



Cloverleaf Camp Trip Planner





Thank you for all you do!

Get ready for exciting hands-on classes, high-ropes challenges, the star-studded Wahsega Talent Show, sliding down the waterfalls, playing in the creek, swimming in the pond... and a whole lot more!

Promote camp like crazy! We have an awesome new Camp Wahsega promotional video and for you to share. Please use it! Talk up camp! There are 222 beds at Wahsega – plenty of beds for more kids!

Read the Trip Planner! This document has all the up-to-date information. The person attending camp needs this Trip Planner. Please help me get this document to the person who is going to actually be in attendance at camp. You are welcome to contact the Lead Agent for the week of camp or me as often as needed.

I'm excited to be the new Camp Director. As you know, this will be my first summer as the Camp Wahsega Director. I am proud to continue the long tradition of this camp. I worked as the program coordinator at the Burton 4-H Center for the past 11 years so I'm very familiar with 4-H Camp. The schedule this coming summer will stay pretty much the same as last year as I learn the ropes of Wahsega. I have a great staff of counselors who will bring their experience and talents and help me begin new Wahsega traditions while keeping what makes Wahsega people's favorite camp!!!

I look forward to working with you to make your week of camp a success.

Sincerely,

David Weber
Wahsega 4-H Center Director
dweber@uga.edu
706-864-2050



UNIVERSITY OF GEORGIA
EXTENSION



READ THIS FIRST!

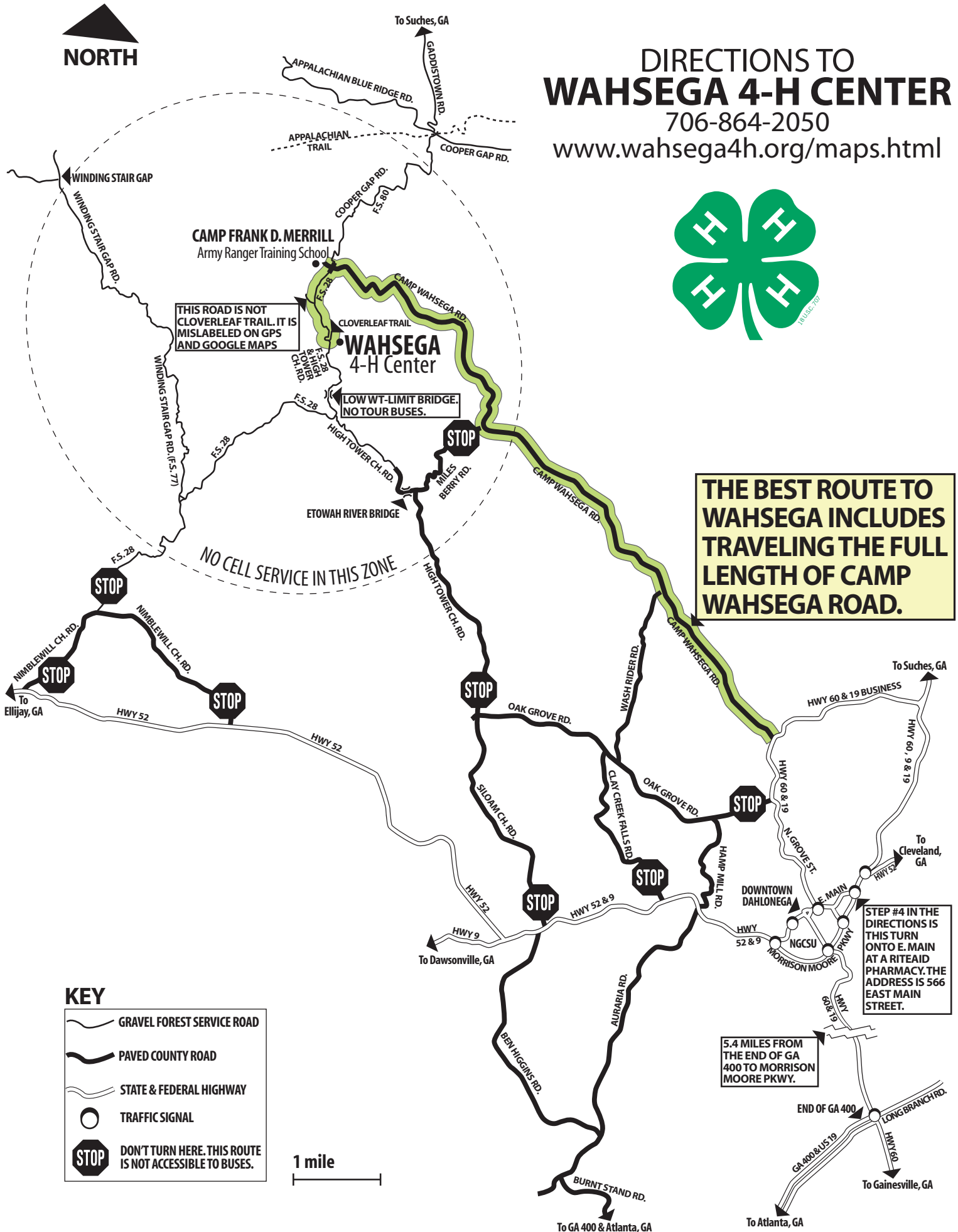
- ☐ **Promote camp like crazy!** We have plenty of beds.
- ☐ **Recruit volunteers.** Talk to them early.
Parents, grandparents, teachers, youth workers, college students, former camp counselors and recently graduated 4-H'ers make great chaperones.
- ☐ **Tell us if matching adult and camper assignments are needed**
If an adult needs to be present with a camper at all events throughout the week, that adult should tell us about this need and check-in with the child in the Rec Hall in order to receive matching nametags.
- ☐ **Read the Trip Planner!** Things have changed since you were here last.
Please read the Trip Planner for new information.
- ☐ **Got questions?** Call any time.
The Trip Planner covers most everything. If you or some of your parents have questions or want to visit the center, feel free to contact us.
- ☐ **Enter cabin assignments online.** This is required!
Make cabin assignments before camp in coordination with your Lead Agent. Cabin assignments must be entered in Event Registration by Friday before camp.
- ☐ **We need copies of the Medical Releases to take tubing.**
There is a \$25 fee if we make the copies. Copy only the front of the Medical Release for each youth and adult. We don't need the Medication Summary or Code of Conduct.
- ☐ **Arrive on time.** Arrival is at 1:00 p.m.
Arrive earlier if you book your county for an early lunch. Please arrive before 3:30 p.m. Call our office at 706-864-2050 if you will be late.
- ☐ **Call a week ahead of time to book an early lunch.**
You may plan ahead with us to bring your own lunch to eat on center on Monday or eat lunch in our Dining Hall at the current 4-H rate. Please call to plan this.
- ☐ **Tours are for everyone.** Adults staying overnight must go on the tour.
Adults are not exempt even if they think they have other important jobs to do.



DIRECTIONS TO WAHSEGA 4-H CENTER

706-864-2050

www.wahsega4h.org/maps.html



DRIVING DIRECTIONS

Our general location

Wahsega 4-H Center is 12 miles north of Dahlonega on Forest Service Rd. 28 one mile from the end of Camp Wahsega Road and the entrance to the Army Ranger Training Camp. We are in the Ward Creek valley on property owned by the University of Georgia in the Chattahoochee National Forest.

Avoid getting lost

GPS, map apps or online maps provide unreliable directions in our remote area. Use the directions that we provide in this document or on our web site at: <http://www.wahsega4h.org/maps.html>.

Directions from the Atlanta area

- You will need to travel north on GA 400 out of Atlanta.
- Go to the end of GA 400, about 53 miles from the exit off I-85, and take a LEFT.

Skip to step #1 in the Directions Continued section below.

Directions from the Athens area

- You will need to travel north.
- Take US 129/Jefferson Hwy/Pierce Avenue north out of Athens.
- In Gainesville, cross Jesse Jewel Pkwy and stay on GA 60.
- Go 15.5 miles from Jesse Jewel Pkwy to where GA 60 crosses the end of GA 400.

Skip to step #1 in the Directions Continued section below.

Directions from other areas

Use GPS, online maps, or a Georgia map to go to the intersection of East Main Street (GA 60/GA 52/U.S. 19) and Morrison Moore Parkway (GA 60/GA 52/GA 9/U.S. 19) in Dahlonega. If you use GPS or online maps to find it, the address of a RiteAid at this intersection is 566 East Main Street.

Skip to step #4 in the Directions Continued section below.

Directions continued

1. Go north toward Dahlonega for 5.4 miles from the end of GA 400 to the first traffic light.
2. Turn RIGHT at the traffic light onto Morrison Moore Parkway (GA 60/GA 52/GA 9/U.S. 19).
3. Continue through the 1st traffic light to the 2nd traffic light. Prepare to turn LEFT on East Main St.
4. Turn onto East Main St. toward downtown Dahlonega. RiteAid is on the corner at this intersection across from the entrance to the Walmart shopping center and Consolidated Gold Mine.
5. Go to the traffic light and turn RIGHT on North Grove St. Pueblo's Restaurant is on the corner.
6. Go 2.2 miles on N. Grove St. Watch for signs to Camp Frank D. Merrill and Wahsega 4-H Center.
7. Turn LEFT onto Camp Wahsega Rd. and go 8.5 miles to Frank D. Merrill Army Ranger Camp.
8. Curve around the barricades and pull up to the stop sign across from the military check point.
9. Turn LEFT on Forest Rd. 28-1. After 100 feet of pavement, this road is gravel. Continue 1 mile.
10. Turn LEFT into Wahsega 4-H Center. The driveway is named Cloverleaf Trail.

CONTACTS

Email addresses and phone numbers

- Travis Williams, 4-H Center Director, travisw@uga.edu
- Deana Podany, Administrative Associate, deanap@uga.edu
- Amanda Smallwood, Food Service Manager, mandas@uga.edu
- 4-H Center Office: 706-864-2050
- Local 911 Center: 706-864-3633

Internet and social networks

- Web site: <http://www.wahsega4h.org/camp>
- Twitter: @wahsega4h
- Facebook: [facebook.com/wahsega4h](https://www.facebook.com/wahsega4h)
- YouTube: [youtube.com/user/wahsega4h](https://www.youtube.com/user/wahsega4h)

Camper mail

U.S. MAIL – Families may send mail to campers before the week of camp. Multiple letters intended for different days need to be labeled on the envelope. Complete the address in the following format:

Camper's name
Camper's County
Wahsega 4-H Center
77 Cloverleaf Trail
Dahlonega, GA 30533

NO FOOD – Please ask families not to send food to camp. It's not allowed in the cabins.

SENDING U.S. MAIL FROM CAMP – Campers may send mail home if they have their own supplies. We don't sell paper, envelopes or stamps in the Canteen.

WRITING COUNSELORS – Campers may send letters to Wahsega's address above under a counselor's name and we will make sure it gets to them.

LEAD AGENT DUTIES

Before camp

COORDINATE COUNTY BLOCK CABIN ASSIGNMENTS – A “county block” of cabins is a designated number of beds in one or more cabins set aside for campers from one county. Please take into account each county leader’s preference for which counties are assigned to share cabins. This is a job you’ll do in late spring.

Example: A county with 20 boys and 2 men needs 22 beds. There are 14 beds in a cabin. Assign 13 beds for boys and 1 bed for the chaperone in Cabin 1 and assign 7 beds for boys and 1 more for the chaperone in cabin 2. That leaves 6 beds in cabin 2 for another county. In this example, the “County Block” for the first county’s boys is 14 beds in cabin 1 and 8 beds in cabin 2.

COMPLETE CABIN ASSIGNMENTS – Enter the cabin number for each camper and adult into Event Registration. This is not optional. Every county enters them after they have their county block assignments.

COORDINATE AGENT & LEADER ASSIGNMENTS – We’ll send you a blank Agents & Leaders Assignment form that matches the 2017 schedule. Coordinate with your counties to complete adult assignments before camp and send the completed form to Wahsega. Don’t assign yourself to any assignments other than morning cabin checks so that you have the freedom to fill-in as needed and take care of problems. We can make changes if there are any conflicts that crop up at orientation.

ENCOURAGE COUNTIES – Before camp, encourage the person responsible for camp in each county to:

- Read the Trip Planner!
- Promote camp! Ask them to promote Wilderness Challenge Camp as well.
- Make Event Registration match actual attendance.
- Complete cabin assignments in Event Registration.
- Take enough adults to camp. A county leader can’t just assume that another county’s adults will chaperone their campers in the cabin.
- Send special dietary requests to us ahead of time. We can accommodate any dietary needs.

During camp

COMPLETE CABIN CHECKS – The Lead Agent and a staff member at Wahsega will check cabins and then you sign off on the Cabin Condition Report. If you can’t be here in time to get the cabins opened before other counties arrive, please ask another County Leader to complete cabin checks for you on Monday.

After that, the Lead Agent checks each cabin every morning during the week of camp along with another adult and reports back to the Lead Counselor the cabin that wins the Clean Cabin Clover that day.

SERVE ON THE LEADERSHIP TEAM – You are part of a leadership team that includes the you, the Lead Agent, and the Lead Counselor and the Center Director. You serve as the liaison to the 4-H center staff from the adult leaders. Requests from the Lead Counselor or Center Director for changes in the way that adults are doing things will go to you first. Requests from the County Leaders or other adults for Wahsega or the counselors to do things differently go through you. The chain of command isn't that strict on something that is no big deal but on anything that could be controversial or needs coordinated communication, we handle it through the Leadership Team. Typically, schedule changes, discipline issues, and responding to weather emergencies are the main things that require us to coordinate closely.

COUNTY LEADER DUTIES BEFORE CAMP

Read the Trip Planner

This *Trip Planner* is written for County Leaders. If you have questions or need anything, we'll try to help you with it. Find links to download the *Trip Planner* on our Cloverleaf Camp web page at wahsega4h.org and navigate to the Summer Camp pages.

Enter information into Event Registration

Double check the name, gender and cabin assignment of every camper and adult entered into the Event Registration system by 5:00 p.m. on Friday of the week before camp. This information is used to make nametags. Please be diligent about entering records correctly. Children age 8 and under are "Green Strings". Entries should have a correct age and gender. Enter the name a child usually goes by.

Make cabin assignments

COUNTY BLOCKS – Lead Agents coordinate with counties to assign blocks of beds in specific cabins to each county before camp. See the *Lead Agent Duties* section above for more information.

ENTER CABIN NUMBERS ONLINE – Enter a cabin assignment for each camper online in the Event Registration system. The registration software on the Event Registration website does not stop you from entering assignments for more campers in a cabin than is possible. Therefore, please assign cabins to campers and adults carefully and accurately using the information provided by the Lead Agent. Cabin numbers are pre-printed on name tags. We no longer assign cabins during check-in.

CHANGING CABINS – Changes to cabin assignments during check-in are often unavoidable. Please work with us to make sure that every camper is in the cabin that is printed on the final rosters. Cabin Rosters will be created and given out at check-in before camp and updated as needed after check-in. We are accountable to the State 4-H Office for making these rosters accurate, up-to-date and complete.

Assign Cabin Leaders

COMMUNICATE ASSIGNMENTS – Before camp, make cabin leader assignments, then communicate them to the adults. Ask if they mind sharing a cabin with another county if you expect them to do that.

USE CERTIFIED OVERNIGHT CHAPERONES – At least one adult who is a Certified Overnight Chaperone must be assigned to each cabin. Additional adults in a cabin must also be certified.

PLAN TO HAVE ENOUGH CABIN LEADERS – Assign adults to every cabin in your county's block even if it is a cabin shared with another county. If adults from another county are staying in a cabin, don't expect them to be responsible for your campers unless you have coordinated with them ahead of time.

Medical Release forms

READ CAMPERS' MEDICAL RELEASES – Collect the forms and read over them to identify campers' medical needs.

WAHSEGA NEEDS COPIES OF THE MEDICAL RELEASES – We take copies of the Medical Release forms with us when we take the campers tubing. This makes it possible for us to seek and receive medical attention for anyone who needs it while we are away from camp on the tubing trip.

COPIES – Please make copies of the Medical Release forms before leaving the county office. Give the copies to our Administrative Associate when you pay camp fees. A tubing trip will leave early on Tuesday morning, so we need your Medical Release copies on Monday when you pay.

FEES – If you forget or cannot make copies before departure, remove staples and paper clips and organize your paperwork so that copies can be made at Wahsega after arrival. If you need to make more than 10 copies, we will make the copies for you and charge a flat fee of \$25 for the service.

ACCESS TO FORMS – If you choose, you may leave copies of your group's forms in the First Aid Station. A map to the hospital and other related information is also in the First Aid Station, which is in the Canteen Building. You may also choose to keep the originals of your group's forms in your possession or you may lock them in a vehicle. Please take your original forms with you on Friday.

Update Event Registration

The names entered into the Event Registration system must exactly match the actual people in attendance. On Monday morning before departure, please correct names as needed. If you do not have time to update attendance, please ask someone in your office to update Event Registration for you.

Communicate exact counts while traveling

For safety while traveling on the road, communicate your exact count of people in each vehicle traveling from your county to someone in your office or email this information to us.

Recruit volunteers

EARLY RECRUITMENT – Early volunteer recruitment is critical. Talk up summer camp to parents, teachers, grandparents, youth workers, college students, former 4-H camp counselors and former 4-H'ers. You never know who can take a week off in the summer. Start asking in the winter.

ABOUT BUS DRIVERS AS OVERNIGHT CHAPERONES – A good chaperone is what you need. If they drive a bus, that's a bonus. Avoid asking anyone to be a volunteer leader for the week of camp who is not willing to be a chaperone during the day at camp.

Recruit Teen leaders

TEEN LEADERS ARE GREAT – While they aren't official chaperones, they make excellent volunteers. They tend to be on time, energetic and involved. Campers have fun when Teen Leaders participate.

TEENS NEED DIRECTION – Communicate expectations clearly to Teen Leaders and provide appropriate training ahead of time. Problems with teen behavior will be handled promptly during camp.

RECRUIT OLDER 4-H'ERS – Ask youth to serve as Teen Leaders who are at least 3 years older than campers. Typically, Teen Leaders have finished 8th grade. Older teens have more authority with campers and tend to be more responsible as volunteers.

18-YEAR-OLD TEENS ARE ADULT LEADERS – Anyone who turns 18 years old before or during camp and who plans to serve as a "Teen Leader" must submit to a background check and should expect to be treated as an Adult Leader. If they are not 18, they cannot be the only chaperone in a cabin.

LEAVE ROOM FOR CAMPERS – The appropriate ratio of Teen Leaders is 1:20 or less. Too many Teen Leaders at camp can cause problems. They also take up spaces reserved for campers.

Hold a pre-camp orientation

To help parents, campers, teen leaders and volunteers prepare for camp, schedule an orientation well before camp so everyone is informed and aware of everything they need to do before and during camp.

THE PURPOSE OF CAMP – We promote 4-H by offering a positive experience to campers that makes them want to stay involved. Typically, camp is a way of involving kids in 4-H rather than a reward for participating in it.

EXPECT A GOOD ATTITUDE FROM CAMPERS – As youth head off to camp, they should be looking forward to participating in fun activities with friends. If you detect other attitudes, re-direct campers towards the right one.

COMMUNICATE WHAT TO PACK – What to pack, rules, what to expect and the activities we offer are in the *Parent and Youth Information* section at the end of the *Trip Planner*. Please share it with families and chaperones.

HELP PARENTS PREPARE THEIR CHILD FOR CAMP – Parents send their child to camp as part of what their family is doing to give their kids a great childhood. Parents can encourage their child to have a great time at camp and prepare them emotionally and practically for the experience. The Parent & Youth Information section includes ideas that parents can consider when preparing their child for summer camp.

YOU CAN ADAPT OUR TEXT TO YOUR HANDOUTS -- An editable version of the *Parent and Youth Information* is available for you to customize for your county on our web site.

ADULTS SHOULD PLAN TO PARTICIPATE – Campers don't automatically know how to act. When adults jump right in and have fun, campers will follow. If you have fun, play, hang out and participate, campers will follow. Adult leaders can do more than anyone else to encourage campers to make the most of camp. We also encourage you to participate in the activities. However, there may not be enough time for adults to go down the zip line.

SERVICES, FACILITIES, PHONES & FEE INFORMATION

Accommodations

BATHHOUSE AND RESTROOM LOCATIONS

- The Boys bathhouse is located between cabins 4 and 5
- The Girls bathhouse is located between cabins 11 and 12
- The Canteen Building next to the Office Building has two restrooms that are open 24-hours a day.
- On the day of departure, the Bathhouses remain unlocked and can be used.

CABINS WITH BATHROOMS – Cabins 15 and 16 have a C (Chaperone) Room with a bathroom and separate youth bathrooms.

CABIN BED COUNTS – Total beds: 226 in 16 cabins (Includes all beds for youth, teen leaders and adults). We are unable to move any beds. The available bed counts are listed in the following table:

Cabin 1: 16	Cabin 2: 16	Cabin 3: 14	Cabin 4: 16	Cabin 5: 14	Cabin 6: 14	Cabin 7: 14	Cabin 8: 14
Cabin 9: 16	Cabin 10: 14	Cabin 11: 14	Cabin 12: 14	Cabin 13: 16	Cabin 14: 14	Cabin 15: 13	Cabin 16: 13

Food service

MEAL COUNT – Everyone who will be eating meals needs to check in at the Rec Hall on Monday so that we have an accurate meal count.

SPECIAL DIETS – If campers or adults are vegetarian, have food allergies, are lactose intolerant, eat gluten free, observe religious dietary restrictions or have other special dietary needs, enter this information into Event Registration before 5:00 p.m. on Monday one week before camp.

KP (KITCHEN PATROL)

- *KP duty* – KP is when campers setup chairs before a meal and cleanup after the meal. Campers and adults on KP go to the dining hall before the meal and are the last to leave. KP is randomly assigned to both campers and adults on Monday at check-in.
- *Adult KP duty* – Adults on KP work with campers from all counties during KP. Two or three adults are randomly assigned to KP at each meal. Adults are an integral part of KP. We need adults to serve as role models; it is a great inspiration to the kids if adults help. Our staff will provide direction and instruction, but they are not responsible for discipline. When the KP bell rings, campers and adults assigned to KP duty should go to the dining hall.

ADULTS EAT FIRST – Adults may eat when the KP bell rings rather than waiting until the mealtime. Adults who do wait until the mealtime should go to the front of the line. This gives adults more time to eat and makes sure that adults are in the Dining Hall when youth enter the building at the meal times.

DISMISSAL OF CAMPERS AFTER THE MEAL – Campers will be dismissed from the dining hall by our staff. Adult Leaders may not make announcements in the dining hall. Campers at the front of the line often finish eating by the time the last camper is served. To facilitate timely cleanup, our staff allows campers to be dismissed soon after they finish eating. If adults eat first, some of them will be ready to chaperone campers outside of the dining hall when the campers are dismissed.

COFFEE SERVICE – A coffee maker is available 24-hours a day on the entrance porch of the dining hall.

LATE ARRIVALS TO A MEAL – Anyone arriving late to a meal may find that they are in the way of KP'ers

who are cleaning up. Please be courteous to the campers and staff by being on time. If being late is unavoidable, it is possible that the serving line will have been cleaned up. However, there is always plenty of food. If anyone arrives late, we will provide them with a meal and a place to sit.

BIRTHDAY CAKE – Large sheet cakes for your county and party supplies are available from Wahsega with a 10-day notice for an additional fee. Alternatively, you may order a cake from the Walmart deli or an ice cream cake from Dairy Queen.

Information about fees and other costs

ORDERING T-SHIRTS – You may call for a quote on Canteen shirts before camp. Please plan to pay with a separate check made payable to Wahsega 4-H Center. T-shirts cannot be included in the camp fees.

CLOVERLEAF CAMP FEE – The fee covers tubing and travel to tubing. Specialty Camp fees must be paid in full and sent to the recipient designated on the Event Registration site rather than the 4-H center hosting the event.

TRANSPORTATION TO AND FROM THE COUNTY – No other costs (except potentially damage fees or copier fees) will be incurred by your county while you are at camp except the costs related to travel from the county to Wahsega and back.

GREEN STRING CAMPERS – Green Strings are children who are ages 3 to 8. The Green String fee is one-half the base fee for camp plus the full cost of all other fees. Children under 3 attend at no charge.

DAMAGE FEES – A schedule of damage fees is posted on the front door of each cabin. If there is any damage, fees will be assessed on Friday morning. You may work with us to pay before departure or we can invoice the county.

Phone and computer usage

CAMPERS & TEEN LEADERS – Campers and Teen Leaders may not make or receive phone calls while at camp or use 4-H center computers.

PARENT PHONE CALLS DURING CAMP – If a parent calls us, we do everything we can to help them. We realize that we represent you, the 4-H Agent or county leader, when they call and we know that if they could, they would call you directly. We'll work to get messages to you quickly.

Parents at home should expect to:

- Call the county office to see if the county has arrived safely at Wahsega rather than calling us directly.
- Call the county office first if they need to talk to their child or check on their child.
- Be told very clearly that cell phones seldom work at Wahsega. We aren't just saying that to keep kids from bringing their cell phones to camp. Cell phones really don't work here reliably.
- Call our office in an emergency and have important messages delivered to an adult in a timely fashion.
- Leave a voice mail if they call Wahsega before 8:00 in the morning or after 5:00 in the evening.
- Relay emergency messages through the Lumpkin County 911 Center at 706-864-3633 if they call after business hours and can't get in touch with anyone.

AGENTS AND LEADERS PHONE & COMPUTER USAGE

- *Notification of arrival at camp* – On Monday, the County Leader may make a quick call to the county office from our office phones to let the county office know that they have arrived safely.
- Phone calls may be made from the Pavilion 4 kitchen or the First Aid Station.
- *Office phones* – In an emergency, use our office phone to call parents only if you believe a child may need to go to the hospital. Office phones are not available for personal calls, work related calls or calls to parents when campers are homesick. Homesickness is not an emergency.
- *Cell phones* – Cell phones typically do not work at Wahsega.
- *WiFi service* – Free Wi-Fi is available for smart phones. Our WiFi service is not password protected. The wireless internet signal originates in our offices and is strongest on the front porch of the office.
- *Office computers* – A 4-H center computer can be made available to a limited number of adults after office hours but not during the day except for very special circumstances. If you or another adult need to use one of our computers during the day during camp, please coordinate with us before your week of camp.
- *Correcting Event Registration* – Please do not expect to correct Event Registration data on Monday after you arrive using our computers.

Homesick campers

Homesick campers sometimes exhibit physical symptoms. Campers who spend a whole day in the First Aid station suffering physical symptoms of homesickness might be better off going home. It's possible that they are not mature enough to be at camp. Adults should not expect to use office phones to talk to parents about a homesick child.

Designating an emergency contact person

Designate a person in the county office or a volunteer not attending camp to be an emergency contact person.

Sending a message from Wahsega

In some circumstances, you may need to send information from you back to the county or to all parents. In an emergency or other challenging circumstance, the information can be relayed back to the county through your contact person.

Receiving a message at Wahsega

In an emergency back in the county if there is a need to get in touch with a camper or adult visiting Wahsega, the emergency contact person can be a point of contact for parents. The Emergency Contact Person can call our office during the day. After hours, they can follow the directions on the voicemail greeting or call the Lumpkin County 911 Center. The dispatcher either will attempt to contact us by phone or will dispatch a sheriff's deputy to drive to Wahsega to find us to deliver the message.

PHONE NUMBERS

- Wahsega 4-H Center Office – 706-864-2050
- Lumpkin County 911 Center – 706-864-3633

HEALTH CARE, FIRST AID & EMERGENCY PROCEDURES

First Aid Station

Minor injuries can be treated in the First Aid Station 24-hours a day. A nurse is not on duty. We are allowed to stock basic supplies and the list of nine items on the “Over the Counter & Prescription Medication Summary” form.

UGA Injury Reporting Form

Injuries suffered by campers and adults must be reported on the UGA Injury Reporting Form available in the First Aid Station. We collect the forms and enter them into the online injury reporting web site.

First aid log

When giving first aid, log it on a clipboard in the First Aid Station. This information is separate from the UGA Injury Reporting Form and covers all First Aid Station visits regardless of the purpose.

Medication

SECURING & DISPENSING MEDICATION – County leaders should maintain the security of all meds. Adult leaders should plan to give meds to children exactly as prescribed. Some adults simply do not give out meds correctly. Adults who are unfamiliar with dispensing meds or who show reluctance to do so dependably should not be asked to do so.

SELF-MEDICATING – Children who self-medicate at home do not always do so reliably at camp due to the change in schedule and activity level. Adults should monitor these children closely. Also, check that children required to carry an EpiPen do so as expected.

REFRIGERATED MEDS – Refrigerators are available in the First Aid Station and in the Pavilion 4 kitchen.

Visiting a doctor or emergency room

We will help you obtain emergency medical treatment at the hospital in Dahlonega if necessary.

FORMS – The County Leader is responsible for the completed and signed original Medical Release forms, Medication Summary and Code of Conduct forms. We don’t collect or store these documents.

CAES INCIDENT REPORT FORM – If a child or adult seeks medical care from a professional medical worker, a CAES Incident Report must be completed and submitted. Please plan to complete and submit this form before you depart on Friday and leave a copy with us.

INSURANCE – An insurance form must be completed for our office for every child who is injured or ill if there is a possibility of filing a claim even if the child will visit a doctor after the week of camp.

DRIVING DIRECTIONS & TRANSPORTATION – Copies of a map with driving directions to the ER is kept in the First Aid Station. We recommend that you have a vehicle at camp that can be used in an emergency.

Responding to weather or other emergencies

If we need to evacuate the 4-H center, or respond in some other way to an emergency, the Sheriff’s Department will provide guidance. Our Sheriff is the Emergency Services Director. He has an Emergency Operations Plan to provide services to residents, tourists and residential facilities like Wahsega.

ARRIVAL ON THE FIRST DAY

Tours are for adults too

Please plan to go on the tour upon arrival. Communicate to all adults including those driving in separate vehicles that we have asked them to go on the tour given by counselors.

Sequence of events upon arrival

- The Lead Agent and Center Director will check cabins before any campers move in.
- Upon arrival, buses should stop next to the basketball court between the Rec Hall and Dining Hall.
- A counselor will jump on each bus to greet the campers and give parking directions to the bus driver.
- After the bus parks, campers get off the bus but leave their belongings on it until after check-in.
- Counselors will conduct a tour for campers and all adults staying overnight.
- Adults arriving in separate vehicles also need to plan to go on the tour.
- On the tour, the counselor will stop at the bathhouses to give the campers a restroom break.
- After the tour, all campers and adults are directed to the Rec Hall to check in and receive nametags.
- The County Leader should make final payment in the office after receiving a nametag.
- After check-in, campers may get their luggage and go to their cabins.
- At 4:00, a bell will ring and all campers and adults meet in the Rec Hall for the Opening 4-H Assembly.
- At 4:30, there will be an Agents & Leaders Orientation in the classroom.
- KP will begin at 5:30 with dinner served at 6:00.

Arrival time

Counties may arrive as early as 1:00 p.m. It's a long trip to Wahsega for many counties, so leave in plenty of time to get here before 3:30. Orientation starts at 4:00. Call our office at 706-864-2050 if you will be late.

Optional early arrival

Please book an optional early arrival well in advance. Sunday evening arrival is an option. If you choose to book an early arrival for Monday, your campers may bring their own bag lunch to eat in Pavilion 4 or plan to eat lunch in our Dining Hall at the current 4-H rate.

Cabin Condition Report sign-off

Before campers move in, the Lead Agent and the Center Director check cabins. The Lead Agent should arrive by 1:00 so that we can get the cabins inspected before other counties arrive. If necessary, the Lead Agent can designate an adult from another county to inspect cabins.

Go on the camp tour first

If you are responsible for making payment for camp, please go on the tour and get your name tag in the Rec Hall before making payment in our office.

Agents & Leaders Orientation

After the Opening Assembly on Monday, all adults and Teen Leaders should attend the Agents & Leaders Orientation in the classroom. At this meeting, the Lead Counselor and Center Director will provide information that covers First Aid, emergency response procedures, a review of the schedule and policies and an opportunity for questions and answers.

CHECK-IN INFORMATION

Adult check-in

All adults check in at the Rec Hall so that we have a correct attendance and meal count.

Matching schedules and assignments for certain adults and campers

Adults planning to be in the same Family Group with a camper need to let us know. If an adult needs to be present with a camper at all events throughout the week, nametags can be made that duplicate each other. If possible, please communicate this need to us in advance of the week of camp.

Name tag usage

At check-in, campers choose a blank nametag in the color that corresponds with their choice of a Family Group. Then a label with the camper's name on it will be applied to the blank nametag by a counselor. After that, the name tag will be laminated and given to the camper. The finished name tag lists all the assignments that a camper will have for the week of camp.

FAMILY GROUP ASSIGNMENT – Family Groups provide small groups for the campers to belong to during camp. Campers participate in high-ropes and other events with kids, adults and counselors in their Family Group. Campers may choose their own Family Group with their friends at check-in. Our check-in procedures create equally sized Family Groups that are evenly divided among boys and girls and provides a system for adults to be in a group that has kids from their county.

ALLOWING CAMPERS TO MAKE CHOICES – Allowing campers to make their own choices is much better than having a Family Group randomly assigned ahead of time. Allowing campers to choose their Family Group takes a little more time at check-in. Nevertheless, this is a developmentally appropriate opportunity for children to make a meaningful choice. Their memories of the week of camp, willingness to participate, good attitude and general joy about being at camp is dependent on them having, making, keeping and growing in their friendships with individuals with whom they choose to associate.

ANIMAL GROUP ASSIGNMENTS – Everyone is given a random Animal Group assignment. Various classes are taught during the Animal Group rotations. Animal Groups are different from the Family Groups.

KP DUTY ASSIGNMENTS – Campers and adults are randomly assigned to KP duty on their name tag. KP is not assigned by cabins. Adults should help campers check their name tag for their assigned KP times.

STRING COLOR ASSIGNMENTS – Everyone in attendance will have a string color assigned. String colors help us identify different groups of people at camp such as Adult Leaders, Teen Leaders and Campers.

NAMETAGS ARE SWIM PASSES – Campers must wear their nametags to all events and cannot go swimming unless they check into the swimming area with their nametags.

Rosters

Cabin rosters are printed before camp. They will be distributed to chaperones at check-in. An updated cabin roster can be printed if there are changes. After check-in, three separate rosters are generated: 1) An alphabetical attendance roster, 2) Animal Group rosters, and 3) Family Group rosters. These rosters are made available to the Lead Agent and the counselors.

SCHEDULE NOTES

Copies of the schedule

Copies of the schedule are given out at the Agents & Leaders Orientation on Monday. Agent & Leader Assignments will be attached to the schedule.

About “free time”

There is no “free time” on the schedule. There is unstructured time before and after meals while campers assigned to KP do their jobs. Chaperones should plan to supervise children during these times.

Swim tests

All campers are allowed to get into the pond. Every camper who wishes to jump off the dock at the pond will prove to us that he or she can swim by taking an optional swim test. Swim tests will be conducted during the swim time that is concurrent with check-in. If necessary, additional swim tests will be conducted at the first scheduled Pond and Falls time. Campers who chose to take the test and pass it will be given a wrist band to indicate that they can jump off the dock. The pond and falls will not be opened by the lifeguards on duty until two adults are present at each.

FGR (Family Group Rotations)

During Family Group Rotations, campers participate on the high-ropes, recreation or tubing. All campers may participate on three high-ropes events. While inactivity has been minimized during high-ropes, some campers may be waiting their turn. So that campers don't have to wait too long for their turn on the high-ropes, a counselor leads recreation with a large string color group during the FGR. It is important that adults assigned to that recreation time actually attend it. Campers who don't wish to participate in tubing or on high-ropes may attend recreation.

4-H Visibility

As a service to Agents and Leaders who work to make 4-H happen in the counties, each day during the 4-H assembly our counselors introduce kids to some of the activities in which they can participate by staying involved in 4-H.

AGR (Animal Group rotations)

A variety of environmental education classes, archery and other activities are offered during the Animal Group Rotations. The Animal Group rotations are different from the Family Group rotations.

Breaks for adults

KEEPING ENOUGH PAID STAFF ON CENTER – Wahsega's staff and the Lead Agent will work to make sure that there are sufficient numbers of paid Extension staff from the counties on center at all times. If you need to make a trip to town, please coordinate with the Lead Agent.

COORDINATE WITH THE LEAD AGENT – Adults needing a break during the day should coordinate with the Lead Agent. Two adults must be in every group during every activity. If no adults are present, counselors will stop an activity.

Including photos taken by Agents & Leaders in the slide show

Photos taken during the week can be in the slideshow on Thursday. The Lead Counselor will ask for them on Thursday at the Agents and Leaders Meeting.

No housekeeping service

There is no housekeeping service. It is the responsibility of the adults to have campers keep bathhouses and cabins clean. Campers and adult cabin leader are assigned by cabins to clean the bathhouses each day at noon.

The Clean Cabin Clover Award

Campers will clean the cabins before breakfast each day of camp. The Lead Agent and another adult will check the cabins at 8:00 a.m. each day during breakfast. They will then choose a cabin that should win the Clean Cabin Clover Award.

After choosing a winner, the Lead Agent lets the Lead Counselor know which cabin won. The CCC will be awarded to the campers by the Lead Counselor during the 11:30 4-H Assembly. We recommend that all adults have the campers in their cabins participate in the daily Clean Cabin Clover competition. Participation makes Friday morning cleanup much easier.

Friday morning cleanup

Packed luggage should be taken to the cabin porch. Campers then clean their cabins before breakfast with chaperones supervising. A poster on the inside of the front door of each cabin lists the Friday morning cleanup procedure in detail.

Friday morning inspection

Wahsega staff members will be present to inspect cabins around 7:30 a.m. Each cabin will be locked after it passes inspection. After the cabin passes inspection, luggage should be taken from the cabin porches and loaded into cars and buses. Bathhouse cleanup is at 8:00.

Canteen times

The Canteen is open each night for the first 30 minutes of Night Rec and two other times during the week. We do not have enough staff to open the Canteen more often.

The county "bank"

If you have a bank for campers' canteen money, it's important to distribute money well before the Canteen opens. Otherwise, campers spend their time in line at the bank and don't have time to go to the Canteen. Counties often use the time immediately after lunch to open the bank.

Friday Morning Camp Cleanup Assembly

At 8:00 a.m. on Friday morning, there will be a Camp Cleanup Assembly. Campers and adults assigned to KP will go directly to breakfast KP. Campers, counselors and adults assigned to bathhouse cleanup will go directly to the bathhouses. All other counselors, adults and campers should go to their designated Cleanup Assembly location for further instructions on grounds and facility cleanup.

Friday breakfast is at 8:30

Breakfast on Friday is served at 8:30, which is 30 minutes later than the other days of the week.

Closing Ceremony

Please allow your youth to stay until the end of closing ceremony. It lasts 15 minutes from 9:15 to 9:30 a.m. on Friday morning. All campers will be dismissed at 9:30. Please don't make plans to stay later than 10:00. Don't forget to take all forms with you when you leave camp.

PARENT & YOUTH INFORMATION

Information for parents, campers and chaperones is included on the following pages. This information should be shared with everyone before camp.

Pre-camp orientation

Please copy and share this information with parents, campers and everyone attending as a chaperone. Most counties have some kind of pre-camp meeting or orientation. If you have questions or need more information to prepare for your pre-camp orientation, call or email Wahsega and we will be happy to help you.

Edits to this information

You may write your own version of this information or you may edit this information as you see fit by downloading this document in Microsoft Word format from the Staff Only website.

PACKING GUIDELINES

Label everything

- ☐ Mark all clothing, shoes, luggage and other items with the camper's name.
- ☐ Label trash bags used for dirty clothes because they can be confused with trash.

Helpful hints

- ☐ Pack a daily change of clothing at the minimum.
- ☐ Shorts and T-shirts are perfect. Sleeveless shirts and tank tops are allowed (but see the Dress Code).
- ☐ Pack older clothes that can get wet or muddy, not nice new clothes.
- ☐ Pack shorts that extend at least to mid-thigh for the high-ropes course.

About wet clothes

- ☐ Clothes will get wet, so pack extra socks and underwear – more than you would normally need.
- ☐ Blisters are a problem. Encourage campers to wear dry socks and shoes to prevent blisters.
- ☐ Wearing wet shorts and underwear will cause a painful rash. Educate your child about this.

About shoes

- ☐ Comfortable shoes or sandals are a must. Don't take new shoes or sandals to camp.
- ☐ Closed-toe shoes are required for the high-ropes course.
- ☐ Comfortable sandals with heel straps or crocs are okay if the heel strap is worn on the heel.
- ☐ Pack shoes to keep dry (tennis shoes for running around, hiking, climbing, and other times).
- ☐ Pack shoes that can get wet (old shoes, water shoes or sturdy sandals with a heel strap).
- ☐ Flip flops and sandals that are just flip flops with a thin heel strap are not allowed.
- ☐ Footwear (not flip flops) is required when wading in the creek or playing in the waterfalls.

Dress Code

Dress modestly. Campers wearing clothes deemed inappropriate by chaperones will be asked to change. Here are some guidelines:

- ☐ Revealing shorts, pants, and sleep pants or boxer shorts worn on the outside are not allowed.
- ☐ Underwear must be worn and must not be visible. Briefs, boxers and bras are underwear.
- ☐ Sagging is not allowed.
- ☐ Clothing with advertising that encourages breaking the 4-H Code of Conduct is not allowed.
- ☐ Halter tops, backless shirts, ripped T-shirts, one-shoulder tops, spaghetti straps, visible midriffs and other shirts or tops that are not modest won't be allowed.
- ☐ When swimming, girls should wear a one piece or a tankini. A bikini is not acceptable at camp.
- ☐ Girls may choose to wear a dark colored T-shirt cover-up, swim trunks or modest cut-offs.
- ☐ Boys swimsuits should be shorts, swim trunks, board shorts or cut-offs; not boxers or swim briefs.

What not to pack

- ☐ No knives, firearms, fireworks or any other dangerous items. These items will be confiscated.
- ☐ No valuable jewelry, large amounts of money, smart phones or tablets. We are not responsible for lost or stolen items.
- ☐ No personal food and snacks unless prearranged for dietary needs (no snacks in the cabins)
- ☐ No prescription medications kept with a child. Meds must be turned in to the 4-H leaders.
- ☐ No alcohol, tobacco, matches, lighters or anything else that breaks the Georgia 4-H Code of Conduct

WHAT TO PACK

Clothing & Gear

- ☐ Shirts
- ☐ Shorts
- ☐ Underwear
- ☐ Socks
- ☐ Extra socks
- ☐ Swimsuit or swim trunks (cut-off jeans work well for the waterfalls)
- ☐ Jacket or sweatshirt (for cool mornings and nights)
- ☐ Rain jacket
- ☐ Sunglasses or eyeglasses
- ☐ Hat

Footwear

- ☐ Sandals (sturdy sandals or crocs with a heel strap) or old tennis shoes that can get wet
- ☐ Tennis shoes or other comfortable shoes to keep dry

Linens

- ☐ Sleeping bag (an inexpensive sleeping bag will work fine) or sheets & light blanket
- ☐ Pillow and pillow case (pillows are not provided)
- ☐ Towels (for showering and after swimming)
- ☐ Wash cloth and hand towels
- ☐ Laundry bag or trash bag for wet clothes. Be sure to label trash bags well.

Toiletries

- ☐ Shower caddy, basket, bag or toiletries kit to carry supplies when walking to the bathhouse
- ☐ Soap and soap container
- ☐ Shampoo
- ☐ Toothbrush with protective holder
- ☐ Toothpaste
- ☐ Deodorant
- ☐ Brush, comb and hair accessories
- ☐ Shaving supplies
- ☐ Feminine supplies
- ☐ Sunscreen
- ☐ Insect repellent

Medications To Keep Separate

Plan to turn in meds to your child's 4-H leader before departure from the county on Monday morning.

- ☐ Prescription medications in their correct and unexpired bottles or packages
- ☐ Over-the-counter medications in correct and unexpired bottles or packages
- ☐ A zip-lock bag labeled with the camper's name for their prescription and over the counter medication

Optional items

- ☐ Hillbilly Costume for the Costume Party on Wednesday night
- ☐ Wallet or purse
- ☐ Money for the Canteen (crisp \$1 and \$5 bills for drink machines)
- ☐ Talent Show supplies such as sheet music, CD's, costumes, instruments or other props
- ☐ Writing paper, stamps and envelopes (these items are not sold at Wahsega)
- ☐ Flashlight (flashlights are allowed and will not be confiscated)

Reminders

- **PACK BAGS TOGETHER WITH YOUR CHILD** – Work with your child to pack their bags and review everything in their bags so they know what they have with them at camp.
- **PACK A PILLOW & SLEEPING BAG OR SHEETS** – Pillows and sheets are not provided. Pack a pillow and sleeping bag or twin sheets and a blanket.
- **PACK TOILETRIES** – Towels, washcloths, soap, shampoo, toothbrushes, toothpaste, deodorant...
- **MONEY FOR THE CANTEEN** – We sell souvenirs, clothing and snacks in the Canteen. We only have caffeine-free soft drinks. Soft drinks are \$1 each. The soft drink vending machine accepts coins and \$1 and \$5 bills.
- **PACK OLD CLOTHES & SHOES** – Pack old clothes and shoes that can get dirty. Pack sandals or shoes that you don't mind getting wet and will dry quickly.
- **PLAN TO WEAR SHOES OR SANDALS** – Only good sturdy sandals with a heel strap are allowed. To prevent injury, wear shoes that will stay on your feet.
- **PACK SWIMWEAR ON TOP** – Campers may choose to be checked for swim ability after arrival on Monday, so their swimwear may be the first thing they need.
- **FOLLOW THE DRESS CODE** – 4-H staff and volunteers from your county will enforce the Code of Conduct and the Dress Code.

Valuables at camp

Please do not allow children to take expensive or valuable items or electronics to camp. Your camper should keep money and valuables with them at all times. If money or valuables are left in the cabin, even if they are hidden, they can be found and stolen.

Lost and Found

We will attempt to return items while your child is still at camp. Remind your child to be responsible for their own property. Please label all items with a permanent marker for easy identification.

Call immediately if you discover that your child's belongings are missing. The more time that passes, the less likely it will be found. We are not responsible for property that is lost, stolen, damaged or left behind.

OPTIONAL SUPPLIES FOR CHAPERONES

Some adults are comfortable traveling light and others aren't. Experienced chaperones can anticipate camp but people new to this may not, so here is a big list of some of the items that adult leaders may want to include in their luggage.

- ☐ Lawn chair
- ☐ Bug spray
- ☐ Sunscreen
- ☐ Air freshener
- ☐ Small cooler (we have ice available in the Dining Hall)
- ☐ Hats
- ☐ Sunglasses
- ☐ Book to read
- ☐ Flip flops for the shower
- ☐ Alarm clock (Your cell phone may not work if it doesn't get a signal for a week)
- ☐ Electronic device cords and wall adapter (for computer, iPod, iPad, Kindle, cell phone, etc.)
- ☐ Batteries
- ☐ Disposable camera
- ☐ Flashlight
- ☐ Pre-paid phone card (We provide them to the County Leaders and Lead Agent)
- ☐ Personal fan
- ☐ Extension cord
- ☐ Small lamp
- ☐ Small folding TV tray table to serve as a bedside table
- ☐ Writing pen or Sharpie
- ☐ Variety of shoes and sandals
- ☐ Extra towels
- ☐ Soft drinks (only caffeine-free drinks are sold in the vending machine at Wahsega)
- ☐ Snacks
- ☐ Beach towels
- ☐ Cash or checks for souvenirs, snacks and drinks. (We aren't set up to take credit cards.)

RULES AT SUMMER CAMP

These rules are worded positively. We believe positive statements help us advance a vision for what we want to happen.

We expect campers to show a great deal of responsibility for themselves, their behavior and their property. Both emotional and physical aggression is cause for discipline. Campers may not exert force against anyone or harm them nor may they take or damage anyone's property including the 4-H center's property.

1. Respect everyone – their body, their space, their property and their emotions.
2. Respect other living creatures including plants, snakes and other wildlife.
3. You may pick up rocks and look at them, then place them back on the ground.
4. Wear shoes or sandals at all times except when swimming in the pond or showering.
5. Wear shoes or sandals while wading in the creek or playing in the waterfalls.
6. Sleep on pillows rather than fight with them.
7. Store and eat food outside of the cabins. Food inside the cabin attracts ants and mice.
8. Be waiting at the Dining Hall when the KP bell rings if it's your turn to be on KP.
9. Stay within the boundaries of the 4-H center.
10. When the bell rings, hurry to where you are expected to be.
11. Leave chewing gum at home.
12. Only go into your own cabin rather than other people's cabins.
13. Keep your money with you rather than leaving it in your cabin.
14. Throw all trash in trashcans including tiny pieces torn from candy bar wrappers.
15. Recycle cans.
16. Dress modestly.
17. Leave electronic devices at home.
18. Coffee served in the dining hall is for adults only.
19. Phones are only for adult use.

WHAT TO EXPECT

It's natural to be anxious about leaving home, adopting new routines, and meeting new friends. To minimize anxiety, here is some information to help you and your child know what to expect.

Expect typical old-fashioned summer camp cabins

Most of our cabins are a single large room of bunk beds. Everyone sleeps in bunk beds and each camper has their own bed. Campers compete for the "Clean Cabin Clover" award each day by cleaning up the cabin in the morning.

Expect bathhouses

There are separate girls and boys bathhouses with separate individual shower and toilet stalls. Campers carry their toiletries to the bathhouse. A cabin group is assigned to clean the bathhouse each day.

Expect campers to serve on KP (Kitchen Patrol)

KP is where campers are asked to set the tables, act as servers, clear the tables, dry silverware and bowls and mop and sweep the dining room. A Dining Hall staff member leads campers in KP.

Expect great food!

We serve three meals per day cafeteria style. The menus for our meals are online. Please encourage your child to eat our meals to keep their energy up and maintain good health.

Expect special service for special diets

If campers have food allergies, observe religious dietary restrictions or have other special dietary needs, let your county 4-H leader know. We are happy to accommodate any dietary restrictions.

Expect campers to drink lots of water

Please stress the importance of drinking water to campers. The weather will be hot and we will be outside all day. Headaches, stomach aches and lack of energy are typically a sign of dehydration.

Expect campers to behave

Each camper signs the 4-H Code of Conduct. Campers should understand the rules. Failure to adhere to the rules will result in disciplinary action.

Expect chaperones to discipline appropriately

Georgia 4-H policy states that no corporal or physical punishment is allowed. We will correct minor misbehavior by having a child take an immediate time out.

Expect all camp program expenses to be covered

There are no additional or optional activities that cost extra money. For example, there are no optional arts & crafts or optional water activities that cost extra money. Only snacks and souvenirs cost extra.

If you need to call the 4-H center, expect to talk to a staff member rather than your child

A camper's personal growth at camp is made possible by the time of extended independence that camp provides. To facilitate this growth, phone calls for campers are limited to a family emergency. Even then, expect to speak to a staff member first to coordinate follow-up phone calls with your county 4-H leader to arrange a phone call with your child.

Expect to leave a voicemail when calling after hours

We check voicemail in the morning, after lunch and in the evenings before going home for the night. We will return calls or pick up the phone if it rings after hours if we are in the office. While the office phone is consistently covered during office hours, no one monitors the phone overnight.

However, our voicemail greeting has special instructions for contacting someone on duty after hours in an emergency. Please contact us if you have an emergency need.

Expect county leaders to call you if there is a need

An adult leader will call you if there are any concerns during camp such as:

NON-DISCIPLINARY CONCERNS

- Luggage or personal items that are missing, lost, potentially stolen or left behind (parents have been known to drive off with sleeping bags still in the car!)
- An emergency or injury that results in a visit to the doctor or emergency room
- Serious illness that could result in a visit to a doctor
- Severe cases of homesickness that result in physical illness or an uncooperative camper

DISCIPLINE

- Refusal to comply with the Georgia 4-H Code of Conduct
- Behavior that endangers other campers or staff
- A persistent pattern of recurring misbehavior
- Physical, verbal or psychological bullying
- Instigating social drama and interpersonal conflict
- Sexually explicit or suggestive language or behavior

It is rare to send a child home from camp for misbehavior, but it does happen. We will work with you to help your child be a successful camper.

Expect to pay for damage to the facility

The county 4-H leader will hold you responsible for intentional damage to equipment and facilities caused by a misbehaving child.

Also, occasionally, children cause minor unintentional damage for which you are responsible even though the damage was an accident. We will work with you to address incidents that result in damage fees whether they are intentional or unintentional.

Expect campers to smell springtime fresh on Friday morning

Well, probably not! Please tell your child that he should shower a few times during the week of camp. Swimming in the pond or playing in the waterfalls does not count as a bath.

ENCOURAGING YOUR CHILD TO BE A HAPPY CAMPER

Setting an expectation in your home well before camp starts that your child will be a “happy camper” is the first step in preventing your child from being overwhelmed by missing home.

Expect campers to be overjoyed to be back home... when camp is over!

Be very intentional about the topic of missing home. Make positive comments.

For example, if I say “Don’t stand” the idea of “stand” is what a child hears even though that’s exactly the opposite of what I want. But if I say, “Please sit”, the idea I intend to communicate is the one that is expressed: Sit. It is more effective to express positive ideas.

The same is true of a parent talking to a child about missing home. Children will miss home some. That’s normal. However, to help your child handle feelings of missing home in a mature fashion, make positive comments about the great experience they will have at camp. Your comments greatly influence your child’s attitude. Therefore, use positive words and be intentional about how you discuss being at camp.

Expect campers to work through their feelings while at camp

By pushing through feelings of missing home, campers learn a life skill and become more mature, confident and independent. They don’t have to do that all alone: The county 4-H leaders, chaperones and Wahsega’s Summer Camp Counselors are trained to handle these situations in constructive and loving ways. Counselors work to help campers overcome being overwhelmed by missing home by encouraging them to accept the feeling of missing family, friends and pets while continuing to make the most of being at camp.

WRITING CAMPERS IS A GREAT IDEA – Campers look forward to hearing from you while at camp. When writing, ask campers about camp and encourage them to be enthusiastic about the experience away from home. Be encouraging and fun. Use positive words in your sentences.

STRATEGIES TO HELP YOUR CHILD WORK THROUGH HOMESICKNESS

- Reach an agreement with your child ahead of time to honor Wahsega’s no-phone-call policy.
- Don’t bribe. Linking a successful stay at camp to a material object sends the wrong message.
- Pack a personal item from home that promotes positive feelings of familiarity.
- Be confident about encouraging your child to stay at camp. For many children, camp is a first step toward independence and plays an important role in their growth and development.

HOMESICK CAMPERS HAVE TO PARTICIPATE IN PLANNED ACTIVITIES – Campers quickly get into the camp routine and don’t have much free time. Campers aren’t allowed to take naps during the day and everyone is expected to be present for activities... even if they are missing home! Homesickness can lead to discipline problems for children who refuse to cooperate because they want to be sent home.

CALLING HOME IS THE LAST RESORT – If a camper is missing home so much that they are miserable, an adult leader will call you. If you agree to allow your child to call home, a time will be set to do so. Allowing the camper to call home usually makes matters worse, so that is not the first thing we’ll do. If you talk to your child, offer calm reassurance and put the short time frame of camp into perspective. Avoid the temptation to agree to come pick up your child early.

STEPS TO PREPARING YOURSELF & YOUR CHILD FOR CAMP

1. What to say about camp months and weeks ahead of time

- Express excitement to your child about the fact that they are going to camp. Worrying aloud about being lonely may set the stage for homesickness.
- Say sincere positive things about summer camp, 4-H and the adults involved.
- Say that you know that events will be fun and safe to make your child feel secure about camp.
- Talk about the positive opportunity to experience camp.
- Tell your child that you look forward to him or her being back home at the end of the week but that you hope they have a good time at camp.
- Discuss expected camp activities in detail, including departure for camp and arrival back at home at the end of the week.
- Rather than camp being a completely separated experience, talk about the week in the context of your family's life. Even though you aren't together for camp, it is part of what you are doing to give your child a great childhood.
- If you have gone to camp, call it a tradition in your family. If not, call it a new tradition!
- Encourage children by explaining that missing home is okay but that it shouldn't stop them from participating in activities and meeting new people.
- Tell your child that many campers are a little anxious about camp at first and that they have to work at being at camp with a positive attitude.

2. One week before camp

- Be enthusiastic about camp. Again, say positive things about the opportunity to go to camp.
- Label each item your camper will take to camp and work with them to pack appropriate clothing.
- Start packing several days ahead of time.
- Work with your pharmacist to get original containers for medications. Send current and marked bottles of meds. Expired, unmarked or hand-written labels on prescription medication bottles are not allowed.
- Double check the dates, times and location of drop-off and pick-up.
- Make sure you have the forms you need to complete.

3. The night before

- Make sure your child gets a good night's sleep at home.
- Make a final check of your child's luggage.
- Make sure you have your child's paperwork filled out.
- To help your child have a positive attitude, make more positive comments about camp.

4. On Monday morning

- Take forms with you to the departure point if you haven't already turned them in.
- Plan to give the county 4-H leader your child's medication.
- Arrive at the departure location ahead of time.

5. Plan to pick up on time on Friday

- Double check the pick-up time and location for Friday.
- Be ready to pick-up a chatty kid excited about telling you all about camp!

MEALS AND ACCOMMODATIONS

Tell campers about cabins & bathhouses

Please encourage your child to shower, use deodorant, change clothing daily and not wear wet clothes all day. Also, they need to go to bed and sleep at scheduled times. Otherwise, they will not feel like participating in daytime activities. There are no naps in the schedule and everyone is expected to be present for all activities.

CABINS – Campers, Teen Leaders and chaperones stay in cabins with a large room of bunk beds. Everyone sleeps in bunk beds and all campers have their own bed. Also, they will be competing for the “Clean Cabin Clover” award given each day to the cleanest cabin.

BATHHOUSES – There is a girl’s bathhouse and a boy’s bathhouse. Campers carry their toiletries, towel and change of clothes to the bathhouse for daily hygiene and grooming. There are separate shower stalls and separate toilet stalls in the bathhouses. Campers need to expect to keep up with their belongings and not leave them in the bathhouse.

Cleaning and housekeeping

Campers are expected to clean the cabin each morning, including making their beds, putting away clothing and sweeping the cabin. 4-H’ers will take turns cleaning the bathhouse. They will also participate in KP duty with other campers at least once during the week. While on KP, they set tables, act as servers, clear the tables, dry silverware and, finally, mop and sweep the dining area.

Food service

MENUS – Wahsega serves three meals per day cafeteria style. The menus are available online here: http://www.wahsega4h.org/food_service/summer_camp_menu.html

SPECIAL DIETS – If your child is allergic to any foods or requires a special diet, arrangements can be made but please let the county 4-H leader know immediately so we can communicate your child’s needs to the camp.

EATING HEALTHY – Talk with your child about the importance of eating meals rather than junk food. Eating meals keeps you healthy but eating too much junk food can lead to feeling sick.

AVOIDING DEHYDRATION – Stress to your child the importance of drinking lots of water. It will be hot and we will be outside all day. It is easy for your child to become dehydrated and get a headache or feel ill if they are not properly hydrated.

SENDING AND RECEIVING MAIL

Mail sent to campers during camp

Parents, friends and loved ones may send letters during the week of camp to Wahsega's address under the camper's name and county like this:

Camper's name

Camper's county

Wahsega 4-H Center

77 Cloverleaf Trail

Dahlonega, GA 30533

Multiple pieces of mail

If you send multiple letters, please number them or label them with the day of the week that you would like for us to give them to your child.

Send mail early

Please put letters in the mail the week before camp starts.

What to send

Send letters, cards, toys or little gifts and, of course, lots of love. However, please do not send food. Food and candy are not allowed in the cabins.

Write encouraging letters

- If you choose to send a letter or email to your child while they are at camp, ask about camp activities, counselors, special programs and friends.
- Set a positive and encouraging tone in your letter.
- Express your confidence in the camper's maturity and ability to be away from home.
- Tell them that the adults and counselors are there to assist them if they should need anything.

Sending mail home from camp

Campers may send mail home while they are at camp. However, stamps and stationery are not available at Wahsega for purchase and email is not an option.

Writing counselors after camp

Youth may write counselors after camp. Campers may send letters to Wahsega's address listed above under a counselor's name.

INFORMATION ABOUT CHAPERONES & 4-H CENTER STAFF

Chaperones & supervision of campers

Children are well supervised: In the cabins, in classes, at mealtime, during recreation times and all the times in between. Supervision is always provided by University of Georgia Extension 4-H staff and volunteers serving as chaperones. Chaperones staying overnight have been screened by a formal background investigation, trained by UGA Extension staff and have fulfilled requirements to be Certified Georgia 4-H Overnight Chaperones.

Matching schedules for a camper and parent chaperone

GET IN LINE TOGETHER – Parents attending camp as chaperones do not have to be in the same groups or have the same schedule as their child. However, to be in the same Family Group with a particular child, adults should tell us that they want that.

CAMPER CARE-GIVER – If a parent or other chaperone needs to be with a child all day every day for any reason, please notify us ahead of time and we'll make sure that the child and adult have exactly matching assignments and schedules.

Tour of camp and check-in for adults

All adults from the county staying overnight must go on the tour with the campers upon arrival and then check in to get their nametag.

It is more important to go on the tour than it is to start unloading luggage. That can wait until after adults in charge of luggage have gone on the tour and checked in. All adults check in at the Rec Hall so that the 4-H center will have a record of everyone in attendance and a correct meal count.

4-H summer camp counselors

Counselors are screened by a formal background investigation, trained by 4-H staff at the 4-H center and certified to work with youth by the Georgia 4-H Program. They have all completed First Aid and CPR training and lifeguard training. In addition, they have extensive training by certified instructors in the use of the safety equipment used for the high-ropes elements.

Other 4-H center staff members

Campers typically will get to know other members of the 4-H center staff. Dining hall staff will instruct campers in how to complete their duties when serving on KP and will interact with campers in the dining hall. The Center Director and Program Coordinator may also be around during some programs. All full-time and part-time staff members at the 4-H center have passed a background investigation and most have worked at the center for many years.

EMERGENCY INFORMATION

Contact information

In the case of a family emergency, please call your local Extension office during office hours. The Extension office staff can help you determine who to talk to at camp and what to do next. After office hours, call our main office number and listen to the greeting for further information at 706-864-2050.

Medication at camp

PRESCRIPTION MEDS – If your child is taking prescription medication during camp, complete a Medication Summary form for the county 4-H office, which describes the medication, storage procedures, time and amount of dose. It's very important that we know if your child takes prescription medication for allergies, ADD, ADHD, asthma or anything else. These medications affect behavior and we want to make sure they get their medication on time daily.

OTC MEDS – The 4-H office has to have approval to give your child over-the-counter medication as well as prescription medication, so OTC medication needs to be on the Medication Summary as well.

Insurance information

Complete the Medical Information and Release Form and a 4-H Code of Conduct Form. In case of an emergency, your child will be taken to an appropriate doctor or hospital. A person from your county will talk to you before taking your child to a doctor. In an emergency, you will be notified if your child is taken to the hospital.

If parents need to call Wahsega,

Expect to:

- Have messages delivered on the same day.
- Leave a voice mail when calling after business hours.
- Call the county Extension office to find out if the county has arrived safely at camp.
- Call the county Extension office first to check on a child or talk to a child during the week.
- Keep a child's cell phone at home.

The 4-H center location

Wahsega 4-H Center is 12 miles north of Dahlonega on Forest Rd. 28 one mile from the end of Camp Wahsega Rd. and the entrance to Camp Frank D. Merrill, the Army Ranger Training School. The 4-H center is in a valley shared by Ward Creek on property owned by UGA in the Chattahoochee National Forest in the North Georgia Mountains.

Visiting the center & driving directions

To get directions, browse to the Maps page on the Wahsega website or call us. Please note that a GPS device, smart phone map app or online map are not good sources of directions. You will need to notify the Extension Office in your county before the week of camp if you plan to visit or pick up your child at camp during the week or on Friday morning.

ACTIVITIES AT CAMP

General camp program activities

NIGHT RECREATION – Many activities are available during Night Rec including:

- *Canteen* – Campers can purchase souvenirs and snacks during the first 30 minutes of Night Rec.
- *Soft drinks* – The soft drink vending machine is available 24-hours a day.
- *Rec Hall* – Dances and fun games are a tradition at 4-H camp. The party is in the Rec Hall.
- *Arts & Crafts* – Craft activities will be available in the classroom.
- *Outdoor sports* – Basketballs, volleyballs, Frisbees and footballs are available.
- *Camp Hair* – Camp Hair is an activity for campers who wish to get fun decorations in their hair.
- *Board games* – A selection of popular board games is available during Night Rec.

GOLD PANNING – We celebrate the Gold Rush in Georgia by panning for gold. We purchase gold ore (it looks like sand). Any gold they find they get to keep in small vials that we provide.

LINE DANCING – No standing against the wall! Using popular songs and old favorites, counselors teach a variety of line dances to campers during both Night and Day Recreation times.

TALENT SHOW – Hey! If you have talent, show off your talents at the Talent Show. Dancers, singers, actors, piano players or campers with any other talents are encouraged to sign up.

HILLBILLY COSTUME CONTEST – Campers are invited to dress up in a Hillbilly Costume for the Talent Show. We will award a prize worth \$10 in the Canteen to the camper wearing the best costume.

MONDAY NIGHT CAMPFIRE – On Monday night the campers will have a chance to attend a campfire with their Family Group and make S'mores.

SWIMMING & WATERFALLS – During swim times at Wahsega, campers can swim in the pond or slide down the waterfalls.

WATER GAMES – A hot afternoon, 200 kids, a bunch of crazy games and lots of fun and water.

MORNING FAMILY MEETINGS – Start the day with an overview of what's happening that day. A special visitor may drop by too.

4-H ASSEMBLIES – What's 4-H all about? Recognition of active 4-H'ers and skits gives campers a look at what else 4-H has to offer.

THURSDAY NIGHT SLIDE SHOW – The slide show on Thursday night is a fantastic way to relive the week of camp.

THURSDAY NIGHT CAMPFIRE – The big finale for the week! A fun evening of counselor skits, stories and stunts that everyone will enjoy.

Animal Group Rotations (All campers have the opportunity to take all classes offered. Note that this is a representative list of classes. The final list has not been determined.)

LOW ROPES CHALLENGE COURSE – These are challenges designed to turn a group of kids into a thinking team. The low-ropes course has structures designed and built for the purpose of developing a team into an efficient and trusting group.

ARCHERY – An introduction to archery. Learn about the gear, shooting techniques and following competition-style commands. Campers have many opportunities to shoot bows and arrows during the class.

STREAM ECOLOGY – Campers learn about the wildlife habitat in the creek at Wahsega and have the opportunity to catch small critters with dip nets.

HERPETOLOGY – Herpetology is the study of reptiles and amphibians. In this class, campers may touch and hold non-venomous snakes in our Herp Lab and turtles at our outdoor habitat called Turtletopia.

WILDERNESS SURVIVAL – What do you do if you are in a situation where you are lost in the woods with no water, food or shelter and the sun is going down? First: Don't panic.

FOREST ECOLOGY – A lot more than just trees. Take a hike over the mountain and look at animal and plant life, soil, geology, water and the importance of maintaining healthy ecosystems.

Family Group Rotations (High-ropes Challenge Course & Tubing. All campers will do all activities.)

CLIMBING WALL – Wearing a harness attached to a rope and belay system, campers face the daunting challenge of climbing a 35-foot wooden wall with nothing to hold on to but tiny, rocky handholds.

ZIP-LINE – Climb the pole. Jump. Zip! It's easy. Campers wearing a harness attached to a belay system are transferred to the Zip-line by a counselor stationed on a platform at the top of the pole.

FLYING SQUIRREL – The camper is the squirrel. Hooked to a rope at their back, campers are lofted 45 feet in the air by a team of other campers pulling the rope. Counselors check safety harnesses and provide direction to the squirrel and belay team.

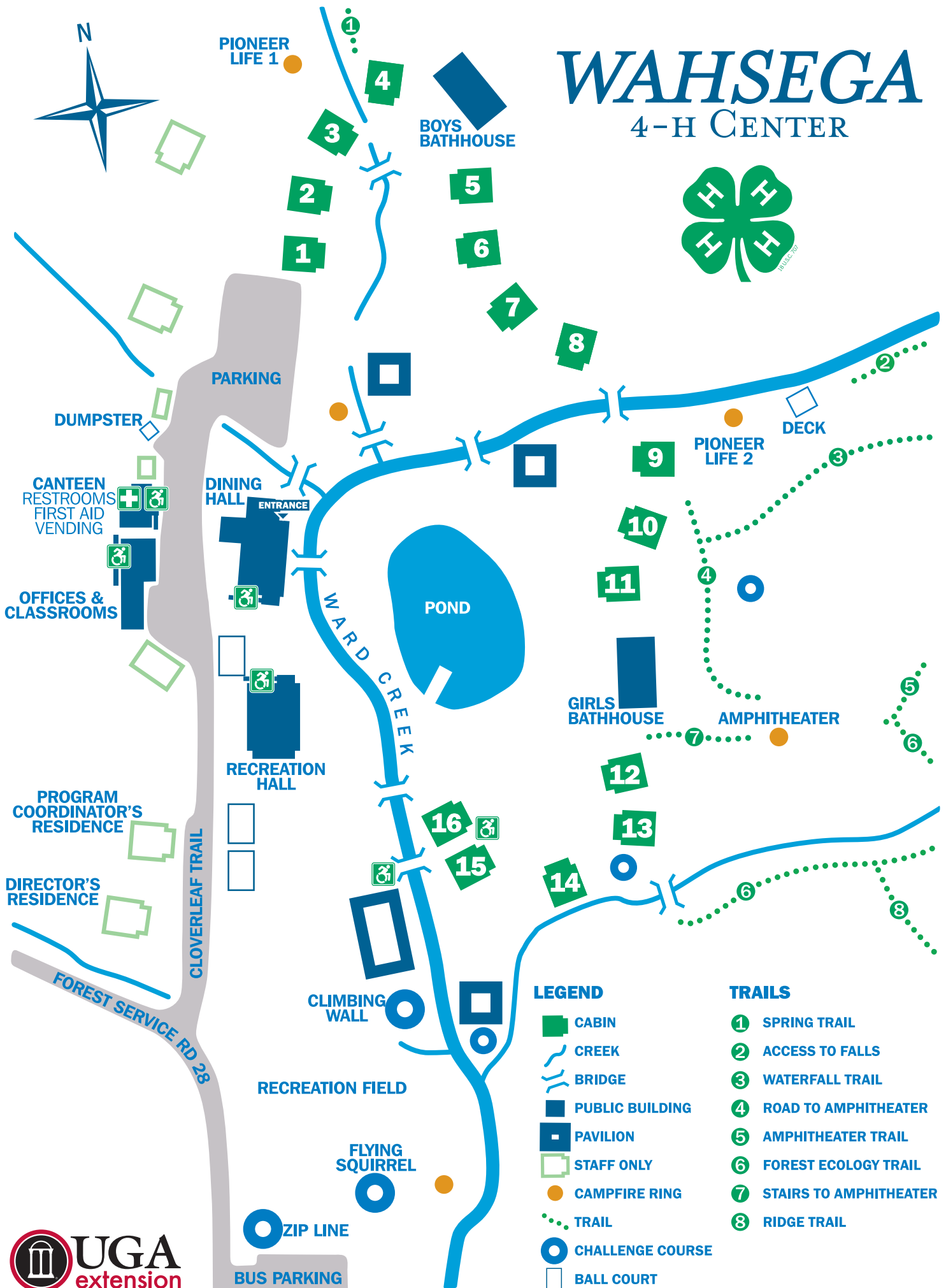
TUBING – A Wahsega favorite! Campers take a bus to a local river. Tubes and life vests are provided. If tubing is rained out, we go to the Crisson Gold Mine to try panning for gold or to the Dahlenega Gold Museum on the downtown square.

SPORTS AND RECREATION – While some campers are participating in the high-ropes challenges, others will be waiting. Instead of just sitting there, they will have the opportunity to participate in indoor and outdoor sports and recreation activities lead by one of our summer camp counselors.



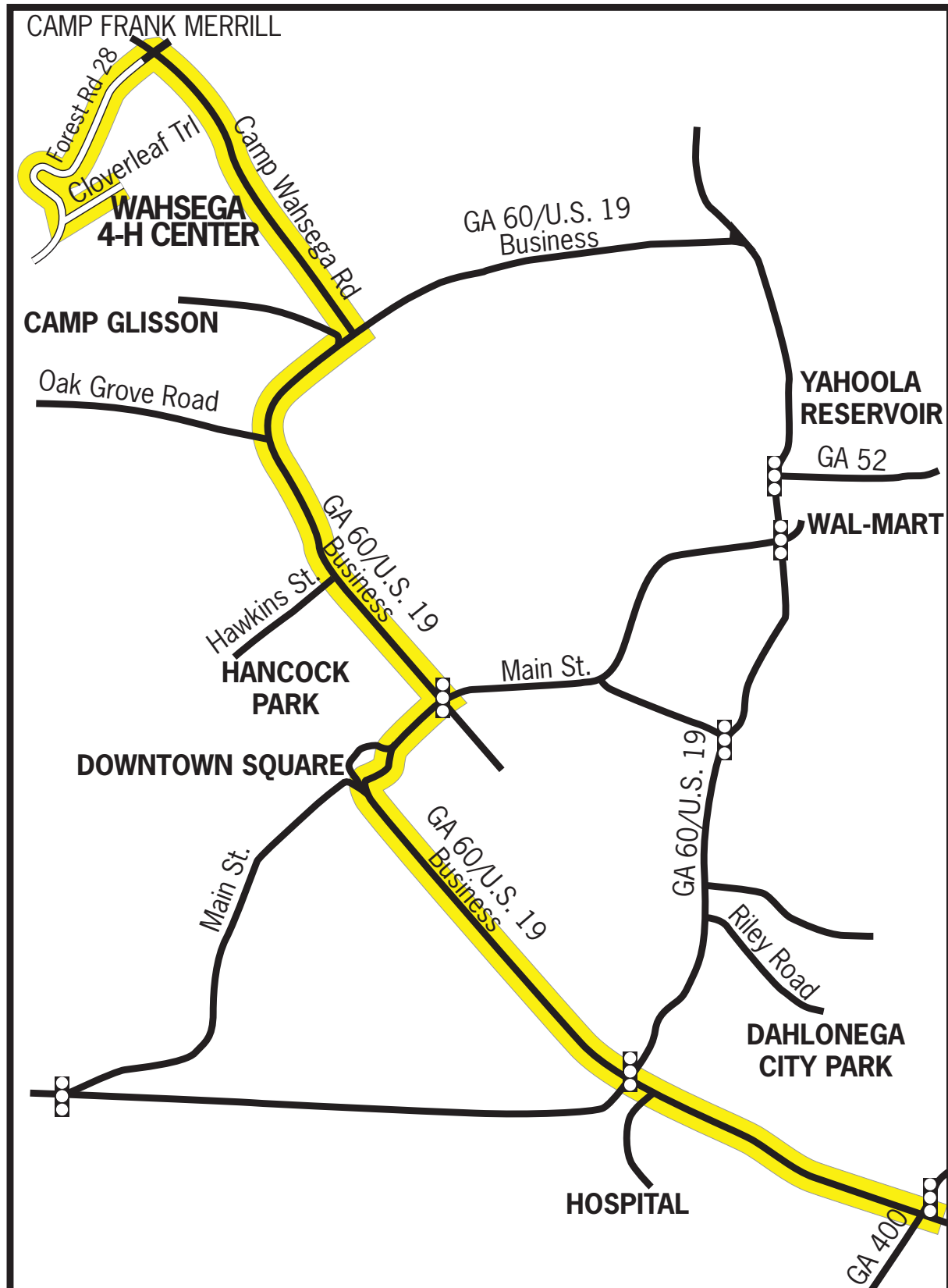
WAHSEGA

4-H CENTER



DAHLONEGA, GA

The highlighted route is the best route to Wahsega. GPS and online maps will not send you along this route. This map is not to scale.



THE GEORGIA 4-H SUMMER CAMPING PROGRAM



I'M READY TO SIGN UP FOR **CAMP!**

NAME: _____ GRADE: _____

ADDRESS: _____

CITY: _____ ZIP: _____

EMAIL: _____

PHONE: _____

Color the poster above to create your own design.

THE GEORGIA 4-H SUMMER CAMPING PROGRAM

4-H CAMP



I'M READY TO SIGN UP FOR **CAMP!**

NAME: _____ GRADE: _____

ADDRESS: _____

CITY: _____ ZIP: _____

EMAIL: _____

PHONE: _____

GEORGIA 4-H CODE OF CONDUCT

4-H'ers Name: _____ County _____
Address: _____ Phone _____
School: _____ Grade: _____ Year: _____

BEHAVIOR STANDARDS

The Georgia 4-H Code of Conduct is valid for one year and applies to all activities coordinated through Georgia 4-H.

- 4-H'ers are expected to attend all sessions as part of a planned program exhibiting positive character and behavior including (but not limited to) trustworthiness, responsibility, respectfulness, caring, citizenship and fairness.
- 4-H'ers are expected to be responsive to the reasonable requests of leaders and respectful of the needs for their personal safety and the safety of others.
- 4-H'ers should dress appropriately, use appropriate language and respect the rights of others.
- 4-H'ers may not behave recklessly or in a manner which prohibits others from participating in the program in the manner intended.
- 4-H'ers may have access to technology at UGA/CES offices and facilities. Technology use is for educational purposes. 4-H'ers may not access inappropriate websites or materials.
- Realizing these guidelines are not "all inclusive" the University of Georgia Extension staff and volunteers reserve the right to make adjustments to these policies.

CONSEQUENCES OF MISBEHAVIOR

4-H'ers and adults who observe a breach in the Code of Conduct must report the misbehavior to the appropriate leader. The leader will complete an incident report and determine the next steps regarding the incident.

If 4-H'ers are found participating in actions listed below, law enforcement or other legal authorities may be notified and may lead the review and consequences related to the incident. In these incidents, 4-H'ers may be removed from the event and suspended or expelled from future 4-H participation. These behaviors may include, but are not restricted to:

- Possession or use of illegal drugs
- Possession or use of a weapon
- Assault or harassment
- Inappropriate sexual behavior

If the 4-H'er is found participating in the actions listed below, 4-H leaders may be notified and may lead the review and consequences related to the behavior. 4-H'ers misbehaving will have the opportunity to explain their actions to leaders in charge of the activity and may request a review board. The person coordinating the event may also convene a review board for the purposes of determining what has occurred and what disciplinary action should be taken. A review board will consist of one Extension faculty or staff member, two volunteers and three 4-H members. The Extension faculty member coordinating the event will serve as chairperson. In some cases, incidents are deemed serious and may be referred to law enforcement or other legal authorities.

If the 4-H'er receives consequences from the leader or through the review process, his/her parents/guardians may be notified; the 4-H'er may be sent home at the parents' expense and may be suspended from participation in 4-H events. Suspensions may be up to one year. If a 4-H'er wishes to appeal the decision of the review board, the 4-H'er must appeal in writing through the County Extension office. Appeals must be filed within 10 days of notification of the disciplinary action. The appeal is sent to the Program Development Coordinator of the 4-H member and the State 4-H Leader for ruling by the State 4-H Leader. Following any disciplinary review, the person coordinating the activity will provide written notification to the appropriate parties including but not limited to the 4-H'er, his/her parent/guardian and his/her county Extension faculty member.

- Breaking curfew or disturbing the peace
- Unexcused absences from the activities or premise of an event
- Unauthorized use of vehicles during the event
- Reckless or inappropriate behavior
- Use of foul or offensive language
- Possession or use of alcohol or tobacco
- Breach of the 4-H Code of Ethics
- Remaining in the presence of those who are breaking the 4-H Code of Conduct
- Theft, misuse or abuse of public or personal property
- Possession of fireworks

PARENT/GUARDIAN & 4-H'er AGREEMENTS Release Waiver of Liability and Covenant Not to Sue

I have read the Georgia 4-H Code of Conduct and agree to participate fully in all aspects of program activities. I understand the standard of behavior and agree to maintain such during 4-H programming.

4-H'ers Signature _____

Date _____

I have reviewed the Code of Conduct and agree to all of its provisions. For the sole consideration of the Cooperative Extension Service's arranging for participation in 4-H programming, I hereby release and forever discharge The University of Georgia, the Board of Regents of the University System of Georgia, their members individually, and their officers, agents and employees from any and all claims, demands, rights and causes of action of whatever kind that I may have, either on my own behalf or in my capacity as a legal representative of my child, arising from or in any way connected with my child's participation in 4-H. I further covenant and agree that for the consideration stated above I will not sue the Institution, the Board of Regents of the University System of Georgia, its members individually, its officers, agents or employees for any claim for damages arising or growing out of my child's participating in the program. I understand that the acceptance of this Release, Waiver of Liability, and Covenant not to sue the Board of Regents of the University System of Georgia shall not constitute a waiver, in whole or part, of sovereign immunity by said Board, its members, officers, agents, and employees. I certify that my child is participating in 4-H with my knowledge and consent. I have read and understand all of the above policies. I hereby grant permission my child's images, likeness, and voice to be recorded in any media during this program and to be used by the University of Georgia and Georgia 4-H on behalf of the Board of Regents of the University System of Georgia in any publications, media, or technology now known of or hereby developed in the future for any lawful purpose whatsoever without further permission from me. I understand I will not be compensated further for use of these recordings.

Parent/Guardian Signature _____

Date _____

Phone _____

VALID FOR ONE YEAR FROM DATE OF SIGNING



Revised 6/2016

Georgia 4-H Medical Information & Release Form
This form should be completed prior to each 4-H event.



EVENT: _____ Date(s) of EVENT: _____

4-H'ers Information

Name _____ County _____

Address _____

Date of Birth _____ Grade _____ Gender _____ Preferred Phone _____

Parent/Guardian Information

Name: _____ Preferred Phone: _____ Alt. Phone: _____

Email Address: _____ Text: _____

Name: _____ Preferred Phone: _____ Alt. Phone: _____

Please list the names of two adults other than parent/guardian who may be contacted in case of emergency.

Name: _____ Preferred Phone: _____ Alt. Phone: _____

Name: _____ Preferred Phone: _____ Alt. Phone: _____

Medical Information

*The following information is requested in case of accident or illness to better treat your child.
The information is optional and not required for participation.*

Name of Physician: _____ Phone: _____

Date of Last Physical Examination: _____ Drug Allergies: _____

Other Allergies: _____

Describe any recent illness or injury: _____

Describe any pre-existing conditions: _____

Describe any other circumstances that would help leaders or medical professionals in working with the 4-H'er: _____

PARENT/GUARDIAN AGREEMENT:

I understand that should a health problem arise, I will be notified but that if I can not be reached by telephone, such medical treatment, including surgery, as deemed necessary by competent medical personnel could be rendered; that such necessary information may be released for insurance purposes and that I understand the limitation of the coverage as indicated below. Furthermore, I am aware that participation in 4-H programming includes risk including, but not limited to, transportation to/from events, sports and recreational games, ropes courses, water activities, hiking, as well as risks that are not foreseeable. For the sole consideration of the Cooperative Extension Service's arranging for participation in 4-H programming, I hereby release and forever discharge The University of Georgia, the Board of Regents of the University System of Georgia, their members individually, and their officers, agents and employees from any and all claims, demands, rights and causes of action of whatever kind that I may have, either on my own behalf or in my capacity as a legal representative of my child, arising from or in any way connected with my child's participation in 4-H. I further covenant and agree that for the consideration stated above I will not sue the Institution, the Board of Regents of the University System of Georgia, its members individually, its officers, agents or employees for any claim for damages arising or growing out of my child's participating in the program. I understand that the acceptance of this Release, Waiver of Liability, and Convent not to sue the Board of Regents of the University System of Georgia shall not constitute a waiver, in whole or part, of sovereign immunity by said Board, its members, officers, agents, and employees. I certify that my child is participating in 4-H with my knowledge and consent. I have read and understand all of the above policies. I hereby grant permission for my child's images, likeness, and voice to be recorded in any media during this program and to be used by the University of Georgia and Georgia 4-H on behalf of the Board of Regents of the University System of Georgia in any publications, media, or technology now known of or hereby developed in the future for any lawful purpose whatsoever without further permission from me. I understand I will not be compensated further for use of these recordings.

Parent/Guardian Signature

Date

Over the Counter & Prescription Medication Summary



4-H'ers Name _____ County _____

Parent/guardian should list any over the counter medication that may be given to the 4-H'er in case of illness. In addition, list any/all medication routinely taken by the 4-H'er including prescription and over the counter medications.

Check Yes or No to indicate if you allow your child to receive the following medications while participating in 4-H programming.

1. Administration of Acetaminophen (Tylenol ®) or Ibuprofen (Motrin ® or Advil ®) at an age appropriate or weight appropriate dose for discomfort, pain, or fever
☐ Yes ☐ No *** Parent/Guardian will be contacted if student's fever is 100° F or higher.
2. Antacid liquid or Antacid tablets for indigestion/minor stomach discomforts and at an age appropriate dose
☐ Yes ☐ No
3. Diphenhydramine (Benadryl®) for symptoms of allergic reactions, insect stings, or rashes at an appropriate dose
☐ Yes ☐ No
4. Sore throat relief spray for sore throat
☐ Yes ☐ No
5. Cough Drops for coughing
☐ Yes ☐ No
6. Itch and rash relief cream/ointment for minor skin irritations
☐ Yes ☐ No
7. Lubricating eye drops for eye irritations
☐ Yes ☐ No
8. Oral pain relief gel for tooth/mouth discomfort
☐ Yes ☐ No
9. Triple antibiotic ointment for minor skin abrasions/wounds
☐ Yes ☐ No

Please list any prescription or over the counter medications your child is currently taking. This information is necessary if your child is to be treated by a medical professional. Examples: Claritin, vitamins, etc. If the following medication should be administered during this event, complete the Georgia 4-H Medicine Form.

Medication	Condition being treated for

I am the parent/guardian of _____ and give permission for the medications listed to be administered as directed. By signing below, I am agreeing the information is currently correct.

Parent/Guardian Signature

Date



Georgia 4-H Medicine Form

This form
should accompany
any medication
to be given at an
event.

4-H'ers Name _____

County: _____ Date(s): _____

Activity where medication may be administered:

**Please list any medication(s) your child will be taking while at the above event.
(Attach additional page if necessary).**

Name of Medication: _____

Illness/condition medication is being taken for: _____

Date(s) medication is to be given: _____ Time: _____

Describe what the medication looks like? _____

Describe dosage and special instructions: _____

My child will be taking the above noted prescription or over the counter medication that I am providing while they are involved in the above activity. Parent/Guardian Signature: _____

Date: _____

To be completed by administering leader

Date	Time	Leader's initials	4-H'ers initials	Notes

Georgia 4-H Medicine Form – Additional Page



Name of Medication: _____

Illness/condition medication is being taken for: _____

Date(s) medication is to be given: _____ Time: _____

Describe what the medication looks like? _____

Describe dosage and special instructions: _____

My child will be taking the above noted prescription or over the counter medication that I am providing while they are involved in the above activity. Parent/Guardian Signature: _____

To be completed by administering leader

Date	Time	Leader's initials	4-H'ers initials	Notes

Name of Medication: _____

Illness/condition medication is being taken for: _____

Date(s) medication is to be given: _____ Time: _____

Describe what the medication looks like? _____

Describe dosage and special instructions: _____

My child will be taking the above noted prescription or over the counter medication that I am providing while they are involved in the above activity. Parent/Guardian Signature: _____

To be completed by administering leader

Date	Time	Leader's initials	4-H'ers initials	Notes