Nebraska 4-H Resident Overnight Camps
Information Packet

Important information enclosed. Please read the entirety of this packet.

Updated May 2023
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Addendum: Tentative Schedule & Campus Maps
Welcome to the Nebraska 4-H Camp Experience

We are excited to have your camper join us for their summer adventure! Please read through this entire packet as it contains essential information for you and your camper. Use the information to start conversations with your camper about your camper’s camp experience. What are they looking forward to? What do they need to do to get ready for camp? What are their concerns? This is also a great opportunity to answer these questions for you as a parent. The sooner those conversations start the more comfortable you and your camper will feel as their time at camp gets closer. Our 4-H resident camps are the perfect place for your camper to develop new skills and build self-confidence in a safe, fun environment. Many youth come to resident camp because they want to have fun, but they leave with so much more! Your child will come home with new friends, bolstered confidence, leadership and professionalism skills, and a lifetime of memories that you made possible - all by giving the gift of camp. If you or your camper has any questions, please do not hesitate to contact us!

What are Big Red Summer Camps?

Each year, Nebraska 4-H facilitates multiple, simultaneously run Big Red Summer Camps at the University of Nebraska-Lincoln. This weeklong experience was created to give young people a better understanding of the college life experience based upon future careers of interest. We try to provide an experiential learning opportunity for all program participants, including daytime and evening programming. Campers come from all across Nebraska, in addition to national and potentially internationally. All participants will participate in all aspects of the program.

Why Big Red Camps?

- An enriched learning opportunity in a safe and inclusive environment, designed to provide hands-on postsecondary and workplace experiences
- Experience life on a college campus
- Network with local, area, regional, and/or state University faculty and staff as well as business & industry experts
- Gain knowledge to pursue a wide variety of postsecondary and/or career options
- Attain college and career readiness skills and earn a digital badge
- A highlight of the week is the capstone project presentation for parents/guardians, chaperones, and guests

Big Red Camps Program Questions:

Dawn Lindsley
Statewide Career & College Readiness Extension Educator & Big Red Camps Program Director
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(785) 466-0147 (cell)

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Nebraska 4-H Contractor & Big Red Camps Assistant Camp Director
ronzluticky@nebext.org
First Time Campers
We want your camper to have the best camp experience possible! The best thing you can do to prepare your camper is to use positive language and an excited, upbeat tone when talking about camp. Here are some tips to make his/her/their first experience the best it can be.

Preparation and practice for campers:

- Have your camper live out of a suitcase for a few days.
- Practice “going to camp” by having your camper spend a weekend at a friend’s or relative’s house to practice taking care of themselves.
- Have your camper take showers instead of baths.
- Have your camper practice washing their hair on their own.
- Go over the packing list and have your camper help so they know what is in their suitcase.
- Encourage drinking water with meals.
- Talk about living and working with others. At camp we practice living the Nebraska 4-H Code of Conduct. The camp community is like a big family and we expect camp to respect themselves, others, and the environment they will be a part of.
- Talk with them about what to do if something is wrong. Encourage your camper to talk to a camp staff if they have conflict with a friend, if they are hungry or homesick, lost their toothbrush, etc. Camp staff can help if they know what the problem is.

Returning Campers
Even though your camper has been to camp before, here are a few tips to keep things going smoothly.

Returning campers can also experience “homesickness.” This may be due to changes at home: marriage, divorce, a new sibling, death of a loved one, etc. If your camper is in any of these situations, talk about it before they come to camp. This will help process the changes so they won’t have to worry at camp. You may choose to share this information with the camp staff so they can be aware and sensitive to your camper’s situation.

Sometimes returning campers have to adjust to the fact that camp is different than it was last summer. Talk with your camper about how things change and that camp will be different and might just be better! Campers who are returnees are often “the experts” at camp. We encourage campers who are returning to be compassionate to new campers and show them how exciting camp can be. This is hands-on leadership development!

Camp in times of COVID-19
Nebraska 4-H is working closely with state and local health authorities and following recommendations from the ACA, CDC, University of Nebraska – Lincoln and University of Nebraska Medical Center. We all have been impacted by the COVID-19 pandemic in some way. While we will do our best to plan with the information that is available, please understand things may change and patience and flexibility is needed. All information will also be updated through email correspondence. The following is an outline of what could be expected at camp.

General Guidelines
- All staff and campers are encouraged to get vaccinated if you are eligible.
- Newest screening criteria will be utilized upon arrival and each morning.
• Social distancing is encouraged when possible.
• Please practice hand washing protocol, utilize hand sanitizer on a regular basis, and sanitize in between any shared equipment usage.

Masks
As of March 22, 2022, UNL no longer requires face coverings on our campuses or facilities. The Children’s Center and on-campus medical clinics/buildings may have unique masking policies. All other exceptions to this policy have been ended. Face coverings have been shown to mitigate transmission of disease in our community. Individuals may choose to continue to wear face coverings for many reasons. Please continue to be respectful of others’ choices. This policy shall remain in effect until further guidance is provided from the Office of the Chancellor.

Handwashing and cleaning
Additional hand washing and hand sanitizing stations are being added throughout campus.

Program supplies and equipment will follow procedures to be sanitized between uses.

Common surfaces (door handles, bathrooms, tables, etc.) will see increased sanitization.

Health Procedures

Health History
In order for your camper to attend camp and receive the best care in the event of an accident or illness, all campers must submit a current Camper Health History/Release form. This was sent after registration was confirmed and should have been filled out by Friday, May 26, 2023. If you have not yet completed this, please do so immediately. This form must be completed prior to the Big Red Camp your camper is attending. Please provide us with all relevant information regarding your camper. If your camper has any special needs, our knowledge of these will only further the camp experience. This information is securely stored and only shared with staff working with your camper. If you have questions, please contact us.

Health Information

Parents/guardians will be contacted if the following situations occur:

• If your camper needs to see a doctor or visit the emergency room.
• If signs or symptoms of COVID-19 are present.
• If there is a question(s) in regards to information supplied on your camper’s Health History/Release form (medications, chronic health conditions, etc).
• If a camp staff person needs your assistance/support in regard to your camper’s well-being.

Medications, Vitamins, Non-Prescription Drugs, Etc.
All medications, vitamins, herbal supplements, etc. must be handed in when campers check in at camp. Please make sure not to pack these items in your camper’s gear. If your camper requires a rescue inhaler, epi-pen, or other rescue medication, they can be carried in by the camper at all times. For safety of the camp community, no camper will be allowed to keep non-rescue medication on their person or in their belongings.

Please note the following as you are packing your camper’s medications:
• All medicines, vitamins, non-prescription drugs, etc. must come to camp in the original containers.
• Prescription drugs must be in the name of the camper and have the instructions from a physician as to dosage, use, etc. accompanying the container. Please check carefully to ensure inhalers or other boxed medications and prescription samples either have the box with the prescription label or a note from your physician indicating the campers name, dosage, and any other instructions.
• Vitamins, non-prescription drugs, herbal supplements, etc. require a written signed note from the parent/guardian indicating dosage and frequency.

Emergency Procedures
Parents will be contacted if there is an emergency that affects the camp community. Examples of emergencies include evacuation or other such occurrences. If these events occur, please do not call. You will be contacted by Nebraska 4-H staff with information regarding next steps.

Medical Insurance:
Health insurance is the parent's/guardian's responsibility.

COVID at Camp
If your camper arrives at camp with signs or symptoms of COVID-19, we will not allow them to attend the session. If your camper begins to show signs or symptoms, have been identified of being in close contact, or received a positive COVID-19 test result during their stay at camp, we will isolate them and call you to pick up your camper. We ask that you have your camper picked up within 6 hours of notification as we do not have the facilities or staff to remain isolated with your camper.

Meals at Summer Camp
Campers will enjoy a cafeteria style meal served daily in the dining hall. A wide variety of options are available. There is a convenience store and coffee shop in the East Campus Union open certain hours of the week if a camper wants to purchase additional items.

Special Dietary Needs and Food Allergies
Most dietary needs can be accommodated (vegetarian, lactose-intolerant, gluten free, etc.). Special diets may require the participant to bring some of their own food to supplement the meals provided by camp. If your camper has any specific dietary restrictions or needs, these should be listed on the Camper Health History/Release form. These are required to be turned in to dining services at least 2 weeks in advance of the start of Big Red Camps.

Additional Special Needs
Please contact the program director for campers requiring special health care or with mobility limitations. Together, you and the program director can discuss the nature of your camper's needs and gather additional information to determine if the camp can provide the proper support, supervision, and necessary accommodation for your camper to have a safe, fulfilling camp experience. To be successful at camp, your camper needs to be independent with self-care (shower, dressing, using the restroom). Your camper needs to feel comfortable with the following ratio:

<table>
<thead>
<tr>
<th>Camper Age</th>
<th>Number Staff</th>
<th>Overnight Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>14-18 years</td>
<td>1</td>
<td>15</td>
</tr>
</tbody>
</table>
We are dedicated to serving ALL youth at Nebraska 4-H and accommodations can be made in many cases. Please contact the program director if you would like to speak about special accommodations.

**Telephones and Cell Phones**

Campers are not, generally, allowed to receive or make phone calls while at camp. If there is a problem or if your camper is not doing well, a staff member will contact you as soon as possible. If in an emergency arises at home and you must contact the camp by phone, our camp phone number is:

Program Director • (785) 466-0147 (cell)
Nebraska State 4-H Office • (402) 472-2805

Please ask to speak to the program director. If they are not available, leave a message and they will return your call as quickly as possible.

**Campers are to refrain from cell phone usage while at camp.** Camera phones can create privacy and legal concerns. Camp is purposefully a place where campers can “unplug,” allowing them to better connect with each other and their environment on the college campus. Nebraska 4-H is not responsible for lost, stolen, broken, or damaged property.

**Sleeping Placement**

The most frequently asked question is “Where will I live during camp?” Living placements are shortly before the session begins and determined by total camp enrollment. Campers will receive this information during check in.

Campers will be sleeping in rooms in the residence halls on the UNL campus. Your child will bunk with campers within their same Big Red Camp as much as possible. Campers will be assigned two to a room. Gender neutral accommodations can be made by contacting the program director, Dawn Lindsley, prior to the start of the camp session. Each floor has access to restrooms and showers near your child’s sleeping quarters.

Always be respectful of your roommate and their possessions, as well as other campers and staff. Rude or bullying behavior will not be tolerated. You may NOT go in the residence hall from of someone of the opposite gender. No alcohol, drugs, or tobacco are allowed anywhere on campus. No exceptions!

Mattresses, beds, and sheets are provided in all living units. You must provide your own bedding, including sleeping bag, pillow, and blankets. Each room is climate controlled.

**Camp Check-in Process**

Please do not plan to arrive early, as the camp staff will be preparing the site for campers. Doors open promptly at drop-off time. Please bring any medication with you to the check-in table. You and your camper will follow check in procedures and then visit with a staff member for the health screening.

- Parking: There is not a parking lot immediately alongside Massengale Residential Center. You will need to park at the East Campus Union or a parking lot to the east.
- You will be directed to the check in area where you will receive your room key, meal card,
name tag, etc.

- After completing the check-in and health process, you will find your camper’s room where they will leave all of their belongings until the designated time to go to their room.
- Campers will then need to walk with parent(s)/guardian(s) to the East Campus Union Ballroom.
- Parent(s)/Guardian(s) are welcome to attend the opening session in the East Campus Union Ballroom, though it is not required. Any parent(s)/guardian(s) in attendance will be asked to depart at a designated time.

Camp Checkout Process

The person picking up the camper is required to show photo identification and be an authorized pick-up on the camper’s forms turned in prior to the start of Big Red Camps.

There are no exceptions to this policy – even parent(s)/guardian(s)/chaperones must show ID. This is for your safety as well as your camper’s protection.

- Luggage pick-up: Campers luggage will be left in a designated area on the last day of Big Red Camps. Please take time to find ALL of your camper’s luggage including laundry bag, sleeping bag, pillow, stuffed animal, etc. Due to a week of living out of a suitcase, your camper’s luggage may have expanded since they left.
- Lost and Found Items: Lost and found items at camp are kept with the program director. Items are displayed for claim on the last day of camp. Unclaimed items will be held for two (2) weeks after the last day of the camp session. Any items that have not been claimed will be donated or discarded. Nebraska 4-H is not responsible for lost, damaged, or stolen items.
- Meeting instructors and camp staff: At pick-up time, feel free to take a few minutes to meet the instructors/staff who worked with your camper during the week. They’ll be happy to meet you and speak with you about your camper.
- Leaving Camp Early / Coming and Going: It is our goal to make your child’s stay at 4-H camp one of the highlights of their summer. We strive to create a community in which all campers are actively involved 100% of the time. This is difficult when campers leave for sporting events or other engagements. Please try to make arrangements within your schedule so your child can remain at camp the entirety of the session. Please contact the program director, Dawn Lindsley, prior to Big Red Camps beginning if you have any issues.
- Medications: Remember to pick up your camper’s medication.

General Packing List

Campers are responsible for all items brought to camp. Label everything – especially sleeping bags/blanket(s) and luggage! Have your camper play a part in their own packing so they will know where things are located and what they have at camp. Your camper must be able to carry their personal gear on a short walk to the sleeping unit from the lobby area. Have your camper practice carrying their camp gear to ensure they will be comfortable doing so at camp.

The weather varies at all camp. Please plan ahead and check out the forecast near camp! Nights can be cool even on the hottest days. Please pack enough clothes for your camper’s entire stay as our camp does not have access to laundry facilities.

### CLOTHING (required):

- T-shirts or tank tops – at least one per day; no spaghetti straps
- Long pants and shorts
- Comfortable shoes – at least one pair of tennis shoes
- Raincoat or poncho
• Socks – pack extra!
• Underwear – pack extra!
• One business casual outfit to wear during the business and industry networking dinner and workshops on Monday night (nice pants/skirt and top – please do not go out and purchase anything new, just something a little nicer than your typical day clothes)

Some of the individual camp directors may reach out to you with more specific clothing requirements and/or recommendations as well.

PERSONAL CARE (required):
• Medications
• 2 washcloths
• 2 bath towels
• Sunscreen AND Chapstick – SPF 15 or higher
• Shampoo, conditioner
• Brush, comb

NICE TO HAVE ITEMS (optional):
• Stuffed animal
• Book
• Stationary (preaddressed and stamped with envelopes recommended)
• Shower shoes-flips flops work well

DO NOT SEND:
• Radios, iPods, or MP3 Players
• Video games
• Gum, candy, or other food items
• Portable DVD players
• Tobacco, illegal drugs, alcohol
• Weapons including guns and knives – even toys

DEPENDENT ON YOUR BIG RED CAMP & AT YOUR OWN RISK
• Cell phones
• Laptops
• Other Digital Equipment (video cameras, etc.)

DO NOT SEND (continued):
• Expensive name-brand articles
• Irreplaceable items
Prior to Big Red Camps
Due to a significant focus on career and college readiness throughout the Big Red Camps program, campers may be receiving additional information and instructions to complete prior to June 11th, which may include the following:

- Instructions to enroll in the Canvas Catalog LMS (learning management system)

In addition, individual Camp Directors may have additional information and/or requests they will share with you prior to the start of Big Red Camps as well. Please make sure you are checking the participant email address you submitted on a daily basis between now and then, and promptly respond as requested.

Code of Conduct
The primary goal of the 4-H Program is to help youth develop competency in their projects, confidence in themselves and others, connections to their community, and sound character. Actions by persons (Parents and 4-Her’s) involved with the 4-H Program will be consistent with the six core ethical values comprising good character: trustworthiness, respect, responsibility, caring, fairness, and citizenship.

As a 4-H Participant/Parent/Guardian I will:

- Treat all people and property with respect, courtesy, consideration, and compassion. Avoid and prevent putdowns, insults, name calling, swearing, and other language or nonverbal conduct likely to offend, hurt or set a bad example.
- Keep informed about 4-H program policies and projects and read materials pertaining to the county 4-H program.
- Teach and model kindness and compassion for others. Recognize that all people have skills and talents which can be used to help others and improve the community. Teach and foster teamwork and discourage selfishness.
- Practice fair-mindedness by being open to ideas, suggestions, and opinions of others. I will make all reasonable efforts to assure equal access to participation for all youth and adults regardless of race, creed, color, sex, national origin or disability. Decisions will be made fairly and treat all individuals and families with impartiality.
- Obey laws and rules as an obligation of being a good citizen. I accept responsibility for the proper treatment and care for other youth and adults, the program facilities and/or equipment.
- Demonstrate the responsible treatment of animals and stewardship of the environment.
- Not use alcohol or illegal substances (or be under the influence) while working with or participating in any part of the 4-H Program.
- Provide a safe environment for all parties involved in 4-H. I will protect those involved from sexual harassment, physical force, verbal or mental abuse, neglect, or other harmful behaviors.

Youth participants/Parents/Guardians who do not abide by the above code of conduct will be subject to the following consequences:

1. Be asked to explain actions to the 4-H Educator.
2. Be dismissed from an event at own expense.
3. Further disciplinary action determined in cooperation with the local Extension Educator, the District 4-H Coordinator, the State 4-H Program Administrator, and as warranted, the Dean of Extension and IANR Administration. Disciplinary action may include:
   - becoming ineligible to participate in specific 4-H activities,
   - becoming ineligible to participate in the Nebraska 4-H program.
4. Reimburse the proper entity for any property damage or for liability resulting from inappropriate actions. In the case of vandalism, guilty party may be required to reimburse 4-H and/or the facility.
Multiple violations of the code of conduct may result in:

- Suspension for a period of time,
- Becoming ineligible for 4-H participation in their county.

Parent/Guardian violations may also result in:

- Restriction from contacting 4-H families, volunteers, donors, and/or sponsors pertaining to any 4-H matter.
**BIG RED CAMPS**

**Tentative Weekly Schedule**

**SUNDAY**

- 2 - 3:15 PM  Check-in at Residence Hall
- 3:30 PM  Opening Session
- 4:45 PM  Individual Camp Orientation
- 5:30 PM  Dinner
- 6:15 PM  Evening Programming
- 9:30 PM  Evening Reflection
- 10:30 PM  Lights Out

**MONDAY - THURSDAY**

- 7 - 8:30 AM  Getting Ready, Breakfast
- 8:30 - 11AM/12PM  Morning Programming
- 11AM - 1 PM  Lunch (30min - 1hr lunch max)
- 12/1 - 4:30/5 PM  Afternoon Programming
- 5 - 6 PM  Dinner
- 6 - 10 PM  Evening Programming
- 10:00 PM  Evening Reflection
- 10:45 PM  Lights Out

**FRIDAY**

- 7 - 9:00 AM  Getting Ready, Breakfast, Move out of Residence Hall Rooms
- 9:30 AM - 12PM  Morning Programming
- 12 - 1 PM  Lunch
- 1 - 2 PM  Closing Session
- 2:00 PM  Individual Camp Capstone Presentations (time will vary by group)
- By 4 PM  Checkout at Residence Hall

*Unicameral Youth Legislature will end Wednesday afternoon*
| 91 | Prem S. Paul Research Center at Whittier (WHST) |
| 49 | Pipe Hall (PIPH) |
| R-Z | |
| 48 | Raymond Hall (RAYH) |
| 22 | Richards Hall (RH) |
| 86 | Sandoz Hall (SZRH) |
| 78 | Scott Engineering Center (SEC) |
| 45 | Section Hall (SEH) |
| 44 | Selfridge Quadrangle (SEX) |
| 51 | Sheldon Museum of Art (SHM) |
| 71 | Smith Hall (SMRH) |
| 50 | State Museum of Natural History (MORR) |
| 69 | Teachers College Hall (TEAC) |
| 8 | Temple Building (TEMP) |
| 93 | Transportation Services (TRAN) |
| 55 | U Street Apartments (UST) |
| 5 | University Communication (UCOM) |
| 44 | University Health Center (UHC) |
| 3 | University of Neb. Federal Credit Union (UNLCU) |
| 51B | University Housing Offices |
| 52B | University Suites (UNST) |
| 9 | UNL Children’s Center (CHC) |
| 53 | UNL Print, Copy & Passport Services (ICG) |
| 13 | UNL Police Dept.-309 N 17th St (17PG) |
| 46 | Utility Plant (CCUP) |
| 7 | Van Brunt Visitors Center (RVB) |

**PARKING GARAGES**

| 14a | 1718th & R Parking Garages (17PG, 18PG) |
| 56 | 16th & Avery Parking Garage (16PG) |
| 86 | 18th & Line Parking Garage (18PG) |
| 11 | Stadium Drive Parking Garage (SDPG) |

- 3 Rise Building (RISE)
- 2 Food Innovation Center (FIC)
- 4 Greenhouse Innovation Center (ICG)
- 1 Nebraska Innovation Commons Conference Center (NICC)
- 1 Nebraska Innovation Studio (NIS)

Haymarket Park Stadium Complex (HAYB)
West on O Street to Sun Valley Blvd-turn right (north) to Line Drive Circle-turn right (east).
Pinnacle Bank Arena — West on O Street to N 8th Street-turn right (north) to R Street-turn left (west).