

# WHY KIDS NEED 4-H CAMP NOW MORE THAN EVER!



[WWW.NC4HCAMPS.ORG](http://WWW.NC4HCAMPS.ORG)

**NC** COOPERATIVE  
EXTENSION

**N.C. A&T**  
STATE UNIVERSITY

**NC STATE**  
UNIVERSITY

TO ENROLL, CONTACT YOUR LOCAL COUNTY 4-H AGENT



## 4-H CAMP PROMOTES PHYSICAL HEALTH

Combined with activities like swimming, canoeing, horseback riding, hiking and more, youth learn how to enjoy physical activity.



## 4-H CAMP CULTIVATES A SENSE OF BELONGING

4-H Camp gives young people the opportunity to be themselves while appreciating others with values, attitudes and abilities different from their own.



## 4-H CAMP TEACHES INDEPENDENCE

Children are encouraged to push their boundaries, step out of their comfort zones and grow the self-confidence necessary to become independent.

## 4-H CAMP BUILDS AFFINITY FOR NATURE

Far from the digital screens at home, 4-H campers are fully immersed in the natural world.



## 4-H CAMP TEACHES RESPONSIBILITY

For many, 4-H camp is a first experience cleaning a cabin or setting a table. It may also be the first time campers work with others to overcome challenges.



# HOW WE'RE KEEPING YOUR KIDS SAFE AT CAMP!



[eastern4hcenter.org](http://eastern4hcenter.org)



[bjpenn4h.org](http://bjpenn4h.org)



[millstone4hcamp.com](http://millstone4hcamp.com)

Our three North Carolina 4-H Camps & Centers maintain accreditation from the American Camp Association (ACA). The ACA collaborated with an expert panel of specialists in pediatric medicine, camp medicine and nursing, epidemiology, infectious disease management, biological safety, industrial hygiene, organizational design and other technical specialists to produce the *Field Guide for Camps on Implementation of CDC Guidance* to assist in running safe and effective programs in the time of COVID-19. We are utilizing the *Field Guide* and are developing:



**A pre-screening protocol for campers & staff before & during arrival**



**A process of daily health checks of all campers & staff once camp starts**



**PPE protocols for campers & staff in accordance with CDC guidelines**



**Modifications to programming & activities to ensure social distancing measures & safety protocols**



**A re-designed camper experience utilizing "cohorting" - keeping campers in consistent, small groups to limit exposure to others**



**Schedule modifications to allow additional time for safe hand washing practices before & after meals, activities, etc.**



**Modifications to dining hall procedures to ensure safety before, during & after mealtimes**



**Cleaning & disinfecting protocols in accordance with CDC guidelines, with the addition of new hand sanitizing stations around camp**