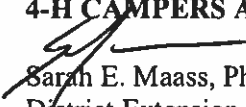


June 4, 2021

TO: **4-H CAMPERS AND PARENTS**

FROM: 
Sarah E. Maass, Ph.D.
District Extension Agent
4-H Youth Development

Please find enclosed information about Rock Springs 4-H Center and the camp experiences available for your child. Read carefully. If questions arise, call the Extension Office.

**CAMPER HEALTH
INFORMATION
(CAMPDOC):**

You will have until **June 10** to make any changes to the information entered into CampDoc. If you have not already completed the questions in CampDoc for each of your children attending camp, please do so ASAP. If you have not received an email regarding CampDoc to be able to enter the required information on your child, please notify Sarah or Kate immediately.

Every camper with medicine will need to print the "Medication Confirmation Form" and bring to check-in and give to the ambassadors and adults helping with check-in along with the medications in the original bottles. Remember, each medication and CORRECT dosage amount should be listed in Camp Doc. Parents can continue to log in and make medication changes until **June 10**. On the medications section of the camper profile, there is a button that will allow you to download the "Medication Confirmation Form" and print it. The area looks like this:

Medication Confirmation Form

 [DOWNLOAD LINDSEY'S CONFIRMATION FORM](#)

Oz-Some 4-H Camp is requesting that you print Lindsey's confirmation form before arriving at camp

I Have Printed the Medication Confirmation Form

As the ambassadors check-in the campers, they will ask for this form and will want to confirm that the medications listed and only the medications listed are sent to camp. If there are additional medicines brought to check-in for camp that are not listed on the "Medicine Confirmation Form," additional forms will need to be completed at check-in.

CAMP ATTENDANCE:

Campers are expected to stay the whole camp time. No excuses granted for baseball games, soccer games, track meets, etc.

CELL PHONE POLICY:

No cell phones are allowed at camp for campers/counselors. If a camper or counselor is found with a cell phone, parents will be notified and asked to come pick them up.

MASKS (as of 6/1/2021):

Masks will need to be worn in the dining hall, while getting food and exiting; No masks are required at tables while they are eating and conversing during meals; No masks are required outside or when campers are in their assigned cabins. Campers are encouraged to bring at least 2 masks per day while at camp.

NUT ALLERGIES:

Due to the number and severity of nut allergies at camp, we are asking that campers and counselors DO NOT bring any nuts or food items containing nuts to camp. Thank you for your understanding and cooperation!

**BUS
TRANSPORTATION:**

Campers need to meet on **Thursday, June 24** at Parking lot A-9 (by building #19 & 20 see enclosed map) on the K-State Polytechnic Campus, Salina. Please DO NOT park in A-9, but A-2., **Registration is 2:00 p.m. Buses will leave at 3:00 p.m.** Buses will return to Salina, **Sunday, June 27**, around **2:00 p.m.**, at the Parking lot A-9 (by building #19 & 20 see enclosed map) on the K-State Polytechnic Campus. Please DO NOT park in A-9, but A-2. Remember, **Sunday, June 27** - everyone is riding the bus home!

All campers should take note of the Check-In/Check-Out Procedures on page 4.
Specific details for may be found there.

BUS CHECK-IN:

All 4-H Campers must check-in with 4-H ambassadors. Tables will be set-up, please read signs. **Do not load luggage** on bus or trailer until asked to do so.

**CHECK-IN
PRESCRIPTIONS/
MEDICAL NEEDS:**

Check-in all prescriptions and medicines with the ambassadors. Please see details on page 1 of this letter under "Camper Health Information."
Please make sure prescriptions are labeled correctly with child's name, dosage, and required time for taking. All information will be given to the 4-H Camp Nurses.

CAMPER PICKUP

Don't forget to make sure the information on who CANNOT pick up your child, (part of the camp registration in CampDoc) is completed prior to June 10.

GENERAL:

We tried our best to put friends who requested each other together. However, due to the limitations of camp this year and the waiting list, this may not have been possible. We hope you'll understand as camp is an opportunity to make new friends. Campers will receive their living assignments when they arrive on June 24. We cannot guarantee campers can do all activities as weather conditions affect activities. Camp is an outdoors environmental experience. **Please leave water guns/ bottles/toys, radios, tape players, electronic games, cell phones, iPod, iPad, portable DVD players, 2-way radios, knives, guns, silly string, etc. at home.**

**CONTACTING
CAMPERS
DURING CAMP:**

The address for writing campers is: Rock Springs 4-H Center, 5405 W. Highway K-157 Junction City, KS 66441. Write your camper early because mail will not be forwarded home. Letters should be postmarked no later than Friday, June 18, to ensure that the camper(s) will receive the letter. Letters should be addressed in the following manner:

Name of Camper – Oz-Some 4-H Camp, CKD
c/o Rock Springs 4-H Center
5405 West Highway K-157
Junction City, KS 66441-7455

If you need to give your camper a message, call Rock Springs 4-H Center and leave a message in Sarah's name. We will see that it reaches your camper. The emergency number is 785-257-3221.

PARENTS:

The camp policy does not allow campers to make phone calls. Parents please positively encourage your camper about their up-coming experience and the fun they will have while attending. Please don't tell your child to call home if they are feeling home sick as this simple act puts undue pressure on most children. If there is an emergency, an Extension Agent will help the child call home. **Do not send cell phones. Remember, youth found with a cell phone will be sent home at the parent's expense!!**

MONEY FOR CAMP: Everyone always asks, "How much money should I take?" That's really up to you, but here are *estimated costs*: **Clover Corner (aka Snack Bar)**: \$.50-2.50 (pop, candy, gum); **Souvenirs**: post cards, T-shirts, water bottles, etc. (most t-shirts are \$20 or less). **Please send \$1 and \$5 bills instead of large bills.**

MEDICATIONS: **Campers on medication must be supervised by a nurse** when taking medications except for inhalers and EpiPens. Campers are to check-in prescriptions with the Ambassadors upon arrival. Please send medication in *original RX* container with **CORRECT** and **CURRENT** dosages. **Original RX prescriptions must match the information entered in CampDoc.**

NON-CAMP ITEMS TO REMAIN AT HOME: Campers are **NOT** to bring water guns, water toys, radios, CD players, electronic games, weapons (knives, guns, etc.), matches, lighter, fireworks, cell phones, iPad, iPod, DVD player, 2-way radios or offensive magazines.

DRESS CODE: Wear proper becoming shorts, blouses, shirts, bathing suits, etc., and no offensive t-shirts (wording or pictures) or too revealing clothing (NO backless, off -the-shoulder, crop, or belly button exposing tops or low-rider bottoms). See the enclosed dress code for details.

ATHLETIC EVENTS POLICY: Campers are to remain at camp from check-in to dismissal. Campers will not be excused for sporting events or holidays.

SWIMMING TEST POLICY: Campers will be required to swim across the width of the swimming pool if they want to swim in the deep area and/or dive off the boards. A test is required at the campers first swim time. Enclosed are the pool rules for the "cool pool."

CAMPER DISMISSAL POLICY: Campers may be removed from camp for inappropriate behavior following a meeting with the grievance committee. They will also be removed from camp if they have a cell phone

OUT OF DISTRICT PARTICIPATION POLICY: Attendance and participation in any 4-H trip, conference and/or camp is a privilege and not a right. If a member chooses to violate the Kansas 4-H Code of Conduct, the 4-H member/camper will be sent home at the parent's expense. Furthermore, based upon the severity of the violation, the 4-H member may be suspended from future attendance or participation in out-of-district events for a specific length of time determined by the 4-H Agent, Extension Director, and the member's parents. In addition, if the 4-H member received a scholarship or partial scholarship, the amount of the scholarship provided must be reimbursed.

CHECK-OUT The next page highlights the camper check-in/check-out procedures. Please read it carefully.

Enclosures:

- Oz-Some Camp Dress Code
- Pool Rules
- Horse Rules
- Medicines for Camp
- K-State Polytechnic Map

Pc: Liz Diehl
Cade Rensink
Kate Littich
Cain Fouard
Collyn Fouard, Ambassador Coordinator
Minneapolis Office

CAMPER CHECK-IN / CHECK-OUT PROCEDURES

4-H Campers

Check-In: June 24th

Where: Parking lot A-9 (by building #19 & 20 see enclosed map) on the K-State Polytechnic Campus. Please DO NOT park in A-9, but A-2.

Time: Registration at 2:00 p.m. with buses departing at 3:00 p.m.

Details: Please read the preceding pages of the camp letter.

Check-Out: June 27th

Where: Parking lot A-9 (by building #19 & 20 see enclosed map) on the K-State Polytechnic Campus.

Time: Buses will arrive approximately 2:00 p.m. **Please be on time!!!**

CAMP CHECK SHEET

TO	FROM
_____	_____ masks (2 per day while at camp)
_____	_____ sleeping bag (or sheets and blanket) and pillow
_____	_____ towel and washcloth
_____	_____ soap/shampoo
_____	_____ toothbrush and paste
_____	_____ jeans or long pants (for riding horses)
_____	_____ shorts (2 or more)
_____	_____ shirts (several)
_____	_____ jacket or sweater (water repellent)
_____	_____ swimming suits (no cutoffs in pool) and swim suit cover.
_____	_____ shoes (2 pair; 1 pair with closed toe for riding horses)
_____	_____ socks
_____	_____ underwear
_____	_____ pajamas
_____	_____ flashlight (optional)
_____	_____ insect repellent
_____	_____ suntan lotion/sunscreen
_____	_____ some money for snacks, etc.(small bills)
_____	_____ small bag or drawstring backpack
_____	_____ fan
_____	_____
_____	_____

Here's a check sheet that may be useful to you in packing to go to and return from 4-H camp. There's room to add some of your own items to the list.

Items NOT to bring:

water guns or spray bottles
radio, iPad, iPod
portable DVD player
electronic games

cell phone
lighter, matches, fireworks
guns, knives
offensive magazines

Oz-Some Camp Dress Code

As you are preparing for camp and packing your suit case, we would like for you to remember you are representing your county/district as a 4-H'er. Your peers and other campers might be looking to you for example. A good rule of thumb is to wear what you would be pleased to be seen in, fits your personality, and reflects well on you as a Kansas 4-H'er.

We ask you to plan your wardrobe accordingly by following this dress code:

- ✓ Items of clothing advertising alcoholic beverages, tobacco products or drugs, or that have vulgar, obscene or offensive messages **are not appropriate.**
- ✓ Undergarments should be worn but not seen.
- ✓ Hats, caps, and visors are not appropriate inside buildings and at meals.
- ✓ Shorts should be appropriate for school (Example: 3-5 inch inseam).
- ✓ Shirts, blouses, tops and t-shirts cannot expose the midriff, the back, or cleavage. Tank tops are allowed as long as they are not revealing. See through shirts are not acceptable. **Shirts cannot be altered.**
- ✓ One piece swimsuit is preferred.
- ✓ When leaving the swimming pool area everyone must have a shirt on.
- ✓ All wardrobes are subject to approval of adults in charge.





Pool Rules

General Rules:

- Only walking at the pool while inside the fenced-in area
- Exit the pool using the ladders, zero entry or the stairs
- Shower before entering the pool
- No diving off any edge
- Do not swim in the black box at bottom of slide
- Do not hang on the deep end rope
- No horseplay
- Listen to lifeguards
- Have fun!

Diving Board Rules:

- Swimmers must pass a swim test and be wearing a wristband to use diving boards
- Only 2 people in the deep end at a time
- Only 1 person on the diving board at a time
- No goggles in the deep end
- Lifejackets are not permitted in the deep end
- No free swim in the deep end unless instructed
- Swim straight to the ladder after surface from dive/jump
- Do not do anything that brings the head back towards the diving board (Ex. backflip)
- Guests must swim to corresponding ladder on same side they used the diving board

Water Slide Rules:

- Only 1 person on the slide at a time
- After exiting the slide, exit the black box immediately
- Only 1 person on the slide stairs at a time
- Lifejackets can be worn on the slide
- A swim test is not required to go down the slide
- Only go down the slide on bottom/back with feet first



Barn Rules

- 1) Have fun by obeying the wranglers.
- 2) Running or yelling is not acceptable in the stable area.
- 3) Riders must wear a safety helmet with a chinstrap attached.
- 4) Riders must wear appropriate clothing, long pants are recommended.
- 5) All riders must be at least 8 years of age to go on a trail ride.
- 6) Riding with more than 1 person on a horse is not allowed.
- 7) If you are 18 years old or older you must be able to mount and dismount without assistance.
- 8) Riders must not weigh more than 250 lbs.
- 9) There is a maximum of 16 riders per ride.
- 10) All riders 7 years of age and younger are allowed corral rides if the child is able to sit on the horse by themselves with no help. **
- 11) **Closed toed shoes are required. **
- 12) Rock Springs Ranch is not liable for injury or death of a guest participating in domestic animal activities, pursuant to K.S.A. 60-4001 through 60-4004.

*****All Shoes must be laced up. No Sandals, water shoes, "Skaters" shoes or "Croc's" are allowed on rides.***

*****Corral rides are only available if previously discussed with Administration.***

Medicines for Camp

Our camp group takes very seriously our responsibility to provide a safe environment for your child while they are at camp. One of the ways we do this is by requiring information about the medicines (prescription and over the counter) that they take during camp.



For the last several years, we have had issues with incorrect medicine entered online, prescription bottle not matching what was entered, campers saying that it's the wrong medicine, etc. Since our nurses do not know your child or their medical history is it CRITICAL that they be provided correct information.

Our camp policy is "Nurses will give meds as listed on prescription bottle. No changes will be made unless accompanied by written permission from the parents or with a physician order. All "injectable" medicines will be monitored or administered by the nurse."

Here are some FAQs about camp medicine:



Why does it have to be in the original prescription bottle?

The prescription was prescribed by a doctor who knows your child and why they need the medicine. The original bottle has their name and the dosage, so the nurses can give it as the doctor wants it.

What if what's written on the bottle is different than what we do at home?

Then you must get a new prescription from the doctor or a physician order that says it is OK to do it differently than the bottle says. Our nurse's license does not give them the authority to make medication changes.

Why can't I put all the pills in one bottle? The kids know which ones to take when.

The nurses can't tell the type of pill by color or size. Manufacturers often change this and it varies by dosage, etc. Campers are excited at camp and go full blast all day long.... They may remember at home, but not at camp. Again, we want your child to get their meds as they should be given and the only way to do that is to have each kind of pill in its own, labeled container.

I don't want to send the whole bottle of medicine with them. It's a new prescription.

And we don't want/need the whole bottle. Explain to your pharmacy that the kids are going to camp. Most pharmacies will give you a new bottle and a new short term label so you can send the exact amount needed for camp. And there is usually no charge for this.

What if the medicine has to be refrigerated?

No problem. The nurses have a refrigerator for that purpose.



What if my child needs ibuprofen or Benadryl or calamine or other over the counter medicine? Should I send some just in case?

No. We have all those in stock for camp, including liquids if they can't swallow pills. Extra bottles just take up space and create confusion.

There is a box to check in the medical section of camp registration that says "I give the nurse permission to give standard over the counter medication while at camp." Then a yes/no box. If you check yes... they will give them to your child as they see fit. If you check no.... then they will call you to see if you want them to treat your child.

What about inhalers and EPI pins?

Campers should carry these with them at all times. If they are at archery and it's in the cabin... it's not going to do them any good. Just list it on the medication form so that they nurses will know they have it with them.

What about vitamins?

Vitamins are considered over the counter medicines and need to be checked in with the nurse. Please consider leaving them at home. In most cases, campers can go for 4 days without them. Sending them to camp means that your child will have to wait in line 10-15 minutes for "morning meds" instead of being out with the group enjoying camp.

What about food allergies??

Please enter that information online when you register so that the kitchen can plan accordingly. The dining hall does not serve peanuts/peanut butter, but other foods in the kitchen may contain those products. They can very easily accommodate a vegetarian, gluten free, diabetic, or dairy free diet. If you have a very specific list of allergens such as dyes, all forms of a certain food, etc. be very specific on the registration form. The dining hall will call you a day or two before camp to check the meal plans.

KANSAS STATE POLYTECHNIC

www.polytechnic.k-state.edu

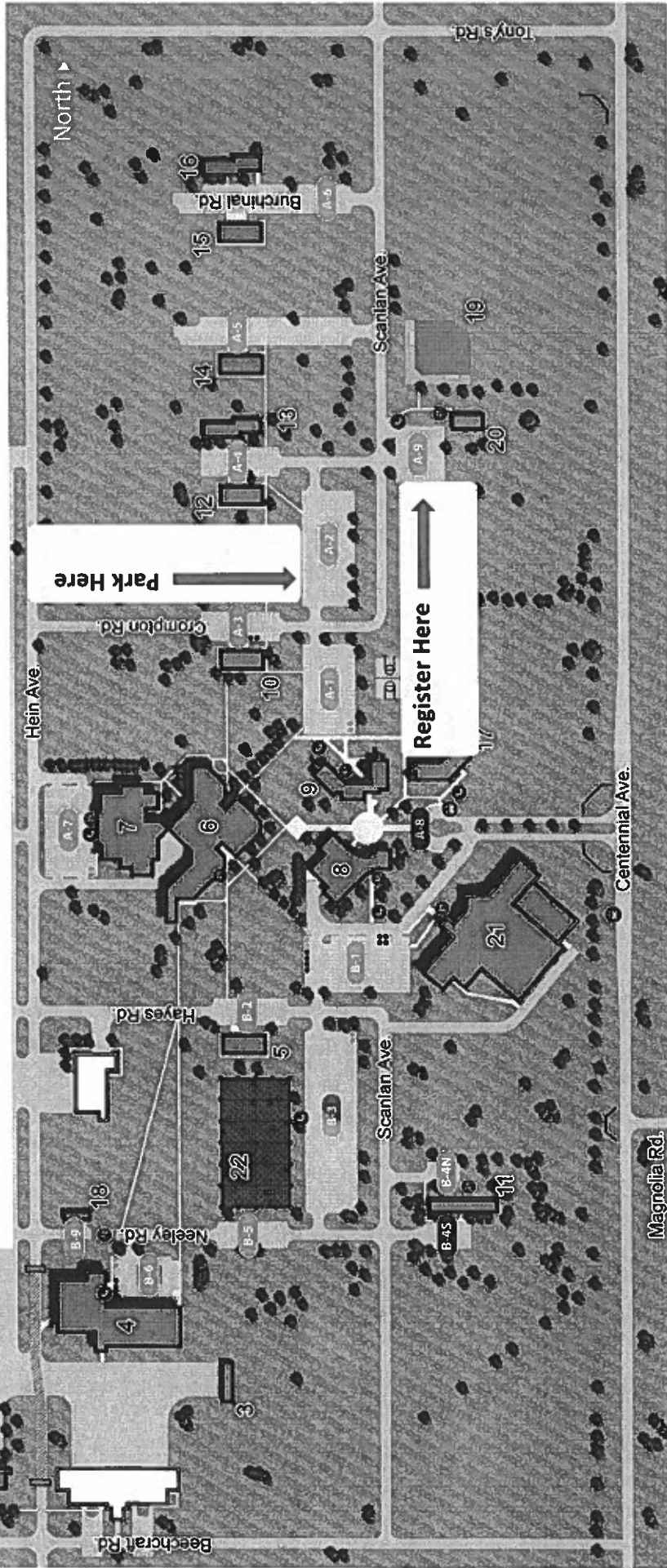
Campus Parking Permit Key

T	Q, W, E, K or V
R	R or V
Z	Any K-State Permit
SLC	SLC
M	M
Visitor	No permit required
Metered	No permit required

- Other Transportation**
- Bicycle Rack
 - Salina CityGo® Bus Stop
 - Emergency Phone

Lots enforced M-F, 7 a.m. - 5 p.m. (R lots at all times).

Visit www.k-state.edu/parking for permit purchasing information & regulations



- 1 Aeronautical West Hangar
- 2 Aeronautical East Hangar
- 3 Composite Building
- 4 Aviation Center
- 5 U.A.S. Laboratory
- 6 Technology Center
- 7 Technology Center West
- 8 College Center
- 9 Schilling Hall
- 10 Tullis Building
- 11 Welcome Center
- 12 Outreach Center
- 13 Science Center
- 14 Construction Lab
- 15 Facilities Maintenance - Shops
- 16 Facilities Maintenance - Offices
- 17 Harbin Hall
- 18 Building Eight Twenty
- 19 Thaemert Park/Sports Field
- 20 Sports Support Facility
- 21 Student Life Center
- 22 U.A.S. Flight Pavilion

DIRECTIONS TO CAMPUS

If you are traveling east or west on I-70, stay on I-70 until the I-70/I135 interchange. Travel south on I-135 to the Magnolia St. exit (No. 90).

Go west on Magnolia to Centennial Rd. Turn right and proceed to Kansas State University Polytechnic Campus.

If you are traveling north or south on I-135, take the Magnolia St. exit (No. 90). Go west on Magnolia to Centennial Rd. Turn right and proceed to Kansas State University Polytechnic Campus.



Snack Prices

Beverages (20oz bottles).....\$1.50

Coke	Diet Coke
Pepsi	Diet Pepsi
Sprite	Mountain Dew
Mug Root Beer	Dr. Pepper
Dole Lemonade	Lipton Unsweetened Tea
Fierce Grape Gatorade	Orange Gatorade
Fruit Punch Gatorade	Cool Blue Gatorade

Candy..... \$1.25

Snickers	Reese's Peanut Butter Cups
Butterfinger	Hershey's Chocolate Bar
M&M's Milk Chocolate	M&M's Peanut Butter
Skittles Fruit	Skittles Tropical
Sour Patch Kids	Twix
Kellogg's Rice Krispies Treats	Welch's Fruit Snacks Mixed Fruit

Chips..... \$1.25

Doritos Nacho Cheese	Doritos Cool Ranch
Cheetos Crunch	Funyuns
Lay's Classic	Lay's BBQ
Munchies Snack Mix Cheese Fix	Ruffles Cheddar & Sour Cream
Cheez-It Crackers	

Hungry McGee's Meat Sticks..... \$1.25

Original	Sweet N Sassy
Mandarin Teriyaki	Jalapeno

Frozen Treats.....\$2.00

Chocolate Chip Ice Cream Sandwich	Klondike Oreo Ice Cream Sandwich
Reese's Peanut Butter Cup Ice Cream	Strawberry Frozen Bar
Mini Ice Cream Tub-Brownie	Mini Ice Cream Tub-Cookie Dough
Mini Ice Cream-Bunny Tracks	



Souvenir Prices

Apparel	
T-Shirt	\$12.00
Hoodie	\$20.00
Clearance T-Shirt (long & short sleeve)	\$5.00
Clearance Spirit Jersey	\$8.00
Clearance Quarter Zip	\$10.00
Bags	
Drawstring Bag	\$8.00
Headwear	
Sunglasses	\$3.00
Bandana	\$4.00
Hat	\$20.00
Water Bottles & Mugs	
Flat & Fold Bottle	\$2.00
Porcelain Tumbler 24 oz	\$8.00
Tervis 16 oz/24oz	\$8.00/\$10.00
Nalgene Bottle 14oz/32 oz	\$10.00/\$15.00
Metal Mug 12 oz	\$14.00
Camelbak Bottle 25 oz	\$16.00
Metal Tumbler 18 oz	\$18.00
Jewelry	
Neon String Bracelet	\$1.50
Horse pendant Necklace	\$2.50
Novelty	
Keychain	\$1.50
Keychain Chapstick	\$2.00
Twig Pen	\$2.00
Twig Whistle	\$2.50
Coloring Book & Colored Pencils	\$4.00
License Plate (front bumper or frame)	\$4.00
Picture Frame	\$5.00
Flashlight	\$5.00
Toys	
Frisbee	\$2.00
Cards	\$3.00
Yo-Yo Glow N' Dark	\$3.00
Hacky Sack	\$3.00
Farkle	\$4.00