



4-H Adventure Camp Policies and Procedures

4-H is the most exciting and valuable youth program around and we are looking forward to having you join us at our camp! The “H’s” of 4-H represent HEAD, HEART, HANDS, and HEALTH. In following these beliefs, we have developed the following camp policies.

CAMPERS, COUNSELORS, AND ADULTS:

Please read and discuss the above list with your family. It is important to understand camp expectations for every person involved. If any of these policies are broken, the person responsible will receive the necessary consequences. If the broken policy is serious enough, the parent/guardian will be required to take their child home at their own expense and with no refund. Failure to comply with this requirement may result in additional fees and/or disciplinary action. If you have questions about these policies, please contact the 4-H Camp Director 208-287-5900. These policies will be reviewed at the beginning of each camp during the orientation. With everyone following these policies, camp is sure to be safe and fun!

Everyone (campers, counselors, and adults) must follow the list of rules below unless otherwise noted:

1. Treat fellow campers and staff respectfully. Swearing or language that belittles or harasses will not be tolerated. No rough housing.
2. Remain in camp limits. The limits are within the fence to the lake. If an adult must leave camp, please check out with the camp director before leaving camp limits.
3. Keep all areas of the camp clean. Put trash in containers.
4. Help protect the camp’s facilities. Damaging or writing on buildings will be charged accordingly.
5. Leave wildlife undisturbed.
6. Fireworks are forbidden.
7. Leave all valuables at home, camp is not responsible for lost or missing items.
8. Wear your nametag at all times.
9. Leave all weapons at home (guns, knives, sprays or a replica of such) Staff members may possess pocketknives approved by the camp director.
10. Stay drug free. No alcohol or illegal drugs are allowed. If alcohol or drugs are discovered in the possession of any person at camp authorities will be called. There is a zero-tolerance policy.
11. Appropriate footwear should be worn for all activities. Close-toed shoes are required on all shooting ranges and during camp games. (ex-Capture the flag, Gaga Ball, Basketball)
12. No inappropriate slogans or logos on clothes or hats (e.g., language, gestures, drugs, alcohol, etc)
13. Swimsuits are only appropriate in the immediate waterfront areas or at off-site swimming locations. Revealing swimwear are not allowed at camp. (two-piece swimsuits are acceptable at the discretion of the camp director). Swimsuits must cover all private areas. Shirts or cover-ups must be worn when walking to and from waterfront areas.
14. Boys must wear their pants around their waist and must have a shirt on at all times (tank tops are Okay) Girls’ tops must cover their chests completely and shorts must cover their bottoms completely (top and bottom). Follow the ABC rule: Always be covered.



15. Male counselors and adult men will enforce the dress code for boys. Female counselors and adult women will enforce the dress code for girls. We reserve the right to tell any camp participant to change clothes at any time.
16. Swim, canoe, and be on the waterfront ONLY during designated times when a lifeguard is on duty. Beaches areas used for fishing or other activities may only be used with supervision.
17. Respect privacy of others. Boys are not allowed in girl's cabin area and in girl's cabins. Girls are not allowed in boy's cabin area or boy's cabins.
18. Keep music and radios quiet. Only appropriate subject matter and language will be allowed. No lyrics with violence, unhealthy sexual connotations, or alcohol.
19. Remember to keep clean. Showers are scheduled at various times during the day. All camp participants must shower regularly.
20. Campers will remain quietly in their cabin after lights out until morning; except to use restroom.
21. Follow the schedule and be on time to all activities and meals.
22. Report all injuries to the camp nurse. Campers and counselors must turn in all medications to the nurse upon arrival at camp. Adults should report current medication to the nurse. Medications must be in the original container with clear doctor's instructions on the label. Including aspirin, car sickness pills, etc. must be handed to the nurse, complete with parent instructions and permission to administer.
23. Electronic devices (including but not limited to) cell phones, iPods, tablets, or gaming devices are not recommended for campers. Cell phones found at camp will be turned into the camp director and returned to the camper at the end of camp. Counselors may use their phones at the discretion of the camp director. Adults may have their phones at all times in case of emergencies.
24. Remember 4-H Health: eat, rest, and play well.
25. Most of all, Have FUN!

Camper Signature

Date

Parent/Guardian Signature

Date

The University of Idaho has a policy of nondiscrimination on the basis of race, color, religion, national origin, sex, age, sexual orientation, gender identity/expression, disability, genetic information, or status as any protected veteran or military status. Persons with disabilities who require alternative means for communication or program information or reasonable accommodations need to contact the Ada County UI Extension office at ada@uidaho.edu or 208-287-5900.

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