay messages to all parents if necessary about any problems that may arise at camp or if there are changes in bus arrival or pick up points. ***Campers are not allowed to bring or use cell phones— they WILL BE CONFISCATED!***

## SAFETY PRECAUTIONS

- All adult leaders have undergone background checks and have been screened.
- All lifeguards, shooting sports instructors and ropes instructors are certified.
- Camp staff have been screened and undergone background checks.
- There will be an HCP (health care provider) on campground at all times.
- Visitors are **NOT** allowed on the campground.
- Campers and volunteers cannot leave the campground without approval of 4-H Agent and camp manager.
- All adults must sign in and out of campground.
- A Risk Management Plan and Emergency Action Plan have been prepared for 4-H Camp.
- Kentucky 4-H Camps are accredited by the American Camping Association.



## CAMP FOOD

Campers will eat three meals a day in the cafeteria and be provided with two snacks a day during scheduled times. The meals are similar to those served in school cafeterias. If you would like to send additional food with your camper, you are welcome and encouraged to do so. Please make sure the items are “camp friendly”. There will be no refrigeration available. All foods should be packed as single servings or in sealed containers to keep insects and mice from invading cabins.

Do not pack anything with peanuts or tree nuts as there may be other campers that have allergies to these items. We will confiscate these items up arrival at camp.



Dietary accommodations can be made to meet vegetarian, gluten free, and religious requirements. Please let us know in writing by **May 9** if you need these accommodations for your child. Please refer to the Camping Food Service policy included in your packet.

## HYDRATION

Please discuss with your camper the importance of staying hydrated. Many campers do not drink enough water at camp. This can cause them to feel sluggish, have headaches or stomachaches. In extreme cases it may require medical intervention. Drinking water becomes even more important if the weather is hot and humid. We encourage camp participants to pack a water bottle with them (put their name on it). There are water fountains spread across the campground to allow them to fill their water bottles throughout the day.



## HOMESICKNESS

Many campers may experience homesickness, especially if this is their first overnight camp. Camp staff has strategies to help your camper while at camp. The American Camp Association recommends the following interventions to prepare your camper:

- Work together as a family to plan and pack
- Have camper spend practice time away from home and experiment with coping strategies
- Prepare pre-stamped, pre-addressed envelopes to bring to camp for the camper to write home

## **CAMPER DISCIPLINE POLICY**

Our intent is for all campers to have a positive and enriching experience at 4-H Camp. All campers and a parent/guardian sign a copy of our Camper's Expectation Form that establishes our camp rules and policies. Improper language, name calling, fighting, stealing, bullying and disrespectful behavior will not be tolerated. If campers exhibit behavior that is disruptive to the quality of care or supervision of other campers, parents will be contacted. Staff members and volunteers cannot dedicate one on one care to a single camper at the detriment of the others. Parents will be called to pick up their child from camp. Immediate dismissal from camp will result for physical violence, possession of alcohol, vapes or drugs, endangerment of other camp participants, intentional destruction of property, or running away from the program site or group. Refunds will not be given if a camper is sent home for behavioral reasons. If parents refuse to pick up their child after they have been contacted to do so, Child Protective Services will be called.

If your child struggles with behavior in a school setting, please contact us to discuss if they can be successful in the camp environment. Extension staff and volunteers may not be trained to adequately deal with certain behavior or emotional needs that will allow for all campers to have a successful camp experience.

## **RESPONSIBILITY**

It is important to talk with your camper about being responsible for their belongings and themselves. Campers must keep up with their own clothes and money. They must be responsible enough to put on clean clothes, shower, brush their teeth and brush their hair. They must help keep the cabin clean and make up their beds. They are also responsible for keeping up with their group and following the directions of volunteer leaders, staff or class instructors.

When campers lose something or claim that someone stole something it is usually the result of carelessness. It is important to keep their bed and luggage neat so

that they can find what they need. Stress to your camper that they need to be responsible for their own belongings.

The camp staff inspects cabins and other camp areas carefully before and after we arrive at camp. If your child damages a bed, or other camp item, **YOU WILL BE CHARGED A DAMAGE FEE** to cover the cost of the item(s). Please discuss this with your child prior to camp.

## **SHELBY COUNTY KY 4-H CAMP FACEBOOK GROUP**

We have created a Facebook Group for families that are attending 4-H Camp. This group will provide information and updates about camp this summer. We will also use this page to post pictures during the camp session. We encourage you to request to join the group. You will be asked the name of the camper you are affiliated with prior to joining.

<https://www.facebook.com/groups/shelbyky4hcamp2025/>

## **MAILING ADDRESS AND DIRECTIONS**

Directions to camp will be provided upon request. Please be aware that GPS may not be very accurate to reach the campground. If you would like to send mail or a package to your camper, please use the following address. Camp mail is slow, if you mail something I would mail at the beginning of the week.

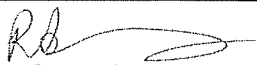
(Camper's Name)  
c/o Shelby County 4-H Camp  
Lake Cumberland 4-H Camp Center  
17500 HWY 196  
NANCY, KY 42544

## **MORE QUESTIONS???**

Call the Extension Office at 633-4593 between 8 a.m. and 4:30 p.m. and we will answer your questions. We will also answer many of your questions at the **Parent/Camper Orientation on May 13 at 6:30 p.m.** at the Shelby County Extension Office.

Articles By: Regina Browning

County Extension Agent for 4-H Youth Development



Candice Hollingsworth

County Extension Agent for 4-H Youth Development



# Prepare You & Your Camper for Camp!!

## Camper Prep:

- **Plan sleep overs** - Have camper pack their own bags to practice for camp! If they have a phone, have them leave it at home. This is a good way to practice not having direct or constant contact.
- **Have your camper write a letter before leaving** - Prep a letter for campers to send home while away. You will thank me when you receive a letter from camp!
- **Gear up physically** - If you have purchased hiking boots/new shoes, break them in with a long walk or two. Your feet will thank you for this!!
- **Take a mini-vacation from devices** - Camp is device free, so try practicing now! Go for a few hours each weekend without any devices.

## Have a homesick plan -

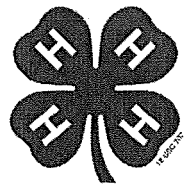
### Homesickness isn't entirely

bad! It's great to love your home so much that you miss it. It's sometimes part of the process, and it's a confidence booster when a camper gets through it. Talk about these feelings before camp arrives!

**Your plan should NOT be** - "Give it a couple of days and if you don't like it, we will come get you." This will set them up to give it a couple of days and knock the confidence right out of them.

## Parent Prep:

- **Remember** - You are giving your child an incredible gift!! I cannot promise you that they won't lose some socks, that they will love every meal or activity, and that they will adore every counselor. **BUT** you are giving them the freedom to gain confidence, independence, and leadership skills; and you are instilling in them that they can do it!!
- **If you have apprehensions**, work to resolve them together! Ask camp organizers questions to make yourself feel more prepared. Make sure there is only excitement and optimism coming from you; share your anxiety with another adult.
- **Prepare a package or letter** to send your camper while they are at camp! This will keep you both connected while they are away.
- **Refrain from bawling until campers can't see you.** Take a deep breath, trust, and remind yourself that you are giving them an awesome gift!!!



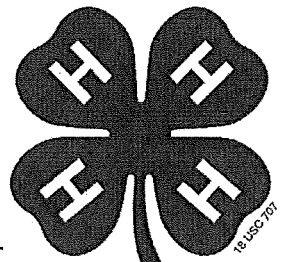
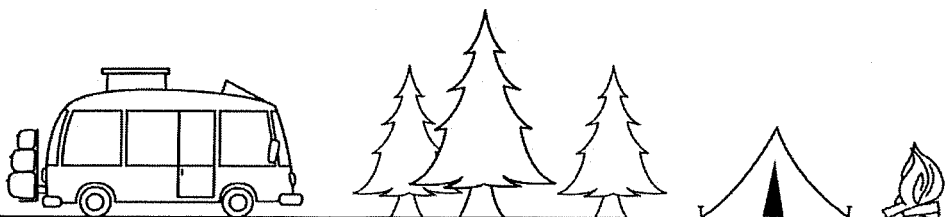
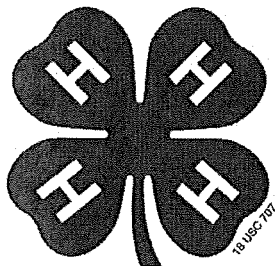
Source: Brooke Cheley-Klebe is the 4th generation to operate Cheley Colorado Camps. She is the proud mom of three girls, Ellie, Kate, and Samantha, and loves being involved in the camp industry.

# MALE VOLUNTEERS STILL NEEDED!!!

- Want to help 4-Her's find their spark???
- Interested in spending a week at 4-H Camp where your involvement can truly make a difference???
- Looking for an opportunity to build connections and lasting memories???

Your presence can help create a safe and nurturing environment where kids can learn, grow, and have fun!!! Why not take this chance to inspire and be inspired? Join us at 4-H Camp and help make this summer unforgettable for everyone involved!

Contact the Shelby Co Extension Office at 502-633-4593 or email [marygrace.jackson@uky.edu](mailto:marygrace.jackson@uky.edu) to learn more!



# 4-H Camp

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      C A O X
    I L M L Z B G
  N X S B O Z C Z
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    D B D U      B V A E Y K
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1. cabins    2. highropes    3. lowropes    4. nature    5. shootingsports    6. fishing
7. kayaking    8. arts    9. crafts    10. gagaball    11. sallydownthealley    12. clover
13. swimming    14. lakecumberland    15. camp    16. memories    17. counselors    18. cave
19. archery    20. canoeing    21. messygames



# 4-H Camp Forms Checklist



- ☐ 2025 Camp Participant Registration Form
- ☐ Signed Authorizations/Releases
  - ☐ Essential Standards
  - ☐ Media Release
  - ☐ Pick-up Release
  - ☐ Consent to Treat/Code of Conduct/Assumption of Risk, Release of Liability, and Permission to Participate
- ☐ KY 4-H Camping Code of Conduct & Expectations (Parent AND camper must **both sign** and submit to office.)
- ☐ Dietary Needs (IF your camper requires dietary accommodations you must provide that information on the **Camp Participants Registration Form** by May 9. Accommodations can be made to meet Vegetarian, Gluten-free and Religious requirements.)
- ☐ Payment(s) (remaining balance is included, total due by May 9)
- ☐ Head Lice/Nit Check Form (NOT accepted until after May 31st, bring on day of camp departure or head check will be performed before departure)
- ☐ Medication & Prescription Form 2025 (NOT returned to office until camp departure—goes in a plastic bag with medicine and a recent picture of camper. There is no need to pack OTC meds that are as needed, Camp HCP has OTC meds if a camper needs something)

**Please check, double check, and triple check that you have submitted all forms & payments by May 9th!!!**

# **4-H Camp Drop Off Procedures**

- **Arrive at Designated Check-in Time**
- **Camper Paperwork and Registration Forms Will Be Verified**
- **Camper Will Have a Lice Check or Lice Check Form Collected**
- **Camper Will Receive Name Tag with Bus and Cabin Assignments**
- **Medication Will Be Collected. Must Be in Plastic Bag with Medication Form and Photo of Camper (if medication is to be taken at lunch please let us know so we can flag it).**
- **Camper Will Be Directed to Load Their Luggage on Designated Bus**
- **Parent/Guardian Should Depart After Camper is Checked In and Has Loaded Their Designated Bus**

## **Camper Designated Drop Off Times**

**Shelby County Extension Office Parking Lot**

**Female Campers @ 6:30am**

**Male Campers @ 7:00am**

**Please check, double check, and triple check that you have submitted all forms & payments by May 9. This makes check in much more efficient**

## **Kentucky 4-H Camping Food Service**

### **Dietary Accommodations Policy**

#### **Peanuts and Tree Nuts**

1. The camping program cannot guarantee that menu items and snacks stored and served out of the kitchen are nut-free or made in nut-free facilities. The camping program cannot guarantee that packages containing food, received in the mail, are nut-free. The camping program cannot guarantee that items sold in the Country Store are nut-free or made in nut-free facilities. Parents/Guardians of youth with a serious, rapid-onset allergic reaction to nuts via airborne or physical contact, are encouraged to contact their Camp Director.

#### **Documented Medical Needs**

2. Individuals with documented medical needs related to their diet should contact their Camp Director to provide additional information about their needed accommodations.

#### **Vegetarian, Gluten-Free, and Religious Dietary Requirements**

3. The camping program will provide accommodations at breakfast, lunch, dinner, and snack for participants who are vegetarian, gluten free, or have religious dietary requirements.
  - a. Vegetarian
    - i. Main dishes containing meat will be substituted with vegetarian main dishes of similar sustenance (e.g., fajita chicken and beef taco salad could be replaced with a vegetarian grilled chick substitute [soy based] that can be easily added to a tortilla or taco). Other examples of substitutes could be cheese pizza (replaces pepperoni pizza), grilled garden veggie burger or black bean burger (replaces hamburger), vegetarian lasagna (replaces baked spaghetti), veggie sausage (replaces pork sausage or bacon), veggie hickory BBQ riblet (replaces pork BBQ sandwich).
    - ii. Side dishes containing meat or meat byproducts will be substituted with vegetarian side dishes of similar sustenance (e.g., green beans containing pork broth will be substituted with vegetarian green beans).
  - b. Gluten-Free
    - i. Main dishes containing gluten will be substituted with gluten-free main dishes of similar sustenance (e.g., pepperoni pizza would be replaced with a gluten free pepperoni pizza).
    - ii. Side dishes containing gluten will be substituted with gluten-free side dishes of similar sustenance (e.g., macaroni & cheese would be replaced with a gluten free macaroni & cheese).
  - c. Religious Dietary Requirements
    - i. Adult guests and parents/guardians of youth attending camp with religious dietary requirements are encouraged to contact their Camp Director to discuss their needs.

#### **Supplemental Food Items**

4. For all other dietary needs, not listed above, the camping program will not provide supplemental food items. Parents are encouraged to have a conversation with their Camp Director to formulate a list of supplemental food items the parent/guardian will provide. The camp foodservice staff can store and prepare these supplemented items as needed. The camping program can provide nutrition and ingredient information for all menu items.

## Reducing the Exposure Risk of Bed Bugs at 4-H Camp

Bed bugs are not associated with disease-spread but can leave itchy and inflamed bites on humans. They can also populate a dwelling if they are accidentally brought in on clothing, bedding, stuffed animals, or luggage.

While rare, the risk of bed bugs at residential camps is a possibility. All the mattresses used at 4-H Camp are manufactured with AntiBac Vinyl to be bed bug proof, but this does not prevent the insects from transferring to the joints of the wooden bunk beds from affected luggage and bedding brought to camp. 4-H Camp is under contract with a certified pest control company to conduct monthly inspections and treat any issues that arise. Reducing the exposure risk begins with preparations made at home as you help your camp participant pack for 4-H Camp.

### Inspecting Luggage for 4-H Camp:

Complete a visual inspection of all the items your camp participant will bring to camp. Adult bed bugs are reddish-brown, wingless, and about the size of an apple seed (5 to 7 millimeters). They are flat with oval-shaped bodies. Young bedbugs, or nymphs, are smaller and can appear translucent or yellowish in color. Bedbug eggs are tiny and white.

### Preparing Luggage for 4-H Camp:

Bed bugs and their eggs are effectively killed when exposed to temperatures above 120 degrees for a minimum of 20 minutes. It is recommended that all camp participants complete the following steps when preparing their luggage for transport to 4-H Camp:

- Wash all bedding, pillows, clothes, backpacks, shoes, and stuffed animals in hot water and dry the items on high heat for a 20-minute cycle, at minimum.
- Loosely place all these items and any others that will be brought to 4-H Camp, in a sealed black trash bag and place them outdoors in direct sunlight or in a vehicle sitting in direct sunlight for a full day. Exceptions would be items that are susceptible to melting or damage from heat such as deodorant and medication.
- Once the sealed black trash bags are removed from the vehicle, store the contents in a safe space away from potentially affected areas in the home, such as a garage or in a vehicle.

### If an Exposure Occurs at 4-H Camp:

- 4-H Camp personnel follow strict procedures to ensure that guests are safe, comfortable, and have as few disruptions to their overnight stay as possible.
- Extension Agents responsible for 4-H Camp are provided with *Procedures for Mitigating Exposure when Bedbugs are Present at 4-H Camp* to aid in the prompt heat treatment of affected cabins and luggage. Insecticides are never used on, or near, bedding, or personal belongings.



- If the exposure occurs in your camp participant's cabin, you will receive a "Bed Bug Exposure Information Sheet" with instructions for safely handling their personal belongings at the conclusion of the 4-H Camp session.

**Symptoms of Exposure:**

It can be difficult to distinguish bed bug bites from other insect bites. In general, the sites of bed bug bites are usually:

- Red, often with a darker red spot in the middle
- Itchy
- Arranged in a rough line or in a cluster
- Located on the face, neck, arms, and hands

**Sources**

University of Kentucky Entomology:

<https://entomology.ca.uky.edu/ef636>

Cabinet for Health and Family Services:

<https://www.chfs.ky.gov/agencies/dph/dphps/emb/Pages/bed-bugs.aspx>

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Disabilities  
accommodated  
with prior notification.

Dear Parent,

We have a strict policy about not taking kids to camp that have head lice or nits (eggs). This policy is for the health and safety of all campers and volunteers. **If evidence of head lice is found, your child cannot attend 4-H Camp as per UK policy.** You may have your child checked **UP TO 48 HOURS PRIOR TO LEAVING FOR CAMP** and have the form below completed. Or, you are welcome to wait and we will conduct head checks the morning of departure for camp for those without the form already completed. However, there is *no* option available that would allow a child to go to camp at that point if head lice are detected!

Please check your camper's head the in the days and weeks leading up to camp to allow time for treatment if necessary. If you do find something, seek out a professional to confirm or rule out the presence of lice and to offer methods of treatment. This may prevent a child from being disappointed the morning of camp. If presence of head lice or nits is found after arriving at 4-H camp, the youth will be sent home as soon as possible. Parents/Guardians will be responsible for picking up the camper from camp.

.....

To Whom It May Concern:

In compliance with the Kentucky 4-H Camping Program's No Nit Policy, I have conducted a head check on

\_\_\_\_\_, Shelby County Camper and confirm no head lice or nits are present.  
Name of child County

When they were examined on (circle one) May 31st, June 1st or June 2nd, 2025, I found no evidence of head lice or nits.

\_\_\_\_\_  
Signature of Examiner

Please check one: \_\_\_\_\_ I am a Medical Professional  
\_\_\_\_\_ I am a School Personnel  
\_\_\_\_\_ I am a Hair Care Professional

**This form does not need to be completed if you are having your child's head checked at the extension office prior to departing for camp on June 2nd.**





## Kentucky 4-H Camping Medication Policy

- Medications for youth and adults **MUST** be kept in the Camp Health Office.
- Medications should be submitted to the Extension Agent in a clear Ziploc bag:
  - On the outside of the bag using a permanent marker: (1) the name of the participant, (2) county name, and (3) sleeping facility (e.g., cabin #4, boy's outpost, yurt #2).
  - Inside the bag should contain: (1) all medications, (2) a completed medicine form, and (3) a recent photograph of the participant.
- All prescription medication **MUST** be in its original container. This is a state law.
- Parents/Guardians should send only the number of pills the camper will need for the camp session.
- Medication may only be given to the person whose name is on the prescription medication container. Siblings cannot share medications unless both names are on the container.
- If a participant's prescription has changed and the directions on the medication bottle are different, the parent/guardian must include a note from the physician (on his/her letterhead) with the correct instructions for taking the medication. The medication cannot be given without the physician's note.
- If a participant must keep an inhaler or epi pen on their person during the camping session, the parent should provide a backpack or other item in which to securely store them while participating in activities. Camp cannot be responsible for lost inhalers or epi pens.
- For participants who require special medical treatments, IV's, blood sugar tests, insulin, etc. a trained assistant or the camper will be responsible for this care. Camp's health care provider is not allowed to administer these special treatments.
- Camp provides a variety of over the counter medications for general use, (e.g., cough syrup, Benadryl, sting ease). If a parent/guardian wants aspirin given to their child, it must be sent with the child. Camp does not administer aspirin to anyone less than 18 years of age. If the parent/guardian wishes to send a specific brand name over the counter medication, they may do so. A medication form must be completed for the camper for this medication.

Revised 08/20/2020





## Kentucky 4-H Camp Medication Form 2025

Participant's Name	County	Sleeping Facility (e.g., cabin #2, yurt #1)	Age	Weight

	Name of Medicine	Dosage	Time of Medicine (Check all that apply)					Notes (e.g., as needed, take w/ food)
			Breakfast	Lunch	Dinner	Bedtime	Other	
1								
2								
3								
4								
5								
6								

### DIRECTIONS:

Place the following items in a clear bag: (1) medications in original containers, (2) this completed form, and (3) a recent photo of the participant. On the outside of the bag write (with a permanent marker) the participant's name, county, and sleeping facility.

### OFFICE USE ONLY

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	HCP Review Stamp
Breakfast								
Lunch								
Dinner								
Bedtime								
Other								
As needed								

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with prior notification.



## Kentucky 4-H Camping Code of Conduct and Expectations

1. Campers are not permitted to bring cell phones to camp.
2. Possession or use of alcohol, illegal drugs, or weapons by any person is prohibited.
3. Use of tobacco products is not allowed for campers/teens at 4-H camp. Should a county decide to permit adults (21 years and over) to use them, it may occur only in areas designated by the Camp Director. Absolutely no tobacco products are to be used in cabins, woods or non-designated areas of camp.
4. Camp participants are permitted to enter the cabin in which they are assigned. All other cabins are restricted.
5. Campers are not allowed in the cabins during a class or activity. If a camper is ill, they are to stay at the medical center (not in a cabin) until the Health Care Provider (HCP) feels the camper may return to activities.
6. Camp participants are to be attentive, responsive and courteous to any staff, adult or teen counselor making a presentation before the group.
7. Absolutely no phone calls are to be made by campers (camp office phone or cell phone) without approval of the County Extension Agent. All County Extension Agents should be informed of incoming calls at the camp office to campers.
8. Accidents or illnesses, no matter how minor, are to be reported to the County Agent and Camp Healthcare Provider. If medical care is needed, the Agent will coordinate treatment with the Camp Healthcare Provider.
9. Obscene, discriminatory and/or inappropriate language or dress, roughhousing, and insubordination is not acceptable at any time and may result in dismissal from camp.
10. Fireworks are not to be used by camp participants at any time.
11. Swimming, boating, or any waterfront activity is not permitted except during designated times and under proper supervision.
12. Appropriate dress, including footwear, should be adhered to as outlined in the 4-H Camp Dress Code.
13. Camp participants are always to remain with their groups, and must obey the rule of 3 when traveling. Individuals are not to be on the trails or near the lakes without an accompanying adult.
14. Camp participants are not permitted to leave the grounds at any time without notifying and receiving approval from the Contact Agent and their County Extension Agent.
15. Camp participants are expected to be in their cabins, with lights out, as designated on the camp program schedule.
16. No visitors, other than parents or immediate family, may visit campers during the camp. Visits must be approved in advance by the County Extension Agent.
17. No camp participant is to be around or on maintenance equipment.
18. Camp participants who are having personal conflicts with others should discuss these with their cabin counselor, dean, or County Extension Agent.
19. Campers and teens are to work with counselors in carrying out daily assigned jobs to help keep the camp running smoothly. Grounds are to be kept clean at all times. Camp participants are expected to leave the cabins, facilities and grounds clean and orderly.



**PARTICIPANT NAME:** \_\_\_\_\_

20. Camp participants are to respect camp property. Any misconduct resulting in damage to camp property or buses, including graffiti, shall be paid for by the camp participant and/or parent or guardian. A list of damage fees is available.
21. All medications must be turned in to the designated adult and picked up by the parent/guardian at the bus pick up site. The Health Care Provider will be responsible for securing all medications at camp.
22. Camp is not responsible for personal property of any camp participant or staff.
23. We care about the safety of all camp participants. Incidents of serious misbehavior (i.e. threats, fighting, bullying, causing injury, alcohol/drug incidents, any altercations between adults and/or minors, intentional property damage/vandalism, etc.) will be reported to the Camp Director and County Extension Agent and an incident report will be completed. Incidents of serious misbehavior may result in dismissal from camp.
24. Camp participants should demonstrate respect toward others. Bullying, hazing, or pranks (i.e.: shaving cream, toothpaste in pillow/sleeping bags, defacing property, including inappropriate use of electronics/social media) will not be tolerated and may result in dismissal from camp.

*Any conduct inconsistent with the above rules may result in consequences such as the camp participant/parent/guardian/immediate family member being sent home, restricting future participation in 4-H activities, termination of 4-H membership, or other consequences determined by the county's or state's policy. If a camp participant must be sent home, it will be the responsibility of the parent/guardian to pick them up at camp. There is no refund of the camp fee for an early departure.*

Participant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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HCP Approval Stamp

## Kentucky 4-H Camping 2025

Camp Participant Registration – *Camper/Teen*

Last Name:	Legal First Name:	Middle Name:	Preferred Name:
Attended camp before? <input type="checkbox"/> Yes - # years: ____ <input type="checkbox"/> No	Fall 2025 School & Grade:	County: <b>Shelby</b>	Biological Sex: <input type="checkbox"/> Male <input type="checkbox"/> Female
Shirt Size: (Select One) YS YM YL YXL AS AM AL AXL A2XL A3XL A4XL <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>		Birthdate: ____ / ____ / ____	Age on 1st day of camp?
Participant's Home Address:			Participant's Race: <input type="checkbox"/> White <input type="checkbox"/> Black <input type="checkbox"/> Asian <input type="checkbox"/> American Indian <input type="checkbox"/> Hawaiian <input type="checkbox"/> Other
			Participant's Ethnicity: <input type="checkbox"/> Hispanic <input type="checkbox"/> Non-Hispanic
Legal Parent/Guardian #1 Full Name:		Email Address:	Cell/Home Number:
		<input type="checkbox"/> Yes - I would like to receive email notifications of upcoming statewide Camp-Sponsored Events and Promotions at this email address.	
Legal Parent/Guardian #2 Full Name:		Email Address:	Cell/Home Number:
		<input type="checkbox"/> Yes - I would like to receive email notifications of upcoming statewide Camp-Sponsored Events and Promotions at this email address.	
Emergency Contact Full Name and Cell/Home Number:		Relationship to Participant:	Left Blank For Office Use:
Physician Name:		Physician Phone Number:	

**Buy your participant some camp gear. [www.shop4hcamp.com](http://www.shop4hcamp.com)**

**Is your participant looking for more camp opportunities? [www.4hcampevents.com](http://www.4hcampevents.com)**

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PARTICIPANT NAME: \_\_\_\_\_

Is the camp participant up to date on immunizations as outlined by Kentucky law required for enrollment in public, private, or home school, based upon the grade the participant will be enrolled for the upcoming school year?

☐ YES

☐ NO (If marked NO, check with your 4-H Agent for a waiver of liability form.)

Does the participant have health insurance coverage? (Check all boxes that apply.)

☐ YES (Provide the required information below.)

Insurance Provider: \_\_\_\_\_ Policy Number/Member ID: \_\_\_\_\_

Provider's Phone: \_\_\_\_\_ Group ID (if applicable): \_\_\_\_\_

☐ NO (No worries! The camp provides excess medical insurance coverage in the event of injuries or illnesses.)

☐ ACTIVE DUTY MILITARY

What is specific information about your camp participant which the staff should be made aware of to provide a better camp experience for the camp participant? Information disclosed in this section may allow us to make accommodations based on their individualized needs. List all specific items that the participant is provided at home or school to have a successful experience.

**Behavioral (i.e., mental, emotional, physical) Are there any recent circumstances that may lead to your child needing extra support?**

**Medical/Physical (i.e., asthma, autism, seizures, sleepwalker, sensitivity to lights and sounds, etc.)**

**Allergies (check the applicable boxes below and describe the allergy and reaction seen)**

No known allergies: ☐ Food: ☐ Medication: ☐ Seasonal/Environmental: ☐

**Dietary (check the boxes below if applicable)**

Vegetarian: ☐ Gluten Intolerant: ☐ Alpha Gal: ☐ Does not eat Pork: ☐

**Requests for accommodation or other important details (use additional sheet of paper if needed):**

**Contact your 4-H Agent with questions about available accommodations.**



PARTICIPANT NAME: \_\_\_\_\_

## Kentucky Residential 4-H Camp Essential Standards for Camp Participants

The University of Kentucky is an equal opportunity university. Parents/Guardians of children who have medical conditions or other disabilities requiring special attention should alert the agent to ensure proper care and accommodations are provided. If the camper requires personal care or a level of attention not available through camp staff or volunteers; a family friend, relative of the same sex over age 19, or a parent/guardian must accompany the child as a full-time 1:1 caretaker. The parent/guardian will agree to pay the individual costs of the caretaker (25% of the camper registration fees.) Any person accompanying a camper as a caretaker must successfully complete the Client Protection Process and is expected to follow all camp code of conduct policies for volunteers. To determine whether a caretaker should accompany a camper, the following factors will be considered:

- Ability to dress without assistance
- Ability to maintain personal hygiene, e.g. bathing, brushing teeth
- Ability to attend to toileting needs
- Ability to understand, follow, and respond to oral/written instruction
- Ability to remain at rest or sleeping according to the camp schedule
- Ability to participate in group activities with minimal individual attention
- Ability to participate in a communal living environment with minimal individual attention
- Ability to sustain a 15-hour (7am-10pm) camp day with limited rest periods
- Ability to understand and respond to dangerous conditions
- Ability to take medications according to a pre-set schedule and with minimal assistance

If a caretaker is not provided and a camper cannot meet the essential standards listed above, they may be dismissed from camp. If a camper must be sent home, it will be the responsibility of the parent/guardian to pick them up at camp. There is no refund of the camp fee for an early departure.

I have reviewed and acknowledge the essential standards for camp participants policy.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_



PARTICIPANT NAME: \_\_\_\_\_

### AUTHORIZATIONS/RELEASES

*This is a legal document. You must read and understand it before signing it.*

#### MEDIA RELEASE:

I grant the Kentucky 4-H Program and the University of Kentucky, Kentucky State University, and persons acting through them, the right to use, reproduce, assign, and/or distribute photographs, films, videotapes, and sound recordings of my minor child without compensation for use in promotion/advertising, educational publications, electronic publishing, and personal memorabilia. Participant names may be published.

☐ Yes. I grant permission for media releases. ☐ No. I do not grant permission for media releases.

#### Pick-up Release:

It is my responsibility to arrange to pick up my child/children upon return from camp. There will be no exceptions to this policy regardless of relationship to the child. Please inform everyone approved by you on this release that he/she must present a driver's license or photo ID before the child will be released. **Parents, Guardians, and Emergency Contacts listed on page 1 and 2 are automatically assumed to have pick up authorization.** In addition to the parents/guardians listed on page 1, the following individuals are granted permission to pick up my child:

NAME: \_\_\_\_\_ RELATIONSHIP \_\_\_\_\_ Phone/Cell# \_\_\_\_\_

NAME: \_\_\_\_\_ RELATIONSHIP \_\_\_\_\_ Phone/Cell# \_\_\_\_\_

NAME: \_\_\_\_\_ RELATIONSHIP \_\_\_\_\_ Phone/Cell# \_\_\_\_\_

#### CONSENT TO TREAT:

The health history reported on page one and two are correct and complete to the best of my knowledge. I hereby permit the camp to provide routine health care, administer over the counter medication, assist in administering participant's prescription medications as needed, and seek emergency medical treatment including ordering x-rays and routine tests. I agree to the release of any records necessary for treatment, referral, billing, or insurance purposes. I permit the camp to arrange necessary related transportation for my child. In the event I cannot be reached in an emergency, I hereby permit the physician selected by the camp to secure and administer treatment, including trips off camp property.

#### CODE OF CONDUCT:

I have read and discussed the Camp Code of Conduct with my participant. We (parent/guardian and participant) understand and agree to comply with the guidelines. Violations may result in loss of privileges, removal from camp with no refund, assessment of a damage fee for which I will be responsible for paying, and/or ineligibility to participate in future 4-H events. An incident report will be completed for major violations.

#### ASSUMPTION OF RISK, RELEASE OF LIABILITY, and PERMISSION TO PARTICIPATE:

I acknowledge that there are certain risks, hazards, and dangers, including the risk of physical injury, disability, or death and risk of loss of use or damage to my personal property as a result of allowing participation in the camping program. Risks include but are not limited to recreational games and traditional camp activities, transportation accidents, weather-related hazards and natural disasters, infectious diseases, the possibility of slips and falls, pinches, scrapes, twists, and jolts that could result in scratches, bruises, sprains, lacerations, fractures, concussions, or even more severely debilitating or life-threatening hazards. I understand that injury or loss may result from unknown or unexpected risks and the use of equipment, materials, or facilities recommended by the University of Kentucky; environmental conditions; from the acts or omissions of others; or from the unavailability of immediate and adequate emergency medical care. I understand that the University of Kentucky does not guarantee the personal health or safety of participants, nor does it protect against the risk of loss of personal property. In consideration for allowing my child to participate in the camping program, I do hereby release the University of Kentucky, the University of Kentucky Cooperative Extension Service, the county Extension District Board(s), the 4-H Camp, Kentucky State University and their trustees, directors, officers, members, agents, employees, volunteers, and assigns from any and all liability, damages, cost, and expenses arising out of or relating to bodily or psychological injury, loss of life, or personal property that may occur as a result of participating in the camping program. I understand that my child's participation in the Kentucky 4-H Summer Camping Program is based on the challenge by choice philosophy. I recognize that programs are designed to use experiential, engaging teaching techniques, but that my child's participation is purely voluntary, always, and my child will choose his or her level of participation in any activity (including, but not limited to: high ropes, rock climbing, low challenge elements, rifles, archery, trap shooting, horses, and cave exploration). I understand that my participation in this activity may entail certain anticipated and unanticipated risks regarding personal injury or illness. I hereby acknowledge my voluntary and informed assumption of full responsibility and liability regarding any injuries or illness, that I may incur coincident to my participation in this activity.

Participant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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