



4-H CAMP TIMPOOCHEE

SUMMER HANDBOOK 2024

UF | IFAS Extension
UNIVERSITY of FLORIDA



AmeriCorps



volunteerflorida

Dear Future Camp Families,

Summer camp is an exciting rite of passage for youth! 4-H Camp Timpoochee wants to offer campers an exciting week full of adventures, laughter, and opportunities to make new friends. Since 1926, Camp Timpoochee has spent its summers building resiliency and creating life-long memories to all those who step through its gates.

This handbook is designed to help you learn more about our summer programs and decide which program is best for your camper. If you have questions, please do not hesitate to reach out to us at timpoochee4h@ifas.ufl.edu

We hope to see you this summer!



Ariel Danley, M.S.
Camp Director



Clair Norden
Asst. Camp Director

Table of Contents

What is 4-H?.....	Page 1
About Camp Timpoochee.....	Page 2
Ages We Serve.....	Page 4
Day Camp vs. Overnight Camp.....	Page 5
Camp Map.....	Page 6
2024 Summer Schedule.....	Page 7
Registration Information.....	Page 9
Health and Medications.....	Page 10
Camper Expectations.....	Page 12
Life at Camp.....	Page 14
Swimming at Camp.....	Page 17
Homesickness.....	Page 18
Day Camp Info.....	Page 19
Overnight Camp Info.....	Page 23
Teen Camp Info.....	Page 25
Try A Night Camp Info.....	Page 27
End of Summer Day Camp.....	Page 29



The University of Florida is an Equal Opportunity Institution

4-H membership is available to all youth ages 5-18 without regard to race, color, gender, sexual orientation, handicap, or national origin.

For disability accommodations such as sign language interpreters, listening devices, and alternate formats of written material, please contact Ariel Blanton at timpoochee4-h@ufl.edu at least 1 month in advance. Advance notice is necessary to arrange for some accessibility needs.

What is 4-H?

4-H is the nation's largest youth development organization. Over 230,000 members in the State of Florida help to make up the community of more than 6.5 million young people across America. 4-H is a non-formal, practical educational program for youth. Florida 4-H is the youth development program of Florida Cooperative Extension, a part of the University of Florida/IFAS.



The Florida 4-H Mission

The Florida 4-H Youth Development Program uses a learn-by-doing approach and caring adults to help youth gain the knowledge and life skills they need to be productive, responsible citizens.

4-H Motto

"To Make the Best Better"

4-H Slogan

"Learning By Doing"

The Florida 4-H Camping Mission

To help develop life skills in youth through experiential education in a camping environment.



4-H Pledge

I pledge my HEAD to clearer thinking,
My HEART to greater loyalty,
My HANDS to larger service,
And my HEART to better living,
For my club, my community, my
country, and my world.

About 4-H Camp Timpoochee



4-H Camp Timpoochee is a camp in Niceville, Florida, that is operated by University of Florida/IFAS and is located on the Choctawhatchee Bay. 4-H Camp Timpoochee was the first residential 4-H camping facility in Florida in 1926. It's also the second oldest 4-H residential center in the nation, so we have a rich history here at Timpoochee! While much of the camp is UF owned, a portion of the camp is under lease from Eglin Air Force Base.

Since 1926, thousands of 4-H members have participated in summer camp programs and state and local businesses and organizations have enjoyed retreats and trainings at camp. Its beautiful location provides waterfront access to the Choctawhatchee Bay and allows camp visitors to enjoy coastal Florida. Camp Timpoochee currently an American Camp Association Accredited Camp and provides summer camp programs, facility rentals, and environmental education and marine science programs. For more information on what it means to be an ACA Accredited Camp, go to <https://www.acacamps.org/accreditation>.

Since Summer 2022, 4-H Camp Timpoochee has opened all weeks of summer camp to all youth, regardless of whether or not they are 4-H members. Our goal is to provide a summer camp experience to as many youths as possible, so we look forward to meeting many new faces in the upcoming years.

About 4-H Camp Timpoochee

Timpooshee Address

4750 Timpooshee Lane
Niceville, FL, 32578

Timpooshee Website

<https://florida4h.ifas.ufl.edu/camps/camp-timpoochee/>

Contact Information

Ariel Danley
Resident Director
Office # 850-897-2224
Email: timpoochee4h@ifas.ufl.edu

Tours of Camp

4-H Camp Timpooshee is happy to schedule facility tours to you and your camper! We know some campers are apprehensive about coming to a new place and a tour can help set some nerves at ease. Give us a call or shoot us an email to set up a time to tour camp. Please note, we are not able to accommodate tours during our staff training or camp season, which is May 15-August 2nd, 2024.

Camper Mail

If you plan to mail your camper letters, we highly recommend doing so the week before. We will hold them until your camper arrives. You are also welcome to leave letters with us at Check-In. Please DO NOT pack any snacks in any letters or care packages, they will be confiscated and returned upon Check-Out. Camper mail is delivered in the evening. If your letter arrives after your camper leaves, we will return to sender.

Camper Name
C/O
4-H Camp Timpooshee
4750 Timpooshee Lane
Niceville FL 32578

Ages We Serve

What do we use to determine age at camp?

4-H Camp Timpoochee follows the Florida 4-H requirements for program age eligibility. **We consider the camper's program age to be the age they are on September 1, 2023.** If your camper does not meet the age requirement based on the September 1st date, we will not be able to register them for our program this year.

Day Camp Ages

Our day camp programs are designed for youth program ages 6-12. For your camper to be eligible for our day camps, they must be age 6 on or prior to September 1, 2023. If your camper is age 12 on September 1st, 2023, but turns 13 before summer camp begins, they are still eligible for our day camp program.

All campers who are ages 6 and 7 during our summer program are placed in their own group. This is to ensure the activities they participate in are developmentally appropriate. No exceptions can be made with this.

Overnight Camp Ages

Our overnight camp programs are designed for youth program ages 8-12. For your camper to be eligible for our overnight camps, they must be age 8 on or before September 1, 2023. If your camper is age 12 on September 1st, 2023, but turns 13 before summer camp begins, they are still eligible for our overnight camp programs.

Teen Camp Ages

Our Teen Camp program is designed for youth program ages 13-16. For your camper to be eligible for our overnight camps, they must be age 13 on or before September 1, 2023. If your camper is age 12 on September 1st, 2023, but turns 13 before summer camp begins, we will offer the opportunity to attend Teen Camp on a case by case basis. If the camper chooses to attend Teen Camp, they are not eligible for any other of our day or overnight camp programs during the summer, unless they are selected as a Jr. Counselor and complete the training. Day Camp is not an option for teens.

Try A Night Camp Ages

Our Try A Night Camp is designed for youth program ages 7-10 who have never attended an overnight camp at Timpoochee before. For your camper to be eligible for Try A Night Camp, they must be age 7 on or before September 1, 2023. If your camper is age 10 on September 1st, 2023, but turns 11 before summer camp begins, they are still eligible for Try A Night.

Day vs. Overnight Camp

We often get a lot of questions about the differences between day and overnight camp....besides the obvious. Check out this chart below to see the programmatic differences.

	Day	Overnight
Engaging Educational programs/activities	✓	✓
Tie Dye Craft	✓	✓
Free Swim	✓	✓
Rec Games	✓	✓
Morning & Afternoon Snacks	✓	✓
Lunch	✓	✓
S'mores	✓	✓
Shooting Sports		✓
Kayaking		✓
Skit Night		✓
Silly Campfire Night		✓
Evening All-Camp Games		✓
Evening Craft		✓
Evening Educational Activity		✓
Breakfast		✓
Dinner		✓
Canteen		✓
Assigned Cabins		✓



An Equal Opportunity Institution.



CHOCTAWHATCHEE BAY

SUMMER 2024 OVERNIGHT CAMPS

JUNE 3-7	WILD OUTDOORS
JUNE 10-14	WONDER EMPORIUM
JUNE 17-21	JR. MARINE I
JUNE 23-28	TEEN CAMP
JULY 1-2	TRY A NIGHT
JULY 8-12	OUTDOOR SKILLS
JULY 15-19	STEAM
JULY 22-26	JR. MARINE II

**OVERNIGHT CAMP FOR YOUTH AGES 8-12 AS OF SEPTEMBER 1, 2023.
TEEN CAMP FOR YOUTH AGES 13-17 AS OF SEPTEMBER 1, 2023.
TRY A NIGHT FOR YOUTH AGES 7-10 AS OF SEPTEMBER 1, 2023.**

SUMMER 2024 DAY CAMPS

DAY CAMP IS FOR YOUTH AGES 6-12
AS OF SEPTEMBER 1, 2023.

JUNE
3-7

WILD OUTDOORS

JUNE
10-14

WONDER EMPORIUM

JUNE
17-21

JR. MARINE I

JULY
8-12

OUTDOOR SKILLS

JULY
15-19

Full S.T.E.A.M. Ahead

JULY
22-26

JR. MARINE II

JULY
29-31

End of Summer
Day Camp

MONDAY- FRIDAY DROP OFF 7:30-8:30 AM
MONDAY-THURSDAY PICKUP : 4:30-5:30
FRIDAY PICKUP: 1:00-1:30

Registration

Registration Opens February 1, 2024

This summer, 4-H Camp Timpooshee will once again be using 4-H online for registration and payments. A service fee is charged when paying in 4-H Online. If you do not wish to pay this fee, checks or money orders can be mailed in to the camp. We have recognized the difficulty and have worked hard to help mitigate some of the issues this year. This year, you will NOT have to fully register in 4-H Online to register for camp! Instead, each camp week will have a unique registration link to use to register.

Early Bird Tuition: February 1- March 15, 2024

Day Camp: \$225

Overnight Camp: \$400

Teen Camp: \$450

Try A Night: \$100

End of Summer Day Camp: \$150

After Early Bird Tuition : March 16-End of Summer

Day Camp: \$250

Overnight Camp: \$425

Teen Camp: \$475

Try A Night: \$100

End of Summer Day Camp: \$150

Refund/Cancellation Policy

This policy applies to anyone that cancels their registration anytime for any reason. If your child is not within the age range, a refund is possible, but a 10% cancellation fee will be applied. Camper's registration will need to be paid in full within one week of registering in 4-Honline if choosing the "Pay by Check" option.

The following cancellation deadline dates apply:

- Until April 15th, a 10% cancellation fee applies
- After April 15th, a 50% cancellation fee applies
- After May 15th, no refund will be given unless a doctor's note is provided showing current illness requiring participant's cancellation (in this case, the 10% cancellation fee will be applied)

Medications & Health

Health History Registration

In order to set up our camp for success and provide the best care for all our campers, camper's health conditions are gathered during registration to provide us with the most current and important information needed when managing and responding to health and medical conditions that may occur during the week. Sometimes things don't go as planned, and this information is critical for us to provide the best care possible in these situations. This information also helps us to proactively set up a health plan for each camper and allows for our camp to partner with parents in setting their child up for success. Sharing your camper's health and medical needs will not prohibit them from attending camp; it will, though, provide an opportunity for us to discuss your child's needs before arrival to camp. We take your child's health and safety very seriously, and we appreciate transparent information from parents in helping us to provide the highest safety and care for their child.

Healthcare Emergency Protocol

In the case of any healthcare situation where a camper's health and/or situation is not progressing as expected or emergency services has been contacted, the Camp Director and/or Camp Health Director will call the Primary Guardian to discuss the situation. If no contact is made via phone, a voicemail will be left. In addition to a phone conversation, an email or text message will also be sent to describe the details of the situation. If any camper needs medication that was not sent with them, verbal and/or written consent must be given prior to the camper receiving it. Consent can be provided on your camper's health form that is completed during registration.

Health Director & Check-In

4-H Camp Timpoochee employs a licensed medical professional during summer camp as our Health Director. They are in charge of all things medical and health related at camp. Our Health Director will be the person to intake any medications you bring to camp and will administer, along with a trained Timpoochee Leadership Team Member, routine and as needed medications to campers. Upon check-in, you will meet briefly with the Health Director to go over a brief health history, turn in all medications, and go over any medical or health concerns you may have. Please be prepared for this process to take time during Check-In on Monday- whether day camper or overnight camper. We want to ensure we have all of the appropriate information to take the best care of our campers during the week.

If your camper requires an epi pen, inhaler, or has a serious allergy, they will receive a **RED** armband to wear during the week. This helps us identify their needs and provide the best possible care in the event of an emergency.

Medications & Health

Medications at Camp

All medications, vitamins, prescribed ointments, etc. must be turned into the Health Director during Check-In. They must be in their original container with the Camper's name. All medications should be placed in a clear bag, along with the completed medication form. We are required to administer the medication as instructed on the container. If you follow different instructions, we must have a doctor's note confirming so. All campers' medications are logged in our Health Log Book and documented each time a camper receives their medication.

Routine medications are generally administered four times a day: during breakfast, during lunch, during dinner, and just before light's out. If your camper requires medications to be given at a specific time, other than during our routine times, please let our Health Director know during Check-In.

4-H Camp Timpoochee stores a small variety of over the counter medications. In the event your camper may need one of these medications, we will refer to the completed health form which indicates which over the counter medications we have permission to administer. If no permission is given, our Health Director will call to request permission. Any time any medication, topical or oral, is given, it is documented in our Health Log Book.

Illness or Injury

4-H Camp Timpoochee is committed to keeping parents informed of their camper's health and wellness. Our Health Director or Camp Director will contact you if any of the following happens:

1. Your camper is presenting any contagious illness symptoms: i.e. fever, vomiting, diarrhea, etc.
2. Your female camper has begun menstruating and would like to call home.
3. Your camper has an accident resulting in any form of head injury.
4. Your camper has accident or injury that incurs a large cut, bruise, or swells.
5. Your camper visits the Health Director repeatedly for the same issue.
6. Your camper has requested an over the counter medication that their registration has not given permission for.

COVID-19 & Other Contagious Illnesses

4-H Camp Timpoochee does not treat COVID-19 or any other contagious illness lightly. We take every precaution to keep our campers and staff safe. If upon Check-In your camper has recently had (within 24 hours) or currently has any symptoms we do ask that you speak to the Health Director or Camp Director. Please DO NOT send your camper to camp ill. If your camper presents any symptoms while at camp, 4-H Camp Timpoochee will require the camper to go home that day. Partial refunds are not guaranteed.

More information about our COVID-19 and contagious illness policies can be found here: [COVID-19 Direction](#)

Camper Expectations

Florida 4-H Code of Conduct

When registering your camper, you were asked to read through and sign the Florida 4-H Code of Conduct for Youth and Adults. We uphold all of our campers, staff, and adult volunteers to this. Please be sure to read through it carefully with your camper to ensure they understand. Should they violate the Code of Conduct while at camp, it may be grounds for immediate removal with no refund.

Florida 4-H Code of Conduct for Youth and Adults: As a participant in 4-H at the local, state, or national level, I have the responsibility of representing the UF/IFAS Extension 4-H Youth Development Program to the public. Therefore, I am expected to conduct myself in a manner that will bring honor to me, my family, my community, and 4-H. To do that, I must abide by the following rules:

- (1) Obey local, state, and federal laws. Follow county, district, state and/or national 4-H policies. Abide by any special rules for a 4-H event or activity.
- (2) Speak and act in a responsible, courteous, and respectful way. Harassment, threats or bullying of any type is prohibited.
- (3) Act responsibly to maintain a safe environment for all participants. Acting in a manner that could endanger the health, safety or welfare of yourself or others is prohibited. Report threats to the well-being of any participant immediately to the adult in charge.
- (4) Possession or use of tobacco, e-cigarettes or vaping devices, alcohol, or illegal drugs is prohibited. Possession or use of approved medications by youth during a 4-H function must be reported to the adult in charge and must not be accessible to other participants.
- (5) Possession or use of weapons or other dangerous objects is prohibited in accordance with Florida law, except when required as part of an approved educational program. Weapons are defined to include, but are not limited to, guns, knives and incendiary or explosive devices of any kind.
- (6) Respect all property, facilities, equipment, and vehicles. I will be responsible for any damage or other consequences resulting from my behavior.
- (7) Participate fully in 4-H functions. Be in the assigned program areas (example—dorms, cabins, programs, etc.) on time. If I am unable to attend or participate, I will tell the adult in charge. Help others have a pleasant experience by making every attempt to include all participants in activities.
- (8) Dress appropriately for each 4-H function.
- (9) Use of any mobile electronic device during a scheduled 4-H activity is prohibited unless activity-specific rules otherwise allow. When permitted, they should be used only in a manner that is consistent with the approved activity and not discourteous or disruptive.
- (10) The belongings of youth participants, including but not limited to bags, purses, computers, other electronic devices, lockers and vehicles, are subject to search and seizure by 4-H faculty/staff, and in some instances a volunteer designee, upon reasonable suspicion that a prohibited and/or illegally possessed substance or object is contained within that area. (If an adult is suspected, this will be handled by law enforcement.)

Camper Expectations

Breaking the Code of Conduct

4-H Camp Timpoochee does our best to ensure our facility maintains a physically, emotionally, and mentally safe space for all. We utilize our Code of Conduct as a framework for age appropriate acceptable and unacceptable behavior. Unless a camper breaks a non-negotiable rule, we generally imply the following procedures for behavior management.

1. First incident: The camper meets with their Cabin Leader and Assistant Director or Day Camp Coordinator to discuss what happened, why it happened, and a plan to help the camper make positive decisions.
2. Second incident: The camper meets with their Cabin Leader and Camp Director to discuss what happened and why it is continuing to happen. At this point, parents/guardians will be informed of the situation.
3. Third incident: After repeated attempts to manage and modify the behavior, the camper's parents will be called for immediate pick-up and will not be allowed to return to camp this week, or possibly the remainder of the summer. A refund will not be provided. We do not take this step lightly.

Examples of behavior that may result in this action include, but are not limited to:

- Repeatedly not listening or causing extreme disturbances in activities
- Repeatedly acting in a manner that may cause harm to themselves or others
- Stealing
- Vandalism
- Not keeping hands to themselves or rough housing
- Inappropriate language
- Inappropriate bathroom behavior

Non-Negotiable Actions

Below is a list of non-negotiable actions that will result in immediate removal from camp without refund. At the Camp Director's discretion, additional actions may be added to this list.

- Bringing an illegal or prohibited substance to camp.
- Acts of violence or intentions of hurting a fellow camper or staff.
- Verbal harassment and/or bullying.

Camper Participation

Most of the activities at 4-H Camp Timpoochee are challenge by choice. We will respect a camper's wishes if they do not want to participate in a specific activity because they are uncomfortable. While we try to encourage campers to participate, it is not forced. However, they are expected to remain respectful of those around them or choose an alternate activity if the option is available.

Life at Camp

Meals at Camp

4-H Camp Timpochee provides Breakfast, Lunch, and Dinner to our Overnight Campers and Lunch daily to our Day Campers. Our meals are designed to be well-balanced and fuel our campers for an active day at camp. We always have fresh fruit available at every meal and snacks. Our kitchen is peanut free. We are able to accommodate most food restrictions and allergies: Gluten Free, Dairy Free, Vegetarian, allergies, etc., but will need to know any restrictions prior to arrival to ensure we are properly prepared. If you have indicated your camper has a food allergy or restriction, they will receive a **GREEN** armband during Check-In to wear during the week. This helps indicate to our Kitchen Staff the camper has a food allergy or restriction and that they receive the appropriate meal.

We understand that some campers are picky eaters and we do our best to accommodate. However if your camper is very selective on the foods they eat and you would like to pack food for them, please contact the Director prior to your week of camp. Day Campers are allowed to bring their lunches daily if you would prefer. We do ask that **NO peanut products** are packed.

Singing at Meals

Prior to most meals, campers generally sing silly camp songs. Why do we do that? With upwards of 110 campers at camp, it can take 15-20 minutes to have all campers go through the meal line. We have fun with these silly songs to engage the campers while they are waiting for their turn. We do NOT require the kids to participate if they are uncomfortable or to scream or shout to receive their meals. Camper groups are picked at random to go in for their meals not based on participation or volume.

Snacks at Camp

Campers are provided snacks daily. Fresh fruit is always available if a camper is hungry throughout the day. If you would like to pack a snack for your day camper, please be sure it contains **NO peanut products**. We do ask that you NOT pack snacks for our Overnight Campers. To prevent unwanted pests, no food or drinks (other than water) are allowed in cabins.

Camp Store and Bringing Money

4-H Camp Timopochee's Camp Store is open daily at select time to campers. All campers are allowed to visit the camp store. If you wish to send money for your camper to spend, please place the money in an envelope with the camper's name and your email address or cell phone number. This must be turned in during morning Check-In for Day Campers and on Monday Check-In for Overnight Campers. This year, all receipts will be texted or emailed directly to the parents through Square. Campers will receive their purchases at the end of the day and it is up to them to be responsible for the items. We will put the camper's initials in/on the item, but will not replace or refund lost items. No food items are sold in Camp Store.

Life at Camp

Camp Staff

4-H Camp Timpooshee hires seasonal Camp Staff as Cabin Leaders and Educators during the summer. All staff are hired as University of Florida employees and have gone through an intensive training, have passed a Level II background screening, and are certified in First Aid/CPR/AED by the American Red Cross. All Lifeguards are certified Waterfront Lifeguards through the American Red Cross.

This summer, your camper may participate in an Environmental Education class while at camp that is led by an AmeriCorps Service Member. All AmeriCorps Service Members are vetted through the same Level II background screenings and are fully trained to provide educational programming.

Supervision at Camp

Florida 4-H abides by the 2-Deep Rule, meaning at any given time at camp, there is a minimum of two adults supervising. This is to ensure our staff are never placed in a situation where they are the sole adult with a camper or group of campers. In addition to the 2-Deep Rule, we also follow the supervision ratios listed below.

Camper Age	Number of Adults	Overnight Campers	Day-Only Campers
Ages 6-8	1	5	6
Ages 9-14	1	8	10
Ages 15-17	1	10	12

Noise & Energy at Camp

During the day, 4-H Camp Timpooshee provides a high energy, fast moving atmosphere to keep our campers engaged. At times, it can be very loud with laughter, shouts, and chants. If your camper struggles with any of this, please reach out to the Camp Director to help set a plan for success for your camper.

Birthdays at Camp

If your camper is having their birthday while at camp, please let us know. We love to celebrate birthdays at camp and would like to make them feel special on their day.

Life at Camp

Phone Calls at Camp

4-H Camp Timpooshee discourages campers calling home daily. This can often be disruptive to their daily activities and can induce homesickness. When a camper is feeling homesick, we encourage them to write a letter home that we will gladly mail for them. Our staff are trained to help campers work through their homesickness. If a phone call home is ultimately the best option, a Director will use a camp phone and dial the phone number listed on your camper's Registration and/or Health Form. This is for the safety of your camper. If you do not answer, we will leave a message explaining why your camper has called.

Likewise, 4-H Camp Timpooshee also encourages parents/guardians to write letters to their camper. They can either be mailed in advance or slyly dropped off at Check-In. It is difficult and disruptive to the camper to pull them away from their activities for phone calls. If you need to share non-emergent information with your camper, we are happy to relay the information to them as soon as we can.

If your call is due to an emergent situation, we will take a message and have the camper call back as soon as possible. The same guidelines apply as above for returned calls regarding which phone number(s) we will use to call back.

Photos

4-H Camp Timpooshee tries our best to capture photos throughout the week. We do not have an employee specifically dedicated to photography on staff. The photos we are able to capture, we place in a secure website and will email the link out as soon as we are able to. Often times this takes a few weeks. This way, both you and your camper can view them together.

If you have indicated no photos of your child be taken at all, they will be presented with a **YELLOW** arm band at Check-In. This helps us ensure we are not taking photos without permission. If you indicated we can take your camper's photos, but not post them on our social media or use for marketing, they will only be posted to our secure photo storage website.

Cameras at Camp

Campers are welcome to bring cameras with them to camp. We highly recommend it be a disposable camera. Photos are not allowed to be taken inside cabins or bathrooms for the safety of our campers and staff. 4-H Camp Timpooshee is not responsible for keeping up with or replacing lost/damaged cameras.

Cell Phone and Electronics

Cell phones and other electronics are prohibited at camp. This is to encourage campers to step away from the digital world and actively engage in peer interactions and with nature. It is also for the safety of your camper and their fellow campers and staff. If a cell phone is found, it will be confiscated and returned during Check-Out. If, for any reason, you need to contact your camper, please use the camp office line or the Director's cell phone number.

Swimming at Camp

Timpoochee Waterfront

4-H Camp Timpoochee is located on the Choctawhatchee Bay and has nearly a third of a mile of waterfront property. Due to damage from previous hurricanes, we are only able to utilize a small portion of our waterfront, with the remainder fenced off for safety. We have designed two safe entry points and swim areas at our waterfront. It is our hope that campers are able to enter the water each day whether for a class or for free swim- weather pending. It is at the discretion of the Waterfront Coordinator and the Camp Director to determine if conditions are safe to enter the water.

The water in our bay is brackish- a mixture of fresh and salt water. It houses a wide array of wonderful marine life. The deepest area of the waterfront campers swim in is no more than 3 feet.

Waterfront Supervision

Safety is our number one priority. No campers are allowed in our water, or past the waterfront fence, without our lifeguards. Each of our guards are certified American Red Cross Waterfront guards and have been trained on our specific waterfront. We maintain a 1:10 camper to guard ratio and conduct our safety system, "Buddy Check", every 10-15 minutes.

Given the nature of our waterfront, we do not have a permanent swim boundary in place. Our Lifeguards physically create a swim barrier for our campers. By doing this, our Lifeguards can ensure they are in the best position to safely guard our campers and be on the outlook for potentially dangerous marine life.

Swim Test

All campers who wish to enter the water, whether for a class or free swim, must go through the Timpoochee Swim Test. The Swim Test is designed for our trained lifeguards to gauge our campers' confidence in the water. The swim test consists of walking and swimming. Campers are not encouraged to hold their breaths for long periods of time nor to try to swim the test length underwater. They can use whatever stroke they are most comfortable with. We do ask to see them go under water at least once to see how they handle their face being in the water. Lifejackets can be provided to campers at guardian or camper request.

Every camper passes the swim test and receives a specific color swim band coordinating with their confidence level. It is our expectation that the swim band remains on during the week. The swim bands allow our guards to quickly determine camper's skill level and confidence during swim time and any class that enters the water. Campers must have their swim band on to enter the water.

Buddy Check

4-H Camp Timpoochee uses the buddy check system as a safety procedure during free-swim to ensure all campers in the water are accounted for. Campers who wish to enter the water are asked to find a buddy with the SAME color swim band. Groups of 3 are only allowed if an odd number of campers are left with the same swim band color. Each buddy group is assigned a number and must call out their number when buddy check is called. Buddy check is called every 10-15 minutes.

Homesickness

Homesickness at Camp

Homesickness is a normal thing here at camp. According to the American Camp Association, approximately 95% of campers who attend an overnight summer camp in the U.S. have reported feelings of homesickness. Our staff are trained on how to recognize and help campers who feel homesick by validating their feelings, but not allowing it to overpower their experience at camp. Often times, campers feel the most homesick in the evening. We try to help campers overcome by debriefing the day and creating an evening routine. We do not encourage campers to call home each evening. This often increases their homesickness and desire to leave camp.

Part of your camper's success at camp will depend on the preparations that are made at home prior to their arrival. Below is a small list of ways you can help your camper have a successful week.

1. **Be POSITIVE!** Encourage your camper by talking positively about camp. Engage them in conversations about the experience and prepare them with the information in this handbook. If your camper brings up being homesick, remind them that it is normal to feel that way, but not to dwell on it. Remind them they can miss home AND still have a great week of camp.
2. **DO NOT make a "pick-up" deal.** Promising your camper you will pick them up if they feel homesick will undermine their confidence and intensify their homesickness while at camp. It can hinder their journey in resiliency and their experience with overcoming tough things. Instead normalize their worries of homesickness by talking through it and discussing coping strategies. We encourage parents/guardians to send their camper mail during the week to remind them they can do this and they will see them soon.
3. **Pack with your camper.** Take the time to pack for camp together. This will allow your camper the opportunity to take ownership of the items they are bringing and advocate for comfort items they may feel can help them throughout the week. This could be a certain blanket, stuffed animal, or even a book.
4. **Label everything!** Please take the time to label your camper's belongings. Losing things at camp is inevitable- there is so much activity going on. Putting your camper's name on their belongings helps our staff return it to them and reduce the anxiety they may have of going home without their things.
5. **Practice time away from home.** Nothing helps your camper to prepare to cope with being away from home more than practicing before camp. Spending time at a family member or friends home for a weekend without calling home will do wonders for your camper's confidence! This could be a great time for them to practice writing letters!

4-H Camp Timpooshee wants nothing more than to help your camper have the best week possible. For any additional tips on how to prepare, please contact the Camp Director. Success begins at home!

Day Camp Info

Drop Off

7:30 AM- 8:30 AM

Monday-Friday



Pick Up

4:30 PM- 5:30 PM

Monday-Thursday



Friday Pick Up

1:00-1:30 PM

If your camper needs to be dropped off late or picked up early, please let us know ASAP. We do ask that these be limited as much as possible to minimize daily program disruption and staff distribution. We do our best to have your campers ready on time, but with 100+ youth on site, this can take time. If you

Sample Day Camper Schedule

7:30 AM-Check-In Begins
8:30 AM- Recreation
8:45 AM- Flag Raising
9:00 AM- All Camp Program
9:30 AM- Activity 1
10:45 AM- Snack
11:00 AM- Activity 2
12:15 PM- Lunch
1:00 PM- Assembly
1:15 PM- Activity 3
2:30 PM- Change into water gear
3:00 PM- Free Swim
4:15 PM- Prep for Check-Out
4:30 PM- Check-Out Begins
5:30 PM- Check-Out Ends

Camp Friend Requests

Day Campers are allowed to request ONE friend as a group-mate during activity rotations for the week. This friend must be within 2 years of age of the camper requesting.

All campers who are ages 6-7 will be placed in a group together. No exceptions can be made with this age group.

We do our absolute best to pair group-mate requests, but please note we are not always able to accommodate.

Day Camp Info

Daily Pack List

The items below are required for each day at camp:

- Comfortable clothes appropriate for active play outdoors
- Closed toe shoes
- Waterbottle
- Water Gear

Recommended Items

- Backpack
- Hat or Head Covering
- Sunscreen

What Not to Bring

The items below are prohibited at camp.

- Cell phones or any electronics
- Expensive items like smart watches, jewelry, and radios
- Snacks, gum, candy
- Weapons and fireworks
- Pets
- Alcohol or Illegal Drugs

4-H Camp Timpooshee is not responsible or liable for any lost or damaged items. Campers are responsible for their own personal belongings. We strongly encourage you to put your camper's name or initials in all their belongings.

Water Gear

It is our goal for campers to be able to enter the water each day Monday-Thursday. **Please pack swimwear that is appropriate for athletics and various water activities daily.** Regardless of the style of swimsuit (one or two-piece, tankini, board shorts, jammers, etc), swimwear must provide full coverage on the bottom, be comfortable, and securely stay in place without excessive adjustment. Swimwear should not be able to be unhooked, untied, or unzipped easily during activities.

Campers must also be able to change into and out of their swimwear on their own. If they are unable to or struggle, we highly recommend sending them to camp that day already in their swim gear. Campers are required to wear water shoes when getting into the bay. Campers will also need a towel. **Please write your camper's name on all their belongings (water bottle, towel, backpack, etc.) to help us ensure they make it home at the end of each day.**

Day Camp Info

Camper Drop-Off Procedures

Below are our daily camper drop-off instructions. Please be sure to follow these carefully to ensure a safe and swift drop-off. If you have an overnight camper, they CANNOT be dropped off during the day camper drop-off time.

Please remember our camp speed limit is 10 MPH.

1. Upon entering camp, please stay to right side of the road and follow cones and arrows to drop-off table. If this is the first day of the camp week, be prepared to hand in any remaining paperwork and answer questions regarding your camper's health history.
2. When your vehicle reaches the drop off table, place your vehicle in park and allow your camper(s) to exit the vehicle. Due to time constraints, ONLY registered campers are allowed out of the vehicle.
3. Once your camper exits the vehicle, please follow cones and arrows to exit the camp. Campers will then check in with our name tag table and be escorted to the morning assembly area.

If you need to speak to the director, please let a staff member know at the drop off table and we will direct you where to park.

Please remain in your vehicle.

Day Camp Info

Camper Pick-Up Procedures

Below are our daily camper pick-up instructions. Please be sure to follow these carefully to ensure a safe and swift pick-up.

Please remember our camp speed limit is 10 MPH.

1. Upon entering camp, please stay to right side of the road and stop when you reach the staff member.
2. When you reach the staff member, please share which camper(s) you are picking up and provide your drivers license. Only individuals on the approved pick-up list will be allowed to pick up campers.
3. After your ID has been checked, the staff member will hand you a camper card.
4. Follow the cones and arrows until you reach the pick-up table. Please place your vehicle in park and remain in your vehicle. Hand the staff member the camper card and your camper(s) will load up.
5. Once your camper(s) are safely in your vehicle, please follow the cones and arrows to exit the camp.

If you need to speak to the director, please let a staff member know at the drop off table and we will direct you where to park. Please remain in your vehicle.

Overnight Camp Info

Check-In **Monday** 10:00-11:30 AM

Check-in will begin promptly at 10:00AM. Early arrivals cannot be accommodated, even if you have a day camper attending. **Please park in main parking area and proceed with your camper and their luggage to outside check-in table at 10:00 AM.**



Check-Out **Friday** 10:00-11:30 AM



Sample Overnight Camper Schedule

- 7:30 AM-Rise and Shine
- 8:00 AM- Breakfast
- 8:45 AM- Flag Raising
- 9:00 AM- All Camp Program
- 9:30 AM- Activity 1
- 10:45 AM- Snack
- 11:00 AM- Activity 2
- 12:15 PM- Lunch
- 1:00 PM- Assembly
- 1:15 PM- Activity 3
- 2:30 PM- Change into water gear
- 3:00 PM- Free Swim/Snack
- 4:15 PM- Cabin Activity
- 5:15 PM- Flag Lowering
- 5:30 PM- Dinner
- 6:30 PM- All Camp Program
- 7:30 PM- Canteen
- 7:45 PM- Evening Program
- 8:45 PM- Head to Cabins for Showers
- 9:30 PM- Lights Out

Cabin Roommate Requests

Campers are allowed to request ONE friend as a cabin-mate during registration. This friend must be within 2 years of age of the camper requesting.

We do our absolute best to pair cabin-mate requests, but please note we are not always able to accommodate.

Overnight Camp Info

Overnight Camper Packing List

Clothes should be comfortable and appropriate for active play. Please put your camper's name or initials on their belongings.

- ___ shorts and comfortable pants
- ___ t-shirts (all shirts must cover midriff)
- ___ 1 pair tennis shoes or closed toe shoes
- ___ 1 pair of shower shoes
- ___ 1 pair of CLOSED TOE water shoes
- ___ underclothing
- ___ 1 light sweater/jacket for cool nights
- ___ 2 swim suits/ swim clothes
- ___ socks
- ___ pajamas
- ___ plastic bag for dirty clothes

Personal Articles:

- ___ 1 shower towel and 1 beach towel
- ___ comb and/or brush
- ___ toothbrush and toothpaste
- ___ bug spray
- ___ sun screen
- ___ shampoo, body wash, deodorant
- ___ pillow and pillow case
- ___ twin sheets and blanket or sleeping bag
- ___ hat
- ___ water bottle with name
- ___ feminine hygiene products (as needed)

What Not to Bring

The items below are prohibited at camp.

- Cell phones or any electronics
- Expensive items like smart watches, jewelry, and radios
- Snacks, gum, candy
- Weapons and fireworks
- Pets
- Alcohol or Illegal Drugs

Swimwear

Please pack swimwear that is appropriate for athletics and various water activities. Regardless of the style of swimsuit (one or two-piece, tankini, board shorts, jammers, etc), swimwear must provide full coverage on the bottom, be comfortable, and securely stay in place without excessive adjustment. Swimwear should not be able to be unhooked, untied, or unzipped easily during activities.

Campers must also be able to change into and out of their swimwear on their own.

4-H Camp Timpooshee is not responsible or liable for any lost or damaged items. Campers are responsible for their own personal belongings. We strongly encourage you to put your camper's name or initials in all their belongings.

Teen Camp Info

Check-In **Sunday** **June 23** **4:00-5:30 PM**

Check-in will begin promptly at 4:00PM. Early arrivals cannot be accommodated. Please park in main parking area and proceed with your camper and their luggage to outside check-in table.



Check-Out **Friday** **June 28** **10:00-11:30 AM**



Sample Overnight Camper Schedule

- 7:30 AM- Rise and Shine
- 8:00 AM- Breakfast
- 9:00 AM- Flag Raising
- 9:15 AM- All Camp Program
- 9:45 AM- Activity 1
- 10:45 AM- Snack
- 11:00 AM- Activity 2
- 12:00 PM- Lunch
- 1:00 PM- Assembly
- 1:45 PM- Activity 3
- 2:45 PM- Snack
- 3:00 PM- Activity 4
- 4:15 PM- Cabin Activity
- 5:15 PM- Flag Lowering
- 5:30 PM- Dinner
- 6:30 PM- All Camp Program
- 7:30 PM- Canteen
- 7:45 PM- Evening Program
- 9:45 PM- Head to Cabins for Showers
- 10:15 PM- Lights Out

Cabin Roommate Requests

Campers are allowed to request ONE friend as a cabin-mate during registration. This friend must be within 2 years of age of the camper requesting.

We do our absolute best to pair cabin-mate requests, but please note we are not always able to accommodate.

Teen Camp Info

Overnight Camper Packing List

Clothes should be comfortable and appropriate for active play.

- __ shorts and comfortable pants
- __ t-shirts
- __ 1 pair tennis shoes or closed toe shoes
- __ 1 pair of shower shoes
- __ 1 pair of CLOSED TOE water shoes
- __ underclothing
- __ 1 light sweater/jacket for cool nights
- __ 2 swim suits/ swim clothes
- __ socks
- __ pajamas
- __ plastic bag for dirty clothes

Personal Articles:

- __ 1 shower towel and 1 beach towel
- __ comb and/or brush
- __ toothbrush, toothpaste, shower toiletries
- __ bug spray
- __ sun screen
- __ deodorant
- __ pillow and pillow case
- __ twin sheets and blanket or sleeping bag
- __ hat
- __ water bottle with name
- __ feminine hygiene products (as needed)
- __ bag to carry personal items on snorkel trip

What Not to Bring

The items below are prohibited at camp.

- Cell phones or any electronics
- Expensive items like smart watches, jewelry, and radios
- Snacks, gum, candy
- Weapons and fireworks
- Pets
- Alcohol or Illegal Drugs

Swimwear

Please pack swimwear that is appropriate for athletics and various water activities. Regardless of the style of swimsuit (one or two-piece, tankini, board shorts, jammers, etc), swimwear must provide full coverage on the bottom, be comfortable, and securely stay in place without excessive adjustment. Swimwear should not be able to be unhooked, untied, or unzipped easily during activities.

Campers must also be able to change into and out of their swimwear on their own.

4-H Camp Timpooshee is not responsible or liable for any lost or damaged items. Campers are responsible for their own personal belongings. We strongly encourage you to put your camper's name or initials in all their belongings.

Try A Night Info

Check-In **Monday** 10:00-11:00 AM **July 1st**

Check-in will begin promptly at 10:00AM. Early arrivals cannot be accommodated. Please park in main parking area and proceed with your camper and their luggage to outside check-in table.



Check-Out **Tuesday** 10:00-11:30 AM **July 2nd**



Sample Schedule

10:00AM-Check In
11:00AM- Orientation
11:30AM- Cabin Time
12:00 PM- Lunch
1:00 PM- Assembly
1:45 PM- Activity
2:45 PM- Snack
3:00 PM- Activity
4:15 PM- Cabin Activity
5:15 PM- Flag Lowering
5:30 PM- Dinner
6:30 PM- All Camp Program
7:30 PM- Canteen
7:45 PM- Evening Program
8:45 PM- Head to Cabins for Showers
9:30 PM- Lights Out

Cabin Roommate Requests

Campers are allowed to request ONE friend as a cabin-mate during registration. This friend must be within 2 years of age of the camper requesting.

We do our absolute best to pair cabin-mate requests, but please note we are not always able to accommodate.

Try A Night Info

Try A Night Packing List

Clothes should be comfortable and appropriate for active play.

- shorts or comfortable pants
- t-shirts
- 1 pair tennis shoes or closed toe shoes
- 1 pair of shower shoes
- 1 pair of CLOSED TOE water shoes
- underclothing
- swim suit/ swim clothes
- socks
- pajamas
- plastic bag for dirty clothes

Personal Articles:

- 1 shower towel and 1 beach towel
- comb and/or brush
- shampoo, body wash, etc.
- toothbrush and toothpaste
- bug spray
- sun screen
- deodorant
- pillow and pillow case
- twin sheets and blanket or sleeping bag
- hat
- water bottle with name
- feminine hygiene products (as needed)

What Not to Bring

The items below are prohibited at camp.

- Cell phones or any electronics
- Expensive items like smart watches, jewelry, and radios
- Snacks, gum, candy
- Weapons and fireworks
- Pets
- Alcohol or Illegal Drugs

Swimwear

Please pack swimwear that is appropriate for athletics and various water activities. Regardless of the style of swimsuit (one or two-piece, tankini, board shorts, jammers, etc), swimwear must provide full coverage on the bottom, be comfortable, and securely stay in place without excessive adjustment. Swimwear should not be able to be unhooked, untied, or unzipped easily during activities.

Campers must also be able to change into and out of their swimwear on their own.

4-H Camp Timpoochee is not responsible or liable for any lost or damaged items. Campers are responsible for their own personal belongings. We strongly encourage you to put your camper's name or initials in all their belongings.

End of Summer Day Camp Info

Drop Off

7:30 AM- 8:30 AM

Monday-Wednesday



Pick Up

4:30 PM- 5:30 PM

Monday-Wednesday



Sample Day Camper Schedule

- 7:30 AM-Check-In Begins
- 8:30 AM- Recreation
- 8:45 AM- Flag Raising
- 9:00 AM- All Camp Program
- 9:30 AM- Activity 1
- 10:45 AM- Snack
- 11:00 AM- Activity 2
- 12:15 PM- Lunch
- 1:00 PM- Assembly
- 1:15 PM- Activity 3
- 2:30 PM- Change into water gear
- 3:00 PM- Free Swim
- 4:15 PM- Prep for Check-Out
- 4:30 PM- Check-Out Begins
- 5:30 PM- Check-Out Ends

Camp Friend Requests

Day Campers are allowed to request ONE friend as a group-mate during activity rotations for the week. This friend must be within 2 years of age of the camper requesting.

All campers who are ages 6-7 will be placed in a group together. No exceptions can be made with this age group.

We do our absolute best to pair group-mate requests, but please note we are not always able to accommodate.

End of Summer Day Camp Info

Daily Pack List

The items below are required for each day at camp:

- Comfortable clothes appropriate for active play outdoors
- Closed toe shoes
- Waterbottle
- Water Gear

Recommended Items

- Backpack
- Hat or Head Covering
- Sunscreen

What Not to Bring

The items below are prohibited at camp.

- Cell phones or any electronics
- Expensive items like smart watches, jewelry, and radios
- Snacks, gum, candy
- Weapons and fireworks
- Pets
- Alcohol or Illegal Drugs

4-H Camp Timpooshee is not responsible or liable for any lost or damaged items. Campers are responsible for their own personal belongings. We strongly encourage you to put your camper's name or initials in all their belongings.

Water Gear

It is our goal for campers to be able to enter the water each day Monday-Wednesday. **Please pack swimwear that is appropriate for athletics and various water activities daily.**

Regardless of the style of swimsuit (one or two-piece, tankini, board shorts, jammers, etc), swimwear must provide full coverage on the bottom, be comfortable, and securely stay in place without excessive adjustment. Swimwear should not be able to be unhooked, untied, or unzipped easily during activities.

Campers must also be able to change into and out of their swimwear on their own. If they are unable to or struggle, we highly recommend sending them to camp that day already in their swim gear. Campers are required to wear water shoes when getting into the bay. Campers will also need a towel. **Please write your camper's name on all their belongings (water bottle, towel, backpack, etc.) to help us ensure they make it home at the end of each day.**