Health Forms Inside!
Your Health Form must be returned before your child can come to camp!

Parent Camp Handbook

Watkins Glen, New York
607-535-6812
www.hiddenvalley4hcamp.org
Dear Camp Parents,

Welcome To Hidden Valley 4-H Camp! This is going to be a special time for your camper. Please review this entire handbook, and talk with your child about what they can expect from their week at camp. They are likely to have lots of questions, and with this guide in hand, you will be ready for them.

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Section 1: Preparing For Camp

A Day At Camp
Sample schedule for a day at camp:

7:00am — Wake Up
8:00am — Morning Flag/Arrival
8:20am — Breakfast/Quads/Charge
9:15am — Activity Period 1
10:30am — Activity Period 2
11:45am — Free Swim
12:30pm — Lunch/Camp Store
1:15pm — Rest Hour
2:00 — Afternoon Flag
2:15pm — Activity Period 3
3:30pm — Activity Period 4
4:45pm — Free Swim/Free Time
5:15pm — Change/Pack-up
5:30pm — Dinner/Camp Store
6:30pm — Evening Flag/Mail Call
7:00pm — Evening Activity/All Camp Activity

Sample Menu

Breakfast (sample):
- Cereal, Yogurt, Muffins, Coffee Cake, Pancakes,
- Tenders,
- French Toast, Sausage, Pastries, Juice, Milk

Lunch (sample):
- Spaghetti, Sandwiches, Sloppy Joes, Chicken
- Ravioli, Salad Bar, Vegetables

Dinner (sample):
- Pizza, Lasagna, Tacos, Hot Dogs, Tossed Salad, Soup, Grilled Cheese, Veggie Burgers, Veggie Chili
- We also offer Peanut Butter and Jelly sandwiches as an option at each lunch and dinner. Fresh fruits and healthy snacks will be available throughout the day and once in the evening in the dining hall.
Pack Your Bags

Label Everything and pack it in an easy-to-carry duffel bag or suitcase. Occasionally campers will leave belongings behind after they leave camp. Having your property labeled helps to ensure that you will be able to claim your items. We reserve the right to inspect any belongings on camp property.

Clothing at Camp: Socks and shoes must be worn at camp at all times, except for water activities. Use discretion when choosing camp clothes. Modest clothing should be worn at all times. Inappropriate language or graphics on clothing is not acceptable. Please remember the camp experience can often be very hard on clothes. We suggest that you do not bring brand new clothing or high-priced items because they can easily be damaged during a week at camp. Camp is not responsible for lost, stolen, or damaged items.

Dietary Needs: From time to time, we have families contact us about bringing in specials foods to accommodate specific medical/dietary needs. If you have such dietary needs, and would prefer to provide your own meals for your child, please contact the camp office, so we may put you in contact with our Food Service Director.

Please Bring:
- Pillow and Pillow Case
- Sheets for Single-bed and Sleeping Bag or Blanket
- Towels and Washcloth
- Socks and Underwear
- Shirts
- Sweatshirt or Sweater
- Jacket
- Shorts and Long Pants
- Pajamas
- Raincoat/Poncho
- Bathing Suit
- Flip-Flops (for the pool, only)
- Reusable Water Bottle
- Sunscreen (staff can assist with spray/pump dispensers, not lotions)
- Closed-toed Shoes of Sneakers
- Soap and Shampoo
- Hairbrush or Comb
- Toothbrush and Toothpaste
- Deodorant
- Flashlight with Extra Batteries

Specific Program Suggestions:
- Campers may bring their own fishing pole to use. Camp also has a supply
- Camp will provide Archery equipment for campers enrolled in those classes. Do not bring these from home.

Think Twice Before Packing the Cell Phone

Cell phones are not permitted at camp. Camp is an exciting opportunity for children to build a sense of independence and we encourage them to focus on their experience.

Cell phones, like many other modern technologies, are expensive possessions which can easily be lost or damaged within the course of a week at camp.

Please do not send your child to camp with a cell phone.

Optional
- Stamped Envelopes
- Writing Paper and Pen/Pencil
- Inexpensive Camera
- Insect Repellent

Please Do Not Bring:
- Cell Phones
- MP3 Players
- Handheld Video Games
- Spray Cans
- Knives
- Candle or Lanterns
- Food, Candy, or Gum
- Weapons of any kind
- Expensive Jewelry

Note: Campers who bring any of the above items to camp will be asked to surrender them to the camp staff, and may face further disciplinary action. Camp is not responsible for confiscated items.
Rustic Living

Hidden Valley 4-H Camp is located in the scenic Watkins Glen State Park, with a mixture of forests, fields, streams and lakes. Campers should embrace the opportunity to disconnect from their electronics and reconnect with nature and friends.

Because we are a rustic camp program, campers should not be surprised to find the occasional chipmunk scurry under the cabin, or a spider in the bathrooms. Bugs can also be found at camp, and we suggest that your camper pack a non-aerosol bug repellent.

Weather

- Average temperatures at camp in July and August range from 61°F and 82°F.
- On average, camp has about 10 days of full sun and 14 days of partial sunny days during the 6 weeks of camp.
- On average, camp has about 13 days of rain in 6 weeks of camp.

Camp Check-In

The bags are packed, the car is loaded, and the kids are ready! Here is a quick rundown of what to expect when you arrive at Hidden Valley 4-H Camp. Resident camp check-in runs (2:00pm till 3:30pm) on Sunday. If you will not be able to arrive during this time, please contact our office to make other arrangements.

- When you arrive on site, please park in our parking lot or on the inner grass area of the circular driveway.
- Unload your camper’s belongings and bring them to the dining hall at camp.
- As you enter the dining hall, there will be several stations set up to guide you through the process. At Station One, you will receive your cabin assignment, and confirm that all your paperwork and payments have been received.
- At Station Two, you will have the opportunity to discuss any medical concerns regarding your child with the Health Supervisor. The Health Supervisor will collect any medications for your child at this time (medications must be provided in their original containers). NY State Health Code requires that all medication be stored in the infirmary. This includes any pain relievers, cold medicines, or other over-the-counter medications, as well as prescription medications. For more information regarding medications, please refer to the Medical Information and Guidelines.
- The last step of the check-in process is going to the cabin and meeting the counselor(s) who will be with your child for the week!

Services

Camp Store

We carry a variety of Hidden Valley branded T-shirts, water bottles, stuffed animals and other souvenirs. We also sell snack foods. Parents will be able to visit the camp store on departure days, and campers will typically visit the camp store at least once each day during the week. If you would like your child to be able to make purchases in the store, you will have the opportunity to add money to the camp store during registration and during the check in process.

The camp store does not provide refunds of any money not used at the camp store so plan accordingly. Campers and parents will have a final opportunity to spend surplus camp store money on Friday during pickup. Funds left at the camp store will be used for camp programming.

Laundry:

Please plan to pack enough clothes for your child’s complete stay. Camp staff will launder items if circumstances require. Please send 10 masks.

Religion:

Hidden Valley 4-H Camp does not endorse any religious affiliation.

Mail:

We encourage campers to write letters home during the week. Mail is taken to the post office each day. Please send your child with enough self-addressed, stamped envelopes. Additionally, the camp store has stamps and postcards available for sale. For sending your camper mail, see the section “Contacting Your Child at Camp”.

Refund Policy

All payments for camper weeks must be paid in full 10 days prior to the week your camper is attending. We reserve the right to cancel your camper's attendance if the balance is not paid in full.

A nonrefundable deposit of $125 is required to reserve your spot at camp. (Refunds will only be considered for cancellations due to Covid-19, you will either receive a refund or you will be given the option to reserve a spot for 2022.)

Transportation

Resident Campers may be participating in programs and master camps that will require riding a bus. For example, the optional Watkins Glen Hike. During the bus ride the campers will be required to follow these rules.

Bus Safety Rules:
- Campers are always to remain seated with hands and arms inside the bus.
- Seat belts are to be fastened – one person per seat belt. (if provided)
- Noise levels must remain at a level that will not distract the driver. There will be no throwing of objects or other disruptive behavior.
- Passengers will enter and leave the bus under the direction of a staff member and/or driver. If the vehicle makes an emergency stop, campers should follow directions of staff member and/or driver and use the buddy system if leaving the bus.
- Persons in wheelchairs are to be either seat belted in their wheelchair that is in a locked position and secured to the vehicle or transferred to a vehicle seat and to wear a seat belt.

Camp Staff may provide transportation in emergency situations. If there is a medical emergency requiring professional medical attention, or if your child becomes ill at camp, a staff member will call to inform you of the situation.

Preparing Children For The Summer Camp Experience

Reprinted with permission from the American Camp Association

“Summer camp is more than a vacation for children,” says Bruce Muchnick, Ed.D., a licensed psychologist who works extensively with day and resident camps. “As a parent, there are a few things to consider to increase the opportunity for a rewarding camp experience for your child.” Some helpful suggestions provided by Dr. Muchnick and the American Camping Association include:

Consider camp as a learning experience
This is an opportunity for your child to explore a world bigger than his/her neighborhood and a chance for you and your child to practice “letting go.” Letting go allows children to develop autonomy and a stronger sense of self, make new friends, develop new social skills, learn about teamwork, be creative, and more. This time also allows parents an opportunity to take care of themselves so that they will feel refreshed when their child returns home.

Prepare for camp together
Decisions about camp - like where to go and what to pack - should be a joint venture, keeping in mind your child’s maturity. If your child feels a part of the decision-making process, his/her chances of having a positive experience will improve.

Talk about concerns
As the first day of camp nears, some children experience uneasiness about going away. Encourage your child to talk about these feelings rather than acting on what you think his/her feelings may be. Communicate confidence in your child’s ability to handle being away from home.
Camper Health Forms
Health forms must be completed and returned to Hidden Valley 4-H Camp. Please note that the HF3 Form: Medication Approval must be signed by a Health Care Professional. This complete health form (pages HF1-3) should be received two weeks after your registration is received. Campers will not be permitted to attend camp without this form. This is required by the New York State Department of Health and must be completed in full. Returning campers must complete a new form each year. Campers returning for multiple weeks during the same year do NOT need to complete separate forms for each week.

Prescription & Non-Prescription Meds
If it is necessary for your child to receive any medication (prescription or over-the-counter) while at camp, please adhere to the following guidelines.
- **No medications will be given to campers unless a licensed physician has granted permission to do so on the camper’s HF3 Medication Approval Form.**
- The physician must provide clear written instructions regarding the use of prescription medications on the Health Form or the Physical Form.
- No camper is permitted to have any medications, (prescription or over-the-counter) including vitamins, ointments or lotions of any kind (excluding insect repellents and sunscreen) without the express permission of the Health Supervisor.
- All medication (prescription or over-the-counter, including inhalers) must be packaged in their original containers and labeled correctly. Medications will not be dispensed without expiration dates. It is the responsibility of the parent/guardian to supply any medication other than those listed on the Health Form as available from the Infirmary with physicians authorizing signature (see below).
- Camp will have a supply of the following over-the-counter medications: See list on HF3. Please have your physician complete the appropriate section on the health form authorizing use of these medications, as needed. Our staff can not administer these medications without the appropriate physician signature.

All children with medication will be instructed on the first day of camp about the schedule for dispensing medications. Emphasize with your child the importance of taking responsibility for complying with this schedule. If a camper is due for medication and does not report to the Nurse, camp staff will be notified and the child will be sent to the Infirmary to be sure medication is administered.

Health and Safety
The camp takes every precaution to provide a safe and healthy environment for all campers. The Health Supervisor is on site to address any minor illness or injury at camp. In some cases, campers may have to remain overnight in the Infirmary to provide the best care. Parents will be notified if an illness or injury requires outside treatment. Campers requiring additional care will be transported to Schuyler County Hospital, Inc., 220 Steuben St, Montour Falls, NY 14865. Any fees for outside treatment, including ambulatory services, are the responsibility of the parent/guardian.

Medical Screenings
The Health Supervisor will meet with parents during check-in. The Camp Director should be notified in advance of any concerns regarding their child’s special needs which would require specific attention on the part of our staff. Examples of these concerns might include hearing impairments, recent traumatic events, language barriers, learning disabilities, recent changes in medications, or situations at home which could impact your child’s experience. Campers arriving to camp with pre-existing injuries or illnesses, without notifying the camp in advance, may be sent home at the discretion of the Camp Director.

Supervision Information
Our supervision ratios meet or exceed the standards established by the New York State Department of Health and the American Camp Association. Those ratios vary based on ages of campers and activity levels. For Resident Campers, engaged in active activities, we maintain a ratio of 1 staff for every 8 campers. During rest periods, the ratio allows for 1 staff to supervise up to 20 campers. We frequently exceed these standards, with more staff than necessary, to ensure a safe living environment.

Waterfront activities require 1 lifeguard for every 25 swimmers in the water.
Section 2: During Camp

Contacting Your Child At Camp

Bunk Mail:
Hidden Valley 4-H Camp is using Bunk Notes. This service is a one-way email service offered through a private Internet program. There is an additional fee, set by Bunki, for this service. Emails are received at the Camp office, printed and delivered to camp each morning. There are currently no facilities for campers to send an email reply from camp.

Telephone:
Camp’s telephone line services the Camp Director’s office, the Health Supervisor, the kitchen, the program office. It is important for the safety of all campers that these lines are available for business use. For this reason, we ask that you refrain from calling camp unless there is an emergency requiring your child’s immediate attention. Non-emergency calls can be made to the Camp Office at (607) 535-5048.

Visiting Camp:
We believe camp provides an opportunity for youth to acquire self-reliance, and confidence through achievement in a new environment. We ask that parents/guardians refrain from visiting campers during their stay, unless there is an emergency. Any persons visiting camp, for any reason, must report to the camp office and check in with the Camp Director upon arrival. At no time are outside visitors permitted on the property without checking in with the Camp Director. Our staff are advised to address any unknown persons on the property, and escort them to the camp office. This is a measure we take for the safety of all campers.

Early Departure/Temporary Absence:
Occasionally, parents need to pick up their child early or temporarily remove them from camp for outside commitments (family emergency, sports, music etc). We ask that parents planning to remove their child from camp outside of the normal camper pick-up times please contact the Camp Director to make arrangements. A note from the parent/guardian, clarifying the days and times that the camper will be out of camp, is requested in such instances. With adequate advance notice, our staff will have the child ready for dismissal (belongings packed if not returning to camp) upon your arrival.

Photo by Ben Hershey on Unsplash

Camper Pickup

Camp will wrap up on Friday afternoon at 4:00 PM. Parents should plan to be at camp between 4 - 6 PM. Parents will need to see their child’s counselors to sign out their children. Please understand this security is intended to protect the safety of your child. Please do not take your camper until you have signed them out. Make sure to pick up any medications from the Camp Nurse before leaving camp.
Camper Evacuation
In case of emergency requiring an evacuation of camp, parents will be informed via phone or email about any changes in location or time that a child needs to be picked up.

Health Form Instructions

Important:
A copy of the camper’s CURRENT Physical Form (within two years of camp attendance) and a current Immunizations Record from a licensed Health Care Professional, must be submitted with your Health Form paperwork. This is a New York State requirement.
All of your child’s health paperwork MUST be submitted within two weeks of registering for Camp.

Completing Paper Copies?
Please Return:
HF1: Camper Medical Information
HF2: Authorizations Form
HF3: Medication Approval Form
(Completed by a Physician if any medications are to be administered, including over-the-counter medications. If no medications will be administered, parent may check the box on the bottom of HF3 and sign.)
School/Doctor’s Physical Immunization Record

Completing Online?
Please Return:
HF3: Medication Approval Form
(Completed by a physician if any medications are to be administered, including over-the-counter medications. If no medications will be administered, parent may check the box on the bottom of HF3 and sign.)
School/Doctor’s Physical Immunization Record
(HF1 and HF2 data is collected during on-line registration)

Please return all Paperwork to:
hv4hcampsapps@cornell.edu
Cornell Cooperative Extension
323 Owego St., Unit 5
Montour Falls, NY 14865
by June 5, 2020 or at least two full weeks prior
to your camper arriving at Hidden Valley 4-H Camp.

Thank You
Assumption of the Risk and Waiver of Liability Relating to Camp & Coronavirus/COVID-19

This form must be completed as part of the registration process for each camping year.

Name of Camp: Schuyler County Hidden Valley 4H Camp

Location: Hidden Valley Camp Road, Watkins Glen, NY 14891

Date(s): 7/4/2021 - 8/14/2021

I acknowledge as follows:

I fully understand and acknowledge that there are inherent risks and dangers in or my dependent’s participation in the camp and its programs and activities. I fully understand that I or my dependent’s participation in the camp and all its activities and programs and that I or my dependent’s use of any equipment related to such activities and programs may result in injury, illness or death and damage to personal property. I understand other participants, accidents, forces of nature or other causes may cause these risk and dangers and I hereby fully accept these risks and dangers.

I or my dependent is in good health and is at or above the minimum age of required to participate in the camp and is able to participate in any strenuous physical activity associate therewith. I affirm that I have read all the camp materials describing the various activities and programs conducted by the camp.

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people no larger than permitted by current guidance set forth by Schuyler County Department of Health.

Acknowledgement of Risk

I understand Cornell Cooperative Extension of Schuyler County ("CCE") has put in place preventative measures to reduce the spread of COVID-19; however, CCE cannot guarantee that I or my dependent will not become infected with COVID-19. Further, entering the facilities of, or participating in programs of, CCE could increase my risk of contracting COVID-19.

By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19.

By participating in CCE programs and that such exposure or infection may result in personal injury, illness, permanent disability, or death. I understand that the risk of becoming exposed to or infected by COVID-19 diseases may result from the actions, omissions, of myself and others, including, but not limited to, CCE employees, volunteers, other participants, visitors or vendors.

I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I may experience or incur in connection with my entering CCE or participation in CCE programming ("Claims"). On my behalf, and on behalf heirs and estate, I hereby
Assumption of the Risk and Waiver of Liability Relating to Camp & Coronavirus/COVID-19

release, covenant not to sue, discharge, and hold harmless CCE, its directors, officers, employees, volunteers, agents, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, or omissions of the CCE, its directors, officers, employees, volunteers, agents, and representatives, whether a COVID-19 infection occurs before, during, or after my participation.

And in addition: As a volunteer, program participant or the guardian of a program participant under the age of 18, by signing the attached, I acknowledge that I have reviewed the plan for Cornell Cooperative Extension of Schuyler County (“CCE”). I will abide by the guidelines and continued updates as released by NYS Forward and the CDC.

I HAVE READ THE ABOVE AND BY SIGNING IT I AGREE IT IS MY INTENTION TO HAVE MYSELF OR MY DEPENDENT PARTICIPATE IN THE CAMP AND ALL ACTIVITIES AND PROGRAMS AND I UNDERSTAND AND ACCEPT THE RISKS INVOLVED.

This shall be binding on my heirs, successors, assigns, administrators and executors. Any claims or disputes arising out of my child’s participation in the activity shall be venued in the Supreme Court of the State of New York of the County where the County Extension office is located.

I am at least eighteen (18) years of age and I am the legal parent/guardian authorized to sign on behalf of myself and any other parent/guardian of the child named herein.

Participant’s Name (print): 

Date of Birth: 

Address: 

Parent/Guardian Name: 

Signature: 

Date: 
NYS 4-H Code of Conduct

Hidden Valley 4-H Camp 2021

Our first priority is to create a safe, inclusive space for learning, sharing, and collaboration welcoming to people from diverse backgrounds, cultures and perspectives. Diversity includes, but is not limited to: race, color, religion, political beliefs, national or ethnic origin, immigration status, sex, gender, gender identity and expression, transgender status, sexual orientation, age, marital or family status, educational level, learning style, physical appearance, body size, protected veterans, and individuals with disabilities. CCE actively supports equal educational and employment opportunities. No person shall be denied admission to any educational program or activity on the basis of any legally prohibited discrimination. CCE is committed to the maintenance of affirmative action programs that will assure the continuation of such equality of opportunity.

All 4-H Participants—youth, families, volunteers, and Extension staff—in or attending any activity or event sponsored by Cornell University’s Cornell Cooperative Extension (CCE) 4-H Youth Development Program are required to uphold the values of the NYS 4-H program and conduct themselves according to these standards. The standards also apply to online activity, including social media internet presence.

Ground Rules

The following Ground Rules apply to all 4-H participants and volunteers. In addition to these expectations, CCE volunteers are accountable to additional expectations outlined in the CCE Volunteer Code of Conduct. Extension staff is accountable to additional standards of professionalism that are outlined by position descriptions and CCE human resource policies.

1. **Create a Welcoming Environment for All.** Encourage everyone to fully participate in CCE and 4-H. Recognize that all people have skills and talents that can help others and improve the community. Though we will not always agree, we must disagree respectfully. When we disagree, try to understand why.

2. **Bring Your Best Self.** Respect and follow Cooperative Extension rules, policies, and guidelines that relate to 4-H Youth Programs and Events. Conduct yourself in a manner that reflects honesty, integrity, self-control, and self-direction. Accept the results and outcomes of 4-H contests with grace and empathy for other participants. Accept the final opinions of judges and evaluators. Be open to new ideas, suggestions, and opinions of others.

3. **Obey the Law.** Commit no illegal acts. Do not possess or use illegal drugs, tobacco products, firearms, weapons, or any harmful object with the intent to hurt others at any time. (Firearms are allowed only as part of supervised 4-H Shooting Sports programming.) Do not attend CCE or 4-H activities under the influence of alcohol or controlled substances.

4. **Honor Diversity – Yours and Others’.** Respect and uphold the rights and dignity of all staff, volunteers, families, and youth who participate in CCE and 4-H programs. Follow [Cornell Cooperative Extension Non-Discrimination Policy](#).

5. **Create a Safe Environment.** Do not carelessly or intentionally harm youth or adults in any way (verbally, mentally, physically, or emotionally). Refrain from romantic displays and sexual activities either in public or private situations. Be kind and compassionate towards others. Do not insult or put down other participants. Harassment, bullying, and other exclusionary behavior aren’t acceptable. Be considerate and courteous of all youth and adults and their property.
   a. Youth must stay in the designated dormitory lodging areas: boys may not be in girls’ dormitory or lodging areas and girls may not be in boys’ dormitory or lodging areas.
b. Report any and all accidents, physical or verbal abuse or unsafe conditions that threaten the emotional or physical well-being of others or yourself to the NYS 4-H, Extension staff, and Event Coordinators as soon as possible.

6. **Be a Team Player.** Work cooperatively with Extension staff, volunteers, 4-Hers, and all involved in 4-H programs and activities. Be responsive to the reasonable requests of the person in charge. Respect the integrity of the group and the group’s decisions.

7. **Participate Fully.** Participate in all of the planned programs, be on time and follow through on assigned tasks/responsibilities (including the completion of required records or reports) in a manner that insures the safety, well-being, and quality of the educational experience for self and others. Have fun!

8. **Watch What You Wear.** Use your best judgment. Wear clothing suited for the activity you will participate in. Clothing promoting alcohol and other intoxicants, or displaying messages that are racist, sexist, homophobic, or any other degrading message that detrimentally impacts the dignity and respect of members of our community are never acceptable. Don’t wear revealing clothing, such as short skirts or shorts, midriff-baring tops, and sagging pants. If you are unsure about what is appropriate, contact the local CCE 4-H Educator in charge in advance.

9. **Be a Positive Role Model.** Act in a mature, responsible manner, recognizing you are role models for others, and that you are representing yourself, CCE, and the 4-H Youth Development Program. Be responsible for your behavior, use positive and affirming language, and uphold exemplary standards of conduct at all 4-H activities.

**Consequences**

Any of the following may be used, depending on severity of the situation:
1. Participant will receive a verbal warning.
2. Participant may remain at the event/activity, but may possibly be barred from a future event.
3. Participant may be asked to leave the event/activity. If a youth, the parent(s) will be called and the youth will be sent home at family’s expense.

I have read and understand the above and will abide by the NYS 4-H Youth Development Code of Conduct.

_________________________________________  ______________
Signature of 4-H Youth or Adult Date

_________________________________________  ______________
Signature of Parent/Guardian (if youth) Date
Photo, Video, Audio and Creative Writing Consent and Release Form

From time to time, photographs, videos, direct quotes, and/or audio clips may be taken of youth and adults attending Cornell Cooperative Extension events or participating in Cornell Cooperative Extension-sponsored programs and activities. Cornell Cooperative Extension requests the right to use all such photos, videos, print material and/or audio clips taken of youth and adults involved in these programs and activities. They may be used for a variety of purposes, including, but not limited to, publications, promotional brochures, promotions or showcase of programs on our web sites, showcase of activities in local and/or national newspapers or programming, and other similar lawful purposes.

By signing this form, I consent and give permission to allow Cornell Cooperative Extension the unlimited right to use photos, videos, direct quotes, and/or audio clips that they have of me participating in Cornell Cooperative Extension programs or events. I agree to give up my rights with regards to Cornell Cooperative Extension photos, videos, direct quotes, and/or audio clips of me. Further, by signing this consent and release form, I acknowledge that I understand and agree to the above request and conditions. I sign this form freely and without inducement.

My Contact Information:

Name (print):
Age:
County:
Address:
City:
State:
Zip Code:
Phone Number:
Email Address:

Signatures:
Signature:
Date:
Parent/Legal Guardian’s Signature:
Date:
2/08
Meningococcal Vaccination Response Form

Dear Parent and/or Guardian:

I am writing to inform you about meningococcal disease, a potentially fatal bacterial infection commonly referred to as meningococcal meningitis, and a relatively new law in New York State. On July 22, 2003, Governor Pataki signed New York State Public Health Law (NYS PHL) §2167 requiring overnight children’s camps to distribute information about meningococcal disease and vaccination to all campers who attend camp for 7 or more consecutive nights. This law became effective on August 15, 2003.

Hidden Valley 4-H Camp is required to maintain a record of the following for each camper:
- A response to receipt of meningococcal disease and vaccine information signed by the camper’s parent or guardian; AND
- Information on the availability and cost of the new meningococcal meningitis vaccine (Menactra™); AND EITHER
- A record of meningococcal meningitis immunization within the past 10 years; OR
- An acknowledgment of meningococcal disease risks and refusal of meningococcal meningitis immunization signed by the camper’s parent or guardian.

Meningococcal meningitis is rare. However, when it strikes, its flu-like symptoms make diagnosis difficult. If not treated early, meningococcal meningitis can lead to swelling of the fluid surrounding the brain and spinal column as well as severe and permanent disabilities, such as hearing loss, brain damage, seizures, limb amputation and even death.

Cases of meningococcal disease among teens and young adults 15 to 24 years of age have more than doubled since 1991. The disease strikes about 2,500 Americans each year and claims about 300 lives.

In February 2005, the CDC recommended a new vaccine, known as Menactra™, for use to prevent meningococcal disease. The previous version of this vaccine, Menomune™, was first available in the United States in 1985. Both vaccines are 85% to 100% effective in preventing the 4 kinds of the meningococcal germ (types A, C, Y, W-135). These 4 types cause about 70% of the disease in the United States. Because the vaccine does not include type B, which accounts for about one-third of cases in adolescents, it does not prevent all cases of meningococcal disease.

Information about the availability and cost of the vaccine can be obtained from your health care provider and by visiting the manufacturer’s website at www.meningitisvaccine.com. I encourage you to carefully review the enclosed materials. Please complete the Meningococcal Vaccination Response Form on the reverse and return it to Hidden Valley 4-H Camp, 323 Owego St., Unit #5, Montour Falls, NY 14865 by June 1, 2021.

To learn more about meningitis and the vaccine, please contact your child’s physician. You can also find information about the disease at the New York State Department of Health website: WWW.HEALTH.STATE.NY.US, and the website of the Center for Disease Control and Prevention (CDC): WWW.CDC.GOV/NCIDOD/DBMD/DISEASEINFO.

New York State Public Health Law requires that a parent or guardian of campers who attend an overnight children’s camp for seven (7) or more consecutive nights, complete and return the following form to the camp.

Check one box and sign below.

☐ I have read, or have had explained to me, the information regarding meningococcal meningitis disease.

My child has had meningococcal meningitis immunization within the past 10 years.

Date received:
[Note: If your child received the meningococcal vaccine available before February 2005 called Menomune™, please note this vaccine’s protection lasts for approximately 3 to 5 years. Re-vaccination with the new conjugate vaccine called Menactra™ should be considered within 3-5 years after receiving Menomune™.]

☐ I understand the risks of not receiving the vaccine. I have decided that my child will not obtain immunization against meningococcal meningitis disease.

Signed (Parent / Guardian): __________________________ Date: ____________

Camper’s Name: __________________________ Date of Birth: ____________

Mailing Address: __________________________

Parent/Guardian’s E-mail address (optional): __________________________
2021 Hidden Valley 4H Camp

**HEALTH FORMS**

NEW YORK STATE requires camps to have a completed health form and a copy of immunizations for each child. **This form MUST be submitted two weeks prior to the start of your child's camp. IT WILL NOT BE ACCEPTED ON REGISTRATION DAY.**

<table>
<thead>
<tr>
<th>Legal Name</th>
<th>First</th>
<th>Last</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nickname</td>
<td></td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Parent or Guardian</th>
<th>Home Address</th>
<th>Number and Street</th>
<th>City/State</th>
<th>Zip</th>
<th>Area/Number</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>AR</td>
<td>Phone</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Business</th>
<th>Number and Street</th>
<th>City/State</th>
<th>Zip</th>
<th>Area/Number</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>AL</td>
<td>Phone</td>
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</table>

<table>
<thead>
<tr>
<th>Second Parent Guardian</th>
<th>Home Address</th>
<th>Number and Street</th>
<th>City/State</th>
<th>Zip</th>
<th>Area/Number</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>AL</td>
<td>Phone</td>
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</table>

<table>
<thead>
<tr>
<th>Business</th>
<th>Number and Street</th>
<th>City/State</th>
<th>Zip</th>
<th>Area/Number</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>AL</td>
<td>Phone</td>
<td></td>
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</tr>
</tbody>
</table>

In the event of an emergency, **and parent or guardian cannot be reached**, notify

<table>
<thead>
<tr>
<th>Relationship to Camper</th>
<th>Home Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Home Address</th>
<th>Number and Street</th>
<th>City/State</th>
<th>Zip</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>AL</td>
<td>Business Phone</td>
<td></td>
</tr>
</tbody>
</table>

**MEDICAL INSURANCE**

Your personal medical policy is your child's primary coverage. All registered campers are covered by excess coverage accident insurance while at camp.

<table>
<thead>
<tr>
<th>Policy Holder's Name</th>
<th>Name of Insurance carrier and type of coverage</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Policy Number</th>
<th>Group Number</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Address of Insurance Company (including state, city, and zip code)

**REQUIRED SIGNATURES**

This health form is correct so far as I know, and the person herein described has permission to engage in all prescribed camp activities, except as noted.

**Authorization for treatment:** I hereby give permission to the medical personnel selected by the camp manager to order x-rays, routine tests, treatment, and necessary transportation for my child. In the event I cannot be reached in an emergency, I hereby give permission to the medical personnel selected by the camp manager to secure and administer treatment, including hospitalization, for my child as named above. Further, we agree to abide by the restrictions noted by our physician on the back of this form.

We agree to abide by all policies and procedures.

**SIGNATURE OF PARENT OR GUARDIAN**
# 2021 HEALTH HISTORY – TO BE COMPLETED BY PARENT/GUARDIAN

**Camper Name**

**Health History (note approximate date of illness):**
- Frequent Ear Infections
- Heart Defect/Disease
- Epilepsy/Seizures
- Diabetes (Type I or II)
- Other

**Diseases:**
- Chicken Pox
- Measles
- German Measles
- Mumps

**Allergies:**
- Hay Fever
- Insect Stings
- Penicillin
- Asthma
- Latex
- Poison Ivy, etc.

**Immunization History:** Below is a list of required immunizations. **YOU MUST INCLUDE A COPY OF YOUR CHILD’S IMMUNIZATION RECORD IN ORDER FOR THE FORM TO BE COMPLETED.**

- Diphtheria, Varicella (Chicken Pox), Pertussis (Whooping Cough) DPT, Measles, Mumps, Rubella (MMR), Tetanus or Tetanus TO, Rubella (German Measles, 3-Day Measles), Polio IPY, Pneumococcal Conjugate Vaccine (PVC), Haemophilus influenza b (HIB), Hepatitis B, Meningococcal Conjugate

**Mental / Emotional / Social Health (MESH):** Has the camper:
- Yes ☐ No ☐ Ever been treated for attention deficit disorder (ADD) or attention deficit hyperactivity disorder (ADHD)?
- Yes ☐ No ☐ Ever been treated for emotional or behavioral difficulties or an eating disorder?
- Yes ☐ No ☐ During the last 12 months, seen a professional to address mental/emotional health concerns?
- Yes ☐ No ☐ Had a significant life event that continues to affect the camper’s life (death of a loved one, etc.)?

If yes, or if there is anything we’ve forgotten to ask, please explain (separate sheet may be used if necessary)

**Operations and Dates of Serious Injuries:**

**Disability or Chronic/Recurring Illness:**

**Dietary restrictions/food allergies:**

**Name/Phone of Dentist/Orthodontist:**

**Name/Phone of Physician:**

**For Female:** Has this person menstruated?
- Yes ☐ No ☐ If not, has she been told about it?
- Yes ☐ No ☐ Special considerations:
- Yes ☐ No ☐ Does the camper have any pre-existing medical, physical, or psychological conditions or illnesses? If yes, please explain.

**Yes ☐ No ☐** Does the camper have an individual treatment, care, or behavioral plan?

**Yes ☐ No ☐** Can your camper apply sunscreen?

**Yes ☐ No ☐** Can your camper apply bug spray?

---

**Physical Examination-To Be Completed by a Licensed Physician, PA, or NP**

**Date of Last Physical Exam (MM/DD/YYYY)**

**General Condition or Appraisal**

<table>
<thead>
<tr>
<th>Condition</th>
<th>Ears</th>
<th>Nutrition</th>
<th>Urine</th>
</tr>
</thead>
<tbody>
<tr>
<td>Height</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Weight</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Posture and Spine</td>
<td></td>
<td>Blood Hemog. (desirable)</td>
<td>Allergy: Food</td>
</tr>
<tr>
<td>Feet</td>
<td></td>
<td>Nose</td>
<td>Animals</td>
</tr>
<tr>
<td>Skin</td>
<td></td>
<td>Throat: Tonsils</td>
<td>Drugs</td>
</tr>
<tr>
<td>Scabies</td>
<td></td>
<td>Teeth: Position</td>
<td>Other</td>
</tr>
<tr>
<td>Athlete’s Foot</td>
<td></td>
<td>Heart</td>
<td>Genitals</td>
</tr>
<tr>
<td>Impetigo</td>
<td></td>
<td>Murmur</td>
<td>Abdomen: Hernia</td>
</tr>
<tr>
<td>Pediculosis</td>
<td></td>
<td>Blood Pressure</td>
<td>Lungs</td>
</tr>
<tr>
<td>Current Conditions (epilepsy, diabetes, etc.)</td>
<td></td>
<td></td>
<td>Eyes</td>
</tr>
</tbody>
</table>

I believe this child is able to attend camp and participate in all camp activities with the following restrictions and recommendations:

***(Doctor: Please sign on page three after filling out the Individualized Standing Order.)***

Hidden Valley 4-H Camp, Cornell Cooperative Extension of Schuyler County, 323 Owego Street, Unit 5 Montour Falls, NY 14865

Page 2 of 4
2021 For Completion by Parents and Physician, PA, or NP if medication is to be administered at camp

Standard Over the Counter/PRN Medications (medications available in the Infirmary/First Aid Kit; to be administered at the discretion of the camp health coordinator), if approval is indicated by the parent and camper’s healthcare provider:

My child may receive medications, including prescription and/or over-the-counter, during their time at camp.

☐ YES. The camp health coordinator may provide necessary medications (prescription and/or over-the-counter) for my child.

Note: A Healthcare Professional’s signature is required below.

☐ NO. I do not authorize any medications to be given to my child while they are at camp. Please contact me in the event my child would need any medication.

Parent/Guardian Signature:

MEDICATIONS: Please note that all medications (prescription and over the counter) must be given to the camp health coordinator upon arrival at camp, in the original container. Prescription medications must also have a copy of the Doctors orders, including directions on how to dispense.

<table>
<thead>
<tr>
<th>Medication</th>
<th>Instructions for use</th>
<th>Reason</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acetaminophen (Tylenol)</td>
<td>Per label instructions by age/weight</td>
<td></td>
</tr>
<tr>
<td>Ibuprofen</td>
<td>Per label instructions by age/weight</td>
<td></td>
</tr>
<tr>
<td>Dextromethorphan (Cough Syrup)</td>
<td>Per label instructions by age/weight</td>
<td></td>
</tr>
<tr>
<td>Antacid medication (Pepto-Bismol)</td>
<td>Per label instructions by age/weight</td>
<td></td>
</tr>
<tr>
<td>Children’s Mylanta</td>
<td>Per label instructions by age/weight</td>
<td></td>
</tr>
<tr>
<td>Dramamine</td>
<td>Per label instructions by age/weight</td>
<td></td>
</tr>
<tr>
<td>Decongestant (Dimetapp)</td>
<td>Per label instructions by age/weight</td>
<td></td>
</tr>
<tr>
<td>Diphenhydramine (Benadryl)</td>
<td>Per label instructions by age/weight</td>
<td></td>
</tr>
<tr>
<td>A&amp;D Ointment</td>
<td>Per label instructions by age/weight</td>
<td></td>
</tr>
<tr>
<td>Calamine Lotion</td>
<td>Per label instructions by age/weight</td>
<td></td>
</tr>
<tr>
<td>Caladryl</td>
<td>Per label instructions by age/weight</td>
<td></td>
</tr>
<tr>
<td>Hydrogen Peroxide</td>
<td>Topical dilution only</td>
<td></td>
</tr>
<tr>
<td>Hydrocortisone</td>
<td>Per label instructions by age/weight</td>
<td></td>
</tr>
</tbody>
</table>

To be completed by a Licensed Physician, PA, or NP in order to attend Camp

<table>
<thead>
<tr>
<th>INDIVIDUALIZED STANDING ORDERS FOR:</th>
<th>Name</th>
<th>DOB</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>DRUG</td>
<td>ROUTE please circle preferred formulation(s)</td>
<td>DOSAGE</td>
<td>SCHEDULE</td>
</tr>
<tr>
<td>Acetaminophen (Tylenol)</td>
<td>PO (chewable tabs, elixir, or tabs)</td>
<td>Per label instructions by age/weight</td>
<td>Q4 hr. prn for pain or fever&gt;</td>
</tr>
<tr>
<td>Ibuprofen</td>
<td>PO (chewable tabs, suspension, or tabs)</td>
<td>Per label instructions by age/weight</td>
<td>Q6 hr. prn for pain or fever&gt;</td>
</tr>
<tr>
<td>Dextromethorphan (Cough Syrup)</td>
<td>PO (syrup)</td>
<td>Per label instructions by age/weight</td>
<td>Q4 hr. prn for cough</td>
</tr>
<tr>
<td>Antacid medication (Pepto-Bismol)</td>
<td>PO (liquid or chewable tabs)</td>
<td>Per label instructions by age/weight</td>
<td>Q30 min. to hr. prn for diarrhea (no&gt;8 doses/24 hr.)</td>
</tr>
<tr>
<td>Children’s Mylanta</td>
<td>PO (chewable tabs)</td>
<td>Per label instructions by age/weight</td>
<td>BID-TID prn for stomach upset</td>
</tr>
<tr>
<td>Dramamine</td>
<td>PO (chewable tabs 50 mg)</td>
<td>Per label instructions by age/weight</td>
<td>Q 6-8 hrs. prn for motion sickness</td>
</tr>
<tr>
<td>Decongestant (Dimetapp)</td>
<td>PO (elixir or tabs)</td>
<td>Per label instructions by age/weight</td>
<td>Q 6-8 hrs. for nasal congestion / drainage</td>
</tr>
<tr>
<td>Diphenhydramine (Benadryl)</td>
<td>PO (elixir, chewable tabs, or pills)</td>
<td>Per label instructions by age/weight</td>
<td>Q 6 hr. prn for allergic reaction (hives, insect bite)</td>
</tr>
<tr>
<td>A&amp;D Ointment</td>
<td>Apply to skin</td>
<td>Per label instructions by age/weight</td>
<td>Per label instructions by age/weight</td>
</tr>
<tr>
<td>Calamine Lotion</td>
<td>Apply to skin</td>
<td>Per label instructions by age/weight</td>
<td>Per label instructions by age/weight</td>
</tr>
<tr>
<td>Caladryl</td>
<td>Apply to skin</td>
<td>Per label instructions by age/weight</td>
<td>Per label instructions by age/weight</td>
</tr>
<tr>
<td>Hydrogen Peroxide</td>
<td>Apply to skin</td>
<td>Topical dilution only</td>
<td>Per label instructions by age/weight</td>
</tr>
<tr>
<td>Hydrocortisone</td>
<td>Apply to skin</td>
<td>Per label instructions by age/weight</td>
<td>Per label instructions by age/weight</td>
</tr>
</tbody>
</table>

PHYSICIAN’S, PA, or NP SIGNATURE

PRINT

Provider Name: Phone:
License #: Date:
Camper Health Examination Forms
Health examination forms must be completed, signed by a physician and parent or guardian, and returned to Cornell Cooperative Extension of Schuyler County no later than two weeks prior to arrival at camp.

Campers are not allowed to attend camp without a completed physical examination form, or a current copy of their last physical (within two years of camp attendance) and proof of required vaccinations, per the New York State Department of Health regulations.

Health and Safety
The camp takes every precaution to provide a safe and healthy environment for campers. A camp nurse is available 24 hours a day. Schuyler Hospital is 1.5 miles away.

Medical Treatment
In the event of minor illness or injury at camp, the camp nurse will treat the camper. If necessary, the camper may be taken to the local hospital. Parents will be notified only when an injury or illness is serious or outside treatment is required.

Emergency Medical Treatment
In the event of serious injury requiring emergency treatment or hospitalization, campers will be taken to Schuyler Hospital Inc. 220 Steuben St, Montour Falls, NY 14865 and every effort will be made to contact the parent immediately. A camper who becomes ill or is injured and cannot resume regular camp activities may be sent home at the discretion of the camp health manager. An emergency contact is required before the start of camp.

Medications
If it is necessary for your child to receive any medication while at camp, please adhere to the Following guidelines:

⇒ All prescriptions and non-prescription medications, including inhalers, must be packed separately and in containers with original labels with clear dispensing instructions on the original pharmacy label. They must be given to the camp nurse.
⇒ Medications can only be dispensed by the camp nurse.
⇒ The family physician must provide clear instructions about the use of prescription medications (and a copy of the doctor's order) and over-the-counter medications on the medical form.
⇒ The parent or guardian must give permission to the camp nurse to administer medications by signing the Health Examination Form.
⇒ All children on prescription medications will be instructed on the first day of camp about the schedule for dispensing medications. Emphasize the importance of, and encourage your child to take responsibility for, complying with this schedule. Any camper who refuses to take prescription medication may be sent home.
⇒ No camper or counselor is permitted to have medications, including vitamins, diet pills, or ointments and lotions of any kind, on his/her person at camp. Campers are allowed to bring sunscreen and insect repellent, but must use these appropriately and keep them out of sight in their luggage.
⇒ Medications prescribed and brought to camp must match the DRS standing order. It is the parent responsibility to assist if there is a discrepancy.

Medical Insurance
Your personal medical policy is your child’s primary coverage. All registered campers are covered by a limited accident insurance policy for coverage exceeding primary insurance while at camp.

IMPORTANT: You must, for the safety of your child and others, disclose all information pertaining to medication that your child normally takes, even if the child is not going to take the medication for the camp week.

You can scan and email your medical form in PDF format to hy4hcampapps@cornell.edu
We CAN NOT accept any health forms including immunization forms that are a Photograph. We need a readable copy for your camper’s safety.
Supporting Your Child While At Camp

Your child is away at camp, and you hope that they are having the best time of their lives. But we know that you are feeling nervous that maybe they’re not. Homesickness is a concern for both campers and parents alike, and it’s something that we deal with on a regular basis at 4-H Camp. For many campers, it may be their first time away from home. For parents, it may be the first time they’ve been away from their children for more than a day or two. A sense of separation anxiety is common for many families with a child at camp. Please understand that if you are feeling this tension, you are not alone!

- Recognize that our staff are trained and highly skilled in identifying and addressing homesickness concerns. On average, almost 95% of campers experience some level of missing home, but only 1 in 5 children have an elevated level of homesickness. It may be reassuring to know that less than 1% of all campers need to return home due to severe homesickness.

- No news is good news. If you haven’t heard from our Camp Director, you can safely assume that all is well at camp. Cabin counselors are trained to work with early signs of homesickness directly. When homesickness becomes more significant, counselors know how to reach out for help. Our Camp Director will work directly with certain campers to help them through their difficult times. On occasion, if our staff finds it necessary, we will contact the parents to ask for your support in addressing the issue. In such cases, you will receive a phone call from our staff, without the camper present, advising you of the situation and letting you know what we are doing to help your child. We try to reach out before homesickness elevates to a critical level, and this phone call is simply for your information. If the situation continues, we may call you again when your child is present, and allow you to speak directly with your camper. We ask for your support in such situations. Please avoid telling the child that you will pick them up right away if they want to come home. Children who expect to leave camp early have a very difficult time allowing themselves to adjust to camp and enjoy their experience.

- Write letters to your camper. Getting mail makes campers feel loved and remembered. Personal letters or postcards from home renew the connection with home. You may want to send the first letter a day or two before camp, so that it arrives on the first day of camp. You may also write the letter at home and deliver it to your child’s cabin counselor on the first day of camp. In your letters, ask your child about camp and encourage them to write back. Focus on asking questions about all the fun activities they’re enjoying, friends they’re making, and so on. Avoid telling them the things going on at home, which may make them feel they are missing out.

- If you receive a homesick letter during the first few days of camp, please understand that our staff often encourage children to write letters when they are homesick as a way to establish that connection with home. Chances are, by the time you receive the letter, your child has already overcome their homesickness, and are truly loving camp. Resist the urge to immediately call the camp and pick up your child. Rather, take a moment to write a letter in reply. You are welcome to send an email, using Bunk Mail (See Contacting Your Child At Camp, Section 2) for a speedier reply. Let your child know that you are proud of them. Validate their feelings, and consider sharing a story of a time that you might have felt the same way. Let them know how you survived your own experiences.

- We don’t allow cell phones at camp, for a variety of reasons (See Packing List, Section 1). Yet some families choose to send phones to camp so that campers will be able to call mom or dad when they are feeling homesick. It is our policy to collect cell phones. If you are expecting a phone call from your child’s cell phone, and don’t receive one, do not panic. It doesn’t mean that something terrible has happened. It typically means that either your child is having a great time and doesn’t feel the need to call home, or that the phone has been turned in to the Camp Director for safe keeping until the end of the week.
Lost And Found

Try as we might, sometimes there are personal belongings left at camp after the campers go home. If you find that your child is missing an item they brought to camp, please contact the camp office at (607) 535-5047 as soon as possible. At the end of each week all lost and found items are collected and stored at camp. Any belongings not claimed by the end of the camping season will be donated to local charities.

Medications Left at Camp:
Any medications that you provided to the Camp Nurse upon check-in are returned to you when you pick up your child at camp. Please be sure to remember to check with our Camp Nurse during checkout to collect any prescription or over-the-counter medications. If you return home and discover that you forgot to pick up your medications, please contact the Camp Office as soon as possible to claim them. Medications not picked up by the end of the camping season will be disposed of through an Old Medications Collection Program.

When They Come Home
By Bob Ditter, L.C.S.W

It is probably difficult to imagine, as you scan the “packing list,” count socks, get the trunk out, and make sure your child’s name is on everything they are taking, what your son or daughter might be like when they come home from the summer adventure at camp—the adventure for which you are working so hard to get them ready. Indeed, for many parents the send-off requires enough emotional and logistical effort that there is no time to think about where all this work might lead. So allow me to give you some idea of what to expect on the other end of the calendar when your child returns from camp. It just might help, as you get them ready, to have a “big picture” reminder of what this endeavor is all about.

Expect your child to be tired. Not just physically tired, but emotionally tired. You see, camp in its best form engages children not just in activities, but as active members of a community. What does this mean? You child is about to acquire several “brothers” or “sisters” they will then have to share everything with—personal space; the counselor’s attention; time; fun; laughter; decision-making; clean-up (yes, chores!); some of their own personal possessions; and each other’s friends. This requires a level of negotiating and give-and-take that most children do not experience in any place but camp!

This experience alone pays dividends. I have parents who have told me their child was so much more cooperative at home after camp. Or that they got along better with their siblings after camp. Or that they now eat a broader range of foods or keep their room clean. Perhaps the most common comment I hear is that their children seem somehow calmer after coming home from camp, which almost seems puzzling to some parents. Where does this calm come from? Once you have the knowledge that you can successfully handle yourself—that you can negotiate with your peers and hold your own and compromise and find out it’s just fine—it gives you a sense of confidence that is, well, just calming.

Your child may also be a bit sad after camp. If camp is anything, it is intense. Many children make some of their best friends at camp. Leaving that rich social environment where you learn you can do things of which you never thought you were capable imparts a temporary emptiness. I call it the August blues. Oh, after a good sleep and a nice dinner, they’ll perk up. My advice to you as a parent is, keep that first day or two after camp a bit low key. Have it be a time of family reunion. The stories and the songs and the sayings and the new wisdom will gradually come out, and as they do, it is as if your child will suddenly realize all that she has brought home from her camp experience.

And as they reminisce, you may find yourself surprised at the mature young person you are listening to, asking yourself, as many parents have told me they ask themselves: “When did she get so grown up?!” At camp, of course!

Bob Ditter is a noted child, adolescent, and family therapist in Boston, Massachusetts. He is a regular contributor for the American Camp Association, and frequently speaks at conferences.
**Directions To Camp**

**From points North of Watkins Glen:**
Take the NYS Thruway (I-90) east to Geneva, Exit 42. Take Route 14 South (35 miles) into Watkins Glen. In Watkins Glen, take a right onto Route 329. Follow Route 329 2.7 miles and take a right onto Whites Hollow Road. Hidden Valley Camp signs are at the bottom of the hill; bear left into camp.

**From points South of Watkins Glen:**
Take I-86/Route 17 West to Elmira. Exit 54 - Main Street turns into Route 14 North to Watkins Glen. When you've reached Watkins Glen, turn left onto Route 329 (just before the State Park entrance), follow Route 329 approximately 2.7 miles and take a right onto Whites Hollow Road. Hidden Valley Camp signs are at the bottom of the hill, bear left into camp.

**From Ithaca:**
Take Route 79W and follow it through Burdett; it will merge with Route 414S approximately 2 miles south of Burdett. Follow Route 414S into Watkins Glen, and take a left onto Route 414S & 14S/Franklin Street. Go 7 blocks, just past the entrance to Watkins Glen State Park, take a right onto Route 329.
Follow Route 329 approx. 2.7 miles and take a right onto Whites Hollow Rd. Hidden Valley Camp signs are at the bottom of the hill, bear left into camp.
Packing Your Bags

You’ve Registered! Now What?!?

◆ There is a reason we have a list of things to bring, and not to bring to Camp. Seriously, if it’s on the do-not-bring list, leave it at home.
◆ If your child can fit inside their own suitcase, it might be too large. Campers will need to keep their bags under the bunk beds, which are 12” high. If you bring a trunk that doesn’t fit, they will need to put them against the wall, which takes up a lot of precious space in the cabins.
◆ Prepare for the weather. If the forecast is calling for rain, pack some extra clothes. If it’s going to be chilly, pack a sweatshirt. If it’s going to be hot, pack lightweight clothing. We do everything we can to keep your campers safe, but we try not to cancel activities because of the weather. Unless lighting... and then, well... yeah.
◆ Please do not bring cell phones. Don’t hide them inside their suitcases. Don’t stuff them inside a favorite toy. Don’t send them with extra phones so they can turn one in. We’ve seen it all, but it’s important to trust us to take care of your children without needing them to contact you (or their friends) throughout the week. Sneaking phones in to camp teaches your child to disregard the rules, and that you don’t think they can handle being away for a week. What is way more helpful is to prepare them for their week at camp so that they won’t feel the need to call you 15 times a day.
◆ Let your camper help to pack their own bags. They will be more aware of what is in them, and why it’s there.
◆ Label absolutely everything. Shirts, pants, underwear, socks, flashlights, water bottles, everything. We collect more than a garbage bag full of things left behind, every single week.

Missing Home

Avoiding that “Homesick” Feeling

Most campers, especially first-time campers, will miss home for the first day or two. That’s totally normal! We are trained professionals; we know all the tips and tricks to help campers make connections early in the week to help adjust to Camp.

◆ Please don’t promise your child that they can call home whenever they want to. We generally try to avoid having campers call home. Camp is all about trying new things and pushing comfort zones. Many children will experience a level of discomfort and if they’ve been told they can call home, they often don’t try to push through the little bit of discomfort. They’d rather call you and ask to go home. Don’t panic, if your child is really struggling, camp will call you to get your help in ensuring they have a great time.

◆ If you’re writing a letter, postcard, bunknote (email), etc, avoid telling your child about all the fun things you’re doing without them, or how much you miss them. This will leave them feeling guilty for being away. Instead, tell them how proud you are of them for being at camp. And how you can’t wait to hear all about what they’ve been up to. Update them on sports scores for their favorite team, or send them a riddle or a few corny jokes.
Medical

No one wants to think about it, but...

◆ If I could ask just ONE thing, it would be this: Fill out your health form as if your child is in the ER right now, and we can't reach you. Leaving information off the form puts your child's care in jeopardy in the very unlikely event that we need to provide medical care for them. It is surprising how often we try to reach parents for a variety of reasons and can’t reach anyone.

◆ If your child needs medications (including over the counter), you will need the doctor’s signature on your HF3 Form. Without this precaution, we are not permitted to provide your child with a Tylenol, should they get a headache, or Benadryl, should they find some poison ivy. This is NYS law. We know paperwork isn't fun, but ultimately, this is for your child’s protection. Please be sure the HF3 form is completed by a doctor’s office and signed.

◆ Any medications you bring need to be in their original containers. Prescriptions need to have labels on them with dosing instructions. Again, not our fault. We’re just following the rules.

◆ If your child is using medications at school to stay focused, chances are they will need those meds at camp too. “Medication Vacations” are a real thing but putting your child on a medicine vacation while they’re at camp is just asking for trouble. Please don’t do that to your child.

◆ We know that food allergies are a big scary thing when you aren’t the one cooking for your child. Our Food Service Director has been feeding kids for many years. Please let us know about any food allergies as soon as possible, and know that we take these very seriously. Your child will be doing activities they may never have done before, using muscles they didn’t even know they had. Be prepared for skinned knees/elbows, or sprained knees/elbows, and sore muscles.

◆ Make sure that your child knows how to apply the bug spray and sunscreen you are sending. Staff can help with sprays, but we can’t assist with lotions or creams.

◆ Please know that we can accommodate nearly anything, if we know about it up front. While your child is at camp, we are acting as their parents, so having as much information as possible just helps us do our jobs. We’re on your side! Please don’t keep secrets from us!

Pick Up and Drop Off

Just a Few Thoughts

◆ At Drop-Off, hug them, tell them you know they are going to have a great day/week, tell them how proud you are of them... and then leave. Do not linger. If they are crying, know that the crying will last approximately 38 seconds after you leave, and we get a chance to distract them with something fun.

◆ Please be respectful of pick-up and drop off times unless prior arrangements have been made with us. Many parents arrive far too early and we are not prepared to give their child our full attention. Likewise, if you need to pick up earlier than then stated pick-up time, let us know so that we can have your child packed and ready to go.

And A Few More!

◆ There is a reason we ask for all your paperwork two weeks after you register. When you arrive at camp, we want to focus on them, not on collecting late paperwork and payment.

◆ Overnight skills such as showering and getting dressed by themselves are important. It’s great if your child can practice these skills before camp with a sleepover at grandma and grandpa’s house, or at a friends place.

◆ There are going to be bugs! Bring some bug spray, but don’t let the bugs ruin your day!