



Southern Ohio 4-H Teen Camp 2023

Canter's Cave 4-H Camp



THE OHIO STATE
UNIVERSITY
COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

It's Camp Time and We're Ready!

Join teens from across Southern Ohio and beyond for a weekend of 4-H camp fun as we head back to camp this summer!



Where: Elizabeth L. Evans Outdoor Education Center, Canter's Cave 4-H Camp, Inc.,
1362 Caves Road, Jackson Ohio.

When: June 16th-19th

Check-in: Friday, June 16th, from 4:00 PM to 5:00 PM

Dismissal: Monday, June 19th, 9:00 a.m.

Ages: Teens in grades 9-12. **Camp is open to everyone, so bring a friend!*

Cost: \$170.00 for 4-H Members and \$180.00 for Non-4-H Members
NEW...The Camp Fee includes a Camp T-Shirt this year!!

Teen Camp is just around the corner, and we hope you are looking forward to having a great camp this year. **Please feel free to invite friends who are not in 4-H.** This is a great time to introduce them to camp! For Questions about Teen Camp...Contact Erin Dailey at 740-688-5026.

Registration deadline: June 8th...Camp forms & payment are due to your county Extension Office or you can make a payment via Credit Card. Please follow the instructions in your confirmation email.

***Hurry and get your registration in! Space may be limited!*

Teen camp will feature an excellent program this year. Here are a few of the highlights:

- This year's camp will offer a traditional theme with a variety of activities offered. Each evening will feature a dance & special activities that will provide opportunities for campers to be creative and have fun. Some of this year's fun events will feature exciting evening activities, fun-filled campfires and other spirited activities.
- **Cliff Rappelling, High Ropes, Flying Squirrel and an adventure Canoe Trip** are some of the activities that we plan to make available for campers who wish to experience a challenge.
- The Shooting Sports program will be available to participants.
- **T-Shirts:** Optional craft sessions will offer tie-dying and bleach dying. There will be an optional white Teen Camp Shirt that you can purchase for \$7 with limited sizes available. **Or you can bring a shirt or other item for Tie-Dying.** The colored tie-dying works great with any white shirt or item with a high cotton percentage. The Bleach Tie-Dying works great with a plain colored cotton t-shirt or a printed colored t-shirt, flannel shirt or other item. We have stencils to use with the plain shirts or you can get creative with the bleach dying on the printed items. There is no charge for this activity unless you purchase a white screen-printed teen camp shirt for \$7.
- All of these items are optional and campers will be able to choose from a number of activities during the weekend.
- A camp photo and a camp T-Shirt is included in your camp fee.
- There will be a dance and evening recreation every night along with many other special activities that are being planned by the counselors and staff.





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In addition to these many outstanding programs we will continue to have the traditional Teen Camp activities, including swimming, nature programs, recreation, crafts, paddleboating, canoe trips, campfires, and evening dancing.

Camp Scholarships – Your county may offer limited camp scholarships for youth so please contact your county Extension Office for more information. These scholarships are need-based, and many are partial scholarships.

Important Items to Complete:

- ✓ Registration form completed online at go.osu.edu/TeenCamp
- ✓ Online Health Form at go.osu.edu/TeenHealthForm
 - If you have already completed health forms as a camp counselor at Canter's Cave or for Teen Winter Retreat this year, we have those on file. If you have had any changes to your health form since then you will need to complete a new one.
- ✓ Payment to your County Extension Office via, check, cash, or credit card.
 - You will receive a confirmation email after registering with more details

Drop off & Pick up Times

All campers should plan to arrive at camp on Friday, June 16th between **4 p.m. and 5 p.m.**
All campers will need to be picked up at **9 a.m.** on Monday, June 19th.

Camper Check-In and Cabin Sign-Ups, Friday, June 16th, 4pm-5pm

Campers should report to the main lodge to check-in. Campers will sign up for cabins once they arrive at camp. Please plan to arrive at the same time as those you wish to room with. At this check in location, your camper will complete a health/risk assessment and temperature check. The camp nurse will be there to discuss any health concerns and check in all medications. All medication must be in its original container, only send enough medication for the duration of camp. You will then be directed to your cabins to drop off your luggage and unpack. **If you are driving to camp, you will be directed to a parking area once you have unloaded your vehicle.**

Camper Check Out Monday, June 19th at 9 a.m.

Teens will sign out with their cabin counselors if driving or be signed out by a parent/ driver in the Main Lodge. Belongings will be stored on the Basketball Court (or Main Lodge in case of weather issues.) Any medications must be picked up from the Nurse's Station in the Main Lodge. All campers must sign out before leaving. Please make sure you have filled out the early/restricted release form if there are release restrictions or a need for early release. For RESTRICTED RELEASE, please make sure you bring ID and that the person picking up is listed.

If a camper needs to leave during camp they will need to sign out and sign back in when they return in the main lodge. If your camper will need to leave during camp, please speak to the camp directors when you arrive at camp. **Please remember that no visitors will be allowed except for guest presenters or guests who are approved by the camp director.** It is important that you share this information with anyone who may be planning to visit you during camp, as we will require them to leave.



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Health Concerns

As recommended by the American Academy of Pediatrics, Pediatricians can advise families on whether it is safe for a child to attend camp based on his or her medical history and should make sure the child is up to date on vaccines. Staff, campers, and family are encouraged to participate in low-risk activities the 14 days prior to camp arrival, and to make note of their health status for COVID-19 symptoms during this period. Staff members, counselors, or campers with a fever of 100.4 degrees or higher or any other COVID-19 symptoms, such as cough or shortness of breath will not attend camp. Any staff or campers who have been in close contact with someone who has tested positive for COVID-19 or is suspected of having COVID-19 will not attend camp. As usual, campers or counselors who experience any signs or symptoms of illness will be seen by the camp nurse(s) for evaluation. Campers and counselors who experience COVID-19 symptoms will be isolated as a precaution and sent home as soon as possible (picked up by their family member). The Nurse will administer medications and handle any issues that may arise, including contacting you if there are any questions. Should your camper become ill or injured we will make every attempt to contact you by phone immediately. Please make sure the phone numbers you provide on your health forms are current, and please provide us with cell phone numbers and a back-up emergency contact number of another family member.

What to Bring (Packing List)

Necessary Medication (Prescription or Non-Prescription): Must be original labeling and turned in to the Camp Nurse upon arrival.

Sleeping: A sleeping bag, or twin sheets, a warm blanket, and a pillow.

Personal items: soap, toothpaste, toothbrush, brush/comb, shampoo, bath towels, shower shoes, deodorant, bug spray, sunscreen, beach towel, shower tote/bag to carry supplies to shower, bag for dirty clothes.

Clothing: Comfortable outdoor clothes that can get dirty. Two pairs of comfortable closed-toe shoes (sometimes shoes get wet!), water shoes or shoes that can get wet/muddy for the optional canoe trip, socks, underwear, sweatshirt/jacket cool evenings. Flip flops are NOT appropriate for outdoor activities and hiking but may be worn to the pool and showers. Two-piece swimsuits are acceptable as long as they will not come untied during strenuous activities and swimming. No string bikinis or suits that fasten only with a tie, please.

Misc items: small flashlight, disposable/inexpensive camera, refillable water bottle, dirty clothes bag, string bag, rain gear, watch or alarm clock.

What not to bring

NO tobacco/vaping products, alcoholic beverages, knives, firearms, other weapons, refrigerators, computer equipment, cell phones, tablets, Wi-Fi/Internet capable devices, fireworks, candles, or lighters may be brought to camp. Please refer to the Informed Consent/Camp Program Release and Standards of Behavior for Minor Participants for more information on what not to bring and policies for non-compliance. The Camp Director may inspect or search possessions if there is a reasonable cause to suspect a camper may possess items which could cause harm.

Due to allergies: this is a peanut-free and Bath and Body Works product-free camp due to allergy concerns. Other items may be added to the list based on results of health forms.



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Strongly Discouraged Items

Lots of extra food in the cabins (This invites furry friends and critters to visit.), and anything of high value. Camp is not responsible for lost or damaged personal belongings. Please label your personal belongings. Any snacks should be stored in airtight containers.

Canteen

The Canteen is our camp store. It will be open throughout camp and during checkout. Camp t-shirts will be provided to each camper but additional items such as hoodies, hats, etc. are available in the canteen. Snacks and drinks are also available during the week from the canteen. \$10-15 (*small bills please, change is limited*) should be more than enough to cover any snacks your child may have at camp. Camp is not responsible for lost or stolen money or for camp apparel found with no name.



In Case of Emergency

You may call camp at **740-286-4058** and ask for the Camp Program Director or call **740-688-5026**. Prior to camp, please feel free to contact your local Extension Office with questions or contact Erin Dailey at the Jackson County Extension Office, 740-688-5026 or dailey.108@osu.edu.

Photo Release: We take many pictures at camp so you can share in the fun back home! Photos will be shared during the camp slide show, used for publicity purposes, and posted on our Facebook page. Individuals are never identified by name in these photos and photos are pre-approved by camp directors before posting. By signing the photo release on the online health form your child can be included in these pictures, without it we will not be able to include your child. If you would like to see pictures during camp follow us on Facebook at “**Canter’s Cave 4-H Camp**”, <https://www.facebook.com/CantersCave>. We will post pictures of camp activities, as we are able.



If you have questions, feel free to reach out to your county 4-H Educator or the camp director Erin Dailey at dailey.108@osu.edu or 740-688-5026

****Please remember that by registering for camp, the camper is agreeing to follow all camp policies and guidelines.**

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information: <http://go.osu.edu/cfaes.diversity>

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