
Camp Chronicle

• June 14 to June 17, 2017 • A resource for Johnson County Campers •

Depart: 11:00 a.m., Wednesday, June 14 from the Extension office (11811 S Sunset Dr. Olathe, KS 66061). Please plan to arrive no later than 10:45 a.m. for check in, but no earlier than 10:00 a.m. **Please pack a sack lunch for your camper in a disposable lunch bag with their first and last name clearly labeled on the bag. Do not bring your own cooler. Because of space restrictions we will pack everyone's lunch in coolers at check in. We will stop at a rest area on the way to eat. Your child will be provided with a water bottle so a drink is not necessary.**

Return: To the Extension office approximately 3:00 p.m., Saturday, June 17. Sign out through your counselor. Campers will not be released to anyone besides a parent or legal guardian without prior written authorization from the parent or guardian and the county agent.

Forms: Participation forms must be complete with emergency and insurance information. 4-H Camp medication forms must be completed for campers taking medications. If your child's medication changes, a new medication form can be submitted during check-in on June 14.

Medications/Medical: Rock Springs Camp Standards state: "Prescription medications for each camper must be given to the health care professional upon arrival at the camp." Exceptions may include inhalers, Epi kits, or other...according to doctor's orders. "Prescription medications must be administered by the qualified health care professional." Over-the-counter medications may not be kept by the camper. The nurse will only administer over-the-counter medications with parental permission. Rock Springs has a health center where the nurse can safely keep prescription medicine. **ALL medication needs to be CLEARLY LABELED in the ORIGINAL CONTAINER. COUNSELORS WILL NOT ADMINISTER MEDICATION. COUNSELORS WILL NOT "TAKE CARE OF" ANY MEDICATION.**

The Fantastic 4-H County Camp Group hires two nurses whom reside at the camp. Should a camper need additional medical attention, the camper will be taken to Geary County Hospital and the parent(s) will be notified in a timely manner.

Rock Springs Administration Center Phone: 1-785-257-3221 or 1-785-257-3395.

Phones: There is not a public phone at Rock Springs. Campers are less likely to become homesick if they do not make phone calls. Cell phones do not work well at Rock Springs. In the case of an emergency Lee Sigley can be contacted at 785-727-9275. Because of the poor reception coverage you will need to leave a message and Lee will respond as soon as possible.

Living Groups: Campers live in permanent housing in groups of 6-8 and 2 counselors. Each group will participate in assigned activities and free time as a group. Everyone is expected to participate.

Note: campers are required to stay in their living groups at all times. The following activities are STRICTLY forbidden during camp: sneaking out at night; climbing steep slopes; being disrespectful to others. Campers are to respect the campgrounds and wildlife. Any abuse may result in being sent home.

Name Tag and Wristband: Campers will be given a name tag and wrist band. It is to be worn at all times for identification in case of a medical emergency.

Spending Money: \$15-\$20 is an average amount of money that previous campers feel is sufficient. Send small bills. Campers may purchase snacks, souvenirs and extra crafts. A price list will be posted as soon as it is received from Rock Springs.

Severe Weather: There are assigned storm shelters in all locations throughout camp. The Rock Springs Staff is in contact with Dickinson and Geary County officials about the weather. In the event of severe weather, Rock Springs staff will notify each living area and move campers to the appropriate shelters.

Camp Check List

Please mark everything with camper's name and Johnson County.

What to Pack:

- ✓ Sack lunch in a disposable lunch bag for the trip to camp
 - (coolers for transportation will be provided)
- ✓ Bedding - this may include: Sleeping bag, flat and/or fitted sheet, blanket
- ✓ Pillow
- ✓ Towels
- ✓ Clothes for 3 days
- ✓ Pajamas
- ✓ Swimsuit and plastic Ziplock bag for wet swimsuit
- ✓ Sunscreen, Insect repellent
- ✓ Sweatshirt, light jacket/rain gear/hat
- ✓ Second pair of shoes (flip flops are not shoes)
- ✓ Close-toed shoes and jeans are required for horseback riding
- ✓ Shower shoes
- ✓ Personal toiletries (toothbrush, soap, shampoo, etc.)
- ✓ Camera (recommended that you mark it with camper or family name)
- ✓ Money (for snacks, craft items, souvenirs)
- ✓ Medications in original containers with CLEAR INSTRUCTIONS

Please note: A small draw string bag and water bottle will be provided.

What NOT to Bring

- ✓ Weapons (real or pretend)
- ✓ Flip Flops
- ✓ Expensive radios, CD or mp3 players, iPods, video games
- ✓ Skateboards, skates or wheelies
- ✓ Cell phones, two-way radio, or other items
- ✓ Excessive personal grooming items or expensive clothing
- ✓ Any items to be used for pranks (pranks will not be tolerated)

Mail: If you would like to send mail to campers, you need to send it on or before June 6. The address is: Rock Springs 4-H Camp, 1168 Highway K-157, Junction City, KS 66441-7859. **You must write Johnson County on the envelope or it might not make it to your camper.**

Check out Rock Springs on the web! <http://www.rocksprings.net>

Camp Schedule

(Tentative Schedule-Camp Counselors will be given the official schedule)

FIRST DAY: Wednesday, June 14

11:00 Depart Extension Office
12:30 Lunch at rest stop
1:30 Arrive at Rock Springs
2:00 Move into Housing
2:45 Camp Orientation
3:30 Activity Rotations
6:30 Supper
8:00 Night Swim and Campfire
10:00 Lights Out & Quiet

SECOND DAY: Thursday, June 15

8:00 Breakfast
9:00 Activity Rotations
12:15 Lunch
1:15 Activity Rotations
6:00 Supper
8:00 Night Swim and Campfire
10:00 Lights Out & Quiet

THIRD DAY: Friday, June 16

8:00 Breakfast
9:00 Activity Rotations
12:15 Lunch
1:15 Activity Rotations
6:00 Supper
8:00 Campfire and S'mores
10:00 Lights Out & Quiet

FOURTH DAY: Saturday, June 17

8:00 Breakfast
9:00 Move out and Clean Housing
10:00 Activity Rotations
12:00 Lunch
1:00 Depart Camp
3:00-3:30 Arrive at Extension Office

Check with the Extension office for lost and found items!

2017 Crafts List

Wooden Craft Projects

- Flexible Shark
- Flexible Snake
- Flexible Fish
- Tree Cookie Ornament

Weaving Craft Projects

- Dream Catcher
- Ojo de Dios (God's eye)
- Paracord Keychain or Zipper Pull
- Paracord Bracelet

Other Projects

- Mini Canvas Painting
- Fused Beads Project
- Sand Art (any bottle)
- Shrinky Dinks

Leather Projects

- Leather Bracelet
- Leather Keyfob
- Leather Bookmark
- Leather Mystery Braid Band
- Leather Luggage ID Tags

4-H campers will be allowed to pick (1) of the above projects to do as their included craft item. Additional craft items must be purchased.

Prices range from \$1.50-\$5.00

Ugly Mugz - Brandable camp mug (hot & cold drinks) 12oz capacity
\$10.00 or \$12.00 with lid (colors: Lime Green, Electric Blue, Glow 'n' Dark)

2017 Snack Prices

Candy \$1.25

Kit Kat
Reese's Cups
Skittles

Sour Patch Kids
Starburst
Twix

Beverages

Bottled Water \$1.25
Bagged Ice \$1.00
Fountain Soda \$1.25
(Coke, Diet Coke, Cherry Coke, Mello Yellow, Dr. Pepper, Sprite, Fanta Orange, Root Beer)
Iced Tea (Sweetened or Unsweetened) \$2.00
Lemonade & Coke Zero \$2.00

Frozen Treats

Chips Galore (Ice Cream Chocolate Chip Cookie Sandwich)..... \$1.75
Cookies & Cream Sandwich \$1.75
Ice Cream Champ Cone \$1.75
Ice Cream Cookie Dough or Fudge Brownie cup \$2.50
Reese's Peanut Butter Cup Ice Cream Bar \$1.75
Strawberry Lemonade Tubes..... \$1.50
Snickers Ice Cream \$2.00
Strawberry or Pineapple Frozen Bar \$1.75

Other Treats

Beef Jerky \$2.00
Cotton Candy \$1.00
Sno-Cone Single Flavor \$1.50
Specialty Sno-Cones \$2.00
Gardettos Trail Mix \$1.00
Nachos \$2.00
Giant Pickle..... \$2.00
Popcorn \$1.00
Gold Fish Crackers \$0.50
Salty & Sweet Trail Mix \$1.25
Sunflower Seeds..... \$1.25

Prices & Items subject to change based on availability

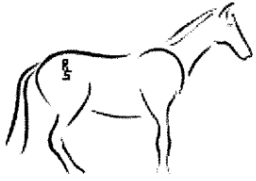
2017 Clover Corner

Items:	Price:
Apparel	
Spirit Jersey Long-Sleeve	\$32.00
Hoodie Sweatshirt	\$20.00
Long-Sleeve shirt	\$20.00
T-shirts	\$12.00
Hats	\$12.00
Sunglasses (any color)	\$5.00
Mystery Bag Shirts	\$8.00
Drinkware	
Rock Springs Camelbak Water Bottle 25oz.	\$18.00
Rock Springs Tumbler	\$16.00
Rock Springs Nalgene Bottle 32oz.	\$11.00
Rock Springs Nalgene Bottle 14oz.	\$9.00
Rock Springs Tervis 16 oz.	\$16.00
Rock Springs Tervis 24 oz.	\$20.00
Rock Springs Flat & Fold Bottle	\$5.00
Games	
Farkle	\$8.00
Playing Cards	\$4.00
Weaving Loom Kit	\$18.00
Bass or Squirrel Popper	\$10.00
Sonic Rocks	\$5.00
Glow 'n' Dark Yo-Yo	\$4.00

2017 Clover Corner

Other Items

Carabiner	\$2.00
Coloring Books w/pencils	\$7.00
Disc Golf(any color)	\$10.00
Muscle Drawstring Bag (any color)	\$10.00
Mesh Drawstring Bag (any color)	\$5.00
Flashlight (any color)	\$5.00
Friendship Bracelet	\$2.00
Hacky Sack	\$5.00
Journal	\$5.00
Picture Frame	\$7.00
Twig Pen	\$3.00
Wheat Press Coaster Set	\$16.00
Wheat Press Trivet	\$8.00
Rock Springs Lip Balm	\$4.00
Travel - Shampoo	\$1.50
Travel - Toothbrush	\$1.50
Travel - Soap	\$1.50
Travel - Toothpaste	\$2.00
Travel - Deodorant	\$1.00
Travel - Bug Spray	\$6.00
Travel - Sunscreen	\$6.00



Rock Springs 4-H Center Rules at the Horse Barn

1. Have fun by obeying the Wranglers
2. Running or yelling is not acceptable in the stable area.
3. Riders must wear a safety helmet with chinstraps attached.
4. Riders must wear shirts and clothing to cover suit bottoms, and long pants is recommended.
5. All riders must be at least 8 years of age to go on a trail ride.
6. Riding with more than one person on a horse is not allowed.
7. If you are 15 years old or older you must be able to mount and dismount without assistance.
8. Riders must not weigh more than 250 lbs.
9. There is a maximum of 20 riders per ride.
10. All riders 7 years of age and younger are allowed corral rides if the child is able to sit on the horse by themselves with no help.**
11. **Closed toe shoes are required.**
12. Rock Springs 4-H Center is not liable for injury or death of a guest participating in domestic animal activities, pursuant to K.S.A. 60-4001 through 60-4004.

****All Shoes must be laced up. No Sandals, water shoes, "Skaters" shoes or "Croc's" are allowed on rides.***

****Corral rides are only available if previously discussed with Administration****

Updated October 2016

Jellison Health Center Supply List

Item

Tylenol - Acetaminophen
Liquid Tylenol - Acetaminophen
Alcohol Wipes
Aloe Vera
Antacid Tablets
Antibacterial Handsoap
Antibiotic Ointment Pkgs
Anti-Itch Gel Pkgs
Antiseptic Towelettes
Body Powder
Bandaid - Finger Tip
Bandaid - Knuckle
Bandaid - Large Patch
Bandaid - Standard
Bandaid - Water Proof
Benadryl
BP Cuff/Stethoscope
Butterfly Bandages
Claritin
Cold Packs
Crutches
Disposable Gloves - latex free
Drinking Cups
Elastic Bandage
Emesis Basin
Excedrin
Eyewash
Feminine Products
Gauze Pads - 3x3

Item

Gauze Rolls
Hydrogen Peroxide/Spray
Advil - Ibuprofen
Insect-Sting Kit
Instant Glucose
Kerlix Bandage
Liquid Skin
Non-Stick Pad - 2x3
Non-Stick Pad - 3x4
Pepto-Bismol
Pocket Mask
Q-Tips
Rubbing Alcohol
Safety Pins - Large
Safety Pins - Small
Shears
Sharps Container
Soda - 8 oz Sprite
Splinter Out
Splinting Materials
Steri-Strip Pkgs
Sting Swabs
Transpore Tape
Tecnu Skin Cleanser
Thermometer
Triangle Bandage
Triple Antibiotic Ointment Pkgs
Tweezers
Wheelchair

Non First Aid Supplies

Ice Machine

Mini-fridge

To Restock used items, call Megan @ extension 109

AED Located in Williams Dining Hall



Rock Springs Pool Rules



General Rules

- Shower before entering the pool
- Must wear appropriate swim attire
- No Food/Drinks allowed on pool deck only on sun deck
- No T-shirts allowed in the diving area
- No balls or toys allowed
- No floating tubes or PFD's allowed
- Pool is U shaped so it is deeper in the middle than the sides

Pool Rules

- **Rock Springs** Lifeguard is **Required**
- No Running
- No Horse Play (dunking, pushing, chicken fights, etc..)
- No Diving allowed except off of the diving boards
- Must exit the pool using the ladder, steps or zero depth entry
- No Hanging on the rope
- Have fun by obeying the lifeguard

Diving Board Rules

- Must complete swim test before going off the boards
- One person on the board at a time
- One bounce per person
- No T-shirt's or goggles allowed to be worn while jumping off the boards
- Must jump or dive straight off, not toward the side
- Must swim to the closest ladder to exit the pool
- Diving area must be clear before next person can get on the board
- No **BACK** Dives, this includes: Back Flips, Inwards, Reverses/Gainers

Slide Rules

- One person allowed on the slide at a time
- No T-shirt's or goggles allowed to be worn while going down the slide
- Swimming area must be cleared before next person can go down the slide
- Must sit feet first or lay on back going forward
- No head first or backwards entry on the slide