Family Camp Registration

$80 per person over 13

$45 per person age 4-12

3 and under free

Family Name:      \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone:\_      \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address: \_     \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ City: \_\_     \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

State:      \_\_\_\_\_\_ Zip code:      \_\_\_\_\_\_\_\_\_\_ County:      \_\_\_\_\_\_\_\_\_

Email: \_     \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name of Participant: Age Cost High Ropes +$10

1. \_     \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_     \_\_\_\_\_\_\_\_     \_\_\_\_\_\_\_\_\_     \_\_\_\_\_\_\_\_\_\_

2. \_     \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_     \_\_\_\_\_\_\_\_     \_\_\_\_\_\_\_\_\_     \_\_\_\_\_\_\_\_\_\_

3. \_     \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_     \_\_\_\_\_\_\_\_     \_\_\_\_\_\_\_\_\_     \_\_\_\_\_\_\_\_\_\_

4. \_     \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_     \_\_\_\_\_\_\_\_     \_\_\_\_\_\_\_\_\_     \_\_\_\_\_\_\_\_\_\_

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7. \_     \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_     \_\_\_\_\_\_\_\_     \_\_\_\_\_\_\_\_\_     \_\_\_\_\_\_\_\_\_\_

8. \_     \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_     \_\_\_\_\_\_\_\_     \_\_\_\_\_\_\_\_\_     \_\_\_\_\_\_\_\_\_\_

9. \_     \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_     \_\_\_\_\_\_\_\_     \_\_\_\_\_\_\_\_\_     \_\_\_\_\_\_\_\_\_\_

10. \_     \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_     \_\_\_\_\_\_\_\_     \_\_\_\_\_\_\_\_\_     \_\_\_\_\_\_\_\_\_

 Total: \_     \_\_\_\_

CABIN OPTION: A) \_\_\_\_\_\_\_ B)\_\_\_\_\_\_\_ C)\_\_\_\_\_\_

If B or C, please indicate which family or number of persons in each cabin: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Pay online through 4-H Camp Ohio’s Paypal account: <https://4hcampohio.org> (add $5 for online fee)

Make check payable to: 4-H Camp Ohio Memo: Family Camp

Please send or email registration and payment to 4-H Camp Ohio no later than **August 26, 2017**

11461 Camp Ohio Rd.

St Louisville, OH 43071

Email to: Lindsey.campohio@gmail.com

**FACILITIES**

Cabins are rustic, one-room wooden building furnished with five to seven bunk beds and mattresses (capacity of 10-14 people). Each family must provide your own bedding and towels. Cabin options include: **A)** private cabin, **B)** shared cabin with another family, or **C)** “close proximity”. This last option is for 2 or more families. The cabins are split into male and female sleeping quarters that are a few feet apart. Washrooms and showers are in a central location and shared by all families.

**ADDITIONAL INFORMATION**

Complete the registration form and return with payment. Registration may be emailed or sent in. A confirmation will be sent to you with your cabin assignment. All participants should register, including parents and younger siblings. For participants that are paying and participating in high ropes, please indicate interest on the registration form. You may also pay when you get to camp.

Part of what makes our Family Camp unique is the chance to pick and choose your activities. You may choose the same session, all different ones or relax together. Family participants may head to different sessions, and many sessions are in opposite directions. It is not usually possible for a parent/adult to walk with all of their children to sessions if they are going to different places. Most sessions will meet as a group and then walk together to the location. Children under age 10 need to have supervision during sessions. \*\*High Ropes is only going to be offered on Saturday afternoon, 1:30-4:30pm.

Please be advised, there is no nurse on-site, but 4-H Camp Ohio staff have been trained in First Aid/CPR/AED and blood borne pathogens.

Main camp is in a valley. Camp has many hills and mostly gravel paths. Closed toe shoes are **required** at all sessions. All session locations that are away from camp (a hike of 10 to 20 minutes) have some uphill terrain to get to the session site. Backpacks or snugglies are the best method for transporting your infants and toddlers. Strollers are only beneficial around main camp. Also, 4-H Camp Ohio does not provide high chairs.

If someone in your family needs special assistance to get to sessions, has special dietary needs, or an allergy, please contact 4-H Camp Ohio prior to August 20 to arrange accommodations. Please let us know if there are vegetarians in your family!

**GET INVOLVED!**

Something we would like to have is families involved with planning and leading some activities on a volunteer basis. Some ways to get involved at Family Camp include: flag raising or lowering, table hopping, planning all camp relays/games, teaching a session like crafts, etc. We will have sign-ups at camp for some of these activities but if you have a special talent to share with a session, please let us know ahead of time so we can gather supplies if needed. There is also an optional Sunday morning gathering for Vesper’s (time of reflection). If anyone is interested in leading/ helping out with this activity, please let us know at camp! We have some resources available at Camp to help you plan and carry out a flags service.

**CAMPFIRE**

For this year’s campfire, we are planning a round of Family Charades! We would like each family that is planning on attending to come up with a charade. Incorporating everyone in your family, act out something you did this year. Rules: 1) No sounds as clues, 2) No hand drawn letters, words, symbols, 3) no props! Be prepared to act out your charade at the campfire!

**DINING HALL**

Table Setting and Dining Room Service

1. Each table hopper is responsible for setting tables with dishes, silverware, milk and other items to go on tables before the campers enter the dining hall.

2. Table hoppers should report to the dining hall with clean hands fifteen minutes prior to the meal serving time.

3. The cook will list the table items and number of hoppers/counselors needed (china and silverware) for each meal

on the blackboard near the kitchen door. Table hoppers will use this list as a guide for what should be placed on the tables.

4. Table hoppers should use proper table-setting form as demonstrated by the person in charge.

5. Table hoppers should place cold foods on the table before the campers enter the dining hall. The "In" and "Out" doors should be used as designated in order to avoid accidents.

6. After the campers are seated, table hoppers should go to the kitchen for the hot foods that they will then take to their tables. There will be one of each hot food item per table. Please do not take more than one item per table or another table will be without food; this will cause the cooks to use up your second helpings.

7. Table hoppers should return serving dishes to the kitchen when they come in to pick up their table's dessert.

8. Tables must be cleared before singing and announcements so that our kitchen staff is not delayed in performing their clean-up duties.

Table and Dining Room Clean Up

1. Put all waste paper in the trashcans designated for paper only.

2. Scrape all dishes and pans with rubber spatula into the garbage bucket.

3. Return serving dishes to the kitchen counter.

4. Place glasses on the dish room counter. Please empty liquid into the garbage pail. DO NOT POUR ANY LIQUIDS INTO THE WATER FOUNTAIN!

5. Stack dishes on the dish room counter, like dishes together.

6. Wash the table and chairs with wash water and rinse water.

7. Sweep the dirt from under the tables to the center aisle. Sweep dirt in aisles (using sweeping compound) forward and place in trashcans.

8. THE DINING HALL MUST BE SWEPT AFTER EACH MEAL AND AFTER ANY RECREATION ACTIVITIES.

9. Do not stack chairs on tables. Tables do not need to be moved to sweep under them. To save wear on table legs, please do not move or drag tables that are not fully folded.

**PACKING LIST: (per person)**

­\_\_Bedding: pillow, sleeping bag or blankets, fitted sheet (twin)

\_\_2 pairs of shoes (closed toe!) or boots

\_\_Toiletries: brush/comb, toothbrush/paste, soap, deodorant, shampoo

\_\_2-3 changes of clothes, including socks and undergarments

\_\_Pajamas

\_\_Flashlight

\_\_Old shoes for creeking (no flip flops!)

\_\_Rain gear

\_\_Sweatshirt or jacket

\_\_ Towels

\_\_Swimsuit or clothes to get wet

\_\_Plastic bag to take home wet or dirty clothes

\_\_Health Form (required for each person!)

Optional:

\_\_Playing cards

\_\_Fishing Pole and Bait

\_\_Camera

\_\_Fan for Cabin

\_\_Bug Spray

\_\_Sunscreen

\_\_Snacks (in a container!)

\_\_ Supplies to teach a session, flags, relays, outdoor games, etc

\_\_Board Games (Games offered every night in the Dining Hall, please bring some to share!)

These are some suggested items. If you bring it to camp, please label your belongings and take them home with you! In general, bring items suitable for outdoor activities.

4-H Camp Ohio Guidelines

1. The 4-H Camp Ohio health center is available to all user groups and has routine first-aid and emergency supplies. All injuries are to be reported to the camp first-aid person immediately. An accident/incident report form must be completed for any injury or illness that results in or may result in a doctor and/or hospital visit.

2. Valuables should be left at home. 4-H Camp Ohio and OSU Extension are not liable for lost, broken or stolen items. 4-H Camp Ohio also discourages bringing personal sports equipment to camp. However, if brought, it must be checked in with the 4-H Camp Ohio Executive Director upon arrival.

3. No pets are permitted on camp property at any time. There will be NO exceptions. Any animals to be used in programs must be approved by the 4-H Camp Ohio Executive Director.

4. Only firearms needed for program purposes and which are kept under lock when not in use are permissible. Any firearms program must be approved by the 4-H Camp Ohio Executive Director.

5. All visitors must check in with the 4-H Camp Ohio Executive Director and/or the Visiting Camp Director upon arrival.

6. Campers are NOT permitted to leave camp without the consent of the Visiting Camp Director AND their parent or legal guardian.

7. Alcoholic beverages, illegal drugs and fireworks are prohibited.

8. Fires must be built ONLY in designated areas with approval of the 4-H Camp Ohio management and supervised at all times.

9. Flammable liquids and explosives are prohibited from being brought to camp. User groups are prohibited from using petroleum-based flammable liquid for any purpose, including starting fires!

10. Hand and power tools may be brought to camp ONLY with the prior knowledge and consent of the 4-H Camp Ohio Executive Director. These items must be closely supervised and safely stored.

11. All shooting sports require an instructor who has certification to teach OR who can show evidence of training which qualifies them to lead these activities.

12. Campers and staff must be transported only in passenger seats. Transporting campers or staff in the beds of trucks or outside of any vehicle, except for authorized hayrides, is prohibited.

13. 4-H Camp Ohio speed limit is **15 mph.**

14. Vehicles must be parked in designated parking areas. Driving into the central camp area or beyond is permitted ONLY with the expressed consent of the 4-H Camp Ohio Executive Director.

15. To comply with Licking Co. Health Dept. regulations, smoking will not be permitted in any buildings or restrooms. The dining hall back porch is no longer a smoking area. We will have a designated smoking area outside behind the dining hall. Smoking is not permitted anywhere else outside.

16. The car bridge is for vehicles ONLY. People on foot must use the footbridge.

17. Wading in the stream when not engaged in supervised study is prohibited.

18. Shoes must be worn at all times except when swimming, showering or sleeping. Flip flops and sandals are only permitted at the pool and restrooms.

19. Proper attire is to be worn at all meals—no tank tops, halter tops or swim suits. Hats should be taken off upon entering the dining hall.

20. No one but 4-H Camp Ohio staff is permitted behind the serving counter in the kitchen or in staff housing at any time.

21. Boys are prohibited from entering the girl’s cabin areas; girls are prohibited from entering the boy’s cabin areas.

22. Writing on buildings and walls is prohibited. Any posters, lists, etc. to be put on the walls in buildings must be attached with tape. – NO STAPLES, NAILS, GARFITFTI ETC. $25.00 fine per incident. Moving of beds and mattresses are prohibited at 4-H Camp Ohio.

23. Water balloon/activities and shaving cream fights are prohibited in or around building. These activities should take place on the activities field and MUST be cleaned up immediately afterwards.

24. Teasing and handling of the animals in the nature center is prohibited.

25. No crafts will be allowed to be done in the dining hall.

26. Sledding of any kind is prohibited.

27. Swim ONLY with the supervision of a lifeguard. Swimming in the pond or stream is prohibited.

28. Football playing is prohibited because it is not covered by insurance.

29. Ball playing is prohibited in the rec. hall, dining hall and multi-purpose building. Also, the multi-purpose room is not designated for active recreation or dancing.

30. As a means of risk management, youth participants (campers and counselors) are no longer permitted to possess cell phones during camp. Visiting Camp Directors will set specific policies regarding the collection of cell phones and/or consequences for possessing a cell phone - check with your Director for your county's policy. 4-H Camp Ohio staff maintains the right to confiscate cell phones during camps and turn them in to Visiting Camp Directors.

31. Youth arriving late or early should sign in or sign out at the Cow Palace/Nurse’s Station.

32. Long distance phone calls must be placed collect, credit card, or charged to a third number. The camp phone is available for campers only with the Visiting Camp Director’s permission and should be used for short calls. The phone number for campers is: 740-745-3388. The camp FAX number is 740-745-3327 (remember this is only a FAX number).

33. Respect should be shown for others and their belongings at all times.

Information about 4-H Camp Ohio can be found at: http://4hcampohio.org