Cornell Cooperative Extension
Delaware County

4-H CAMP SHANKITUNK

2022

FAMILY

HANDBOOK

Last revised: 1-25-2022

4-H Camp Shankitunk
www.campshankitunk.org
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The Cornell Cooperative Extension system enables people to improve their lives and communities through partnerships that put experience and research knowledge to work. Cornell Cooperative Extension of Delaware County provides equal program and employment opportunities. Please contact us if your child has any special needs.

Dear Camp Families,

Welcome! What an exciting time this is. Your child will soon be coming to camp, and you may find yourself with all sorts of questions. This Handbook is designed to answer your questions and the questions you may not have thought to ask in an effort to set you and your camper up for a successful experience at 4-H Camp Shankitunk. Day Camp clarifications are included where appropriate. If you find you have additional questions, please don't hesitate to contact us. We are happy to speak with you.

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Why 4-H Camp?

Our stated goals are for youth to make friends, have fun, and enjoy the outdoors. In addition, our program supports the National 4-H mission of Positive Youth Development (PYD). PYD has three major components which include building positive and sustained relationships between youth and adults, offering activities that build important life skills, and creating opportunities for youth to apply what they are learning to improve their communities, both as participants and as leaders. We deliver a program that integrates these components through experiences in an outdoor camping environment which include relationship building with peers and our counseling staff, fire-building, problem-solving, team-building, communication, independence, collaboration, and much more.

PYD also has six core concepts, referred to as the "6 C's of PYD." These include:

1. Competence (positive view of one's actions in specific areas, including social and academic skills);
2. Confidence (an internal sense of overall positive self-worth and self- efficacy)
3. Connection (positive bonds with people and institutions that are reflected in exchanges between the individual and their peers, family, school, and community and in which both parties contribute to the relationship)
4. Character (respect for societal and cultural norms, possession of standards for correct behaviors, a sense of right and wrong (morality), and integrity);
5. Caring (a sense of sympathy and empathy for others), and
6. Contribution (contributions to self, family, community, and to the institutions of society).

4-H Camp Shankitunk is operated by Cornell Cooperative Extension of Delaware County. Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.

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Overnight Camp Schedule:

7:00 am	*Early Bird (polar pear, road runner, etc.)*
7:25 am	Wake-Up
8:00 am	Breakfast
9:15 am	First Class
10:10 am	Second Class
11:00 am	Recreation Period A
12:00 pm	Lunch
1:00 pm	Rest
1:30 pm	Third Class
2:25 pm	Fourth Class
3:15 pm	Recreation Period B
4:00 pm	Snack
4:05 pm	Recreation Period C
4:40 pm	Counselor Swim
5:30 pm	Supper
6:15 pm	Activity Time
6:45 pm	Flag Lowering & Evening Program
8:30 pm	Snack
9:00 pm	Campfire
9:45 pm	Lights Out & Taps

Day Camp Schedule *(2 Groups: Ages 6 & 7 and Ages 8+)*:

Both day camp groups will rotate through activity periods. Activities will differ based on age group.

8:00 - 9:00 am	Check in & Games
9:00 am	Flag-Raising
9:15 am	Welcome Circle
9:45 am	Field Game
10:15 am	Snack
10:25 am	Creative Arts
11:30 am	Lunch
12:00 pm	Rest
12:30 pm	Outdoor Skills/Exploration
1:30 pm	Swimming
2:25 pm	Arts & Crafts
3:20 pm	Science/STEM
3:45 pm	Drinks, gather belongings
4:00 pm	Flag-Lowering
4:00 – 4:30 pm	Pickup

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Covid 19 and Camp . . .

4-H Camp Shankitunk had zero cases of COVID-19 at camp in 2021. This was possible with a multi-layered approach to safety and was successful thanks to the commitment of everyone from campers, staff, volunteers and families. **Thank you!** Our COVID-19 procedures and protocols were developed with guidance received from the American Camp Association, the New York State 4-H Program, the experiences of hundreds of other camps, as well as CDC and NYS and were effective in preventing the spread of Covid-19. As a result, many of the protections put in place in 2021 will remain in place for 2022. To ensure we are running the safest program possible, we will continue to monitor the Covid-19 situation and plan or revise our plans accordingly. As such, all information here is subject to change.

Cohorts

Campers will be assigned a cohort. Cohorts will consist of 2 to 4 cabins (depending on cabin size) of youth who are similar in age. Cohorts will include 4-6 staff and 15-22 campers. These cohort groups will be important, as they will become the "stable group" that rotates through the daily schedule together. Campers and staff assigned to a particular cohort will have limited, if any, interactions with campers and staff from other cohorts. We are planning for co-ed cohorts in 2022.

Masks

When youth are outdoors in their cohort group, masking will not be required. Masking will not be required during eating, sleeping, or swimming. If youth are indoors or transitioning through a space where contact with someone from another cohort is possible, masks will be required. For example, drop off and pick-up, using the restroom, visiting the office, coming into the dining hall before being seated at the table, etc. Campers will be responsible for managing their masks properly throughout the week under the guidance and support of their counselors. Absolutely no sharing of masks will be permitted. Camp will have a limited supply of disposable masks available if needed as well as a limited supply of reusable masks available in the camp store.

- **Overnight campers** should plan to bring a supply of 10-15 face coverings, in a large, zipper style plastic bag, with their name on it as well as a second bag for used masks (if reusable).
- **Day campers** should bring two each day.

Sanitation

Handwashing stations, in addition to restrooms, are available around camp. Hand sanitizer is also available throughout camp, including at the doorways of most buildings. Each cohort will be provided with a Sanitation Kit including liquid sanitizer, paper towels, and sterile wipes, so that campers and staff can sanitize program areas before they leave, preparing them for the next group. Shared supplies between cohorts will be limited as much as possible and shared program equipment will be sanitized between uses. Staff will ensure sanitization of communal spaces like the restrooms and the dining hall.

Reduced Capacities

We have examined each cabin at camp and reduced capacity in cabins so that 6 feet of space exists between all heads. This affects each cabin differently. Overall, our facility is operating at approximately 75% capacity.

Meals

Youth will enter the dining hall masked and sit together as a cohort. Meals will remain family style with distancing between cohorts. Youth will exit the dining hall masked. Campers who need to get up from the table will be required to mask until they return to the table or exit the building.

Daily Schedules

We have developed a schedule that allows Resident and Day Camp cohorts to rotate through the shared programming spaces so that no more than one cohort is using a particular location at one time. Program offerings are subject to scheduling availability and may change.

Programs on Pause

Some classes/programs remain on pause for 2022, most notably, photography, backpacking, and the "Yellow Sheet" Day Camp program. We are hopeful that these programs will resume next summer! That said, we are excited to announce the Ropes Course will be open in 2022.

Vaccination

Our primary focus in 2022 will be utilizing Nonpharmaceutical Intervention strategies or NPIs to mitigate risks. Vaccination, though encouraged, is not required. If your child is vaccinated, please include a copy of the vaccination card with your health records.

Pre-Arrival Testing

At this time, pre-arrival testing requirements remain in place for 2022. Day campers will be required to test in 2022. We were able to prevent Covid-19 from entering camp last summer in multiple instances through our testing program. Families will be asked to find a PCR testing option taken within 72 hours of camp that is convenient for you and provide documentation of negative test results upon arrival.

Drive-through Camper Check In and Drop Off

Our Drive-Through Camper Check-In and Pick-Up process was a success in 2021, allowing families to get through the process much quicker. As a result, we will be utilizing this same procedure, moving forward. Upon entering the facility, you will be directed by our staff to through several stations and check in right from your car. Stations include:

- verify negative Covid-19 test result
- ask health screening questions
- conduct a temperature check
- verify emergency contact information
- verify food allergies/concerns for the camper(s)
- ask the camper(s) to exit the vehicle to conduct a lice check,
- verify all health forms/requirements have been met/previously submitted
- inform you of the campers cabin and cohort assignment
- share the pick-up for your camper on Friday
- have the camp nurse take procession of any medications for the camper,
- camp staff/volunteers will assist campers with carrying their belongings to their assigned cabin

When do we drop off?

Registered campers will be prompted via an email to select a drop off time beginning June 1st.

Overnight campers will check in between 1:00pm and 4:00pm on Sunday of their week.
Day campers will check in between 8:00am and 9:00am on Monday morning of their week.

Thank you in advance for your understanding and compliance in creating the safest experience possible.

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Camp Environment

Who comes to Camp?

Our first priority is to create a safe, inclusive space for learning, sharing, and collaboration. The NYS 4-H Safe Spaces logo is a sign of our commitment to nurturing this safe and inclusive environment.

Children come to camp from many places. About 50% of our campers are local youth from Delaware County. The remainder of campers come from surrounding counties, downstate, neighboring states, and sometimes further.

Overnight Program: Any boy or girl ages 8-16 by January 1st of that year who is able to follow the schedule and participate in programming safely and independently may attend.

Day Camp: Any boy or girl age 6 years old or older by their selected camp session who is able to follow the schedule and participate safely and independently may attend. Most of the children who attend Day Camp are local youth or are staying with family in the area.

Where will my camper be staying?

Campers live in rustic wooden cabins among the trees and meadows edge. Each cabin houses between 8 and 16 youth. Campers will share their space with other campers of the same gender and close to their age, as well as a counselor or two. There is no heat or electricity in the cabins, so be sure to pack warm blankets and a flashlight.

Will my child be exposed to the outdoors?

Yes! Camp contains a mixture of forests, fields, ponds and streams. Campers should embrace the opportunity to disconnect from their electronics and reconnect with nature and friends. Because we are a rustic camping program, it is not uncommon for campers to see chipmunks, rabbits, spiders, or bugs around Camp. Respect for animals, plants and all other aspects of the environment is expected.

What is the weather like at Camp?

Most days are sunny with temperatures ranging from 60-80, but we do have rainy or stormy days on occasion. Nights often bring cooler temperatures of 40-60.

Friends and Transportation . . .

It is my child's first time, can they bring a friend?

Campers are assigned to cabins based on their gender and age. We do allow campers to request to be in a cabin with a friend or "Cabinmate." Being cabinmates means that campers would be in the same cabin, but does not guarantee that they will be in the same classes. We encourage campers to spend some time away from their friends. This provides them an opportunity to meet new friends while at camp. There is of course plenty of time at camp to spend with friends (rec periods, meals, activity times, etc).

How do I request a Cabinmate?

When registering your child for camp either online or by mail, there is a space to list the name of someone your child would like to be in a cabin with. Please write the first and last name of your child's friend. Cabinmate requests will be honored provided the following guidelines are observed:

1. May request only one cabinmate.
2. Must be same gender and within 2 years of age.
3. Must request in writing on the application.
4. Request is mutual; on both applications.

Please keep in mind . . .

- Cannot request a CIT III or counselor.
- Cannot request the same classes.
- We will do our best, but no guarantees.

Is there transportation?

We do not provide or facilitate transportation. There are several buses that arrive in Delhi (~5 miles from camp), but you will need to arrange your own ride to camp from there.

My child is attending two weeks in a row, and we live far away. Can they stay the weekend?

No. We do not offer a stay-over option between sessions. Many families find it useful to rent a room locally over the weekend, or take turns making the drive up and back.

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Homesickness . . .

Preparing for Camp

What is homesickness?

Homesickness means that a camper misses home. This is a normal feeling for children to experience, but left untreated is painful, and often interferes with having fun at camp.

Will my child become homesick?

Perhaps. There are a few factors that can play a role in predicting whether a child will become homesick. These most often include: negative expectations, little previous experience away from home, and most importantly, your child's attitude toward Camp.

How will staff help my child if they are homesick?

Our staff is trained to recognize, understand, and help campers work through homesickness. We aim to make new friends quickly, engage each child in activities, and help children acclimate to their new environment. Teamwork and communication among staff from the pool to the kitchen are key in helping us care for campers who are experiencing homesickness. We try to keep campers involved, busy, and feeling welcome; this goes a long way in preventing mild homesickness from getting worse. Our primary goal is to foster connections between campers, but we often enjoy becoming listeners, bedtime story readers and tellers, 4-Square buddies, boondoggle masters, and keepers of spare stamps to write letters home in order to help our campers.

Should I pick up my child if they are homesick?

Usually, no. We encourage parents to allow their children to remain at Camp and work through their feelings. When campers complete the experience, even though it was challenging, they often develop healthy coping skills, gain confidence, and are better able to work through their emotions in the future. In certain cases of severe home sickness, we may suggest your child return home. This is rare and is usually a decision reached after multiple conversations between the camper, their counselor, the Camp Director, Nurse, and the family.

What can I do at home to prepare for Camp?

If you suspect your child is likely to experience homesickness during his or her stay, there are steps you can take to address this concern before coming to camp. Address risk factors by trying things such as:

1) Practice time away from home, such as spending the weekend at a friend's house.
   Why: experiential learning bolsters confidence
2) Review orientation materials and daily camp schedules with your child.
   Why: knowing how camp works reduces anxiety
3) Involve your child in the decision-making to attend camp, choose classes, and packing.
   Why: being involved boosts feelings of control
4) If you feel nervous, find another parent to confide in. Don't share anxiety with your child.
   Why: increases positive attitudes about Camp
5) Educate your child about the normalcy of missing home and teach them some coping strategies for in-camp homesickness
   Why: enhances child's competence and skill set
6) Discuss camp culture and ways staff provide warm supports and exciting opportunities
   Why: knowing that others will help is comforting

Don't say "If you don't like it, you can come home."
Why: You want them to believe they are capable of success in this new environment. When campers know that parents are willing to pull them out of camp, they are less likely to give it a fair chance.

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Policies . . .

Can my child bring electronics or a cell phone?

No. Campers are not permitted to bring electronics to camp without the expressed consent of the Camp Director. Children grow in tremendous ways when they realize they are capable of working things out on their own. They learn to make conversation; navigate friendships; develop social skills; and utilize life skills in conflict resolution and problem solving.

Additionally, modern technologies are expensive possessions which can easily be lost or damaged during camp.

Please keep in mind . . .

Any camper found to be in violation of this policy may have their device(s) confiscated. Camp is not responsible for lost, damaged, or confiscated items.

Can my child bring Snacks?

Yes, within reason. Camp provides three square meals and two snacks each day. Campers will be well fed and should survive just fine without any additional snacks; however, we do allow campers to bring additional snacks if the following guidelines are observed:

1. We encourage sending healthy snacks.
2. Send no more than a 2-quart size zip lock bag.
3. Put your child's name on their bag.
4. Bags must be stored in assigned snack locker.
5. Campers may only retrieve their snacks during designated recreation periods.
6. Campers must return the snack locker key to their cabin when finished for others to use.

Please keep in mind . . .

1. Snacks are optional; NOT required
2. Snack locker use is not always regulated.
3. Snacks that melt should be avoided.
4. Please be considerate of allergies. Avoid nuts
5. You can try segmenting out snacks by day.
6. Snacks are available in the camp store.

Behaviors that will result in disciplinary action:

- Keeping snacks in the cabin.
- Taking snacks that are not yours.

What is Camp's refund policy?

All refund requests must be made in writing. There will be a $100 processing fee per session.

Full refunds minus the applicable processing fees will only be considered for emergency situations. An emergency situation is defined as a specific medical condition (e.g. injury, illness or hospitalization) or a certain family situation (e.g. death in family).

Upon arrival, if it is determined that a camper is too ill to attend, the camper will be sent home immediately. No refund issued. In the event a camper becomes ill while at camp and is sent home at the discretion of the Camp Nurse, no refund will be issued.

In the interest of the health and wellness of all campers, those campers who cannot adjust to camp (e.g. severe homesickness, bed wetting, disruptive or dangerous behavior, non-compliance, etc.) may be sent home at the discretion of the Camp Director. No refund will be issued. *Note: Refunds will be subject to review and may take time to process.*

My child has special needs. Can they attend?

4-H Camp Shankitunk is an independent camping program conducted in an outdoor environment. We strive to be an inclusive program, and will make reasonable accommodations to ensure all children have the same opportunity to succeed at camp. If a child requires special accommodations (i.e. dietary restriction, medication dispensation, physical adaptation, language, etc.), parents/guardians must notify the camp in advance and indicate needs on the Camp Health Forms. Please call us to discuss your concerns and help us plan for success.

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Scheduling . . .

How are campers assigned to activities?

Many activities offered at 4-H Camp Shankitunk are very popular. We schedule weeks at camp, classes, and other activities at camp on a first come-first served basis. We make every effort to give campers their first choices, but cannot guarantee this. We will put your child on a waiting list upon request.

What will my camper do at Camp?

Turn to page two for copies of our daily schedule.

Can my child change their classes?

Yes. If you need or would like to request a change in classes for your child, (for example, an ear infection leaves your camper not wanting to take swim class) we ask that you notify us before arriving at camp. Although email notification is preferred, a quick phone call will absolutely do the trick. This will allow us to have the change done and ready for you at registration, and would also allow us time to move a camper into that class if there had been a waiting list. If for some reason, a camper still needs to request a class change after arriving at Camp, we ask that they wait until Monday after trying the class.

Can my day camper sign up for classes?

In 2021, day campers will participate in classes as two separate groups (6+7 and 8+). Typically, ages six and seven follow their own schedule as outlined on page one in this handbook. They do many fun activities together around camp to introduce them to the facilities and lifestyle of the camp program. In the past, older day campers, have been allowed to sign up for traditional camp classes and be mixed into the full schedule and environment of camp including for meals, rec time, etc. Not in 2021.

Conduct . . .

Preparing for Camp

What are the rules of Camp?

The following ground rules are designed to make the experience at Camp safe and satisfying for everyone attending. Please discuss these rules with your child.

1. Participate . . .
Everyone is expected to participate in all activities. No camper may leave the grounds unless permission is secured from the Camp Director or administrator.

2. Create a Welcoming Environment for All . . .
Recognize that everyone has skills and talents to contribute. Though we may not always agree, we must disagree respectfully.

3. Bring Your Best Self . . .
Respect and follow the rules. Conduct yourself in a manner that reflects honesty, integrity, and self-control. Fighting, obscene or discriminatory language; and insubordination are never acceptable.

4. 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 any time.

5. Honor Diversity – Yours and Others . . .
Respect the rights and dignity of everyone. Cornell Cooperative Extension is an equal opportunity, affirmative action educator and employer.

6. Create a Safe Environment . . .
Do not carelessly/intentionally harm other youth or adults in any way (verbally, mentally, physically, or emotionally). Refrain from romantic displays and sexual activities. Be kind and compassionate. Harassment, bullying, and other exclusionary behavior are not acceptable.

7. Watch What You Wear . . .
Use your best judgment. Wear clothing suited for the activity you will participate in. Don't wear clothing that reveals under garments, midriffs, buttocks, etc. Clothing promoting intoxicants or displaying inappropriate / discriminatory messages are never acceptable.

8. Recognize off-limit areas . . .
These are places where the campers are not allowed to go unless an adult is accompanying them. In addition, everyone must keep to their designated lodging areas: boys may not be in girls' units/tents/bathrooms and girls may not be in boys' units/tents/bathrooms.

9. Respect Rest Times . . .
All participants are to be in their assigned area at curfew and to comply with the quiet hours, lights out, and other rules of the camp, including rest time after lunch.

10. Say Something . . .
Help others by promptly reporting any violations or infractions of these rules to the Camp Director.

What are the consequences of violating rules?

First Offense: Verbal warning
Second Offense: Meeting with Director and call home.
Third Offense: The camper will be sent home.

NOTE: *The Camp Director, in his/her sole discretion, may waive the three strike policy and send a camper home depending upon the level of camper misconduct.*

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Health, Wellness, and Medical Forms . . .

Preparing for Camp

Is there a Nurse at camp to care for my child?

Yes. The camp takes every precaution to provide a safe and healthy environment for all campers. Our Camp Nurse 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 O'Connor Hospital in Delhi, NY.

What if my child takes medication?

All medication must:

- have an order written by a doctor
- be in the original container
- be given to the camp nurse at registration

Please consider sending only enough for camp.

What if my child forgets to come for their meds?

All children with medication will see the nurse on a regularly scheduled basis established on the first day of camp. If a camper is due for medication, and does not report, camp staff will be notified and the child will be sent to the Infirmary to be sure medication is administered.

Can my child attend if they have nits?

No. Upon arrival, all staff and campers will have their heads checked. 4-H Camp Shankitunk has a NO NITS policy.

In the event a child must be sent home due to nits or live lice. Families may choose to:

a) Treat camper's hair/belongings and come the next morning for a re-check.
b) Shave the camper's hair and then treat the child's hair and belongings. Bring them next morning for re-check.
c) Ask about availability in another week while the child is treated at home.

Upon re-check,

1) If nits or live lice are discovered, the camper will be sent home immediately.
2) If no trace of nits or lice are discovered, the camper may continue check-in.

We are human. In the event nits are discovered during the camp week, all campers and staff who are in the cabin with and/or are related to the individual in question will be re-checked.

Do I need to complete the health forms?

Yes. Campers will not be permitted to attend camp without our health forms. This is required by the New York State Department of Health.

Do I need new health forms every year?

Yes. Returning campers must complete a new form each year. We will not pull old records.

My child is going two weeks, do I need 2 forms?

No. Campers returning for multiple weeks during the same year do NOT need to complete separate forms for each week.

Does Camp need a copy of my shot record?

Yes. We are required to have a copy of each child's immunization history on file. We follow the NYS School Immunization Requirements.

When are the Health forms due?

Completed forms are due on or before June 1st

What if I can't get the forms done by June 1st?

Forms are due by June 1st so that camp can screen them and follow-up on any concerns. If you missed the deadline, please submit your paperwork as soon as possible and maintain communication with our office. *Do not wait until arrival at camp.* Paperwork not received by June 1st may result in your child losing their spot.

Do I need to bring copies to registration?

We encourage everyone to keep a copy of their health forms, just in case; however, bringing a copy to check in is not required.

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Be Tick Free at Camp . . .

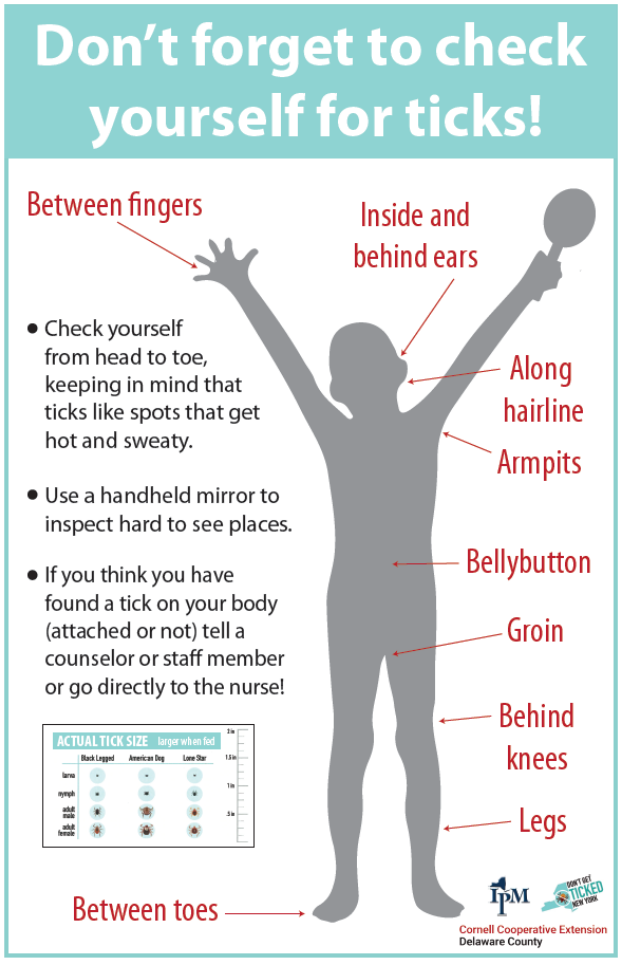
This page contains information from the "Prepare to Be Tick Free" brochure, available on our website.

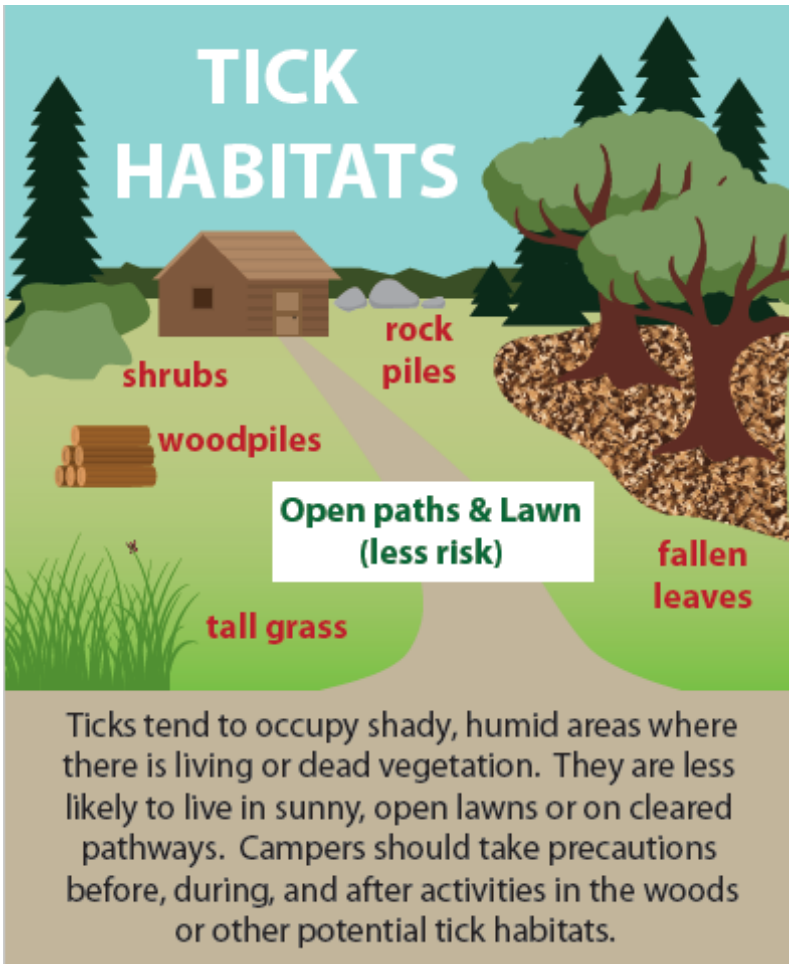
Although tick-bites are not common at 4-H Camp Shankitunk, we feel that camp is the perfect place to educate campers, families, and staff about them. Our goal is to prepare for safe outdoor experiences amidst growing tick populations in the Northeast and the rise in cases of Lyme disease.

We embrace the outdoors, and hope to provide campers with the lifelong skill of preparing to enjoy nature safely by preventing tick bites. ***We DO NOT want campers to be afraid of being outside.*** By learning about tick habitats and how to conduct thorough tick checks daily, campers can prevent the likelihood of being bitten by a tick while at camp or on any future excursions they may take.

We need your help to make this effort a success. Conducting a thorough tick check is private and can be challenging if you have never done it before. We ask that you teach your child how to do a check at home before they arrive at camp. The diagram below has all the important spots to check. Encourage them to shower and check daily while at camp. The full brochure also contains helpful information about ticks, their habitats, and tips for parents on preventing bites by packing repellant, light long clothing and considering pre-treatment of socks and shoes.

We will support your efforts once campers arrive by reviewing tick habitats and encouraging tick checks during our camper orientation. Tick check posters adorn the walls in our bath-house as constant reminders to be checking. In the event a tick is found on your camper, you will be notified.





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Packing Lists . . .

- Please use discretion when choosing camp clothes. Modest clothing should be worn at all times. Inappropriate language or graphics on clothing is not acceptable. 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.
- Keep in mind that two campers may own the same article of clothing, book, comb, or teddy bear. Please label all of your camper's possessions.
- Please pack with your camper. This way you can ensure not only that they have everything, but also that they know where everything is in their suitcase.
- We reserve the right to inspect any belongings on camp property.

OVERNIGHT CAMPERS Please Bring:

Pack in an easy-to-to carry duffel bag or suitcase.

- ☐ Sheets for a single mattress
- ☐ Sleeping Bag or Blanket
- ☐ Pillow and Pillow Case
- ☐ Towels and Washcloth
- ☐ Socks and Underwear
- ☐ Shirts
- ☐ Sweatshirt or Jacket
- ☐ Shorts and Long Pants
- ☐ Pajamas
- ☐ Raincoat/Poncho
- ☐ Bathing Suit
- ☐ Flip-Flops (for the pool/shower, only)
- ☐ Reusable Water Bottle
- ☐ Closed-toed Shoes or Sneakers
- ☐ Soap and Shampoo
- ☐ Hairbrush or Comb
- ☐ Toothbrush and Toothpaste
- ☐ Deodorant and chapstick
- ☐ Flashlight with Extra Batteries

Optional:

- ☐ Writing supplies (paper, envelope, stamp)
- ☐ Inexpensive camera
- ☐ Book to Read
- ☐ Snacks
- ☐ Hiking Boots (for Backpacking)
- ☐ Fishing Pole (for Fishing)
- ☐ Sunscreen and insect repellant *(staff can assist with spray/pump dispensers, not lotions)*

DAY CAMPERS Please Bring:

Pack daily in an easy-to-to carry bag or backpack.

- ☐ Bathing Suit
- ☐ Towel
- ☐ Flip-Flops (for pool)
- ☐ Rain Jacket/Poncho
- ☐ Sweatshirt
- ☐ Backpack
- ☐ Reusable Water Bottle
- ☐ Extra set of dry clothes

Optional:

- ☐ Writing supplies (paper, envelope, stamp)
- ☐ Inexpensive camera
- ☐ Fishing Pole (for Fishing)
- ☐ Sunscreen and insect repellant *(staff can assist with spray/pump dispensers, not lotions)*

DO NOT BRING:

- ☐ Electronics of any kind - phones, music players, kindles, games, etc.
- ☐ Weapons of any kind – Knives, hatchets, etc.
- ☐ Flammable items of any kind – candles, lanterns, matches, etc.
- ☐ Expensive items of any kind - clothing, jewelry, etc.
- ☐ Illegal items of any kind - drugs, alcohol, etc.

Note:

Campers who bring any of these 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.

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Supervision . . .

How are children supervised?

Campers are supervised at all times. No one on the grounds is exempt from supervision responsibilities. Staff are provided with attendance lists for all cabin, cohort, class, and other activity groups at camp. Attendance is taken at meals, classes, activities, periodically throughout the day when cabin groups reconvene, and through visual scans at group events such as flag or vespers.

The New York State Department of Health sets supervision requirements for children's camps based on program area, age, and activity level. We meet or exceed the standard ratios described below:

General:

- 1:25 – lifeguards on duty
- 1:5 – swimming (if there is a camper with a developmental disability is present
- 1:2 – adaptive equipment for ambulation is required by campers
- 1:1 – swimming with high risk camper *(seizures)*
- 1:1 - emergency that requires hospitalization

Overnight Camp (ages 8+):

- 1:10 – general supervision
- 1:8 - specialized activities
- 1:25 – passive activities

Day Camp (ages 6+):

- 1:8 – general supervision
- 1:12 – passive activities

Recreation times: supervision will be more general. Staff is assigned to various points of interest around camp. Campers must always be within viewing distance and/or verbal earshot. Counselors do patrol camp, the snack lockers, cabins, and bathhouse between structured activity periods.

Passive activities: vespers, meal times, evening skits, campfire, rocket launch, drama skits, etc.

Transitions: Staff visually monitor campers as they transition from one activity to the next.

Resting: Counselors sleep inside the cabins with campers. Supervision may be more relaxed during quiet or sleeping hours, but a counselor must always be within viewing distance and/or verbal earshot of a group of sleeping campers.

Meals . . . *During Camp*

What will my camper be eating?

Camp provides a menu which contains diverse options for meeting the nutritional needs of campers. A sample is available on our website.

What if my camper is a vegetarian?

Vegetarian options are available to those who have identified this need on their forms. We serve pasta and meat sauce separately, offer a salad bar option at various meals, offer veggie-dogs in place of hotdogs, and will prepare veggie-burgers upon request, if provided.

What if my camper has dietary restrictions?

Families of campers with dietary restrictions (i.e. lactose intolerance, gluten sensitivity, etc.) may choose to provide substitute foods. Camp does not provide substitute foods such as soy milk, gluten free pasta, etc. but will store the product and make it available to a child **IF** it is provided by the family. Substitute foods brought by a family will be labeled with their camper's name and will be kept in the Camp Kitchen, off limits to other campers.

What if my camper is a picky eater?

There are many options available to campers when it comes to meals. If they are having trouble finding something to eat, we encourage them to let our staff know. We will work with campers to accommodate requests for alternatives within reason (PB & J, fresh fruit, etc.) but we will not serve or store alternative meals for picky eaters.

NOTE: *You must notify Camp of any dietary restrictions prior to attendance on our health forms. Accommodations will be made to the best of our ability, but we are not able to prepare individual meals for campers.*

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Services . . .

Is there a Camp Store?

Yes. We offer snacks, knick-knacks, camp essentials, postcards, apparel, and more. During registration you may choose to put up to $20 on an account for your child to spend in the store.

The store is open:

- Daily during Recreation periods

All store purchases, including for accounts, are **nonrefundable.** Campers are reminded on Friday to use up any remaining funds they may have in their account. Remaining funds can be used toward the purchase of a cabin photo. Unspent funds will be considered donations to Camp.

Will store money roll over to another week?

Yes. If your child is coming another week, their unspent funds can be rolled over to another week, please just let us know. We will also roll funds over for a sibling coming a different week. At no time though, may a camper have more than $20 (the maximum) credit at the store.

Can my child have money at Camp?

No. Campers should not have money in their possession at Camp. Please put money on an account for your child to use during the week.

How do I get a photo of my child's cabin group?

We photograph all cabin groups on Sunday evening after registration. These photos are $5.00, come in an envelope, and can be pre-ordered only in 2021to be sent home with your camper on Friday.

Can I see photos of my child during the week?

Maybe. We try our best to take and share half a dozen photos every day. These are posted on our website and sometimes on Social Media.

Is there a laundry service at Camp?

No. Campers should pack enough clothing for the entire week. In certain situations we may offer to wash and/or dry a campers clothing or bedding, but this is not a service that is openly available to campers. Some examples may include bedwetting, contaminated items, wet sleeping bags after a storm, blood stains, etc.

Contact . . . *During Camp*

Can I send mail to my child at Camp?

Absolutely. Campers are always eager to get a friendly note from home. All letters, care packages and other mail should be addressed as shown below and will be delivered daily right after lunch. It is a good idea to send mail a day or two in advance or leave a letter at registration so that it arrives on your child's first day.

Send in camper mail to:

4-H Camp Shankitunk
CAMPER NAME & CABIN#
2420 Arbor Hill Road
Delhi, NY 13753

Can my child write to me from Camp?

Yes. We encourage campers to write home about their experience, whether it is good or challenging. Mail is picked up from camp each afternoon. You can increase your chances of receiving a letter by providing your child with a self-addressed, stamped envelope. Stamps and postcards are available for sale at the store.

Can I email my child while they are at Camp?

Yes. We offer a **one-way** email service through our website. Your child cannot email you back. There is a $5 fee for this service. To sign up or send an email, please visit our website and click the "Send Camper Email" button on our home page. If you encounter any difficulty, please call us and we will get things taken care of for you.

Can I speak to my child on the phone?

No. We have a no call policy at Camp. We believe Camp is a place to foster independence. If there is an emergency or a message needs to be conveyed, the Camp Director will work with the child or parent to share information/updates.

Can I visit my child while they are at Camp?

No. We believe camp provides an opportunity for youth to gain 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. For safety, our staff is trained to address any unknown person as an intruder and escort them to the Camp Office.

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Supporting Your Camper from Home . . .

During Camp

Your child is away at camp. You hope that they are having the time of their life, but we understand that ***you*** may be feeling nervous or worried about them. 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 know that if you are feeling tension, you are not alone!

- Recognize that our staff is 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 again. to ask for some insider tips because we realize that no one knows your child as well as you.
- 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 can even send the first letter a day or two before camp, so that it arrives on their first day. You may also write the letter at home and deliver it to your child's cabin counselor during registration. 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 their making, and so on. Avoid telling them anything 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. More often than not, by the time you receive the letter, your child has already overcome their homesickness, and is 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 also welcome to send an email 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 experiences.

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Pick-Up . . .

During Camp

Is there a closing ceremony?

In 2022 there will not be a closing ceremony as pick-up will be contactless. Parents will not be permitted to enter the cabins, Rec Hall, Dining Hall, etc. We will make our best effort to post photos and share highlights from the week in our website gallery and on our social media pages.

Pick-Up Process for 2022:

Upon entering the facility, you will be directed by our staff to one of several parking areas. You'll park and then come to the dining hall (head toward the big green barn if you are unfamiliar with the facility). You must sign your child/children out with a staff member. We will call for them to report to the dining hall and a staff member will assist them with bringing their belongings to you.
During verification we will:

- Ensure the person picking up is an authorized party (see drop-off form)
- Return medications for the camper to your possession.
- Provide your cabin photo (if pre-ordered)
- Assist the campers with their belongings/projects
- Allow campers to use up any remaining camp store funds

When do we pick up?

OVERNIGHT CAMP

Overnight campers will be dismissed on Friday between 4 and 6 pm ***by cohort.*** You will be advised of your pick-up time at drop off. If you need that information ahead of time to arrange transportation, please email *crb222@cornell.edu*.

4:00 pm - Cohort 1
4:30 pm - Cohort 4
5:00 pm - Cohort 2
5:30 pm - Cohorts 5 & 3

Dinner will not be served on Friday; however, a snack will be provided prior to pick up.

DAY CAMP

Day campers may be picked up between 4:00 pm and 5:00 daily, except on Friday when day campers should be picked up by 4:00 pm. You will be helped in the order you arrive. Some wait time may be experienced, Please be patient.

Late Pick-Up: We understand that traffic is unpredictable and that sometimes parents arrive a little earlier than anticipated. *In the event a child is not picked up at their assigned time, and we have not heard from you,* the Camp Director will try contacting the families by telephone. If we are not able to reach the Parent/Guardian, we will try the additional contacts listed on the health form. In the event no one can be reached, the Camp Administrator will be notified, and Child Protective Services / 911 will be called. Please understand this security is intended to protect the safety of all children at Camp.

What if I need to pick my child up early or borrow them temporarily?

Occasionally, parents need to pick their child up early or temporarily remove them from camp for outside commitments (family emergency, sports, music, etc). This will be discouraged in 2021. If absolutely necessary, 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.

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Lost & Found . . .

What happens if my child loses something?

If you find that your child is missing an item they brought to camp, please contact the camp office as soon as possible. All lost and found items are washed, bagged up at the end of the week, and will be stored at the Nurse's Station until August 31. Any belongings not claimed may be added to Camp's supply or donated to local charities.

Clothing, bedding, shoes, flashlights, projects, and other items "found" during the week will be considered lost. These items will be handled in the following manner:

- Put in a "Lost & Found" box in the Dining Hall for campers to look through during the week.
- Distributed at lunch time by table setter counselors IF items are labeled.
- Displayed on Friday by counselors at lunch time as a last attempt to be "found."
- Put out on the front porch at Pick-Up for parents to look through.
- Washed by the Camp Nurse for storage
- Stored in bags by Week # for inquiries.
- Stored at the Nurse's Station until August 31st.
- Unclaimed items will be donated, disposed of, or used to stock Camp if needed.

Please keep in mind . . .

- Campers may have the same items or articles of clothing. Please label everything.
- Labeling items with a camper's first name and last initial helps staff return them.
- Items not "found" during the week at camp are often never claimed.

Medications Left at Camp:
If you forgot to pick up your medications, please contact our office as soon as possible. We will dispose of medications not picked up by August 31.

When they come home . . .

What will my child be like after camp?

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.

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? Your 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.

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 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!

~ Taken in part from *When They Come Home* by *Bob Ditter, L.C.S.W*

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Frequently Asked Questions . . .

Are there any scholarships to help pay for Camp?

Yes. Most of our "camperships" are for children who live in Delaware County, but there are some funds for children who live outside the county. Don't forget to check with your local youth services organization to see if they will help with the cost of summer camp. You can find more information about campership funds on our website at www.campshankitunk.org

How do I apply for a scholarship/*Campership*?

Download an application from our website, pick-up one up from our office, or ask us to mail you one. They are due on the first day of March.

Does my child need to be in 4-H to come?

No. Children do not need to be in 4-H to attend Camp.

Who runs 4-H Camp Shankitunk?

4-H Camp Shankitunk is owned by Delaware County and operated by Cornell Cooperative Extension Delaware County.

Will my camper need to make their bed?

Yes. Each morning, campers return to their cabins to clean their personal spaces. The cabins are then rated by the Camp Nurse on a scale of 1 to 10 according to their neatness. The neatest cabin on the boys side and on the girls side get the "Slickest Spot" award and receive a plaque to hang on the cabin door for the day. It is a highly coveted award and the competition is tough!

I've heard about camp chores. What are they?

Campers work together to carry out responsibilities such as cleaning their cabins, setting tables (not this year), picking up grounds around camp, cleaning the rec hall and bathrooms, performing evening skits, and participating in flag lowering and raising. It's our camp collectively and we ask the campers to help us keep it clean for everyone to enjoy.

Renting Camp . . .

Rentals:

Did you know that 4-H Camp Shankitunk is available for rental too? Whether it is a school field trip, scouting overnight, or a church youth group outing, we can handle it all.
With residential accommodations for up to 200 people, we can handle just about any group. Cabins range from 8-16 persons, and you can customize the rental to suit your needs! The Kitchen, Showerhouse, Dining Hall, Craft Hall, Director's House, Science Center, Pool, Ford Hall, and Infirmary are all available to meet your needs. Our rental season begins May 1st and ends September 30th but is NOT available while in session. Please contact the Camp Office for availability, to arrange a rental, or for more information on renting Camp.

Can I go to Camp too?

Our summer camping program is one of several opportunities to camp at 4-H Camp Shankitunk. Although you can't attend during the summer, you may be able to attend other events with or without your child . . .

- NYS 4-H STEM Camp
- 4C Adult Camp
- NYS Forestry Weekend

Please visit our website for more information or to find dates for these and other upcoming events.

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Staying Connected . . .

Can I get the latest news from Camp?

Yes! Whether you are new to camp, or a seasoned camper, we've got ways for you to get all the latest news from camp:

1) Visit our **website**, campshankitunk.org throughout the year to browse photos, download applications, register for camp, and more. Be sure to keep an eye on the "Events" tab!

2) We're on **Facebook**. Follow us for weekly pictures during the summer, important camp announcements, exciting news, and throwback photos from the past. Read reviews or tell us about your experience.

3) We'd love to send you a brochure. Give us a call and we'll add you to our spring **Mailing List**.

4) If you haven't been getting our emails, make sure you join our **E-News**. We'll keep you in the loop about registration, camperships, employment opportunities and more. There's even an E-news list for Camp Alumni too!

5) Love video? Subscribe to our **YouTube**!

6) Prefer pictures? Follow us on **Instagram**!

CUT

CUT

CUT

Date Reminder Card

How do I remember all of these deadlines?

We'll lend a helping hand. Post this reminder card on your refrigerator at home.

4-H CAMP SHANKITUNK

REMINDER

Dates & Times

CAMPERSHIP APPLICATIONS DUE
First Day in March

ALL PAPERWORK DUE
(Health Forms, Physician's Form, Immunization Record)
June 1

OPEN HOUSE
First Sunday in June: 2:00pm – 4:00pm

PRE-ARRIVAL COVID TEST
Within 72 hours before arrival

CHECK IN TIMES
Drop off by appointment in 2022!
Overnight: Sunday between 1:00 - 4:00pm
Day: Monday between 8:00 - 9:00am

PICKUP TIMES
Day Camp: 4:00 pm – 5:00 pm M-Th. 4pm Friday
Overnight: By cohort between 4:00 - 6:30pm
4:00 pm - Cohort 1
4:30 pm - Cohort 4
5:00 pm - Cohort 2
5:30 pm - Cohorts 5 & 3

LOST AND FOUND & LEFT MEDICINES
Claim by August 31

QUESTIONS?
Don't hesitate to call the Camp Office
June – August: (607) 746-2004
Off-Season: (607) 865-6531
Email: Shankitunk4hcamp@cornell.edu

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