

# CAMPER NEWS



ISSUE 1

SUMMER, 2021



Dear Campers:

We're happy that you'll be joining us this summer for 4-H Camp week at Camp Palmer! Camp Palmer is located at **26450 County Rd MN, Fayette, OH.** This year's camp runs from **July 22- July 25.** We can't wait to see you there!



Your days at camp will be filled with activities that will teach you, challenge you, and help you grow inside! The awesome staff at Camp Palmer will offer you non-stop opportunities to enjoy the camp pool, play games, build archery skills, climb rocks, fly through the air, canoe & kayak, make crafts, and more! At night, your 4-H counselors will lead you in some exciting programs and games. Plus, you'll enjoy traditional 4-H camp favorites – campfires, a night of fun and friendly competition, and a dance!

## EVENING PROGRAMS

A unique program has been by our team of counselors planned for each night of this year's camp.

**Friday night (7/23)** The Water Carnival! A night of fun and exciting competition, completely taking place in the pool. It's a great way to cool off after a long day.

**Saturday night (7/24)** will feature a closing campfire with campfire stories, skits, and maybe even some new traditions as we close a great week of camp!

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## 2021 COUNSELOR TEAM

### **GIRLS**

Samantha Gogol  
Ashlyn Jaqua  
Jordyn Kravlovic  
Mia LaVoy  
Hannah Miller  
Allie Miller

### **BOYS**

James Nauden  
Michael Jones

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## CHECK-IN PROCEDURES

Your first order of business at camp will be check-in. During check-in, you will...

- ❖ Turn in paperwork (if you have any left to submit).
- ❖ Get signed in by the adult dropping you off.
- ❖ Learn which cabin you'll be staying in.
- ❖ Designate up to two individuals who will be authorized to pick you up at the end of camp week. (These individuals will have to show photo identification at checkout. Please advise them of this.)
- ❖ Turn your medications in to the camp first aid staff.

Then, you will take your belongings to your designated cabin, meet your cabin counselors, and begin to settle in. Shortly after, we'll all meet up for a Camp-wide meeting and you'll participate in cabin meetings with your counselors.



## WHEN YOU GET TO CAMP...

If you've never been to 4-H Camp before, you may be wondering just what will happen when you arrive. Here are some things you can expect...

When you arrive at camp, you will be greeted by the Extension staff, 4-H Camp Palmer staff, and a well-trained entourage of 4-H Camp counselors. These individuals will work hard to get you settled, answer your questions, and make you feel comfortable about the week ahead. You will check-in, find out which cabin you've been assigned to, and learn which bunk bed will be yours for the duration of your stay. You'll meet the others staying in your cabin and learn specifics about camp from your cabin counselors.

While your cabin mates will all be your gender and about the same age as you, your *camp family* will be made up of both boys and girls and will consist of all different ages.

Your camp family will have some responsibilities assigned to it during the week. One responsibility will be to "trot" or help serve one of the camp meals to the rest of the campers. The 4-H counselors in charge of your family will tell you when and how these things will get done.

Each day during lunch there is a different theme to dress up as, feel free to pack your best costumes! This year's Camp theme is Around the World!

**Friday Lunch:** The Wild West! Wear your best Western apparel, yippee!

**Saturday Lunch:** Hawaiian Luau! Bring your grass skirts and flowered shirts, we're going to turn 4-H Camp Palmer into a Luau!

## A TYPICAL CAMP DAY...

Camp days start at about 7 a.m. daily and end with lights out between 10 and 11 p.m.

Each morning starts off with a delicious breakfast, and announcements. Then, there's a little time to get dressed for the morning's activities and clean cabins. The majority of the morning is spent in a "camptivity" or activity area.

After lunch, campers choose one or two additional camptivities to participate in. The number of camptivity periods varies depending on what is planned for the evening.

Camptivities vary each day (and sometimes from morning to afternoon). This gives campers lots of different options to choose from. Camptivities include things like: canoeing, kayaking, archery, rock climbing, flying squirrel, doing challenge hikes, swimming, playing games, and doing crafts.

There's a rest period after lunch each day (AKA "boots off"), and an open swim for the whole camp to cool off in the middle of the afternoon.

Following dinner each night, campers return to their cabins to get dressed for evening activities. Evening programs are led primarily by county 4-H counselor teams. Each evening program includes a snack.

## CABIN BUDDY REQUESTS

Each year, a number of campers request cabin assignments with friends. These requests are honored on a limited basis.

Understand that cabins are assigned first and foremost based on gender and age. Cabins are also assigned with the intent of encouraging campers to meet and make new friends.

If gender and age requirements can be met, requests are addressed. Realize that you are never guaranteed your request; and requests by multiple people wanting to stay together cannot all be accommodated.

## STILL HAVE QUESTIONS?

Contact Elliott Lawrence, Lucas County 4-H Educator at:

[lawrence.638@osu.edu](mailto:lawrence.638@osu.edu) or

419-574-0980

## WHAT TO BRING...

Limit belongings to one suitcase or duffel bag and one sleeping bag. Sheets are okay, but sleeping bags are preferred, since you will be invited to sleep out one night under the stars.

### ITEMS NEEDED:

Sleeping bag OR sheets and blanket  
Pillow  
Towels (for bathing and swimming)  
Sweater or Sweatshirt  
Both long and short-sleeved shirts  
Shorts and long pants  
Sandals with back strap (for showering and swimming)  
Two pairs of closed-toe shoes or boots  
Old clothes and extra shoes (to wear in the river)  
Underwear and socks  
Pajamas  
Rain gear  
Swimsuit  
Medications and toiletries  
Bug repellent (not spray)  
Sunscreen (not spray)  
Spending money in small bills (\$5.00-\$15.00)



### OPTIONAL ITEMS:

Old Shoes (that can get wet) for Wetland Study  
Paper, pencils, envelopes, stamps  
Addresses of friends and family  
A camera  
Quiet activities (cards, books, puzzles, etc.)  
A Small fan  
BE SURE TO LABEL ALL OF YOUR ITEMS WITH YOUR FULL NAME!

### DO NOT BRING:

Flip flops, jewelry, personal snacks, radios, electronic games, pocketknives, high value items, or chewing gum.

Be aware that campers' belongings will be discreetly checked over the first night of camp. Any items that are deemed inappropriate for campers to keep in their cabins will be taken from them. They will be returned to parents/guardians (if present at the time of the search) or may be picked up by an adult at the conclusion of camp at the checkout table.

It is our intention to take every step possible to insure the safety of our campers and the well being of their "stuff." We ask that parents and guardians help us in this endeavor by checking over their campers' belongings and discussing proper treatment of others' belongings before coming to camp.

## NO LEAVE/PHONE POLICIES

Campers are not allowed to leave camp for activities such as ball games, etc. Making special arrangements for individuals compromises the services being provided for the group as a whole.

While at camp, campers will not be allowed to call home or accept calls from home unless there is an emergency. **Campers are absolutely prohibited from bringing cell phones to camp with them.** Phone communication with home increases the risk of homesickness both for campers making the calls and campers watching calls be made. If cell phones are discovered, they will be confiscated. **Please respect this rule as it is made for the safety of all campers.**

## TIMES TO BE AWARE OF

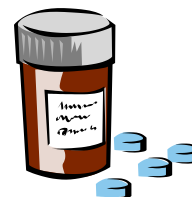
Camper check-in on **July 22 will be from 6:30p.m.-7:00p.m.** Campers should eat dinner before traveling to camp. Dinner will not be provided that evening. However, a snack will be served.

**Camper check-out on July 25 will be from 10:30am-11:00am.**

## BRINGING MEDICATIONS?

Be aware that all medications brought to camp will have to be directly turned in to the camp first aid staff during check-in.

Please package medications in zip-style bags with the camper's full name clearly written on the outside in permanent marker. If the medication requires refrigeration, please say this on the bag, as well. If you have multiple medications for one camper and some require refrigeration, but others do not; please pack two bags to keep them separate. Please put a brief note of explanation inside each bag confirming what conditions the medicines have been prescribed for.



Our camp first aid staff will have basic medications and ointments available at the first aid station for campers that need them. This includes anti-itch lotions, aspirin, Tylenol, antihistamine, etc. Please do not send such medications to camp with your child. Of course, these types of remedies will only be used for your child if you have given your permission on the Medical Form.

# How Camp is Different in 2021

## Capacity

- Camp capacity will be different for Summer 2021 to allow for adequate spacing in cabins, dining facilities, and other activities. For 4-H Camp Palmer, a maximum of 18 people will be permitted in our cabins and 175 people will be permitted in our dining hall to follow the most up-to-date guidelines.

## Arrival / Departure

- Staff, campers, and family are encouraged to participate in low-risk activities the 14 days prior to camp arrival, and to make note of their health status for COVID-19 symptoms during this period.
- Curbside check in will be used. Only one parent/guardian/family member will be allowed to exit the vehicle for drop off and pick up. Parents/ guardians/family will not be permitted in the cabins.
- Upon arrival, campers will complete a health/risk assessment and temperature check.

## Cohorts

- Cabinmates (a.k.a. cohorts) will make up the primary group of campers that do activities together throughout their time at camp. There will be minimal interaction between cohorts.

## Meals

- Cohorts will sit together for meals. Tables will be adjusted to allow for spacing and outside dining will be encouraged when possible. Meal service times may be staggered based on capacity of the dining hall. Some meals may be served in a new format (example: breakfast in the cabin). As usual, food service will follow all local health department requirements.

## Group Activities

- Large group (all camp) activities will be designed to keep separate cohorts together and distanced from other cohorts, provide adequate space, be outdoors as much as possible, and eliminate or reduce shared supplies.
- Small group activities will be conducted with their cabin mates/pods/tribes; groups will rotate through programming to ensure proper physical distancing and sanitization protocols can be followed.
- Camp sessions have been adapted to limit shared supplies, provide spacing, utilize outdoor spaces as much as possible, and give time for hand washing and sanitizing between sessions.

## Illness

- Staff members, counselors, or campers with a fever of 100.4 degrees or higher or any other COVID-19 symptoms, such as cough or shortness of breath will receive a refund and not attend camp.
- Any staff or campers who have been in close contact with someone who has tested positive for COVID-19 or is suspected of having COVID-19 will receive a refund and not attend camp.
- As usual, campers or counselors who experience any signs or symptoms of illness will be seen by the camp nurse(s) for evaluation. Campers and counselors who experience COVID-19 symptoms will be isolated as a precaution and sent home (picked up by their family member).
- For individuals who have been vaccinated for COVID-19, please refer to [CDC guidance](#).

## Sanitation

- As usual, sanitation of camp facilities will be handled by camp managers and maintenance personnel with increased frequency including dining hall, restrooms, trash cans, pool, camp store, and recreation spaces. Adult staff and counselors will handle increased sanitation of items used such as tables, supplies, and microphone.
- Hand sanitizing stations will be provided throughout camp for frequent use by campers, counselors, and staff.