



2025



# POLICIES & FAMILY HANDBOOK

**Cornell Cooperative Extension  
Nassau County**

**Dorothy P. Flint 4-H Camp  
3186 Sound Ave. Riverhead, NY 11901**

# Overnight and Day Camp

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2025	SLEPAWAY (Mon. - Sat.)	DAY CAMP (Mon. - Fri.)	THEME	SPECIAL EVENTS
<b>Week 1</b>	June 30 – July 5	June 30 – July 4	<b>Welcome to the Great Outdoors</b>	<b>4th of July Cliffhouse Bash</b>
<b>Week 2</b>	July 7th– July 12	July 7 – July 11	<b>Superheroes</b>	<b>Superhero Showdown</b>
<b>Week 3</b>	July 14 – July 19	July 14 – July 18	<b>Spirit Week</b>	<b>Spirit Week Showdown</b>
<b>Stayover Weekend #1</b>				
<b>Week 4</b>	July 21 – July 26	July 21 – July 25	<b>Game Shows &amp; Talent Show</b>	<b>Night of the Final Challenge</b>
<b>Week 5</b>	July 28 – August 2	July 28 – August 1	<b>Lost In Space</b>	<b>Glow Gala</b>
<b>Week 6</b>	August 4 – August 9	August 4 – August 8	<b>Color Wars</b>	<b>Rainbow Rave</b>
<b>Stayover Weekend #2</b>				
<b>Week 7</b>	August 11 – August 16	August 11 – August 15	<b>Season Swap</b>	<b>Haunted Trail</b>
<b>Week 8</b>	August 18 – August 23	August 18 – August 22	<b>Carnival / Camper Banquet</b>	<b>Camper Banquet</b>
<b>Bonus</b>	August 25 - August 28		<b>Teen Leaders Week</b>	

# OUR MISSION



## Welcome to Cornell Cooperative Extension of Nassau County's Dorothy P. Flint (DPF) 4-H Camp

Dorothy P. Flint 4-H Camp is grounded in the mission of Cornell Cooperative Extensions: to enable people to improve their lives and communities through partnerships that put experience and research knowledge to work. Extension staff and trained volunteers deliver education programs, conduct applied research, and encourage community collaborations.

At camp, this mission translates into programs that emphasize learning by doing. Our 4-H educational programs are designed to inspire curiosity, creativity, and a love for learning in our natural world, ensuring that each camper's experience is not only fun but also enriching. Guided by the values of leadership, community, and stewardship, DPF 4-H Camp empowers youth to grow into engaged, capable individuals, ready to meet life's challenges.

### About the Camp

Located on 140 acres along the Long Island Sound in Riverhead, NY, the Dorothy P. Flint 4-H Camp (DPF 4-H Camp) offers co-ed overnight and day camp experiences for youth aged 5-16. Accredited by the American Camp Association and licensed by the Suffolk County Department of Health, DPF 4-H Camp is committed to creating a safe, enriching environment where campers can learn, grow, and make lifelong memories.

At DPF 4-H Camp, we celebrate diversity and provide a nurturing environment for youth and adults to reach their fullest potential as capable, competent, and caring citizens. Whether your child is joining us for a week-long sleepaway adventure or enjoying the excitement of our day camp options, they'll be immersed in a supportive community that values personal growth and fosters lifelong friendships away from common plugged technologies.

## AGES

**Day Camp** is for campers **entering 1st grade** through **13** years of age. **Sleepaway Camp** is for campers **ages 8-16**.



# FLINT DAY CAMP

## Using This Handbook to Prepare for Day Camp

Flint Day Camp is the daytime-only portion of the Dorothy P. Flint 4-H Camp. Our Day Camp program is for campers entering 1st grade up to 13 years of age who are not ready for a sleep-away camp or don't want to stay overnight, but want to get the shorter day camp experience.

This handbook has a wealth of information to best prepare your camper for our Day camp program. All information, forms, and policies pertaining to sleep-away also apply to our day camp program (other than schedule and packing list, provided below).

Reminder: lunch is included in our day camp program! However, you are more than welcome to pack a lunch or snacks for your campers. Please review our sample menu (pg.10) to see our offerings.

### Packing List:

- Bathing suit
- Water bottle
- Beach towel
- Zip lock for wet bathing suit
- Sunscreen
- Bug spray (optional)
- Campers should wear sneakers every day!
- Raincoat or poncho (rain does not stop the outdoor fun)
- Sweatshirt and long pants (sometimes it gets chilly here or they might want to put on for some activities)



### DAY CAMP SCHEDULE

	Ages 5–8	Ages 8-above
Time	Cloverbuds	SunStriders
8:30 AM	Arrival	Arrival
8:45 AM	Morning Madness	Morning Madness
9:30 AM	Class 1	Class 1
10:40 AM	Transition / Snack	Transition / Snack
10:50 AM	Class 2	Class 2
12:00 PM	Central Camp	Daily Sport
12:10 PM	Lunch	Daily Sport
12:40 PM	Daily Sport	Daily Sport
1:00 PM	Daily Sport	Lunch
1:40 PM	Daily Sport	Central Camp
1:50 PM	Grassy Knoll / Attendance	
2:00 PM	Campers' Choice	Activity Board
2:50 PM	Canteen	Canteen
3:00 PM	Regular Pick-Up	
3:20 PM	Rotational 1	Rotational 1
3:30 PM	Transition	Transition
4:40 PM	Rotational 2	Rotational 2
5:30 PM	Extended Day Pick Up	

# OVERNIGHT CAMP

## Using This Handbook to Prepare for Sleep-Away Camp

Preparing your child for this exciting adventure well in advance is important. Being prepared and knowing what to expect will help your camper feel ready and empowered and will increase comfort levels before they arrive for their first night away from home.

Sleep-away camp is a unique opportunity for a young person to experience independence and self-reliance, and to make new friends with peers their age from all different parts of the country and the world. 4-H camp is designed to encourage campers to try new things, meet new people, and explore new environments in the great outdoors through exciting group programming.

It is a good idea to begin preparing your child by discussing the differences between home and the more rustic camp experience they are about to have. Reviewing the information in this handbook together will help you get familiar with the sleep-away camp experience and provide you with all you need to know about our setting. We also encourage first-time campers and their families to get familiar with camp by visiting our website together ([dpf4hcamp.org](http://dpf4hcamp.org)).



# CAMP EXPECTATIONS

## **Expect Fun, Rustic Accommodations**

Campers are housed in cozy, rustic wood cabins with 6-12 other campers and 1-2 counselor(s). There are separate accommodations for boys and girls in each age group. The cabins are screened-in, and equipped with lights, smoke detectors, and two outlets. Beds and mattresses are provided, but campers must provide their own bedding (see *pgs.13-17*). Bathrooms are not located in our cabins. Toilets and hot showers are in washhouses nearby.

## **Expect Great Food and Fun Mealtime Gatherings**

Meals are served family style in our Lodge dining hall. Food is plentiful, prepared fresh daily, and there are always additional choices that can be found on our salad bar. Vegetarian/vegan/gluten-free options are available during every meal, upon request. To ensure we can enjoy our mealtime and maintain a nice environment, campers help clean their section in the mess hall area of the Lodge after every meal.

## **Expect Our Traditional Camp Canteen**

The canteen is the “camp store” that campers will visit during assigned times after lunch on Mondays through Fridays. There is no fee for the canteen, and campers are permitted an item while they enjoy playing in the central camp area. We celebrate our warm summer days with a choice of ice cream (including dairy-free and alternative snacks for campers with allergies) from the canteen.

## **Expect Traditional 4-H Assemblies & Ceremonies**

All campers participate in camp assemblies and ceremonies, which are designed to encourage friendship and sharing between new bunkmates and camp friends. These assemblies and traditions include flag raising/lowering, weekly bonfires, songs, and much more! Our ceremonies are inspirational activities that help campers wind down from their busy day and reflect on things they experienced.

## **Expect Campers To Participate in Capers**

We teach our campers the importance of teamwork and respecting camp as our living space for the week! Campers work together to keep their cabins and other living areas neat and clean. Campers are assigned to daily “capers” or chores that may include picking up after a group craft, sweeping the lodge floor, setting tables, and helping clear their plates. Living areas are inspected daily by senior staff for general cleanliness, and all sorts of cool awards are distributed for teamwork and excellence.

## **Expect an Outdoor Camp Environment**

Camp is in a rustic, outdoor environment. Campers should not be surprised to spot the occasional chipmunk under a cabin, or spider in the bathroom. Respect for all parts of our environment is a part of what we teach our campers during their stay. Be ready to encounter all sorts of nature! Please see our detailed section on *Battling Ticks and Mosquitoes (pgs.11-12)* for more information on biting insect control at camp.

## **Do NOT Expect Religious Services**

Although we welcome all religious beliefs, we do not offer any religious services at camp.



# DAILY SCHEDULE

Time	Youth
7:00 AM	Wake-Up
7:15 AM	Morning Lazy
7:30 AM	Flag
7:50AM	Breakfast
8:20 AM	Activity Board Sign-up/ Central Camp
8:40 AM	Capers
9:10 AM	Cabin Clean-Up
9:20 AM	Grassy Knoll / Attendance
9:30 AM	Class 1
10:40 AM	Transition / Snack
10:50 AM	Class 2
12:00 PM	Back to Cabins
12:10 PM	Lunch
12:50 PM	Rest Hour
1:50 PM	Grassy Knoll / Attendance
2:00 PM	Activity Board
2:50 PM	Canteen
3:40 PM	Class 3
3:50 PM	Transition
4:40 PM	Class 4
5:30 PM	Central Camp
5:40 PM	Dinner
6:20 PM	Flag
6:30 PM	Unit Games
7:10 PM	Back to Cabins
7:20 PM	Evening Program
9:00 PM	Back to Cabin
9:30 PM	Tattoo
10:00 PM	Taps/ Lights Out

Time	Teen
7:00 AM	Wake-Up
7:15 AM	Morning Lazy
7:30 AM	Flag
7:50AM	Capers / Prep for Classes
8:20 AM	Activity Board Sign-up/ Central Camp
8:40 AM	Breakfast
9:10 AM	Back to cabins / Cabin Clean-Up
9:20 AM	Grassy Knoll / Attendance
9:30 AM	Class 1
10:40 AM	Transition / Snack
10:50 AM	Class 2
12:00 PM	Rest time
12:10 PM	Capers
12:50 PM	Lunch
1:50 PM	Grassy Knoll / Attendance
2:00 PM	Activity Board
2:50 PM	Canteen
3:40 PM	Class 3
3:50 PM	Transition
4:40 PM	Class 4
5:30 PM	Transition
5:40 PM	Unit Games
6:20 PM	Flag
6:30 PM	Dinner
7:10 PM	Back to Cabins
7:20 PM	Evening Program
9:00 PM	Back to Cabin
9:30 PM	Tattoo
10:00 PM	Taps/ Lights Out

**Capers:** Campers work together to keep their cabins and other living areas neat and clean. Campers are assigned to daily “capers” or chores that may include picking up after a group craft, sweeping the lodge floor, setting tables, and helping clear their plates.

**Central Camp:** Central camp is a time where campers can participate in lawn or recreational field games and much more! This is great bonding time for campers and their cabinmates.

**Unit Games:** These games will be lead by community leaders within the respective boys and girls units. These activities will vary from day to day and be optional for participants. Campers can choose to participate or relax with other campers in the unit and bond!

**Activity Board:** The activity board will be listed every day with fun, innovative classes for our campers to try! This time is a great opportunity for campers to try new things, or do more camp activities!

# PROGRAM ACTIVITIES

**Agriculture & Farm-to-Table:** Campers will work alongside our farm educators and farmer, gaining hands-on experience in growing vegetables and flowers while learning about sustainable farming practices. They'll also care for a variety of farm animals, feeding, grooming, and helping to maintain their living spaces. Each summer brings a unique selection of animals, with past residents including pigs, cows, guinea hens, chickens, roosters, rabbits, ducks, sheep, horses and even goats! Additionally, campers can explore our Farm-to-Table program, offered on specific weeks. This special experience highlights the journey of fresh farm produce, teaching campers how food goes from seed to plate in the most delicious way possible.



**Aquatics-Beach:** Our certified staff are here to help campers improve their confidence and technique in the water, offering tips for those who want to refine their swimming strokes. For a unique challenge, experienced swimmers can participate in our Jr. Lifeguard class, offered during a designated week. Campers can join in on games like Marco Polo, Sharks and Minnows, beach volleyball and sports, beach exploration, sandcastle building, and creative beach-themed nature crafts.

**Archery:** With a variety of targets, including traditional bull's-eye stands, hanging dice, and stand-up animal figures, campers will have plenty of opportunities to hone their skills. Under the guidance of a certified instructor, campers will learn proper bowmanship techniques and safety protocols to improve their aim and confidence. We incorporate fun archery games like Tic-Tac-Toe, V-Shot, and Shoot Your Fears. Campers can showcase their progress in a friendly weekly competition, earning bragging rights and special prizes.



**Leadership in Training (LIT):** The Leadership in Training (L.I.T) program is designed for campers aged 14-16 who want to build leadership skills and grow as future leaders. Leadership is a core value at camp, encouraging participants to learn, lead, and collaborate as part of a team. L.I.T campers still experience all the fun of camp, participating in regular classes for half their schedule. The other half is dedicated to leadership training, where they develop work-place and life skills.

**Low Ropes:** Our Low Ropes program offers exciting, ground-level adventure elements designed to challenge campers and build essential teamwork skills. These activities emphasize creative problem-solving and collaborative planning as groups work together to overcome each obstacle. Through each task, campers will learn to rely on one another, think critically, and celebrate their shared successes.

**Nature & Ecology:** Campers will explore the ecosystems of plants and animals, learning about biology, ecology, and conservation. Using terrariums and aquariums, they'll safely observe wildlife behaviors before returning animals to their habitats. Adventurous hikes uncover geological features, soil science, and aquatic ecosystems, while hands-on activities that introduce campers to topics like botany, microbiology, and environmental science.



**Outdoor Living (ODL):** In our Outdoor Living (ODL) program, campers immerse themselves in the natural beauty of our property while learning essential techniques for outdoor skills and survival camping. This program teaches participants how to build shelters, tie useful knots, safely light and control campfires, and even start a fire without matches. Campers also gain hands-on experience with navigation using maps and compasses, learn basic medical techniques, and develop the skills needed to establish a functional and organized base camp. These activities provide a comprehensive foundation for outdoor adventure and preparedness.



# PROGRAM ACTIVITIES

**Performing Arts-Drama:** Our Performing Arts – Drama program immerses campers in the magic of theater. Through engaging improvisational games and collaborative activities, campers will unleash their creativity and express themselves through character development and storytelling. They'll work together to plan and perform a short skit, bringing their ideas to life on stage. The week concludes with a camp-wide performance where campers step into the spotlight and share their theatrical creations.



**Performing Arts-Music:** In this program area you can learn everything from playing an instrument, to being in drama skits, and even fun improvisation games! Our knowledgeable staff will help you become a master of the arts with teamwork as the value at the center.



**Sports & Recreation:** Our energetic staff, skilled in a wide range of sports including soccer, baseball, rugby, tennis, lacrosse, kickball, volleyball, ultimate frisbee, Zumba, aerobics, yoga, and more. There's something for everyone! Special activities like sand sports and Olympic-style games are also offered during select weeks, adding variety and excitement to the program. Each session begins with a warm-up to prepare and stretch safely. Campers then dive into skill-building activities and mini-games like World Cup or Knock Out to practice techniques in a fun, engaging way. Finally, they test their new skills in full games, combining learning with friendly competition. This program emphasizes skill development, teamwork, and, most importantly, having fun on the field!

**Visual Arts:** Led by our talented staff, campers will dive into diverse art forms such as fine arts, puppetry, basket weaving, jewelry making, leather crafts, felt pillows and stuffed animals, comic book creation, tie-dye, string art, knitting, and even DIY fashion. With projects like camp beautification, campers can leave a lasting mark while expressing their artistic flair. Throughout the week, campers will create pieces from some of these categories to take home and proudly showcase. They also have the chance to work on projects for the Long Island Fair, where they can compete to win ribbons and display their creations to the broader community. This program is perfect for campers who want to try something new, refine their artistic skills, and take part in the joy of crafting and self-expression.

*\*Programs are subject to change based on staff availability and weekly offerings*

## Specialty Camp Sessions

**Mini-Stay Week:** A Perfect Introduction to Camp (Week 1 ONLY)

Our Mini-Stay Week offers a taste of the full sleepaway camp experience, perfect for first-time campers or families seeking flexibility. Campers participate in all activities, including campfires and programs, alongside full-week campers. It's an affordable option at half the cost for half the week, with the flexibility to extend your stay!

# PROGRAM ACTIVITIES

**Note: For ages 7 and up (7-year-olds may only attend one session).**

- Week 1 ONLY
- Half 1: Monday to Wednesday
- Half 2: Thursday to Saturday

**Stayover Weekends:** Relax, Recharge & Continue the Fun (Limited Weekends)

Stayover Weekends offer a seamless transition between back-to-back camp weeks. Enjoy a relaxed schedule with a late rise on Sunday, delicious brunch, and our signature Beach Sunday—a 4-hour beach day with special programming. It's the perfect blend of fun and relaxation to gear up for another exciting week!

**Note: See registration and/or the website for available weeks**

**Bonus Session: Teen Leaders Week**

This intensive 4-day program focuses on building real-world skills to prepare teens for future success. Participants will engage in hands-on workshops like resume writing, leadership techniques, public speaking, and teamwork exercises. This is a perfect opportunity for teens to step into leadership roles and grow as future leaders.

## Evening Programs

*These activities are programmed from 7pm onward after a fun day in the sun! Offered Monday – Friday*

**Monday Night Madness:** High energy activities focused on cabin/all camp bonding! Make your first night at camp memorable with new activities each week! We end each Monday with a welcome bonfire to greet our new week of campers!

**Cabin Nights:** Your counselors will discuss with your cabin what activities campers would like to do for Cabin Night. Together, campers and counselors plan a fun evening! Activities can range from s'mores, campouts, spa nights, and much more!

**Unit Night:** Get together with your unit and explore some amazing pre-planned activities for you all to enjoy, such as scavenger hunts, escape rooms, and much more! We have a girls unit and a boys unit—this is the night that you'll do something without the other unit.

**Council Fire:** To end our week we close with our traditional campfire. We get together to sing songs and share what we have learned over the week. It's a relaxing night accompanied by plenty of music and a big fire.

Other activities you may see over the summer are a talent show, gameshow, color war, July 4th celebration, "fashion" show, and much more exciting programming! Check out our theme calendar to see which specialty activities will be offered each week.



# SAMPLE MENU

Day	Breakfast	Lunch	Dinner
<b>Monday</b>	Campers arrive 9am No breakfast is served	Chicken tenders, veggie “chicken” tenders, mixed vegetables, salad bar, fresh fruit	Tortellini and meat sauce, vegetarian tomato sauce, garlic bread, salad bar, fresh fruit
<b>Tuesday</b>	Pancakes, sausage, hot/cold cereals, juice/fresh fruit, yogurt, granola	Grilled cheese (assorted flavors—meat and veggie options), tomato soup, salad bar, fresh fruit	Orange chicken, veggie orange “chicken”, broccoli, rice, salad bar, fresh fruit
<b>Wednesday</b>	French toast, bacon, hot/cold cereals, juice, fresh fruit, yogurt, granola	Pizza (assorted flavors—meat and veggie options), salad bar, fresh fruit	Chicken and veggie “chicken” patty sandwiches, tater tots, salad bar, fresh fruit
<b>Thursday</b>	Scrambled eggs, sausage, toast, butter/jelly, hot/cold cereals, juice, fresh fruit, yogurt, granola	Tacos/burritos, vegetarian taco “meat” option, salad bar, fresh fruit	Old Fashioned Chicken BBQ Chicken on the bone (charcoal roasted), hot dogs, veggie burgers, farm fresh potatoes, farm fresh corn, pasta salad, coleslaw, watermelon
<b>Friday</b>	Waffles, bacon, hot/cold cereals, juice, fresh fruit, yogurt, granola	Hot dogs, hamburgers, veggie burgers, French fries, salad bar, mixed vegetables, fresh fruit	Meatball subs on hoagie rolls with tomato sauce, vegetarian meatball options, mixed vegetables, salad bar, fresh fruit
<b>Saturday</b>	Continental Breakfast	Campers leave at 9am after breakfast	

- All Meals are served “Family Style”
- Beverages available at all meals: Milk, water, flavored water
- Water is always available for campers at the lodge, or in coolers at program locations. A reusable water bottle with a lid or seal is **required** for all campers to stay hydrated.
- Continental Breakfasts may include: hot and cold cereals, muffins, yogurts, fresh fruits, bagels, English muffins, sandwich bread, selections of jelly and “Sun Butter” (vegan, peanut-free peanut butter substitute - made from sunflower seeds).
- Salad Bar may include: fresh tossed greens/lettuces, chopped vegetables, beans or chickpeas, varied side salads such as potato or macaroni salad, egg or tuna salad, fresh fruit, and various condiments.
- We try our best to make accommodations for campers with dietary needs. Gluten-free and vegetarian options are provided by camp and are available at every meal (upon request). Campers with more specific dietary needs can bring their own food which can be prepared by our kitchen staff and served to your camper during their scheduled mealtimes. **Special dietary requests need to be on the registration form in the Parent Completed Health Form section.**

# BATTLING TICKS & MOSQUITOS

There is no denying it, bugs are a part of summer life outdoors. At camp, we take many precautions to manage and minimize exposure to biting insects, such as ticks and mosquitoes, but we ask that parents prepare their campers to take certain precautions as well.

## What We Do at Camp

We eliminate tick and mosquito hiding areas. Early in spring, during the months ticks and mosquitoes are most active, we implement a mowing and leaf maintenance schedule and begin to identify and manage areas where standing water may attract biting insects.

We treat the property. We have a contract with a professional company that sprays the summer camp areas to kill and prevent ticks and mosquitoes, and this process is repeated every 21 days leading up to summer camp season. We work with Cornell Cooperative Extension professionals and agents to ensure the products we approve are safe for humans and animals, and non-harmful to our water sources.

We treat all camper socks and shoes once a week. Once campers arrive at camp, we treat all of their socks and shoes with a commercial, waterproof permethrin spray designed to adhere to fabrics. This product repels ticks, mosquitoes, and other biting insects, and is designed to last through 6 washings (or getting soaking wet 6 times). This product does not stain or damage clothing or fabrics, is odorless after it dries, and is nontoxic to humans. It helps repel biting insects from your camper's feet and ankles, which is the most common point of contact for campers who do encounter the occasional insect. If you do not want your child's shoes and socks sprayed, please notify us at drop-off.

We educate and train our staff. Our staff members are trained by specialists from Cornell Cooperative Extension, specifically designed for summer camp counselors, to prepare them as the next line of defense against insect bites. Staff learn how to use the illustrated guide on the next page to teach campers in their assigned units how to check themselves for sneaky ticks. Our washrooms at camp have several private tick-check stations, with an enclosed private area and a three-way mirror, as well as the illustrated guide, so campers can check themselves.

We provide care and assistance with ticks at the Health Lodge. If a camper does find a tick or experiences effects of an insect bite, the nurse at our camp Health Lodge is available 24/7 to assist with removal, treatment, recording the event, and contacting home if there is potential for illness or allergic reaction.

## What We Ask Parents to Do:

Provide your camper with the bug spray you are most comfortable with them using every day during their stay at camp. Staff will remind campers to apply their sunscreen and bug spray before heading out into the wooded areas to start their camp day. Camp will not provide additional bug spray beyond the permethrin used to treat socks and shoes. It is **required** that all campers have their own bug spray (approved by their parent) from home.

Please ensure your child has the appropriate socks and required footwear.

Covering the ankles may not always be the most fashionable look, but it is the absolute BEST way to protect your camper from picking up ticks that may be lurking in grass or wooded areas.



# TICK CHECK

Review the illustration on this page with your child.

This illustration acts as a visual guide for youth to independently check their entire body for ticks in the self-check stations at camp.

Campers will get instructions to follow the prompts on the illustrated guide.

Our camp nurse deals with ALL tick removal.

## Is there a tick on you?

# Do a tick check!

## Here's where to look:



Along your hairline

Back of your neck

Inside and behind the ears

Armpits

Legs

Groin  
(where your legs join your body)

Behind the knees

Between your toes

**Ticks are tiny, so look for new "freckles." These are actual size:**



Nymph



Adult female dog tick



Adult deer tick



Prevent Lyme and other diseases spread by ticks.



# PACKING GUIDELINES

Please pack for camp together with your child. Packing together will help your camper get familiar with everything they are bringing, and where it is located. It will be important that your camper knows where to find all their items quickly in his or her belongings.



## Label Everything

Mark all clothing, shoes, luggage, and other items with the camper's first and last name.

Label laundry bags, luggage, bedding, and storage containers with the camper's first and last name.

## About Luggage

Camp recommends that campers pack their property in a duffle bag or luggage that can be slid under the bed for easy storage. Soft duffle bags work especially well!

Some parents bring a small set of plastic drawers pre-packed, a backpack, and a shower caddy with toiletries.

## Socks and Shoes Guidelines

Sneakers or lightweight hiking/outdoor shoes with a solid sole that cover toes **must always** be worn. Campers travel frequently on their feet across the camp during the day and as a result, for their safety, must have protective footwear.

Campers walk our woodland staircase to access the beach. Campers are expected to wear socks and appropriate hiking shoes or sneakers during travel to and from the beach. Flip-flops and water shoes may be worn once campers arrive at the beach. Water shoes are highly recommended for swimming and water play.

**NO LOW ANKLE SOCKS!** Tightly woven socks that cover at least the ankle, or higher, are required. Staff recommends crew socks or knee socks, which can be pulled up when extra coverage is needed.

## Set Necessary Medications Aside and Make Proper Arrangements

Please see our *Health Policies & Procedures (pgs.22-23)* section of this handbook for more details regarding medications, health and safety, and policies on distribution of medicine. But, while you are packing and preparing, the following medications should be packed separately and handed off by a parent directly to the designated staff member upon arrival for drop-off at camp.

Prescription and over-the-counter medications **must** be in their correct and unexpired bottles or packages, clearly labeled with child's name, and include a copy of their prescription. Please place the medication and a copy of the prescription in a sealed zip lock bag, also labeled with your child's name.



# ONE WEEK PACKING CHECKLIST

- 2 pairs of shoes
- 1 pair of water shoes (for safe swimming)
- 1 pair of flip flops (for down time and showering)
- 1 pair of rain boots
- 7 pairs of socks
- 7 pairs of underwear (daily change plus one extra)
- 2-4 pairs of shorts (mid-length shorts - see *Dress Code*)
- 2-3 pairs of long pants, leggings, or jeans
- 6-7 shirts or t-shirts
- 1-2 pajamas or night shirts
- 2 bathing suits (see *Dress Code*)
- Rain jacket or poncho
- Sweater or sweatshirt
- Hat/cap
- Sunglasses
- Water bottle
- Flashlight
- Beach towel
- Sleeping bag or two blankets
- 1 sheet set: fitted sheet & top sheet
- Pillow and pillowcase
- 3-4 towels and washcloths
- Soap in waterproof container
- Shampoo / conditioner
- Toothbrush and toothpaste
- Comb or hairbrush
- 1 bottle of hand-pump or lotion-based bug repellent (no aerosol cans)
- 1 bottle of sunscreen (preferably waterproof)
- Laundry bag
- Note paper, envelopes, pen, or pencil
- Stamps in sealable bag or affixed to envelopes in a sealable bag

## Optional Items

- A good book
- Beach bag or backpack
- Inexpensive camera and film
- Guitar, ukulele, or harmonica
- Work gloves or protective toe boots for farm
- A white or light-colored T-shirt for silk screening or tie-dyeing activities
- Baseball mitt, tennis racquet, or lacrosse stick if your child would like their own!

## A NOTE ABOUT EXTRA SNACKS/FOOD

Our canteen provides snacks every day, and often our evening programming includes after-dinner treats and snacks, but sometimes parents want to send a little something extra. If you pack additional snacks for your camper, please make sure they are in air locked containers and only meant for your camper. We are a **nut-aware** camp! This means please do **not** pack any snacks with nuts.

\*\*Extra snacks will be held by the Staff, and access to snacks will be provided during

*\*\* If your child has issues with bathroom needs at night, please include overnight protection (waterproof or plastic sheets to keep sleeping space sanitary) and let the lead counselor in the camper's cabin know.*

# DRESS CODE/PERSONAL PROPERTY

## **A Note on Personal Property**

To encourage your child to fully participate in camp activities, please refrain from packing personal property that could be distracting, lost, damaged, or stolen. Camp provides everything a camper needs for all scheduled games, parties, classes, activities, assemblies, and ceremonies.

The Camp makes every effort to see that campers return home with all their personal property. Still, campers do lose and/or damage their property. Consider packing “play” clothes that can get stained or dirty and do not pack expensive items such as jewelry and designer clothes. Items found left behind during camp drop-off, pick-up, or throughout camp sessions will be brought to the Lost and Found, where they can be reclaimed. Items in the Lost and Found that remain unclaimed will be donated or disposed of on October 1. Contact our camp office if you are looking for a lost item.

The staff of Cornell Cooperative Extension of Nassau County and the Dorothy P. Flint 4-H Camp staff reserve the right to inspect the personal property of campers and are not responsible for loss or damage to personal property.

## **Dress Code Implementation**

Dress code is always enforced by summer camp staff. Campers who do not meet dress code requirements will be asked to change. In the case that youth who do not have appropriate dress from the checklist to change into, when required for safety or protection during an activity, will have to choose an alternative activity for that period of the day.

## **Clothing Must Be Modest and Appropriate**

Use your discretion in choosing camp clothes. Modest clothing should always be worn. Inappropriate language or graphics on clothing is unacceptable. Logos or graphics that encourage breaking the 4-H Code of Conduct will be deemed inappropriate for camp. If you are not sure about something, please do not send it to camp with your child. We play hard at camp, and we get dirty! Please send play clothes and avoid expensive or new clothes. Please note that some classes require specific clothing for participation. See guidelines.

## **Shorts and Pants**

Shorts should be mid-length and cover half the child’s thigh, or more. Shorts and pants must be fitted at the waist. Baggy pants must have a drawstring or be belted at the waistline. NO SHORT-SHORTS. NO SLIT SHORTS. NO REVEALING PANTS-WEAR OR REVEALING SLEEP-SHORTS OUTDOORS. Pants are required for many activities at camp. Please ensure your child has at least 2 pairs.

## **Shirts and Tops**

Tee shirts are best and are required for some camp activities. Loose fitting tank tops may be worn but must be thick-strapped and cannot be see-through. Absolutely NO tube tops, spaghetti strap tank tops, backless, ripped, cropped, or see-through tops. Shirts must always cover stomach. Sleeveless and cut-off tee shirts are allowed but must fit the camper and may not be cut so low under the arms, stomach, or neckline areas to become a revealing piece of clothing.

## **Swimwear**

One-piece bathing suits are preferred. Tank-style 2-piece bathing suits must be secure. Bikinis, string bikinis, and bra-cut tops are not appropriate for camp. Only boxer style bathing suits or cut-offs should be worn at camp, with drawstrings to ensure they stay on in the ocean waves. No brief-style bathing suits are allowed. Baggy or loose shorts and/or pants must be belted or secured at the waist, above the hip, leaving no exposed area below the waistline.



# PACKING FOR SPECIALTY CLASSES

Your camper might sign up for one or more of the following classes held during all summer sessions. The following classes may require items not already included on the above list. If your child has expressed interest in one or more of the classes below, please see their included checklists for necessary items. Please note, there is a fee for High Ropes and Equine Classes.

## What to Bring For High Ropes Classes

Please make sure you have long shorts and/or pants suitable for climbing a high ropes course and good sneakers and high socks for optimal tick protection. Climbing equipment and helmets are provided for you.

## What to Bring for Equestrian Classes **\*\*Note: Pending staffing and horse availability for Summer 2025.\*\***

Learning how to interact with and ride horses can be exciting and so much fun. But to really enjoy your time in equine classes, it is important to be dressed appropriately and comfortably. Campers signed up for equestrian classes must wear the following to all sessions:

- Long pants or riding pants
- Appropriate Riding Shoes: Sensible hard-soled shoes with a heel that is NO HIGHER than 1" and does not have platform soles. **No sneakers.**
- Campers must treat themselves or ask staff to help them treat with bug repellent no more than 30 minutes before class sessions begin - for their protection. (Horses attract all sorts of biting insects. Bug spray will protect your child during class.)
- Safety helmets are always required for all staff and campers during classes. We provide safety helmets here at camp. If your child is an avid rider and has their own, they are welcome to bring it.

Please ensure your camper's first and last name is clearly labeled on any safety gear coming from home. Please know that if you choose to bring your own, camp staff cannot be held responsible for lost or damaged items.



# WHAT NOT TO BRING TO CAMP

As noted in the *Code of Conduct Agreement* (see pgs.19-21), if a camper brings any of the items listed below to camp, he or she will face disciplinary action. At a minimum, the items will be confiscated and held in the director's office until a parent retrieves them. The camp does not take responsibility for any damage to personal items that are not permitted at camp.

**Campers are NOT permitted to bring the following items to camp:**

- Cigarettes, cigars, matches, lighters, and vapes
- Alcohol
- Candles and lanterns (except battery operated)
- Electronic equipment (including, but not limited to, cellular phones, video games, portable TVs, radios, iPods, CD players, etc.)
- Sports equipment (except baseball mitt, tennis racket, and lacrosse stick)
- Expensive cameras or jewelry
- Laser pointers or pens
- Weapons of any kind, including "survival" gear that might be used as a weapon (ex: pocketknives, folding knives, sheath knives, and hatchets)
- Cell phones
- Money
- Medicine (even over-the-counter medication must be with our nurse and signed off on by a physician! See *Prescription* information on pg.23)
- Pressurized aerosol sprays (including, but not limited to, hair sprays, shaving cream, and insect repellents). Please use pump spray bottles.



## **A Note About Technology**

We believe in a screen-free environment. This means no cell phones, tablets, computers, etc. This is a time for your camper to unplug from daily life and connect with the natural world around them. We recommend talking to your camper about our no technology rule prior to them attending. If your camper forgot something at home and needs to contact you, our office will call you! If you would like an update on your camper, you can also call our office as well- our staff will be happy to give you an update!

# CAMPER CONDUCT

To provide the best possible experience for everyone, all campers must conform to camp policies and procedures, code of conduct, and group rules. Our goal is to ensure that no camper is hurt or adversely affected by the actions of another camper. We will therefore apply camp rules strictly and consistently.

## Consequences:

Depending on the severity of the infraction, there are 3 levels (see full list on pg.21) of consequences for refusing to – or displaying inability to – adhere to the rules of camp or code of conduct, as listed below. The following steps will be followed if a camper, teen counselor, or adult staff member does not abide by the rules of camp or the camp code of conduct.

## The following behaviors MAY result in EXPULSION from camp:

- Non-compliance or failure to comply with camp rules and reasonable directions of camp staff.
- Consistent inability or refusal to comply with camp routines.
- Non-participation (cutting classes, refusing to participate in programs and activities, etc.).
- Recurring disruptive behavior with little or no response to redirection.
- Profanity, obscene gestures, indecent conduct.
- Fighting, bullying, threatening, and other forms of violence or aggressive behavior towards self or others.
- Theft or vandalism, including damaging, destroying, or defacing personal or camp property.
- Providing false information.
- Severe homesickness or failure to function (not eating, sleeping, bathing).
- Use of cell phone without permission.

## The following behaviors WILL result in IMMEDIATE EXPULSION from camp:

These behaviors are treated as a third offense.

- Possession and/or use of cigarettes, cigars, or other tobacco products.
- Possession and/or use of matches, lighters, candles, or other combustibles.
- Possession and/or consumption of alcoholic beverages.
- Possession and/or use of illegal drugs.
- Possession and/or use of a weapon, including but not limited to pocketknife, sheath knife, folding knife, slingshot, or firearm.
- Possession and/or use of fireworks.
- Sexual, racial, religious or any other forms of harassment. This includes repetitive, indecent conduct whether it is directed at another person or an indirect, general display.
- Leaving camp property without authorization, running away, or being in restricted camp areas without permission.



# CODE OF CONDUCT AGREEMENT

The following guidelines are designed to make your experience at 4-H Summer Camp satisfying to you and to all others attending. Please read carefully and sign the agreement on the [registration form](#) to show that you have read and understand the expectation that we all do our best to adhere to the code of conduct, camp policies, and group rules designed to provide the best possible experience for all of us at DPF 4-H Camp.

Our priority is to create a safe, inclusive space for learning, sharing, and collaboration that is 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.

## 1. **Respect the rights, property, and personal space of others. This means...**

- 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.
- Rudeness, lack of courtesy, and disrespect for authority will not be tolerated.
- Fighting and threatening physical abuse is not acceptable behavior and may result in being sent home or released from camp immediately.
- Do not touch other campers' belongings.
- Disrespectful, abusive language will NOT be tolerated at camp. NO profanity, racial slurs, verbal bullying, or putdowns. Even if this type of language is used in a joking way, it is not appropriate for camp and will not be tolerated.
- Do not damage or deface camp facilities or property. NO graffiti, carving into trees or wooden cabins, or marking any surface in a permanent way. You will be liable for cost of repair.
- Campers cannot visit cabins in the alternate units. No exceptions. This will be treated as a third infraction. Campers may not enter any cabins except their assigned cabin without approval from the counselors and arrangement between designated staff for both campers.
- Follow the dress code. All clothing and footwear are well outlined in the dress code. Clothing that does not meet dress code standards may not be worn at any time during camp.
  - ⇒ All clothing must fit securely enough to be non-revealing; that is, enough to protect the modesty of the wearer when the wearer is engaged in any activity one might reasonably be expected to engage in while at camp or when participating in 4-H activities.
  - ⇒ This includes, but is not limited to, excessively low-cut shirts and/or blouses; inappropriately short dresses, skirts, or shorts; clothing that bares the shoulders, back, or midriff; and clothing that permits a view of undergarments at any time. In gauging the length of shorts or skirts the following is a rule of thumb – If your arms are extended down by your side then your shorts/skirt must fall at or below the fingertips.
  - ⇒ Swim trunks or appropriate shorts – no male speedo-style suits allowed. Female suits: One piece are preferred; two-piece suits are ok if they are secure to engage in physical activity.

# CODE OF CONDUCT AGREEMENT

- 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.
- 2. Be concerned for the safety of yourself and others. This means...**
- Follow the 10 miles per hour speed limit at Camp.
  - Must wear closed-toe shoes and (permethrin) treated socks for camp activities. Sandals are not safe on uneven terrain and do not protect your feet from injury or biting insects.
  - Sleeping area shall be kept neat and free of litter. Dispose of all trash in designated areas. Littering is NOT permitted on campgrounds.
  - No running in camp unless during an organized activity.
  - Throwing objects is not allowed unless it is a planned activity such as sports (throwing rocks, sticks, dirt or other natural items will not be tolerated).
  - No jumping or swinging on the beds or the cabins.
  - Campers cannot leave the grounds without an adult, and only in case of an emergency that requires attention from professionals outside of the campgrounds. Campers are not allowed to travel campgrounds unsupervised.
  - All prescriptions and over-the-counter drugs must be given to the Camp Nurse immediately upon arrival at camp. Only the Camp Nurse can distribute medications of any kind to your child. Please refer to the *Health Policies & Procedures* for protocol regarding prescription and over-the-counter medicine at camp.
  - No weapons of any kind are allowed at camp. Survival equipment and fishing equipment is provided by camp for related classes. **DO NOT BRING KNIVES OF ANY KIND TO CAMP. THEY WILL BE CONFISCATED.**
- 3. Camp is a fun experience, and everyone is to participate in the planned activities. This means...**
- Be on time and ready to participate.
  - Being 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.
  - All participants are expected to follow the schedules as set forth by camp staff. Straying from the schedules can be extremely disruptive and can sometimes even be dangerous.
  - Everyone must participate in the camp's fire drills. When you hear the bell, report immediately to the designated area for head count.
  - If illness occurs during a planned activity, a camper should report to their designated staff who will report to camp medical staff.
  - "Lights Out" means quiet and in bed.
- 4. Follow and respect the rules and policies as outlined in our handbook. This means...**
- The camp telephone is only to be used with the permission of one of the following: Camp Director, 4-H

# CODE OF CONDUCT AGREEMENT

Staff, or Camp Health Staff. Bringing and using cell phones is not allowed. If a child or teen wishes to make a call, they can contact an adult staff to decide if the call is necessary.

- Everyone must check in/out with the Camp Director or designated camp staff when coming or leaving camp. Parking vehicles is allowed in designated areas only.

## **5. The following items and activities are NOT allowed and will NOT be tolerated in any way at camp.**

### Consequences

Depending on severity of the infraction, there are 3 levels of consequences for refusing to – or displaying inability to – adhere to the rules of camp or the code of conduct, as explained above. The following steps will be followed if a camper does not abide by the rules of camp or the camp code of conduct.

### 1st Infraction

Camp staff member or Camp Director will speak quietly in private, or pull person to the side, to identify the inappropriate behavior, how it will be processed, and clarify the rule. Campers may need advice on how to better deal with a particular situation. First infractions are warnings for a camper.

### 2nd Infraction

Camp Director or camp staff will discuss the inappropriate behavior and give a "time-out" or other appropriate consequence for the behavior. The attitude and/or behavior in question will be discussed and processed, and first infraction will be noted. Camper may develop a plan with a staff member to prevent further infractions. Multiple time-outs may be used throughout a day for reinforcement if necessary. Camper's parent may be called, depending on the severity of the behavior or attitude.

### 3rd Infraction or Any Behavior Listed Below

Campers will be sent home immediately at their own expense if it is a third infraction, or if it is the first infraction of a behavior listed below. Youth will have arrangements made with a parent through the Camp Director.

- Possession of knives, weapons, firearms, fireworks, matches or other fire-starting tools.
- Being under the influence of drugs or alcohol OR possession of drugs or alcohol on camp property.
- Gambling or betting with money.
- Public display of affection between anyone.
- Physical violence, fighting, threatening physical abuse.
- Theft, vandalism, and/or tampering with emergency equipment.
- Running away from designated camp areas during a session, during any time of day or night.
- Being in restricted camp areas without permission.
- Sexual, racial, religious, or any other form of harassment. This includes repetitive, indecent conduct whether it is directed at another person or not.

Camp Director or 4-H staff will request parent to pick up camper or to be taken home and camp fee will not be refunded. Campers will be sent home at their expense.

## **6. By registering for camp, you are signing and agreeing to our code of conduct agreement.**

# HEALTH POLICIES & PROCEDURES

*(As required by the Suffolk County Department of Health)*

**ALL FORMS MUST BE COMPLETED AND SUBMITTED BY JUNE 1<sup>st</sup> to your UltraCamp account for your camper to attend and participate in camp this summer.**

What do I need for my forms to be completed?

- Camper's **health history form** completed by parent on UltraCamp
- A printed copy of all **current immunizations** from the camper's physician's office
- Each prescription or over-the-counter medication requires an **individual written order** from a licensed healthcare professional.
- **Medical insurance**

(Note: The Suffolk County Department of Health requires all health-related medical orders to be provided from a currently licensed Registered Nurse, Nurse Practitioner, MD, or DO **ONLY**.)

## **Health and Safety**

DPF 4-H Camp takes every precaution to provide a safe and healthy environment for campers. Our camp Health Staff live at the camp health lodge 24 hours during the camping season

## **Health Review**

The camp Health Staff, as required by the NYS Department of Health, must review all medical records. Any physical or mental health conditions must be noted on the Parent portion of the camper's Health History Form.

Please Note: All physical and mental health conditions must remain well controlled during the camper's stay at camp.

Campers with medication or change to their health condition since their most recent physical exam must review, accompanied by a parent, with the camp Health Staff upon check-in and prior to going to their assigned cabin.

The Camp Director must also be notified in advance of any health conditions that may require modifications during camp such as: sleep walking, hearing impairments, language barriers, home life, divorce, learning disabilities, recent change in medications, etc. No one is permitted to attend camp if they are ill – please call the camp office to discuss prior to camper's start date.

## **Medical Treatment**

- In case of a minor injury and/or illness at camp, the camp Health Staff will assess the camper's health condition.
- For more severe or prolonged symptoms there will be no overnight stay in the infirmary of our Health Lodge. If a camper is injured or becomes ill, parents will be notified right away and required to pick up their child promptly.
- No over-the-counter drugs will be dispensed at camp unless specifically sent with the camper and a Health Provider's written order.
- When a medical condition is serious or outside physician assessment is required, ALL fees are the parent's responsibility.

# HEALTH POLICIES & PROCEDURES

- A copy of the front and back of your insurance card is required by the pediatrician.

## Emergency Medical Treatment

A camper who becomes ill or is injured and cannot participate in regular camp activities may be sent home at the discretion of the Camp Director. Once the camper leaves the camp property for any medical reason, a written medical clearance to resume camp activities is required from a licensed healthcare provider before a camper may return to camp.

No refund will be issued for missed time due to injury or illness or if the camper does not return to camp.

## Prescription and Non-Prescription Medication

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

- **ALL** medication prescriptions and **ALL** over-the-counter medications **require** a written order from a currently licensed healthcare professional. No medication, prescriptions, or over-the-counter medications will be administered without these specific orders. **NO EXCEPTIONS!**
- All prescription/non-prescription medications **must** be packed separately and given to the camp health staff upon arrival. All prescription/non-prescription medications **must not** be expired and **must** be in their **original containers** and labeled correctly. Medications with expired expiration dates must be brought home by the camper's parent.
- Campers are permitted to carry their own inhalers and Epi-pens if the physician documents it on the Camper Health Form, it has a complete pharmacy label with their name on it, the medication is properly labeled, not expired, and a Health Care Provider order accompanies the medication.
- **Prescription Orders and Over-the-Counter Medications MUST Include:**
  - Complete name of the camper
  - Date prescription filled
  - Expiration date
  - Directions for use/precautions (if any), storage (if any).
  - Name and address of dispensing pharmacy
  - Name of physician prescribing medication

All minors/campers on prescription medications will be instructed on the first day camp about the schedule for administering medications.

Campers are allowed to bring sunscreen and insect repellent in lotion form (**no** aerosol or other sprays) but must use these appropriately and keep them in their luggage. Improper use of sunscreen or insect repellent will result in disciplinary action.

## Medical Insurance

The parents' private medical insurance is the camper's primary coverage. All campers **must** have medical insurance or coverage to attend camp. All registered campers are covered by excess accident insurance while at camp.





# BATTLING HOMESICKNESS



It is common to feel nervous when you first arrive at camp. Homesickness is not unusual, especially for campers joining us for their first time away from home. Our camp staff are ready to help campers get settled in, comfortable, and start making new friends right away. Most campers are too busy having fun at camp to get homesick.

Our camp program provides support and encouragement for campers who feel a little homesick. The camp staff members are trained in supporting and helping campers to deal with feelings related to homesickness and will work one-on-one with campers who are struggling. Most often, homesickness is a temporary feeling that can be overcome with the support of camp friends and staff mentorship.

You can begin practicing, preparing, and developing strategies to cope with homesickness months in advance of your child's camp session. The American Camp Association offers suggestions, resources, and a step-by-step guide to help parents understand and communicate with their child about homesickness. This can be found online at [www.acacamps.org/press-room/how-to-choose-camp/homesickness](http://www.acacamps.org/press-room/how-to-choose-camp/homesickness).

## Homesickness Protocol

When campers are very homesick and cannot adjust to camp life, after all other methods are exhausted, the Camp Director will contact the camper's parent to discuss the matter so decisions can be made together about next steps. We encourage all our campers to try their best to have fun and remain for their entire scheduled camping visit, but if homesick campers cannot adapt to camp despite everyone's best efforts, they can be picked up early after discussion with the parents and the Camp Director.

When a camper and his/her parents decide an early dismissal is best for them, unfortunately, there is no refund for the remainder of that session. Subsequent sessions are subject to a \$200 cancellation fee per session and there are no refunds for special program fees.

## Some Suggestions for Battling Homesickness:

**Review the information in this Policies & Family Handbook.** This will help your child feel familiar with the experience they are about to have, and will give them time to process, ask questions, and find answers to their fears and concerns. The more informed and prepared the camper feels before the first day, the less likely they are to experience more than a typical touch of missing home.

**Avoid making "deals" with your child.** Making deals like "I'll pick you up if you don't like it" can undermine a child's confidence and independence. Instead, tell your child you are sure they will be successful, and encourage them to confide in their designated camp staff if they are struggling with anxiety or homesickness.

First time campers who do not spend many nights away from home should work with parents to **develop strategies that will help the child cope with feeling homesick or scared.** The American Camp Association offers many step-by-step plans on the webpage noted above.



# TRANSPORTATION/CONTACT INFO

Parents should bring campers to camp no earlier than 8:30AM on Monday. We do **not** accept campers prior to 8:30AM.

Parents/guardians will be **required** to show picture identification upon entering camp. Please know this policy is for the safety and welfare of your child.

**If someone other than a camper's parent/guardian is dropping them off or picking them up, you must list them in Ultracamp as an Authorized Pick Up person.**

At the end of the sleepaway session on Saturday, campers **must** be picked up at 9:00AM. Day Camp Pick Up is at 3:00PM or 5:30PM, Monday through Friday, depending if you have opted for extended day pickup

## Directions to Camp

1. Take the LIE to Exit 71 (Hampton Bays Calverton).
2. Turn left at bottom of exit ramp, cross the railroad tracks through light at Route 25, and continue north until you reach traffic light at Sound Ave. (approximately 3.9 miles from LIE to Sound Avenue).
3. At traffic light, turn right and continue east for 2.5 miles until you see the 4-H Camp sign at the **West** Entrance on the left side of the road.
4. Turn left at the sign. Continue to drive into camp and a staff member will meet you and direct you where to park.

## Sending Mail

You can send letters and care packages to our camp address listed below.

If you would like your camper to send you letters please provide stationary and stamps! Our staff will be more than happy to help them write a letter home if they need assistance.

## DPF 4-H Camp

3186 Sound Avenue

Riverhead, NY 11901



# CAMP POLICIES

## Office Hours

There is a staff member in the office from 8:00AM to 5:30PM. The phone number is **516-832-2591 ext. 109**. After 5:30PM, leave a message by calling **516-832-2591 ext. 109** and your call will be returned first thing in the morning.

## Phone Call Policy

The camp phones are for emergency purposes only. Campers are not permitted to receive or make phone calls. Please refrain from calling the camp to check on your child. If there is a problem or unusual situation involving a camper, the Camp Director(s) will contact the parent.

## Visitation Policy

For the health and safety of our campers, only staff and registered campers are allowed in the camp areas when camp is in session. Unannounced visitors who have not received previous clearance from the Camp Director are not permitted at camp. In special circumstances, such as an emergency or severe illness, parents can communicate with our Camp Director to make special arrangements.

## Attendance Policies at Camp

Continuing attendance at camp is contingent on proper enrollment, full payment, and appropriate camper conduct. Please note the following policies and procedures.

## Camper Sessions

Camper Sessions are scheduled in one-week long increments.

Sleepaway Campers are dropped off Monday mornings at 9:00AM and are picked up at the end of sessions at 9:00AM on Saturday mornings. Campers leaving camp on Saturday and returning the following Monday must bring their belongings home for a proper re-set for the new week.

Day Campers are dropped off daily at 8:30AM and picked up at 3:00PM or 5:30PM (for extended day), Monday through Friday.

## REFUND POLICY

### Overall Policy

- A \$200 non-refundable processing fee applies to all camper registrations per week. No exceptions.
- Refund requests must be submitted prior to the end of the week for which the refund is being requested.
- Refunds will be issued in the form of:
  - A credit to the original payment method (i.e. credit card or bank withdrawal).

### Full Refunds (Minus \$200 Non-Refundable Fee)

- Refund Deadline: Refund requests must be submitted prior to the end of the week for which the refund is being requested.
- Required Forms: Refunds will not be issued if:
  - Campers fail to arrive as scheduled.

# CAMP POLICIES

- Required forms are not completed by the stated deadlines.
- Medical Documentation: All medical refund requests must include a licensed physician's note to be considered.

## Non-Refundable Circumstances:

- Refunds will not be granted if a camper is sent home for medical or behavioral reasons, including but not limited to:
  - Violations of camp rules and policies (see Family Handbook).
  - Homesickness.
  - Non-compliance with camp requirements.
  - Failure to thrive, such as refusing to eat or participate in activities.

## Prorated Refunds

- A prorated refund may be issued for the remaining camp stay under the following conditions:
  - A camper is injured at camp, and the Camp Health Director or Camp Director (or designee) determines they are unable to continue participating in camp activities.
- In cases where the camp must cancel sessions:
  - Refunds will be issued minus a \$100 processing fee per session.
  - If a session has run for three or more days, no refunds will be granted.

## Early Dismissals

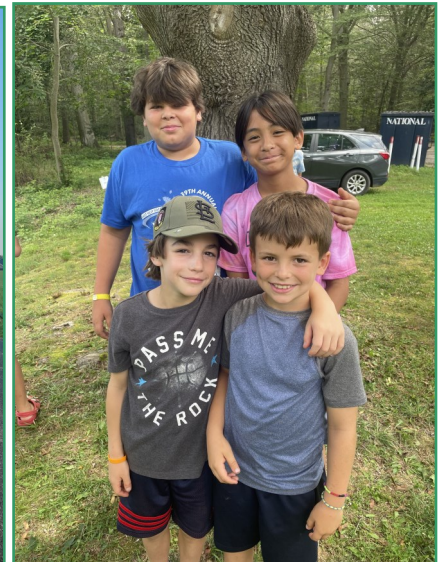
For campers to get the most from their camp experience, we do not recommend early dismissal before the end of their full session. However, campers will be excused or dismissed during a session or prior to end of a session for emergencies or upon parent request, after discussion with the Camp Director.

## Medical Dismissal

If a camper becomes ill at camp and is sent home at the discretion of the camp medical staff, there will be no refunds.

## Dismissal from Camp

In the interest of the health and welfare of all campers, those campers who cannot adjust to camp and become a danger to themselves or others, or exhibit a consistent and atypically high level of stress because of inability to adjust to camp, may be sent home by the Camp Director after all camp resources have been exhausted. There is no refund for the remainder of that session. Subsequent sessions are subject to a \$200 cancellation fee and all fees for special programs.



# OUR LOCATIONS



**Cornell Cooperative Extension of Nassau County Main Office**

Eisenhower Park, SAC Building, Parking Field 8  
East Meadow, NY 11554  
516-832-2591



**Dorothy P. Flint Nassau County 4-H Camp**

3186 Sound Avenue  
Riverhead, NY 11901  
516-832-2591 ext. 109



**Horticulture Center and Demonstration Gardens at East Meadow Farm**

832 Merrick Avenue  
East Meadow, NY 11554  
516-565-5265



**LI Taste NY at LI Welcome Center**

5100 Long Island Expressway  
Dix Hills, NY 11746  
631-254-0414



**Email:** [Nassau@Cornell.edu](mailto:Nassau@Cornell.edu)

**Website:** [www.ccenassau.org](http://www.ccenassau.org)

**Facebook:** [www.facebook.com/ccenassau](http://www.facebook.com/ccenassau)

**Instagram:** [www.instagram.com/ccenassau](http://www.instagram.com/ccenassau)

**Twitter:** [www.twitter.com/ccenassau](http://www.twitter.com/ccenassau)

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