



# 4-H NEWSLETTER

## FAREWELL MESSAGE

I am truly grateful for the support, guidance, and opportunities I have encountered during my time with the University of Kentucky Cooperative Extension Service in Breckinridge County. I am thankful for the combined leadership demonstrated by the Breckinridge County 4-H Council Leaders. Working with such committed colleagues and contributing to our community and our youth through extension programs has been a great honor. Throughout my time here, I have experienced personal and professional growth, and I appreciate the valuable lessons that have influenced me as a youth educator.

After careful consideration, I have chosen to accept a new opportunity as the Purdue University Extension - Harrison County 4-H Youth Development

Educator. My upcoming role at Purdue University Extension is scheduled to commence on May 1st and I will be ending my role here as the Extension Agent for 4-H Youth Development in Breckinridge County at the end of April.

I truly value the quality program Kentucky 4-H is, the connections I've made here, and I am to nurture them going forward. Again, thank you for the opportunity to be a part of the University of Kentucky Extension, Kentucky 4-H, and the Breckinridge County Community.

Anna Denny  
Extension Agent,  
4-H Youth Development Education  
Breckinridge County



**4-H Camp  
Registration  
NOW OPEN!**

**Read More about  
Camp on Pg. 3**



# IMPORTANT DATES

## APRIL

- 15- Treble Chorus Rehearsal
- 16- Senior Chorus Rehearsal
- 16- Trailblazers Club Meeting
- 16- Irvington Elementary Afterschool Art Club
- 18- Poultry Club Meeting
- 18- Rabbit Club Meeting
- 22- Treble Chorus Rehearsal
- 23- Senior Chorus Rehearsal
- 29- Treble Chorus Rehearsal
- 29- Shooting Sports Trap Club Safety Meeting
- 30- Senior Chorus Rehearsal
- 24- Livestock Club Meeting

## MAY

- 6- Treble Chorus Rehearsal
- 7- Senior Chorus Rehearsal
- 11- 4-H Bake Sale at Tractor Supply
- 12- Mother's Day
- 13- Treble Chorus Rehearsal
- 14- Senior Chorus Rehearsal
- 14- Trailblazers Club Meeting
- 25- Troy Dupin Showdown
- 26- Troy Dupin Showdown

## Wanted! Adult & Teen 4-H Camp Leaders

4-H Camp is an amazing opportunity to make a difference in a young camper's life. Apply to be a 4-H Camp Volunteer Today! 4-H Camp is July 22 through 25. Adults and teens attend for FREE when they are accepted as camp counselors. Call the office at 270-756-2182 and ask for an application today!



Breckinridge County 4-H

## SHOOTING SPORTS TRAP CLUB

April 29  
6 PM CT



Youth  
9-18  
(as of January 1st)

Safety Meeting

Breckinridge County Extension Office Community Building

## Shooting Sports Disciplines

The Breckinridge County Shooting Sports Club will offer two disciplines this year: Shotgun (Trap) and Archery. If your child is interested in joining, please contact the Extension Office for more information at 270-756-2182.

**WEST KENTUCKY 4-H**

# SUMMER CAMP



**\$115 PER  
YOUTH**

- For youth 9-14
- \$50 deposit due at time of registration
- Limited space
- Scholarships available

**Registration due Monday, July 1st**

**BRECKINRIDGE  
COUNTY CAMP**

**DATES: JULY 22-25**

**2024 THEME:**

**UNDER THE BIG TOP!**

FOR MORE INFO CONTACT THE BRECKINRIDGE  
COUNTY EXTENSION OFFICE

**270-756-2182**

**Cooperative  
Extension Service**

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

**MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.



# FUNDRAISERS



## Troy Dupin Memorial Showdown

**May 25 and 26, Meade County Fairgrounds**

The Troy Dupin Memorial Showdown was started in honor of the late Troy Dupin, a Breckinridge County 4-H Volunteer who passed in the summer of 2020. Breckinridge County 4-H will have a booth set up for donations. Proceeds will go towards 4-H camp, scholarships, and programming. All 4-H members, volunteers, and families are invited to come and represent! Sign up for a 1-hour shift to man the donation box by going to [forms.gle/W1L644A6apzqik3A7](https://forms.gle/W1L644A6apzqik3A7)



## Spaghetti Dinner Success!

The 4-H Spaghetti Dinner Fundraiser that was held on March 21 during the Breckinridge County Cattlemen's Association meeting was a great success! 4-H members and volunteers from all clubs came together to help prep, cook, and serve over 75 cattlemen, raising \$671 in donations. The funds generated from this fundraiser will support 4-H scholarships and camp programs.

A special thank you goes out to the Breckinridge County Cattlemen's Association for allowing us to host dinner, Tate Cattle Company for donating locally raised and delicious ground beef, the participants who donated, and the 4-H families who put in all the hard work to make this a success!

## 4-H Bake Sale

**May 11 at Tractor Supply Hardinsburg**

All 4-H Clubs and families are invited to represent Breckinridge County 4-H at our 4-H Bake Sale Fundraiser at Tractor Supply Co. in Hardinsburg on Saturday, May 11th. It's the perfect chance for people grab some Mother's Day, making it a sweet surprise for all the amazing moms out there! Money raised at this bake sale will go toward 4-H camp, scholarships, and programming.



# BARNYARD BULLETIN

## Validation

**All youth who wish to exhibit market livestock and/or breeding swine at the Breckinridge County Fair, KDA District Shows, or the Kentucky State Fair, must complete the Livestock Validation Process. The last day to validate Small Animals is May 15th.**



### Validation Checklist:

1. Obtain a National Premise ID
  - Fill out a request form and send to [statevet@ky.gov](mailto:statevet@ky.gov). Call 502-573-0282 for more information.
2. Obtain 6 hours of education BEFORE you go to a validation site
3. Complete a validation form per species
  - Forms must be completed and signed by an Extension Agent and Certified Livestock Volunteer
4. Bring their animal and validation form to a validation site to have the animal tagged

### Validation Locations for Small Animals:

- Boone County Fairgrounds, Saturday, April 27th, 9:00-11:00 a.m.
- Clark County Fairgrounds, Tuesday, April 30th, 5:00-7:00 p.m.
- Bourbon County Fairgrounds, Thursday, May 2nd, 5:00-7:00 p.m.
- Muhlenberg County Fairgrounds, Monday, May 6th, 5:00-7:00 p.m.
- Laurel County Fairgrounds, Thursday, May 9th, 5:00-7:00 p.m.
- Hardin County Extension Office, Saturday, May 11th, 9:00-11:00 a.m.
- Warren County (Expo Center), Tuesday, May 14th, 5:00-7:00 p.m.
- Spencer County High School, Wednesday, May 15th, 5:00-7:00 p.m.



# STAY CONNECTED

## Remind

The Remind system is to help 4-H Families stay connected with events, updates, and information regarding Club, County, and Kentucky 4-H. Families can sign up for as many Remind notification systems as they want, but are encouraged to sign up for the General 4-H Remind system.

| <b>Club/Category</b> | <b>for info on:</b>  | <b>Text to 81010</b> |
|----------------------|--|----------------------|
| General 4-H          | All things Breck County 4-H!                                   | @general4-h          |
| 4-H Council          | Council Meetings & updates for Club Leaders & Adult Volunteers | @council4            |
| Arts                 | Arts, Crafts, and Needlework                                   | @artcultura          |
| Natural Resources    | Entomology, Outdoors, Forestry, Soil, Etc.                     | @4hnatural           |
| Cloverbuds           | 4-H Members 5 to 8   | @4hbud               |
| Livestock            | Livestock, Ham, Horse  | @4hlives             |
| Small Animals        | Poultry, Rabbit  | @4hsmall             |
| Shooting Sports      | Trap, Pistol, Archery  | @4hsho               |
| Performing Arts      | Treble Chorus, Music, Theater                                  | @4hmusik             |
| Leadership           | Teen, Leadership, Career                                       | @4hteencar           |

## Contact Us

Breckinridge County Extension Office  
1377 South Highway 261  
Hardinsburg, KY 40143  
Phone: (270) 756-2182

### Online:

[breckinridge.ca.uky.edu](http://breckinridge.ca.uky.edu)  
[facebook.com/breckinridgeextension](https://facebook.com/breckinridgeextension)

Office Hours  
Monday through Friday  
8:00 AM - 4:30 PM CT

# YOUTH

# HEALTH BULLETIN



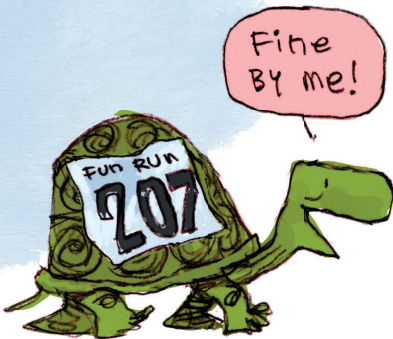
MAY 2024

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

## THIS MONTH'S TOPIC START SMART: WARM UP AND STRETCH!



nothing like a nice **SLOW** WARMUP.



Fine BY me!

**P**laying sports and doing other activities are great ways to get exercise and have fun! It is important though, to start off by getting your body ready to play. You do this by warming up and stretching. Warming up gets your muscles, heart, and lungs ready to do extra work. When you play sports or do other exercise, you move your muscles more and make them work harder than normal. That is a good thing, but if they aren't ready for it, you can get hurt or feel bad. Stretching helps your body loosen up and be ready to move and bend quickly.

Continued on the next page ➔



## How do I warm up?

It is important to warm up your body before starting to play a sport or do heavy exercise. Warming up for five to 10 minutes helps to focus your mind and prepare your body for doing extra work.

Activities that move your whole body or as much of your body as possible at once, get your blood pumping. These can be things like jumping jacks or squat jumps (bending down to touch your toes, and then jumping up into the air with your hands above your head).

Another way to warm up is to start with the activity you are about to do but do it slower. For example, if you are going to swim, start out doing a few slow warm-up laps. Focus on your form instead of speed. If you are going for a run, warm up with a few minutes of fast walking or a light jog. If you play a sport, focus on the muscles that you are going to use the most. For example, if you play baseball, you might warm up your shoulder by throwing the ball softly first, focusing on the movement instead of using all of your power.

## Stretching the right way

You want to stretch muscles that you have already spent a few minutes warming up, so that they are ready to be flexible.

When you stretch, you want to feel your muscles reach as far as they can go in a certain direction,



but not hurt. When you can feel that your muscles can't go further, do not try to make them. Hold your stretch right there for 15 to 30 seconds. Try to hold your stretch still and not bounce.

You can count out loud while holding your stretch if it helps you stay focused, or you can count in your head.

Always stretch both sides of your body. If you do a right-side stretch, always do a left-side stretch, too.

When you are stretching, remember to breathe! You want to make sure your muscles are able to get plenty of oxygen, too.

## Practice to play

Besides warm-ups and stretches, practice sessions are important for many sports or activities. If you belong to a team, go to as many team practices and games as you can. This will help you and your teammates work together.

Although you should practice regularly, don't overdo it. Allow for a day off for rest between days of activity or switch up your activities. If you run a lot one day, try swimming or strength training the next day. Your doctor or coach can help you make a training plan that's right for your age, skill, and goals.

### REFERENCE:

<https://kidshealth.org/en/teens/sport-safety.html>

## ADULT HEALTH BULLETIN

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Cartoon illustrations by:

Chris Ware (© University of Kentucky School of Human Environmental Sciences)







HCP Approval Stamp

### Kentucky 4-H Camping 2024

Camp Participant Registration – *Camper/Teen*

|  |  |                                  |  |
|--|--|----------------------------------|--|
| Last Name:   | Legal First Name:  | Middle Name:                     | Preferred Name:  |
| Attended camp before?<br><input type="checkbox"/> Yes - # years: ____<br><input type="checkbox"/> No | Fall 2024 School & Grade:  | County:                          | Biological Sex:<br><input type="checkbox"/> Male<br><input type="checkbox"/> Female  |
| Shirt Size: (Select One)<br>YS YM YL YXL AS AM AL AXL A2XL A3XL A4XL                                 |  | Birthdate:<br>____ / ____ / ____ | Age on 1st day of camp?  |
| Participant's Home Address:  |  |                                  | Participant's Race:<br><input type="checkbox"/> White<br><input type="checkbox"/> Black<br><input type="checkbox"/> Asian<br><input type="checkbox"/> American Indian<br><input type="checkbox"/> Hawaiian<br><input type="checkbox"/> Other<br><br>Participant's Ethnicity:<br><input type="checkbox"/> Hispanic<br><input type="checkbox"/> Non-Hispanic |
| Legal Parent/Guardian #1 Full Name:  | Email Address:<br><input type="checkbox"/> Yes - I would like to receive email notifications of upcoming statewide Camp-Sponsored Events and Promotions at this email address. |                                  | Cell/Home Number:  |
| Legal Parent/Guardian #2 Full Name:  | Email Address:<br><input type="checkbox"/> Yes - I would like to receive email notifications of upcoming statewide Camp-Sponsored Events and Promotions at this email address. |                                  | Cell/Home Number:  |
| Emergency Contact Full Name:   | Relationship to Participant:   | Cell/Home Number:                |  |
| Physician Name:  | Physician Phone Number:  |                                  |  |

**Buy your participant some camp gear. [www.4hcampstore.com](http://www.4hcampstore.com)**

**Is your participant looking for more camp opportunities? [www.4hcampevents.com](http://www.4hcampevents.com)**



PARTICIPANT NAME: \_\_\_\_\_

Is the camp participant up to date on immunizations as outlined by Kentucky law required for enrollment in public, private, or home school, based upon the grade the participant will be enrolled for the upcoming school year?

- YES  
 NO (If marked NO, check with your 4-H Agent for a waiver of liability form.)

Does the participant have health insurance coverage?

- YES (Insert a JPEG or PNG file – front and back – of the insurance card in the boxes below.  
 NO (No worries! The camp provides excess medical insurance coverage in the event of injuries or illnesses.)  
 ACTIVE DUTY MILITARY (not required to provide a copy of Military ID/Insurance Card)

FRONT OF INSURANCE CARD

BACK OF INSURANCE CARD

 What is **specific** information about your camp participant which the staff should be made aware of to provide a better camp experience for the camp participant? Information disclosed in this section may allow us to make accommodations based on their individualized needs. **List all specific items** that the participant is provided at home or school to have a successful experience.

**Behavioral (i.e., mental, emotional, physical)**
**Medical (i.e., asthma, autism, seizures, sleepwalker, etc.)**
**Allergies (check the applicable boxes below and describe the allergy and reaction seen)**

No known allergies:                      Food:                      Medication:                      Seasonal/Environmental:

**Dietary (check the boxes below if applicable)**

Vegetarian:                      Gluten Intolerant:                      Alpha Gal:                      Does not eat Pork:

**Other accommodations or important details (use additional sheet of paper if needed):**


## Kentucky 4-H Camping Code of Conduct and Expectations

1. Campers are not permitted to bring cell phones to camp.
2. Possession or use of alcohol, illegal drugs, or weapons by any person is prohibited.
3. Use of tobacco products is not allowed for campers/teens at 4-H camp. Should a county decide to permit adults (21 years and over) to use them, it may occur only in areas designated by the Camp Director. Absolutely no tobacco products are to be used in cabins, woods or non-designated areas of camp.
4. Camp participants are permitted to enter the cabin in which they are assigned. All other cabins are restricted.
5. Campers are not allowed in the cabins during a class or activity. If a camper is ill, they are to stay at the medical center (not in a cabin) until the Health Care Provider (HCP) feels the camper may return to activities.
6. Camp participants are to be attentive, responsive and courteous to any staff, adult or teen counselor making a presentation before the group.
7. Absolutely no phone calls are to be made by campers (camp office phone or cell phone) without approval of the County Extension Agent. All County Extension Agents should be informed of incoming calls at the camp office to campers.
8. Accidents or illnesses, no matter how minor, are to be reported to the County Agent and Camp Healthcare Provider. If medical care is needed, the Agent will coordinate treatment with the Camp Healthcare Provider.
9. Obscene, discriminatory and/or inappropriate language or dress, roughhousing, and insubordination is not acceptable at any time and may result in dismissal from camp.
10. Fireworks are not to be used by camp participants at any time.
11. Swimming, boating, or any waterfront activity is not permitted except during designated times and under proper supervision.
12. Appropriate dress, including footwear, should be adhered to as outlined in the 4-H Camp Dress Code.
13. Camp participants are always to remain with their groups, and must obey the rule of 3 when traveling. Individuals are not to be on the trails or near the lakes without an accompanying adult.
14. Camp participants are not permitted to leave the grounds at any time without notifying and receiving approval from the Contact Agent and their County Extension Agent.
15. Camp participants are expected to be in their cabins, with lights out, as designated on the camp program schedule.
16. No visitors, other than parents or immediate family, may visit campers during the camp. Visits must be approved in advance by the County Extension Agent.
17. No camp participant is to be around or on maintenance equipment.
18. Camp participants who are having personal conflicts with others should discuss these with their cabin counselor, dean, or County Extension Agent.
19. Campers and teens are to work with counselors in carrying out daily assigned jobs to help keep the camp running smoothly. Grounds are to be kept clean at all times. Camp participants are expected to leave the cabins, facilities and grounds clean and orderly.



PARTICIPANT NAME: \_\_\_\_\_

20. Camp participants are to respect camp property. Any misconduct resulting in damage to camp property or buses, including graffiti, shall be paid for by the camp participant and/or parent or guardian. A list of damage fees is available.
21. All medications must be turned in to the designated adult and picked up by the parent/guardian at the bus pick up site. The Health Care Provider will be responsible for securing all medications at camp.
22. Camp is not responsible for personal property of any camp participant or staff.
23. We care about the safety of all camp participants. Incidents of serious misbehavior (i.e. threats, fighting, bullying, causing injury, alcohol/drug incidents, any altercations between adults and/or minors, intentional property damage/vandalism, etc.) will be reported to the Camp Director and County Extension Agent and an incident report will be completed. Incidents of serious misbehavior may result in dismissal from camp.
24. Camp participants should demonstrate respect toward others. Bullying, hazing, or pranks (i.e.: shaving cream, toothpaste in pillow/sleeping bags, defacing property, including inappropriate use of electronics/social media) will not be tolerated and may result in dismissal from camp.

*Any conduct inconsistent with the above rules may result in consequences such as the camp participant/parent/guardian/immediate family member being sent home, restricting future participation in 4-H activities, termination of 4-H membership, or other consequences determined by the county's or state's policy. If a camper must be sent home, it will be the responsibility of the parent/guardian to pick them up at camp. There is no refund of the camp fee for an early departure.*

Participant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_



PARTICIPANT NAME: \_\_\_\_\_

## Kentucky Residential 4-H Camp Essential Standards for Camp Participants

It is the policy of the University of Kentucky, Kentucky 4-H and the Kentucky 4-H Camping program to encourage and accept participants without regard to race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental ability. Parents/Guardians of children who have medical conditions or other disabilities requiring special attention should alert the agent to ensure proper care and accommodations are provided. If the camper requires personal care or a level of attention not available through camp staff or volunteers, a family friend or relative of the same sex over age 18 or a parent/guardian must accompany the child as a caregiver. The parent/guardian will agree to pay the individual costs of the caretaker (25% of the camper registration fees.) The Client Protection Process will be performed on the caretaker with favorable results.

To determine whether a caregiver should accompany a camper, the following factors will be considered:

- Ability to dress without assistance
- Ability to maintain personal hygiene, e.g. bathing, brushing teeth
- Ability to attend to toileting needs
- Ability to understand and follow oral or written instruction
- Ability to remain at rest or sleeping according to the camp schedule
- Ability to participate in group activities with minimal individual attention
- Ability to participate in a communal living environment with minimal individual attention
- Ability to sustain a 15-hour (7am-10pm) camp day with limited rest periods
- Ability to understand and respond to dangerous conditions
- Ability to take medications according to a pre-set schedule and with minimal assistance

If a caregiver is not provided and a camper cannot meet the essential standards listed above, they may be dismissed from camp. If a camper must be sent home, it will be the responsibility of the parent/guardian to pick them up at camp. There is no refund of the camp fee for an early departure.

I have reviewed and acknowledge the essential standards for camp participants policy.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_



**PARTICIPANT NAME:** \_\_\_\_\_

**AUTHORIZATIONS/RELEASES**

*This is a legal document. You must read and understand it before signing it.*

**MEDIA RELEASE:**

I grant the Kentucky 4-H Program and the University of Kentucky, Kentucky State University, and persons acting through them, the right to use, reproduce, assign, and/or distribute photographs, films, videotapes, and sound recordings of my minor child without compensation for use in promotion/advertising, educational publications, electronic publishing, and personal memorabilia. Participant names may be published.

Yes. I grant permission for media releases.       No. I do not grant permission for media releases.

**Pick-up Release:**

It is my responsibility to arrange to pick up my child/children upon return from camp. There will be no exceptions to this policy regardless of relationship to the child. Please inform everyone approved by you on this release that he/she must present a driver's license or photo ID before the child will be released. **Parents, Guardians, and Emergency Contacts listed on page 1 and 2 are automatically assumed to have pick up authorization.** In addition to the parents/guardians listed on page 1, the following individuals are granted permission to pick up my child:

NAME: \_\_\_\_\_ RELATIONSHIP \_\_\_\_\_ Phone/Cell# \_\_\_\_\_

NAME: \_\_\_\_\_ RELATIONSHIP \_\_\_\_\_ Phone/Cell# \_\_\_\_\_

NAME: \_\_\_\_\_ RELATIONSHIP \_\_\_\_\_ Phone/Cell# \_\_\_\_\_

**CONSENT TO TREAT:**

The health history reported on page one and two are correct and complete to the best of my knowledge. I hereby permit the camp to provide routine health care, administer over the counter medication, assist in administering participant's prescription medications as needed, and seek emergency medical treatment including ordering x-rays and routine tests. I agree to the release of any records necessary for treatment, referral, billing, or insurance purposes. I permit the camp to arrange necessary related transportation for my child. In the event I cannot be reached in an emergency, I hereby permit the physician selected by the camp to secure and administer treatment, including trips off camp property.

**CODE OF CONDUCT:**

I have read and discussed the Camp Code of Conduct with my participant. We (parent/guardian and participant) understand and agree to comply with the guidelines. Violations may result in loss of privileges, removal from camp with no refund, assessment of a damage fee for which I will be responsible for paying, and/or ineligibility to participate in future 4-H events. An incident report will be completed for major violations.

**ASSUMPTION OF RISK, RELEASE OF LIABILITY, and PERMISSION TO PARTICIPATE:**

I acknowledge that there are certain risks, hazards, and dangers, including the risk of physical injury, disability, or death and risk of loss of use or damage to my personal property as a result of allowing participation in the camping program. Risks include but are not limited to recreational games and traditional camp activities, transportation accidents, weather-related hazards and natural disasters, infectious diseases, the possibility of slips and falls, pinches, scrapes, twists, and jolts that could result in scratches, bruises, sprains, lacerations, fractures, concussions, or even more severely debilitating or life-threatening hazards. I understand that injury or loss may result from unknown or unexpected risks and the use of equipment, materials, or facilities recommended by the University of Kentucky; environmental conditions; from the acts or omissions of others; or from the unavailability of immediate and adequate emergency medical care. I understand that the University of Kentucky does not guarantee the personal health or safety of participants, nor does it protect against the risk of loss of personal property. In consideration for allowing my child to participate in the camping program, I do hereby release the University of Kentucky, the University of Kentucky Cooperative Extension Service, the county Extension District Board(s), the 4-H Camp, Kentucky State University and their trustees, directors, officers, members, agents, employees, volunteers, and assigns from any and all liability, damages, cost, and expenses arising out of or relating to bodily or psychological injury, loss of life, or personal property that may occur as a result of participating in the camping program. I understand that my child's participation in the Kentucky 4-H Summer Camping Program is based on the challenge by choice philosophy. I recognize that programs are designed to use experiential, engaging teaching techniques, but that my child's participation is purely voluntary, always, and my child will choose his or her level of participation in any activity (including, but not limited to: high ropes, rock climbing, low challenge elements, rifles, archery, trap shooting, horses, and cave exploration). I understand that my participation in this activity may entail certain anticipated and unanticipated risks regarding personal injury or illness. I further understand and acknowledge that there is currently a COVID-19 pandemic in the U.S. and that there may be health risks associated with entering facilities and/or participating in activities and events owned or operated by the University of Kentucky or the University of Kentucky Cooperative Extension Service. I hereby acknowledge my voluntary and informed assumption of full responsibility and liability regarding any injuries or illness, including COVID-19, that I may incur coincident to my participation in this activity.

Participant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_



## Kentucky 4-H Camping Program Damage Fees

The following contains only those items most frequently damaged or taken. Intentional damage to any other camp property will be assessed at the time of damage. Should intentional damage or theft occur, it is the responsibility of the child and his/her parents to reimburse the costs. No charges are made for worn equipment or normal usage. Charges are required for damage resulting from horseplay and malicious or intentional behavior. Graffiti on camp property will not be tolerated.

|                      |  |                     |
|----------------------|--|---------------------|
| Basketball Backboard | Broken or missing  | Cost of replacement |
| Basketball Rim       | Broken or missing  | 150.00              |
| Brooms, Mops         | Broken or missing  | 20.00               |
| Bunk Bed             | Bed Replacement / repair   | Cost of replacement |
| Cabin HVAC           | Replace or repair  | 1500.00+            |
| Cabin Keys           | Lost or missing or broken  | 10.00+              |
| Changing Tents       | Damaged or missing   | 50.00               |
| Dust Pans            | Broken or missing  | 10.00               |
| Fire Extinguisher    | Discharged or broken   | 75.00               |
| First Aid Kits       | Lost or missing  | 25.00               |
| Graffiti             | Defaced with Graffiti  | 50.00               |
| HVAC Controls        | Repair/Replace   | 100.00+             |
| Mattress             | Replacement  | 150.00              |
| Screen Door          | Repair or Replace  | 50.00               |
| Smoke/CO Detector    | Damaged or missing   | 100.00              |
| Trash Cans           | Broken or missing  | 25.00+              |
| Windows              | Repair or Replace  | 100.00+             |
| Window AC            | Replace  | 250.00              |
| Window Screens       | Replace  | 50.00               |
| <b>Other</b>         | <b>ANY DAMAGE TO ANYTHING NOT LISTED INCLUDING PROGRAM EQUIPMENT WILL BE BILLED AT THE COST OF REPAIR/REPLACEMENT.</b> |                     |

**I understand that I am responsible for paying for any damages that my child may cause to camp property.**

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date



## Kentucky 4-H Camping Program Waiver of Liability – Immunizations

**Participant Name:** \_\_\_\_\_ **County:** \_\_\_\_\_

To the best of my knowledge and belief, the person named above is and has been in normal good health and is free from all communicable or contagious disease. Should this participant show symptoms that reasonably indicate the presence of a communicable or contagious disease, I agree that a physical examination/assessment may be performed. I also agree that if any such disease is found, we – the named individual and his/her family – will comply with the quarantine or isolation procedures required of the camp as directed by the state’s Department of Health. It is further understood that, should a communicable disease emergency arise, I will be notified. However, in the event that I cannot be contacted, the camp’s administrator(s) and healthcare staff may take the temporary measures they deem necessary to protect the health status of this participant.

I release and forever discharge the University of Kentucky, the University of Kentucky Cooperative Extension Service, the county Extension District Board(s), the 4-H Camp, Kentucky State University and their trustees, directors, officers, members, agents, employees, volunteers, and assigns from all causes of action, suits, claims, demands, or any other damages or costs associated with actions taken by the Released Parties.

I understand that my participation in this activity may entail certain anticipated and unanticipated risks regarding personal injury or illness. I further understand and acknowledge that there is currently a COVID-19 pandemic in the U.S. and that there may be health risks associated with entering facilities and/or participating in activities and events owned or operated by the University of Kentucky or the University of Kentucky Cooperative Extension Service. I hereby acknowledge my voluntary and informed assumption of full responsibility and liability regarding any injuries or illness, including COVID-19, that I may incur coincident to my participation in this activity.

I represent and acknowledge that I have read and understand this agreement and release and warrant that all statements made herein are true to the best of my knowledge. I further warrant and acknowledge that I am of legal age, legally competent to execute this agreement and release, and accept full responsibility therefore.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

\*The original copy of this form should be attached to the camper’s registration paperwork.

