

Thank you for signing your child up for Junior 4-H camp. We are excited to be going to camp June 15-19. Please see the attached forms and fill out all forms that are applicable to you and your child. Once filled out, email them back to hwhite27@utk.edu or mail them to PO BOX 68 Rutledge, TN 37861. If you are unable to print them out or fill them out online, please call the Extension office at 865-828-3411. We can mail you a copy or print them out for you to pick up. You **MUST** include a picture and an insurance card with your forms. If you do not have insurance, please put "no insurance" in the boxes. If you want to waive medical care or do not feel comfortable providing this information, please fill out the 600C form. The 600M form should be filled out for any medicine your child brings to camp. Bring this form and the medicine your child takes in a Ziploc bag on the day of drop off. The permission to leave camp form has to be filled out. We will cross-reference this form with a driver's license on that Friday when your child is to be picked up.

All forms must be completed by May 27th, or your child will be unable to attend camp.

Please call 865-828-3411 or email if you have any questions.

Grainger County Junior Camp- June 15-19, 2026

Arrival Information

4-Hers will be need to be at the extension office (460 Water Street) **by 8:30 am on June 15th**. A lice check will be performed by the Grainger County Health Department before you are allowed to get on the bus. The bus will leave no later than 9:30 am. If you are late you will not be waited on and will have to find your way to camp. We will arrive at the 4-H camp by 11 am.

Pickup Information

We are expected to leave camp by 9:30 am on Friday. This will depend on if the camp has been cleaned and the staff clears us to leave. We expect to be back in Rutledge at the extension office around **11:00 am on June 19th**.

Make sure your child's release form has been filled out and anyone who may be picking them up is on the release form!

When you arrive to pick up your child, please see the extension office staff to check out your child. Please note that your child will not be allowed to get off the bus until you have checked them out.

How Do I Know What Is Going on At Camp?

NO CHILD AT CAMP IS TO HAVE A CELL PHONE!!! This causes issues. Each child cannot be monitored on a cell phone at all times. If a child is found with a phone at camp they will be instructed to turn it off and place it in their bag until we return home. The child may be sent home if a cell phone is a continual issue.

The only way that we will be communicating with you unless an emergency has occurred. If there is an emergency, please call the camp at (423) 639-3811 or Ms. Haley at 423-754-0353. These numbers should only be used if there is an emergency!

We will have a group me. Scan the QR code at the parent meeting or when dropping your child off for camp.

I will try to take photos of the kids while at camp, these will be posted to our Facebook at UT Extension Grainger County. **Please let us know if we cannot post photos of your child!**

How Much Money Should I Send to Camp

Concession and ticket prices for activities are as follows:

Concession Stand:

Drinks - \$3.00

Chips - \$2.00

Candy - \$2.00

Ice Cream - \$2.00

T-Shirts - \$12.00

Other Souvenirs - Prices range \$3-\$10

Tokens

1 token= \$1

Send your child with the amount of money that seems appropriate to you. Somewhere around \$30 will be plenty. While some activities cost money there are plenty of free activities at camp. Your child will be given \$20 in tokens when they arrive at camp

What Does My Child Need to Pack for Camp?

- Sheets and blanket, or sleeping bag (beds are twin)
- Pillow
- Pajamas (or clothing to sleep in)
- Toiletry Items
 - Toothbrush, toothpaste, deodorant, shampoo, soap
- Towels and washcloths
- Swimsuit (two-piece swimsuits are acceptable as long as they are appropriate)
 - Please let your child know that they will need to be covered up to go to the pool. This means boys will have to have on a shirt and girls will need to wear something over their swimsuits.
- Sweater or jacket
- Tennis shoes (tennis shoes are required for the ropes course)
- Shoes to wear to the pool (flip flops, chacos, sandals)
- Several changes of clothing
- Undergarments
- Postcards and stamps (if you would like them to write to someone)
- Sunscreen lotion and insect repellent
- Camera
- White t-shirts for airbrush and tie-dye (if your child does not bring them, they will be available for purchase at camp. Our camp shirts will also be white this year for the 4-Hers to tie-dye if they choose)
- **Water Bottle**
- Fishing poles are allowed if the child is set on bringing one. There will also be fishing poles available for use at camp. (Please do not bring your most expensive fishing pole. They tend to get broken or left at the camp.)

Please do not send your best towels with your child. They will forget to bring them home to you. These items should be marked with names or initials as they go on a communal clothesline.

We will be providing a snack at our nightly county meetings. If you would like to send snacks to contribute to this please do. We are asking for individually wrapped chips, cookies, juice pouches, etc. Camp is a peanut free facility. Keep this in mind when purchasing items.

Please see the dress code below:

4-H Camp Dress Code

- Shirts, tops, pants, skirts or shorts and shoes **must** be worn at all times.
- No head apparel, including caps, hats, bandannas, toboggans or hair stockings will be allowed in the cafeteria.
- Shorts **cannot** be any shorter than fingertip length when standing.
- Skirts or dresses **cannot** be shorter than four inches above the knees.

- No spaghetti straps or muscle shirts are permitted. One-inch tank straps will be allowed; if straps are any smaller, the wearer will be asked to change.
- Underwear should be concealed at all times!
- Bare midriffs, bare shoulders or back, excessively low-cut clothing, or see-through materials are prohibited. The midriff area should be covered at all times (except at the swimming pool).
- Please be sure bathing suits fit appropriately (not too tight, not too saggy). Two-piece suits are allowed.
- Clothing that exhibits written, pictorial, or implied references to illegal substances, drugs, or alcohol, negative slogans, vulgarities, or that which attracts undue attention is prohibited.

Basically, please use common sense and good judgment. We do have the right to ask you to change clothes. If it is not appropriate for school it is probably not appropriate for camp.

What Does My Child Not Need to Pack for Camp?

- Cell Phones or other electronics
- Knives or other items that can cause harm
- Snacks (food is not allowed in the cabins- there will be snacks available at the concession stand)
- Clothing that cannot get dirty/stained
- Fishing Bait- Worms will be available at camp

Use good judgment when packing. If it is an item that they cannot take to school it is best to leave it at home.

What if I Take Medication?

Medications should be brought to drop off in original containers. They also need to be labeled with your child's name. The medication form (600M) needs to be filled out. The nurse at camp will distribute medications. Please bring these in a zip lock bag to drop off. If you are bringing over-the-counter medication this has to be unopened. The nurse cannot administer open medication.

What are the Rules at Camp?

For your week and everyone else's week to be fun and safe, you will be expected to behave acceptably and follow camp rules.

- Avoid running except in sports activities.
- Wear shoes at all times.

- Use of tobacco and chewing gum is prohibited.
- Alcohol and illegal drugs are prohibited.
- Help us take care of the grass by using paved walkways.
- Food and drinks are not permitted in dormitories and swimming pool.
- Sports equipment is not permitted in dormitories and games designed to be played in the recreation hall are the only ones to be played there.
- Football, basketball, and Frisbee tossing should not be done in the patio area.
- All sports are to be played in designated areas.
- All sports equipment should be returned to the camp office daily.
- Fireworks are prohibited on camp property.
- Do not bring phones, video games, etc. to camp.
- The dining hall is off-limits except for mealtime and designated activities.
- We want you to have plenty to eat. Therefore, when you finish eating keep your tray and glass and wait until everyone has been served. Then, form a line at the center door for serving of seconds.
- Please form a line when returning trays since the person scraping can only take one tray at a time.
- Do not use electrical equipment in dormitory bathrooms. Mirrors and outlets are in sleeping areas.
- Wet items are to be hung on clotheslines at the ends of dorms.
- Do not jump on beds.
- Campers should not be at the lake or ropes course without adult supervision.
- Any damage to camp property is to be reported to Miss Haley or another Adult Volunteer Leader. The camp manager will assess the cost of willful damage and the person responsible will pay for the cost of the damage. Accidental damage should also be reported.

What Happens If I Do Not Follow the Rules?

Failure to follow rules will result in consequences. These consequences include:

Occurrence of Minor Misbehavior (examples: going barefoot, running not associated with recreational activities, not attending scheduled activities, foul language, etc.)

Consequences for the first occurrence:

- Correction of behavior (put on shoes, attend activity, walk)
- Warning (discussion of behavior, its cause, and how camper should deal with it)
- Loss of privileges (example: 10 minutes of swim time)
- Separation from other campers or time out.

Consequences for repeated occurrences:

- More severe privilege loss
- Camper is accompanied to call their parents and explain their behavior.

Occurrence of Major Misbehavior:

The following examples of misbehavior are considered “major problems” and are grounds for the camper to be sent home with no questions asked.

- Visiting the lake or ropes course without supervision.
- Deliberate destruction of camp property or other’s personal property.
- Causing life-threatening situations.
- Fighting (beyond horseplay).
- Possession of guns, knives, weapons, fireworks, illegal drugs, alcohol, etc.
- Boys in girls’ rooms - Girls in boys’ rooms.
- Bodily exposure.
- Inappropriate behavior.
- Breaking curfew or leaving room after lights out.
- Leaving camp without notifying the Extension Agent.
- Continuous use of foul or abusive language.
- Pilfering or taking others’ possessions.

Activity and Event Acceptance Form

Photo of
Participant

Please print

Name _____ (Last) _____ (First) _____ (M.) _____

County _____

This form requires parent/guardian and participant signatures on the back page. Failure to have both bona fide signatures shall be sufficient to disqualify a member from further participation.

A. Identification of Participant

Date of Birth _____ Age _____ Sex: Male Female

Parent or Guardian _____ Email _____

Home Address _____ (Street/P.O. Box) _____ (City) _____ (State) _____ (ZIP) _____

Cell Phone (____) _____ Daytime Phone (____) _____ Nighttime Phone (____) _____

Workplace Address _____ (Address/City/State/ZIP) _____ Phone (____) _____

Other Emergency Contact (if appropriate) _____ (Name) _____

(Address/City/State/ZIP) _____ (____) _____ (Phone, if different than above)

B. Code of Conduct

This 4-H activity or event is planned, conducted and supervised by UT and TSU Extension. All participants are responsible for their conduct to UT and TSU Extension personnel and/or 4-H volunteers supervising the activity or event. Specific guidelines for conduct include:

- A. Participants shall be in their rooms and quiet at the time determined by UT and TSU Extension personnel and volunteers. Boys are not to go into girls' rooms and girls are not to go into boys' rooms at any time unless accompanied by authorized UT and TSU Extension personnel or adult 4-H volunteers.
- B. Participants shall participate fully in all programs outlined for the activity or event.
- C. Participants shall show respect for the property and facilities used during the activity or event and assume financial responsibility for any damages they cause.
- D. Participants' conduct at all times shall be appropriate to the standards and image of the 4-H program. Tobacco products, drugs, alcohol, weapons and fireworks will not be tolerated at any 4-H event or activity.

Parents and participants understand and accept the responsibility for following the above guidelines, and realize that failure to do so may result in a participant being sent home from the activity or event at his or her own expense and/or made ineligible to participate in future 4-H events or activities.

C. Publicity Release

By indication of signature on the last page, participants authorize the University of Tennessee, Tennessee State University, and the Tennessee 4-H Foundation to photograph, film, audio/video tape, record and/or televise their image and voice, and biographical material, in whole or in part in any medium now known or developed in the future, without any restrictions.

D. Health History and Medical Record for _____

(Name of Participant)

The information on this form will not be used to discriminate against a child on the basis of any disability.

Name of Family Physician _____ Phone () _____

Family Medical/Hospital _____ (Carrier) _____ (Policy or Group #) _____

Attach a front and back copy of your insurance card below:

Insurance Card (front)

Insurance Card (back)

Check all that apply

Is participant allergic to the following drugs?:

Penicillin Sulfa Drug Tetracycline Aspirin
 Allergy to a medicine, food, plant, or insect toxin. (Explain) _____

Asthma Heart Trouble Nosebleeds Diabetes Convulsions Fainting Spells

Any condition that may require special care, diet or restriction of activities for medical reasons.

(Explain) _____

Does participant wear: Dentures Contact Lens Other (Explain) _____

Is any medication, including behavior modification medication, being taken at the present time? Yes No

If yes, explain _____

Date of most recent medical examination: _____

Are you aware of any current health problems? Yes No If yes, explain _____

Is there any accident, illness or past/present history related to the following: (If yes, give dates and full details below.)

	No	Yes	Year		No	Yes	Year
Serious Injury/Illness	<input type="checkbox"/>	<input type="checkbox"/>	_____	Appendicitis	<input type="checkbox"/>	<input type="checkbox"/>	_____
Surgery	<input type="checkbox"/>	<input type="checkbox"/>	_____	Kidney Infection	<input type="checkbox"/>	<input type="checkbox"/>	_____
Ears, Eyes	<input type="checkbox"/>	<input type="checkbox"/>	_____	Back, Joints, Limbs	<input type="checkbox"/>	<input type="checkbox"/>	_____
Teeth, Tonsils	<input type="checkbox"/>	<input type="checkbox"/>	_____	Blood Disorders	<input type="checkbox"/>	<input type="checkbox"/>	_____
Rheumatic Fever	<input type="checkbox"/>	<input type="checkbox"/>	_____	Stomach	<input type="checkbox"/>	<input type="checkbox"/>	_____

Immunizations	Last Yr. Given	Immunizations	Last Yr. Given	Has Had (please check)
Tetanus	_____	Measles	_____	<input type="checkbox"/> Measles
Diphtheria	_____	Mumps	_____	<input type="checkbox"/> Mumps
Polio	_____	Rubella	_____	<input type="checkbox"/> Rubella
Hepatitis A, B or C (circle one/any)	_____	Varicella	_____	<input type="checkbox"/> Chicken Pox <input type="checkbox"/> Tuberculosis

Is there other information that will help us ensure a positive experience for your child at this event? Yes No
If yes, please explain:

E. Health and Safety Investigations

On-site authorities may enter a room/facility for purposes of a search without permission of the person occupying a room in order to ascertain health and safety conditions in the room and/or for the purpose of investigating suspected violations of UT and TSU Extension/4-H Youth Development rules and regulations and/or city, state or federal law. In case of an emergency, when there is danger to a person, property or the building, no authorization is required.

F. Consent for First Aid Treatment

Please complete this Consent for First Aid treatment form. This will allow appropriate treatment for your child in the event of minor illness or injury. Check any or all treatments, if available, as your consent. If you do not give us your permission to provide these non-emergency treatments, we will not be able to provide them to your child. Medication may be self-administered under a health care professional's or trained 4-H agent's supervision as appropriate. Conditions in parentheses are examples of the most frequent use of these medications, but may not be the sole use of the medication.

- Bausch and Lomb® eye wash or generic equivalent (eye irritation)
- Benadryl® or generic equivalent (rash or bee sting)
- Calamine lotion/Caladryl® or generic equivalent (sunburn or poison oak/ivy)
- Emetrol® or generic equivalent (nausea)
- Hydrocortisone ointment or other equivalent (insect bites)
- Ibuprofen (pain)
- Imodium AD® or generic equivalent (diarrhea)
- Isodettes® spray or generic equivalent (sore throat)
- Lanacane® spray, Solarcaine® or aloe vera gel (sunburn)
- Milk of Magnesia®, Mylanta®, or generic equivalent (antacid)
- Neosporin® or generic equivalent (topical treatment for cuts)
- Pepto Bismol® or generic equivalent (upset stomach)
- Robitussin® or generic equivalent (nasal congestion/coughing)
- Swimmer's ear solution (earache)
- Tylenol® or generic equivalent (pain)
- Tylenol® cold tablets or generic equivalent (congestion)

G. Administration of Medication

Check here if your child, _____, will have medication(s) (prescription or non-prescription) and is competent to **self-administer** them under appropriate supervision.

(Name of Participant)
Medications should be sent to the event or activity in the original container and include the following information:
(1) Name of child, (2) Name of medication, (3) Dosage and directions, (4) Name of licensed prescriber (*if applicable*), (5) Name, address and phone number of pharmacy (*if applicable*), (6) Prescription number (*if applicable*), and (7) Date prescription was filled (*if applicable*) (8) Expiration date of medication.

If your child is a participant at one of the Tennessee 4-H Centers (Camps), you must include a **parental consent form for medication** (prescription or non-prescription) you send with your child. Please consult your County Extension Agent for a form and more information.

H. Emergency Medical Release

In consideration of _____ 's (participant's name) participation in the 4-H activity or event, I provide the following release. I understand that a health problem or a medical emergency may develop that necessitates the administration of medical care, transportation, and approval of off-site care, hospitalization, or surgery.

In the event of injury or illness to _____ (participant's name), I hereby authorize the University of Tennessee, Tennessee State University, and its representative(s) or agent(s) to secure any necessary treatment, including the administration of anesthetics and surgery.

In signing this acceptance form at the bottom of this page, I agree not to hold the University of Tennessee, Tennessee State University, or camp health care professional (or any of its representatives or agents) responsible for any side effects of medications.

I further give permission to the University of Tennessee, Tennessee State University, and its representative(s) or agent(s) to provide the medical history form to health care personnel. I authorize any physician, health care provider or any hospital to provide reasonable and necessary medical treatment or supplies. This original permission or a photo static copy thereof is equally valid as an authorization.

I recognize that the event does not provide sickness or accident insurance coverage for participants; and, I accept responsibility for payments of medical costs incurred for injuries or illnesses.

Required Signatures* - Parent/Guardian and Participant

We have provided accurate information in all areas represented on this form. We understand and agree to the expectations and procedures as stipulated in the preceding sections of this ACTIVITY AND EVENT ACCEPTANCE FORM. We understand that all of the following sections must be initialed to demonstrate our agreement and acceptance and a full, dated signature must be provided at the bottom of this page.

Parent's Initials and Participant's Initials

- A. Identification of Participant**
- B. Code of Conduct**
- C. Publicity Release**
- D. Health History and Medical Record**
- E. Health and Safety Investigations**
- F. Consent for First Aid Treatment**
- G. Self-Administration of Medication**
- H. Emergency Medical Approval**

* If for religious reasons you cannot sign this section, contact your Extension office for a legal waiver (F600C) which must be signed in order to participate.

I have read this Release and Assumption of Risk Agreement and sign it on behalf of myself, my heirs, assigns and anyone entitled to act on my behalf.

Signed _____ Date _____
(Parent or Guardian Signature) (Month/Day/Year)

Signed _____ Date _____
(Participant's Signature) (Month/Day/Year)

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development.
University of Tennessee Institute of Agriculture and county governments cooperating.

UT Extension provides equal opportunities in programs and employment.

Revised 2/25

Photo
of Participant



F-600C

Name _____

County _____

This form is valid for one calendar year (beginning on January 1st of the current year) and will expire on December 31st of the current year. Any updates to this information are required to be submitted in writing to the county extension office no later than 7 days prior to the next 4-H event.

Tennessee 4-H activities are planned, conducted, and supervised by UT and TSU Extension. All 4-H'ers are responsible for their conduct to UT and TSU Extension personnel and/or 4-H leaders supervising the activity or event. Specific guidelines for conduct include:

- A. 4-H'ers shall be in their rooms and quiet at the time determined by UT Extension personnel and leaders. Boys are not to go into girls' rooms and girls are not to go into boys' rooms at any time unless accompanied by authorized UT and TSU Extension personnel or adult 4-H leaders.
- B. 4-H'ers shall participate fully in all programs outlined for the activity or event.
- C. 4-H'ers shall show respect for the property and facilities used during the activity or event and assume financial responsibility for any damages they cause.
- D. 4-H'ers conduct at all times shall be appropriate to the standards and image of the 4-H program. Tobacco products, drugs, alcohol, weapons, and fireworks will not be tolerated at any 4-H event or activity.

We understand and accept the responsibility for following the above guidelines, and that failure to do so may result in a 4-H'er being sent home from the activity or event at his or her own expense and/or made ineligible to participate in future 4-H events or activities.

4-H Member's Signature

Parent/Guardian Signature

Date

PUBLICITY RELEASE

Also, as indicated by the signatures below, 4-H'ers authorize the University of Tennessee, Tennessee State University, and the Tennessee 4-H Foundation to photograph, film, audio/video tape, record and/or televise their image and voice, and biographical material, in whole or in part in any medium now known or developed in the future, without any restrictions.

4-H Member's Signature

Parent/Guardian Signature

Date

IDENTIFICATION OF 4-H MEMBER

Name _____ Home Phone ()
 (Last) (First) (Middle)

Date of Birth _____ Sex Male Female

Parent or Guardian _____

Daytime Phone () Nighttime Phone ()

Work Place Address _____ Phone ()
 (Street/P.O. Box) (City) (State) (ZIP)

Other Emergency Contact (if appropriate) _____
 (Name)
 (Address/City/State/ZIP) ()
 (Phone, if different than above)

PERSONAL HEALTH AND MEDICAL RECORD (Waiver of Medical Care)

MEDICAL INFORMATION (Check all that apply)

Allergy to food, plants or insect stings. Explain _____
 Any condition that may require special care, diet or restriction of activities. Explain _____

Asthma Convulsions Diabetes Fainting Spells Heart Trouble Nose Bleeds

Does this child wear : Contact Lens Dentures Other

Explain _____

Are you aware of any current health problems: Yes No

If yes, explain _____

Has your child ever had any of these diseases or injuries?

	No	Yes	Year		No	Yes	Year
Serious Illness	<input type="checkbox"/>	<input type="checkbox"/>	_____	Chest, Lungs	<input type="checkbox"/>	<input type="checkbox"/>	_____
Serious Injury	<input type="checkbox"/>	<input type="checkbox"/>	_____	Stomach	<input type="checkbox"/>	<input type="checkbox"/>	_____
Surgery	<input type="checkbox"/>	<input type="checkbox"/>	_____	Back, Joint,	<input type="checkbox"/>	<input type="checkbox"/>	_____
Ears, Eyes	<input type="checkbox"/>	<input type="checkbox"/>	_____	Other	<input type="checkbox"/>	<input type="checkbox"/>	_____
Teeth, Tonsils	<input type="checkbox"/>	<input type="checkbox"/>	_____				

Give details on injuries or diseases listed: _____

WAIVER OF MEDICAL CARE

I understand that 4-H provides secondary participant insurance in the event of an emergency. For religious reasons, I/we **DO NOT** want _____ (4-H'er's name) to be included in this emergency/medical treatment option.

DO NOT TAKE THIS CHILD TO SEE A MEDICAL DOCTOR

In case of accident or illness you are to (Please give complete instructions for camp administration to follow. Instructions should include both major emergencies and everyday cuts and bruises, first aid, etc.):

Signed _____ Date _____
Parent/Guardian Signature _____ Month, Day, Year _____

HEALTH AND SAFETY INVESTIGATIONS

On-site authorities may enter a room/facility for purposes of a search without permission of the person occupying a room in order to ascertain health and safety conditions in the room and/or for the purpose of investigating suspected violations of UT and TSU Extension/4-H Youth Development rules and regulations and/or city, state or federal law. In case of emergency, when there is danger to person, property or the building, no authorization is required.

4-H Member's Signature _____

Parent/Guardian Signature _____

Date _____

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development.

University of Tennessee Institute of Agriculture and county governments cooperating.

UT Extension provides equal opportunities in programs and employment.

Revised 04/2022

Photo of
Participant

Name _____

County _____

F600M: Parental Consent Form for Self-Administration of Prescription and Non-Prescription Medicines at Tennessee 4-H Events
(place this form in a resealable storage bag with medications, vitamins, and/or supplements in the *original container*. No expired items will be accepted)

Before completing this form, please read the F600 form and consider the need to have your child bring this medication to the 4-H event.

I _____ parent or guardian of _____
(Your Name) (Your child)

verify that my child is competent, and has been instructed, to self-administer the following medications, vitamins, supplements, etc.:

Name of Medication	Reason for Medication and Possible Side Effects	Dosage (amount given, how to administer, etc.)	Time of Medicine (place X in desired time(s))					Notes (such as: take with food, take as needed, etc.)
			Breakfast	Lunch	Dinner	Bedtime	Other (specify)	

Prescribing Physician's Name _____ Physician's Phone _____

Parent or Guardian Signature _____ Date _____

Phone Number(s): Home _____ Mobile _____ Work _____



Permission to Leave Camp

Parent Pick-up

4-H Summer Camp Grainger County



It is important to have proper contact information and emergency contact information. We cannot allow a camper to leave with someone other than a parent/guardian or others allowed to pickup. Please complete the information below. It will be used at pick-up. Please be sure to bring a photo ID.

Camper Information

Last: _____ First: _____

Parent / Guardian Information

Name: _____ Relationship: _____

Address: _____

City: _____ State: _____ Zipcode: _____

Day Phone: _____ Evening Phone: _____

Others Allowed to Pickup

Name: _____ Phone: _____

Name: _____ Phone: _____

Name: _____ Phone: _____

Name: _____ Phone: _____

The person picking up the camper must provide a photo ID.

I give my permission for my camper named above to leave camp with the parent/guardian or others allowed to pickup, if necessary.

Parent Signature

Date

Camp Week

4-H Camp Rules

In order for your week and everyone else's week to be fun and safe, you will be expected to behave in an acceptable manner and follow camp rules.

- Avoid running except in sport activities.
- Wear shoes at all times.
- Use of tobacco and chewing gum is prohibited.
- Alcohol and illegal drugs are prohibited.
- Help us take care of the grass by using paved walkways.
- Food and drinks are not permitted in dormitories and swimming pool.
- Sports equipment is not permitted in dormitories and games designed to be played in the recreation hall are the only ones to be played there.
- Football, basketball and Frisbee tossing should not be done in patio area.
- All sports are to be played in designated areas.
- All sports equipment should be returned to the camp office daily.
- Fireworks are prohibited on camp property.
- Do not bring phones, video games, etc. to camp.
- The dining hall is off limits except for mealtime and designated activities.
- We want you to have plenty to eat. Therefore, when you finish eating keep your tray and glass and wait until everyone has been served. Then, form a line at center door for serving of seconds.
- Please form a line when returning trays since the person scraping can only take one tray at a time.
- Do not use electrical equipment in dormitory bathrooms. Mirrors and outlets are in sleeping areas.
- Wet items are to be hung on clothes lines at ends of dorms.
- Do not jump on beds.
- Campers should not be at lake or ropes course without adult supervision.
- Any damage to camp property is to be reported to Miss Haley or another Adult Volunteer Leader. The camp manager will assess the cost of willful damage and the person responsible will pay for the cost of the damage. Accidental damage should also be reported.

Failure to follow rules will result in consequences. These consequences include:

Occurrence of Minor Misbehavior (examples: going barefoot, running not associated with recreational activities, not attending scheduled activities, foul language, etc.)

Consequences for first occurrence:

- Correction of behavior (put on shoes, attend activity, walk)
- Warning (discussion of behavior, its cause and how camper should deal with it)
- Loss of privileges (example: 10 minutes of swim time)
- Separation from other campers or time out.

Consequences for repeated occurrences:

- More severe privilege loss
- Camper is accompanied to call their parents and explain their behavior.

Occurrence of Major Misbehavior:

The following examples of misbehavior are considered “major problems” and are grounds for the camper to be sent home with no questions asked.

- Visiting the lake or ropes course without supervision.
- Deliberate destruction of camp property or other’s personal property.
- Causing life-threatening situations.
- Fighting (beyond horseplay).
- Possession of guns, knives, weapons, fireworks, illegal drugs, alcohol, etc.
- Boys in girls rooms - Girls in boys rooms.
- Bodily exposure.
- Inappropriate behavior.
- Breaking curfew or leaving room after lights out.
- Leaving camp without notifying Extension Agent.
- Continuous use of foul or abusive language.
- Pilfering or taking others’ possessions.

I have read and discussed these rules with my parent (or guardian)/ camper and understand the rules and consequences.

Parent Signature _____

Camper Signature _____

4-H Camp Dress Code

- Shirts, tops, pants, skirts or shorts and shoes **must** be worn at all times.
- No head apparel, including caps, hats, bandannas, toboggans or hair stockings will be allowed in the cafeteria.
- Shorts **cannot** be any shorter than fingertip length when standing.
- Skirts or dresses **cannot** be shorter than four inches above the knees.
- No spaghetti straps or muscle shirts are permitted. One-inch tank straps will be allowed; if straps are any smaller, wearer will be asked to change.
- Underwear should be concealed at all times!
- Bare midriffs, bare shoulders or back, excessively low cut clothing or see-through materials is prohibited. The midriff area should be covered at all times (except at swimming pool).
- Please be sure bathing suits fit appropriately (not too tight, not too saggy). Two piece suits are allowed.
- Clothing that exhibits written, pictorial or implied references to illegal substances, drugs or alcohol, negative slogans, vulgarities or that which attracts undue attention is prohibited.

Basically, please use common sense and good judgment. We do have the right to ask you to change clothes or go home at any time.

To Bring or Not to Bring

To Bring:

- Sheets and blanket, or sleeping bag
- Pillow (if desired)
- Pajamas (or clothing to sleep in)
- Toothbrush and toothpaste
- Brush and/or comb
- Soap/Shampoo/Towels/Washcloth
- Swimsuit
- Sweater or jacket
- Tennis shoes or sneakers and flip flops to go to the pool
- Several changes of play clothing
- Undergarments
- Postcards and stamps (if you would like them to write to someone)
- Sunscreen lotion and insect repellent
- Flashlight
- Camera
- White t-shirts for airbrush and tie-dye

Not to Bring:

- Cell Phones
- Electronic games
- Radios or CD/tape players
- Chewing gum
- Food
- Fireworks
- Knives (including pocket knives) or any other items which could cause harm to another camper

Parents:

Please do not send cell phones with your child. Cell phones can be a security risk for the Extension Agents conducting camp. A child may be sent to camp by one parent and then call a non-custodial parent to pick them up early. We do not want this situation to occur. If your child needs to call, he/she should find Haley Trent or a Grainger County Adult Volunteer. Please help us out with this matter.

Children many times do not bring home the towels, washcloths, swimsuits, etc. that they take to camp. Wet items go out on a communal clothesline. Please mark these items with your child's name or initials and show them where to find the mark. I also recommend that you not send your best towels. Having your child help with his/her packing will help them know what they brought to camp.

Thanks!