

# GARRARD COUNTY

# 4-H



# SUMMER CAMP



**JULY 14 - 18 , 2025**

**NORTH CENTRAL 4-H CAMP**

**COST:**

**\$90.00 (MADE TO GARRARD COUNTY 4-H COUNCIL)**

**OR**

**\$95.00 (PAID ONLINE)**



**Get ready for summer camp fun while you are making new friends, taking classes, swimming, sitting out under the stars, and making memories that will last a lifetime!!!**





**Who:**

- Camper: 9-14 years old (must be 9 as of 1st day of camp)
- CIT [Counselor in Training]: 15 years old
- Teen Counselor: 16-17 years old (must be 16 as of 1st day of camp)

**Classes:**

Please go to the attached link or you may request a copy be sent to you to complete with your camp registration form.

Garrard County 4-H Camp is for Garrard County residents who also attend school in Garrard County or are established members of Garrard County 4-H. Homeschool attendees must be residents of Garrard County.

We have a limited number of spots available for attending campers. There will be three adult / teen counselors in each cabin. **The deadline will be when all spots are filled.** Once we have filled all spots, we will start a waiting list.

**When:**

July 14 - 18, 2025



**Where:**

North Central 4-H Camp, 260 Camp Drive, Carlisle, KY 40311

Completed camper applications will be date and time stamped upon receipt, inspection for information, and receipt of full payment. Any application received after camp is full will be placed on a waiting list by when they are received.

**Cost:**

The cost of camp is \$90.00 / camper, if paying by check.  
\$95.00 / camper, if paying on-line. This covers transportation, food, lodging, classes, and a t-shirt.



If you have rooming requests, there is a spot in the on-line application listed as "Cabinmate" with three opportunities to list the first and last name of the people you would like in the cabin with you. We will do our best to honor those requests.

This application is for:

TEEN Counselor

Camper



A camper newsletter will be sent out with information regarding packing, departure, arrival, and a variety of other information.

**Cooperative  
Extension Service**

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

**MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



Disabilities  
accommodated  
with prior notification.

Lexington, KY 40506

# GARRARD COUNTY 4-H SUMMER CAMP CLASSES

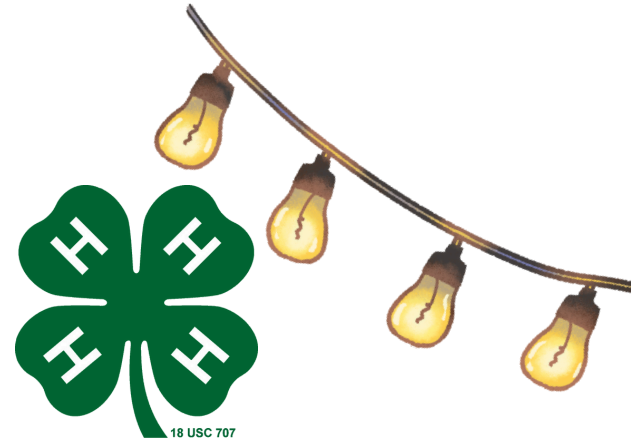


These are the classes being offered for campers during the Garrard County 4-H Summer Camping Session. Each camper will take **FOUR** classes each day on Tuesday and Wednesday. They will be the same classes (*example: canoeing on Tuesday and Wednesday*). There are no classes on Thursday. Please rank them 1 (class you want the most) to 29 (class you want the least).

**NAME**\_\_\_\_\_

- Beginning Swimming \_\_\_\_\_
- Advanced Swimming \_\_\_\_\_
- Archery \_\_\_\_\_
- Nature \_\_\_\_\_
- Recreation \_\_\_\_\_
- Canoeing \_\_\_\_\_
- Kayaking \_\_\_\_\_
- Low Ropes \_\_\_\_\_
- High Ropes \_\_\_\_\_
- Outdoor Living \_\_\_\_\_
- Riflery \_\_\_\_\_
- Trap \_\_\_\_\_
- Book Club \_\_\_\_\_
- Art \_\_\_\_\_
- Basketball \_\_\_\_\_

- Soccer \_\_\_\_\_
- Photography \_\_\_\_\_
- GaGa Ball 1 \_\_\_\_\_
- GaGa Ball 2 \_\_\_\_\_
- Crafts \_\_\_\_\_
- Leadership \_\_\_\_\_
- Fishing \_\_\_\_\_
- Volleyball \_\_\_\_\_
- Cooking 101 \_\_\_\_\_
- Mystery Class \_\_\_\_\_
- Harry Potter \_\_\_\_\_
- Outdoor Cooking \_\_\_\_\_
- Mad Science \_\_\_\_\_
- Horticulture \_\_\_\_\_



**THE LEADERSHIP CLASS IS FOR 15-YEAR-OLD PROSPECTIVE COUNSELORS. THEY ARE REQUIRED TO TAKE THIS CLASS.**



**ONCE AGAIN, WE DO OUR BEST TO HONOR YOUR REQUESTS.**



# 2025 4-H SUMMER CAMP

## CLASS DESCRIPTIONS



**Beginning Swimming** - Certified Lifeguard leads this class to work with novice swimmers

**Advanced Swimming** - Certified Lifeguard leads this class to work on introducing and perfecting swimming and diving techniques.

**Archery** - Certified Archery Instructor works with class participants to learn archery skills

**Nature** - Instructor introduces a variety of environmental and outdoor concepts using the camp landscape as a classroom.

**Recreation** - Instructor introduces group games, dances, and fun activities

**Canoeing** - Certified Lifeguard teaches how to canoe and participants spend the day on the water.

**Kayaking** - Certified Lifeguard instructs how to maneuver these single person watercraft.

**Low Ropes** - Low to the ground challenges and obstacles set in the camp forest

**High Ropes** - Certified Instructor led class on climbing a 40-foot wall and ziplining down.

**Outdoor Living** - Learning outdoor skills, such as firebuilding and tracking.

**Riflery** - basic firearm safety and skillbuilding with a .22 rifle; Certified Instructor-led

**Trap** - basic firearm safety and skillbuilding with a shotgun; Certified Instructor-led

**Book Club** - Relax and Read a borrowed book or one of your own.

**Art** - Simple art projects

**Basketball** - Living out your hoop dreams on the 4-H Camp Basketball Court

**Soccer** - Work on skills and scrimmage on the 4-H Camp Soccer Field



**Photography** - Learn how to use a camera and photograph our camp experience

**GaGa Ball 1** - Slap a soft rubber ball into someone's shins in an octagon

**GaGa Ball 2** - Slap a soft rubber ball into someone's shins in an octagon

**Crafts** - Simple crafts projects

**Leadership** - For 15-Year-Old hopeful counselors; Required, if you are 15.

**Fishing** - Learn to bait your hook, cast a line, and catch the big one.

**Volleyball** - Ready, Set, Spike on the 4-H Camp Sand Volleyball Court

**Cooking 101** - Work on some simple recipes you can recreate at home.

**Harry Potter** - The wizarding world comes alive with this class of cool crafts

**Outdoor Cooking** - Learn to cook over an open fire

**Mad Science** - The weird, wonderful world of science and cool projects you can do.

**Horticulture** - Learn whether you have a "green thumb" or not.



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## Kentucky 4-H Camp Medication Form 2025

Participant's Name	County	Sleeping Facility (e.g., cabin #2, yurt #1)	Age	Weight

	Name of Medicine	Dosage	Time of Medicine (Check all that apply)					Notes (e.g., as needed, take w/ food)
			Breakfast	Lunch	Dinner	Bedtime	Other	
1								
2								
3								
4								
5								
6								

**DIRECTIONS:**

Place the following items in a clear bag: (1) medications in original containers, (2) this completed form, and (3) a recent photo of the participant. On the outside of the bag write (with a permanent marker) the participant's name, county, and sleeping facility.

**OFFICE USE ONLY**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	HCP Review Stamp
Breakfast								
Lunch								
Dinner								
Bedtime								
Other								
As needed								





HCP Approval Stamp

### Kentucky 4-H Camping 2025 Camp Participant Registration – Camper/Teen

Last Name:	Legal First Name:	Middle Name:	Preferred Name:
Attended camp before? <input type="checkbox"/> Yes - # years: ____ <input type="checkbox"/> No	Fall 2025 School & Grade:	County:	Biological Sex: <input type="checkbox"/> Male <input type="checkbox"/> Female
Shirt Size: (Select One) YS YM YL YXL AS AM AL AXL A2XL A3XL A4XL		Birthdate: ____ / ____ / ____	Age on 1st day of camp?
Participant's Home Address:			Participant's Race: <input type="checkbox"/> White <input type="checkbox"/> Black <input type="checkbox"/> Asian <input type="checkbox"/> American Indian <input type="checkbox"/> Hawaiian <input type="checkbox"/> Other
			Participant's Ethnicity: <input type="checkbox"/> Hispanic <input type="checkbox"/> Non-Hispanic
Legal Parent/Guardian #1 Full Name:	Email Address: <input type="checkbox"/> Yes - I would like to receive email notifications of upcoming statewide Camp-Sponsored Events and Promotions at this email address.		Cell/Home Number:
Legal Parent/Guardian #2 Full Name:	Email Address: <input type="checkbox"/> Yes - I would like to receive email notifications of upcoming statewide Camp-Sponsored Events and Promotions at this email address.		Cell/Home Number:
Emergency Contact Full Name and Cell/Home Number:	Relationship to Participant:	Left Blank For Office Use:	
Physician Name:	Physician Phone Number:		

**Buy your participant some camp gear. [www.shop4hcamp.com](http://www.shop4hcamp.com)**

**Is your participant looking for more camp opportunities? [www.4hcampevents.com](http://www.4hcampevents.com)**



**PARTICIPANT NAME:** \_\_\_\_\_

Is the camp participant up to date on immunizations as outlined by Kentucky law required for enrollment in public, private, or home school, based upon the grade the participant will be enrolled for the upcoming school year?

- YES  
 NO (If marked NO, check with your 4-H Agent for a waiver of liability form.)

Does the participant have health insurance coverage? (Check all boxes that apply.)

- YES (Provide the required information below.)

Insurance Provider: \_\_\_\_\_ Policy Number/Member ID: \_\_\_\_\_

Provider's Phone: \_\_\_\_\_ Group ID (if applicable): \_\_\_\_\_

- NO (No worries! The camp provides excess medical insurance coverage in the event of injuries or illnesses.)

- ACTIVE DUTY MILITARY

What is specific information about your camp participant which the staff should be made aware of to provide a better camp experience for the camp participant? Information disclosed in this section may allow us to make accommodations based on their individualized needs. **List all specific items** that the participant is provided at home or school to have a successful experience.

**Behavioral (i.e., mental, emotional, physical) Are there any recent circumstances that may lead to your child needing extra support?**

**Medical/Physical (i.e., asthma, autism, seizures, sleepwalker, sensitivity to lights and sounds, etc.)**

**Allergies (check the applicable boxes below and describe the allergy and reaction seen)**

**No known allergies:**                      **Food:**                      **Medication:**                      **Seasonal/Environmental:**

**Dietary (check the boxes below if applicable)**

**Vegetarian:**                      **Gluten Intolerant:**                      **Alpha Gal:**                      **Does not eat Pork:**

**Requests for accommodation or other important details (use additional sheet of paper if needed):**

**Contact your 4-H Agent with questions about available accommodations.**





## Kentucky 4-H Camping Code of Conduct and Expectations

1. Campers are not permitted to bring cell phones to camp.
2. Possession or use of alcohol, illegal drugs, or weapons by any person is prohibited.
3. Use of tobacco products is not allowed for campers/teens at 4-H camp. Should a county decide to permit adults (21 years and over) to use them, it may occur only in areas designated by the Camp Director. Absolutely no tobacco products are to be used in cabins, woods or non-designated areas of camp.
4. Camp participants are permitted to enter the cabin in which they are assigned. All other cabins are restricted.
5. Campers are not allowed in the cabins during a class or activity. If a camper is ill, they are to stay at the medical center (not in a cabin) until the Health Care Provider (HCP) feels the camper may return to activities.
6. Camp participants are to be attentive, responsive and courteous to any staff, adult or teen counselor making a presentation before the group.
7. Absolutely no phone calls are to be made by campers (camp office phone or cell phone) without approval of the County Extension Agent. All County Extension Agents should be informed of incoming calls at the camp office to campers.
8. Accidents or illnesses, no matter how minor, are to be reported to the County Agent and Camp Healthcare Provider. If medical care is needed, the Agent will coordinate treatment with the Camp Healthcare Provider.
9. Obscene, discriminatory and/or inappropriate language or dress, roughhousing, and insubordination is not acceptable at any time and may result in dismissal from camp.
10. Fireworks are not to be used by camp participants at any time.
11. Swimming, boating, or any waterfront activity is not permitted except during designated times and under proper supervision.
12. Appropriate dress, including footwear, should be adhered to as outlined in the 4-H Camp Dress Code.
13. Camp participants are always to remain with their groups, and must obey the rule of 3 when traveling. Individuals are not to be on the trails or near the lakes without an accompanying adult.
14. Camp participants are not permitted to leave the grounds at any time without notifying and receiving approval from the Contact Agent and their County Extension Agent.
15. Camp participants are expected to be in their cabins, with lights out, as designated on the camp program schedule.
16. No visitors, other than parents or immediate family, may visit campers during the camp. Visits must be approved in advance by the County Extension Agent.
17. No camp participant is to be around or on maintenance equipment.
18. Camp participants who are having personal conflicts with others should discuss these with their cabin counselor, dean, or County Extension Agent.
19. Campers and teens are to work with counselors in carrying out daily assigned jobs to help keep the camp running smoothly. Grounds are to be kept clean at all times. Camp participants are expected to leave the cabins, facilities and grounds clean and orderly.



PARTICIPANT NAME: \_\_\_\_\_

20. Camp participants are to respect camp property. Any misconduct resulting in damage to camp property or buses, including graffiti, shall be paid for by the camp participant and/or parent or guardian. A list of damage fees is available.
21. All medications must be turned in to the designated adult and picked up by the parent/guardian at the bus pick up site. The Health Care Provider will be responsible for securing all medications at camp.
22. Camp is not responsible for personal property of any camp participant or staff.
23. We care about the safety of all camp participants. Incidents of serious misbehavior (i.e. threats, fighting, bullying, causing injury, alcohol/drug incidents, any altercations between adults and/or minors, intentional property damage/vandalism, etc.) will be reported to the Camp Director and County Extension Agent and an incident report will be completed. Incidents of serious misbehavior may result in dismissal from camp.
24. Camp participants should demonstrate respect toward others. Bullying, hazing, or pranks (i.e.: shaving cream, toothpaste in pillow/sleeping bags, defacing property, including inappropriate use of electronics/social media) will not be tolerated and may result in dismissal from camp.

*Any conduct inconsistent with the above rules may result in consequences such as the camp participant/parent/guardian/immediate family member being sent home, restricting future participation in 4-H activities, termination of 4-H membership, or other consequences determined by the county's or state's policy. If a camp participant must be sent home, it will be the responsibility of the parent/guardian to pick them up at camp. There is no refund of the camp fee for an early departure.*

Participant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_



PARTICIPANT NAME: \_\_\_\_\_

## Kentucky Residential 4-H Camp Essential Standards for Camp Participants

The University of Kentucky is an equal opportunity university. Parents/Guardians of children who have medical conditions or other disabilities requiring special attention should alert the agent to ensure proper care and accommodations are provided. If the camper requires personal care or a level of attention not available through camp staff or volunteers; a family friend, relative of the same sex over age 19, or a parent/guardian must accompany the child as a full-time 1:1 caretaker. The parent/guardian will agree to pay the individual costs of the caretaker (25% of the camper registration fees.) Any person accompanying a camper as a caretaker must successfully complete the Client Protection Process and is expected to follow all camp code of conduct policies for volunteers. To determine whether a caretaker should accompany a camper, the following factors will be considered:

- Ability to dress without assistance
- Ability to maintain personal hygiene, e.g. bathing, brushing teeth
- Ability to attend to toileting needs
- Ability to understand, follow, and respond to oral/written instruction
- Ability to remain at rest or sleeping according to the camp schedule
- Ability to participate in group activities with minimal individual attention
- Ability to participate in a communal living environment with minimal individual attention
- Ability to sustain a 15-hour (7am-10pm) camp day with limited rest periods
- Ability to understand and respond to dangerous conditions
- Ability to take medications according to a pre-set schedule and with minimal assistance

If a caretaker is not provided and a camper cannot meet the essential standards listed above, they may be dismissed from camp. If a camper must be sent home, it will be the responsibility of the parent/guardian to pick them up at camp. There is no refund of the camp fee for an early departure.

I have reviewed and acknowledge the essential standards for camp participants policy.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_



**PARTICIPANT NAME:** \_\_\_\_\_

**AUTHORIZATIONS/RELEASES**

*This is a legal document. You must read and understand it before signing it.*

**MEDIA RELEASE:**

I grant the Kentucky 4-H Program and the University of Kentucky, Kentucky State University, and persons acting through them, the right to use, reproduce, assign, and/or distribute photographs, films, videotapes, and sound recordings of my minor child without compensation for use in promotion/advertising, educational publications, electronic publishing, and personal memorabilia. Participant names may be published.

Yes. I grant permission for media releases.       No. I do not grant permission for media releases.

**Pick-up Release:**

It is my responsibility to arrange to pick up my child/children upon return from camp. There will be no exceptions to this policy regardless of relationship to the child. Please inform everyone approved by you on this release that he/she must present a driver's license or photo ID before the child will be released. **Parents, Guardians, and Emergency Contacts listed on page 1 and 2 are automatically assumed to have pick up authorization.** In addition to the parents/guardians listed on page 1, the following individuals are granted permission to pick up my child:

NAME: \_\_\_\_\_ RELATIONSHIP \_\_\_\_\_ Phone/Cell# \_\_\_\_\_

NAME: \_\_\_\_\_ RELATIONSHIP \_\_\_\_\_ Phone/Cell# \_\_\_\_\_

NAME: \_\_\_\_\_ RELATIONSHIP \_\_\_\_\_ Phone/Cell# \_\_\_\_\_

**CONSENT TO TREAT:**

The health history reported on page one and two are correct and complete to the best of my knowledge. I hereby permit the camp to provide routine health care, administer over the counter medication, assist in administering participant's prescription medications as needed, and seek emergency medical treatment including ordering x-rays and routine tests. I agree to the release of any records necessary for treatment, referral, billing, or insurance purposes. I permit the camp to arrange necessary related transportation for my child. In the event I cannot be reached in an emergency, I hereby permit the physician selected by the camp to secure and administer treatment, including trips off camp property.

**CODE OF CONDUCT:**

I have read and discussed the Camp Code of Conduct with my participant. We (parent/guardian and participant) understand and agree to comply with the guidelines. Violations may result in loss of privileges, removal from camp with no refund, assessment of a damage fee for which I will be responsible for paying, and/or ineligibility to participate in future 4-H events. An incident report will be completed for major violations.

**ASSUMPTION OF RISK, RELEASE OF LIABILITY, and PERMISSION TO PARTICIPATE:**

I acknowledge that there are certain risks, hazards, and dangers, including the risk of physical injury, disability, or death and risk of loss of use or damage to my personal property as a result of allowing participation in the camping program. Risks include but are not limited to recreational games and traditional camp activities, transportation accidents, weather-related hazards and natural disasters, infectious diseases, the possibility of slips and falls, pinches, scrapes, twists, and jolts that could result in scratches, bruises, sprains, lacerations, fractures, concussions, or even more severely debilitating or life-threatening hazards. I understand that injury or loss may result from unknown or unexpected risks and the use of equipment, materials, or facilities recommended by the University of Kentucky; environmental conditions; from the acts or omissions of others; or from the unavailability of immediate and adequate emergency medical care. I understand that the University of Kentucky does not guarantee the personal health or safety of participants, nor does it protect against the risk of loss of personal property. In consideration for allowing my child to participate in the camping program, I do hereby release the University of Kentucky, the University of Kentucky Cooperative Extension Service, the county Extension District Board(s), the 4-H Camp, Kentucky State University and their trustees, directors, officers, members, agents, employees, volunteers, and assigns from any and all liability, damages, cost, and expenses arising out of or relating to bodily or psychological injury, loss of life, or personal property that may occur as a result of participating in the camping program. I understand that my child's participation in the Kentucky 4-H Summer Camping Program is based on the challenge by choice philosophy. I recognize that programs are designed to use experiential, engaging teaching techniques, but that my child's participation is purely voluntary, always, and my child will choose his or her level of participation in any activity (including, but not limited to: high ropes, rock climbing, low challenge elements, rifles, archery, trap shooting, horses, and cave exploration). I understand that my participation in this activity may entail certain anticipated and unanticipated risks regarding personal injury or illness. I hereby acknowledge my voluntary and informed assumption of full responsibility and liability regarding any injuries or illness, that I may incur coincident to my participation in this activity.

Participant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

