

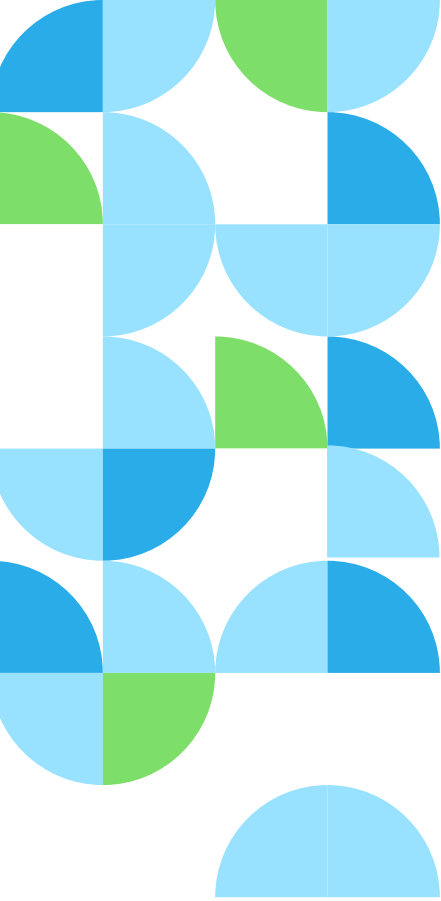


CANADA
4-H Saskatchewan

2023 SUMMER CAMP GUIDE

PARENT AND CAMPER INFORMATION





ABOUT 4-H SUMMER CAMP

Welcome to 4-H Saskatchewan Summer Camp! 4-H Summer Camp is a great way to expand your horizons, make new friends, learn new skills, and make lifelong memories! Our summer camps are committed to providing a safe, fun, and inclusive environment for all involved.

HOW TO REGISTER

Visit the 4-H Saskatchewan Website- www.4-h.sk.ca
Do you have questions? Email programs@4-h.sk.ca or call
306-933-7727

ABOUT 4-H SASKATCHEWAN

MISSION

4-H Saskatchewan is a youth empowering organization that promotes community involvement through mentorship as demonstrated by our motto Learn To Do By Doing.

CORE VALUES

We uphold these core values to create a safe and caring environment where all can thrive:

- Honour & Integrity: Treating one another respectfully & fairly
- Responsibility: Being dependable and accountable for our actions
- Cooperation: Working as a team to achieve our goals
- Fun: Creating positive & enjoyable experiences

VISION

We work to spread the impact of 4-H, to help the youth of today develop skills needed to lead in an ever-changing world.

AGRICULTURE STATEMENT

4-H is proud of our agricultural roots. We take an active role in building public trust by developing leaders that grow the agriculture sector.

4-H PLEDGE

I pledge

My head to clearer thinking

My heart to greater loyalty

My hands to larger service

My health to better living

For my club, my community, my country, &
my world.

WHERE IS 4-H SUMMER CAMP?

4-H Summer Camp is located at two locations in Saskatchewan: Big River Bible Camp and Katepwa Lake Camp. Thank you to these camps for hosting us!

Each location boasts a central lodge, cabins, washroom facilities, swimming areas, and a great welcoming atmosphere.

NORTH SUMMER CAMP

July 30 to August 4, 2023

Location: Big River Bible Camp near Big River, SK

Directions:

<https://goo.gl/maps/fdtoeJmG2ETk8QVg8>



SOUTH SUMMER CAMP

August 20 to 25, 2023

Location: Katepwa Lake Camp near Fort

Qu'Appelle, SK

Directions:

<https://goo.gl/maps/JRSoJBDn8dwiKgN87>



WHAT DO YOU DO AT CAMP?

4-H Summer Camp is jam packed with fun activities, skill sessions, food, and even free time! A sample schedule is included below:

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Time/Theme	Arrival Day	Science and Technology Day	Sustainable Agriculture and Food Security Day	Communication and Community Engagement Day	Environment and Healthy Living Day	Departure Day
8 a.m.		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:30 a.m.						
9 a.m.		Cabin Cleanup	Cabin Cleanup	Cabin Cleanup	Cabin Cleanup	Cabin Cleanup
9:30 a.m.						
10 a.m.		Science & Tech Activity 1	Ag & Food Security Activity 1	Communication and Community Engagement Activity 1	Environment and Healthy Living Activity 1	Sign T-Shirts/Group photo/Evaluations
10:30 a.m.						
11 a.m.						
11:30 a.m.		Skills	Skills	Skills	Skills	Skills - Parents are welcome to join!
12 p.m.						
12:30 p.m.		Lunch	Lunch	Lunch	Lunch	Lunch - Parents are welcome to join!
1 p.m.						
1:30 p.m.		Quiet Time	Quiet Time	Quiet Time	Quiet Time	Departure Time for campers 1-2 p.m.
2 p.m.	Arrival Time	Science & Tech Activity 2	Ag & Food Security Activity 2	Communication and Community Engagement Activity 2	Environment and Healthy Living Activity 2	
2:30 p.m.	Cabin Time					
3 p.m.		Tuck	Tuck	Tuck	Tuck	
3:30 p.m.						
4 p.m.	Icebreakers	Swimming /Free Time	Swimming /Free Time	Swimming /Free Time	Swimming /Free Time	
4:30 p.m.						
	Clean up for supper	Clean up for supper	Clean up for supper	Clean up for supper	Clean up for supper	
5 p.m.						
5:30 p.m.						
6 p.m.	Supper	Supper	Supper	Supper	Supper	Counsellors and Staff Clean Up Wrap Up and then home time!
6:30 p.m.						
7 p.m.	Wide Games	Science & Tech Activity 3	Ag & Food Security Activity 3	Talent Show		
7:30 p.m.						
8 p.m.						
8:30 p.m.	Campfire	Campfire/Hide & Seek	Campfire/Wide Games	Campfire (if time)	DANCE	
9 p.m.						
9:30 p.m.						
10 p.m.	Bedtime prep	Bedtime prep	Bedtime prep	Bedtime prep		
10:30 p.m.	Lights Out	Lights Out	Lights Out	Lights Out	Bedtime prep	

Frequently Asked Questions

WHAT SORT OF "ACTIVITIES" ARE PLANNED?

Activities are planned around the 4-H Leadership Development pillars. These activities are created with a fun, hands-on approach. Previous activities include building challenges, ice cream making, cake decorating, wacky hair challenges, and more!

WHAT IS TUCK?

Tuck is our fancy way of saying "snack time"! Unlike some camps, this snack is included in the registration cost, so there's no need to send any extra money with your child for purchases.

WHAT ARE SKILLS?

Skills are a great way to learn something new! Lead by our outstanding counsellors and CITs, skill sessions can include kayaking, canoeing, archery, arts & crafts, axe throwing, riflery, nature walk, dance, and sports.

IS THE DANCE REALLY AWESOME?

The dance is, no joke, one of the BEST parts of camp! Don't forget your dancing shoes!



PACKING LIST

- Clothing (including warmer clothes) - t-shirts, sweaters, shorts, pants, sleepwear, undergarments, socks, and nice clothes for the dance
- Hat & sunglasses
- Footwear (we recommend running shoes and sandals)
- Water repellent jacket
- Sleeping bag, pillow, & blanket
- Towel x2 (shower/swimming)
- Modest swimwear
- Sunscreen & insect repellent
- Toiletries (soap, shampoo & conditioner, toothbrush, toothpaste, etc.)
- Flashlight
- Water bottle

Note: summer camp is an active place. Having functional clothing is important to fully participate in activities. As we cannot control the weather, it's important to pack clothes that will work in a variety of weather conditions.

We ask that campers **DO NOT** bring lighters, matches, knives, or weapons of any kind, drugs or drug paraphernalia. Electronic devices such as cell phones can be brought to camp; however, we do encourage campers to "unplug" as these items may distract from their time at camp.

Please note that 4-H Saskatchewan, Big River Bible Camp, or Katepwa Lake Camp is not responsible for lost, broken, or stolen items.






DROP OFF/PICK UP

Drop off for 4-H Summer Camp will take place between 2pm and 2:45pm. Please follow the signs for registration and check in with the 4-H staff team. From there, campers will be shown to their assigned cabins. This is also the time to drop off any medications.

If you are going to be late for drop off, please contact the 4-H staff team at 306-380-4553 and we will make alternate arrangements. We stick to a strict schedule at camp, and therefore will start our activities as planned.

Parents are welcome to join in the 4-H Summer Camp fun on Pick Up day! Starting at 11am, parents can join campers for skill sessions. Parents are also welcome to stay and join us for lunch and see who won the coveted Colour Group Challenge! All campers must be picked up by 1:30pm at the latest.

At drop off the 4-H team will ensure that medications are returned. Please do not leave until you sign your child out with the 4-H staff representatives.



GIVENS

Givens are to be adhered to at all 4-H events or programs in Saskatchewan. All program "givens" must be presented to the participants, volunteers and staff by the program director. Action taken when a "given" has been broken will be determined by the program director based upon Saskatchewan 4-H Policies & Procedures for 4-H Programs".

- All participants will abide by the 4-H Code of Conduct and Youth Safety Policies.
 - Alcohol, illegal drugs, and non-medicinal cannabis are not allowed at any Saskatchewan 4-H programs or events.
 - No weapons of any kind, including pocket knives, are allowed at the program.
 - The Saskatchewan 4-H Council, and the hosting facility or co-hosting organization, is not responsible for lost/stolen items. Please leave all valuables at home. Label all personal items.
 - Where accommodations are provided as a part of the program, participants may not switch their accommodations without approval from the Program Director.
 - No boys are allowed in the girls' cabins/rooms. No girls are allowed in the boys' cabins/rooms.
 - A no smoking or "designated smoking area" policy will be decided by the program director.
 - All participants, staff and volunteers must adhere to curfew times. The curfew time is to be decided by the program director.
 - Participants, staff and volunteers are not to leave the program area. The boundaries are to be decided by the program director and all staff volunteers and participants will be notified regarding the location of the boundaries. Permission must be given by the program director to leave the designated area.
 - In the event of an emergency, the bell/alarm is to be rung and all participants, staff, volunteers and program director are to meet in a designated area. The designated area is to be announced at the beginning of the program by the program director.
- There will be a designated person (s) who will direct participants in the event of an emergency as well as ensure all rooms/areas have been evacuated.
- Please wear appropriate attire and footwear for all events.
 - Willful damage will be paid for by the person(s) doing the damage.
 - Any accident causing bodily harm or property damage must be reported to the program director.

Expectations of Behaviour

- Obey all program "givens".
- Participants are to participate fully in program activities.
- Everyone at the program is expected to be on time for all meals and activities.
- Participants are to remain in their own group during activity sessions.
- If provided, nametags are to be worn at all possible times.
- Participants are to be respectful to staff and others – disruptive behavior will not be tolerated.
- Respect program, property and the personal possessions of others.

Participants failing to adhere to the givens, expectations of behaviour or the standards of the 4-H program may be sent home at their own cost.



SEE YOU AT 4-H SUMMER CAMP!

