

# CAMP WYOMOCO

2019 CAMP HANDBOOK



## GET IN TOUCH:

**Business Office** - 36 Center St. Suite B, Warsaw, NY 14569  
**Phone** - (585) 535-7381 **Fax** - (585) 786-5148  
**E-Mail** - wyomoco4hcamp@cornell.edu

**Camp Location** - 2780 Buffalo Road, Varysburg, NY 14167  
**Camp Phone** - (During camp sessions only) (585) 535-7381

[WWW.CAMPWYOMOCO.COM](http://WWW.CAMPWYOMOCO.COM)

## CAMPER ARRIVAL (GENERAL)

- Registration is Sunday from 1:00PM to 3:00PM in the Dining Hall.
- There is no early admission.
- You will not be able to drive your car into the cabin area to unload your belongings.
- Please contact the Camp Office at (585) 535-7381 if you will be arriving late.

## HORSE CAMPER REGISTRATION (WEEK 1)

- Registration is Sunday from 1:00PM to 3:00PM. Gates open at 12:55.
- All Horse Campers need to check-in before heading to the horse barn or unloading horses.

## PARENT PICK-UP PROCEDURES (GENERAL)

- Pick up is Friday from 4:30PM-5:00PM. Early arrivals will have to wait at the office until we finish closing ceremonies.
- Report to the Camp Office first to sign out camper.
- Any person(s) picking up must be listed on the Camper(s) registration.
- Check with Camp Nurse to collect any medications.
- Receive a "Golden Ticket" to be presented to the Counselor in the cabin.

## ANY EARLY PICK UP MUST BE CONFIRMED AT GENERAL REGISTRATION

### EARLY PICK UP IF RETURNING TO CAMP:

- Follow the general pick up procedures with exception of Nurse.
- Upon returning, go to Camp Office to sign camper(s) back in. **CAMPER**

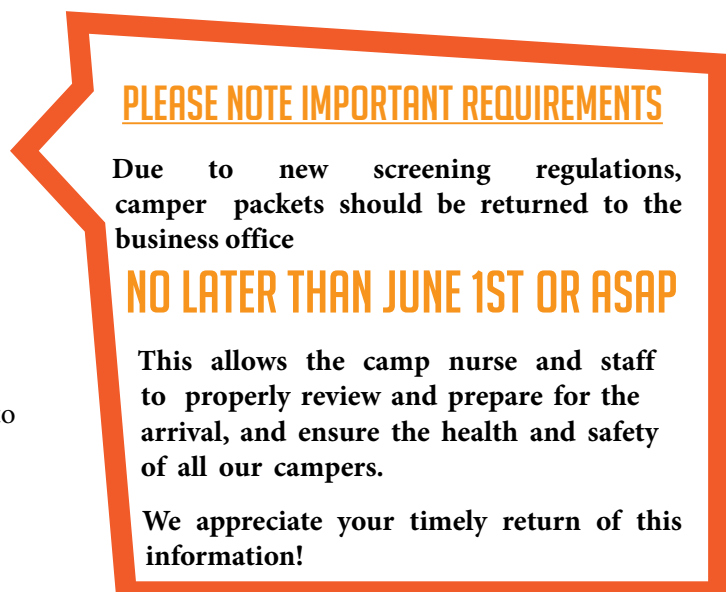
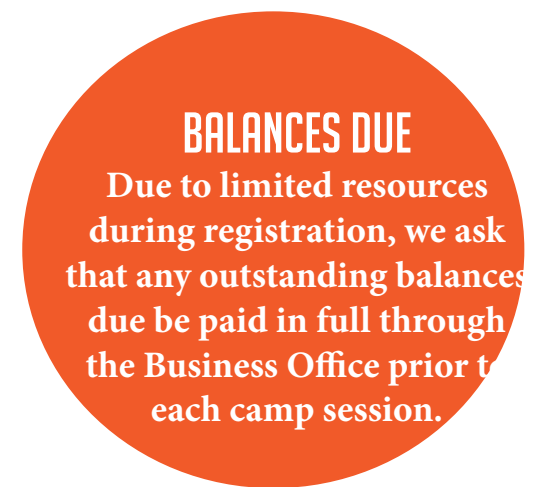
## INFORMATION PACKET

### REQUIRED TO ATTEND CAMP, NO EXCEPTIONS.

- Packet is sent via email and available on the camp website.
- Requires a camper photo.
- Must include immunization records or signature on page 1.
- Medication Section is optional, but is required for administering any supplements, over-the-counter and/or prescription medication.
- Parent must authorize (page 3) the use of Epi-Pens, Inhalers, Sunscreen and insect repellent application by camper.
- A physical is not required to attend camp.
- Forms must be legible and can be mailed, faxed or emailed.
- Forms should be returned by **JUNE 1ST, or ASAP**

## MEDICATION SECTION- CAMPER INFORMATION PACKET (PAGE 3)

- No supplements, over-the-counter and/or prescription medication will be allowed without a completed form.
- Physician's signature is required on the form.
- No other form type will be accepted.
- All dosage information must be included.
- All supplements, over-the-counter and/or prescription medication must in their original containers and surrendered to Camp Nurse at registration.
- Any supplements, over-the-counter and/or prescription medication will be administered only by the Camp Nurse.
- Campers can self-administer EPI Pens and Inhalers with parental consent.
- No oral medications can be kept in cabins.



## CABINS

- All campers live in rustic cabins supervised by 1 or 2 Counselors.
- Cabins hold 8-14 campers.
- Cabins are assigned based on an age range of no more than 2 years difference.
- There is a Girls and Boys village each with separate bath house including flush toilets and showers.
- Include an overhead light and two outlets.

## CABIN-MATE REQUESTS

- Cabin-Mate requests will be honored only when the campers are approximately the same age (no more than 2 years age difference).
- All CIT program campers will be housed with other CIT's.

## CAMP MEALS

Campers with medical dietary restrictions that require attention should be noted on the Camper Information Packet and discussed with the Camp Director. Supplemental food can be brought to camp if needed. A menu is available upon request.

## REFUNDS before the start of camp

If a doctor's certificate is provided stating that the camper is unable to attend camp because of illness or injury, the camp fee, minus the deposit, will be refunded. A letter from a principal or other school official is required for campers who cancel out of a session because they have to attend summer school. The balance, minus the deposit, will be refunded. Refunds for the balance of the camp fee, less the deposit, are made ONLY for cancellations received in writing at least three weeks prior to the opening day of the camp session.

## REFUNDS during camp

If the camp nurse and the camp director decide that a camper should be sent home for medical reasons, a refund for the balance of the camp period will be made on a prorated basis, minus deposit, computed as of noon each day. No refunds will be given for camper experiencing a difficult adjustment to camp or is sent home for violation of camp rules or a preexisting condition.

## HOMESICKNESS

Every effort will be made to help the camper become adjusted to and enjoy their stay at camp. However, in the event that those attempts fail, you will be called to consult on how to help your child. Staff is trained to assist campers, please encourage your child to talk to staff about any concerns they may have.

## PREVENTING HOMESICKNESS

- Never bribe or coerce an unwilling child to camp.
- Avoid statements like "We're really going to miss you" and "if you don't like it, you can come home."
- Speak directly and honestly about homesickness with your child. Make it clear that it is a natural and normal feeling.
- Discuss coping strategies your child can use if he or she feels homesick at camp.
- Write letters to your camper. You may want to send the first letter a day or two before camp, so that it arrives on the first day of camp.

## ILLNESS/INJURY

- A health professional is on duty at all times.
- Campers who become ill or injured will be cared for by the health staff in the health lodge.
- A parent will be contacted if a health problem requires further attention and camper needs transported.
- In the event of a health emergency, camper will be taken by ambulance.

## TELEPHONE

- The business office is able to handle most questions at (585) .
- If your child is at camp and you need to reach the camp directly, please call (585) 535-7381. **NOTE: The camp phone is seasonal and only available Sunday-Friday during the camp season. \*\*☒**
- ☒ NO STAFF AT CAMP ON SATURDAYS\*\***

## VISITING CAMP

- Please refrain from visiting camp, for any reason unless there is an emergency.
- Any person visiting camp must check in at the Camp Office upon arrival.
- At no time are outside visitors permitted on the property without checking with the Camp Office.
- The staff is advised to escort any unknown person to the Camp Office for the safety of the campers.



## DAY CAMP

Campers who are signed up for our day camp option should be dropped off by a parent or guardian at 8:30 AM Monday through Friday. Campers should be picked up by an authorized person at the close of day camp activities at 5:00PM. Day campers should sign up for morning classes using the camp application. Activities are assigned on a first come first serve basis. We will try to get your camper in to two of their first four choices. Day campers will join a cabin group for afternoon activities. Day campers will be able to do free swim each day if they choose. Day campers will not participate in evening programs.

Day campers will be provided with a morning snack and lunch while at camp. Day campers must have a completed health form on file with the camp nurse. If your child will need to take medication while at camp they must see the camp nurse. Campers are not able to carry medications with them at camp unless it is an inhaler or epi-pen.

## WHAT TO BRING AT DAY CAMP

*Please make sure all items are marked with the camper's name.*

- WATER BOTTLE
- Change of clothes
- Spare shoes or sandals
- Swim suit and towel
- Sunscreen (non-aerosol)
- Back pack or day pack
- Rain gear depending on weather
- Riding boots & long pants if taking horsemanship
- Fishing pole if taking outdoor skills

*Please read the list of items NOT to bring to camp.*

## CAMPER PHOTOS

- Photos are posted daily from the previous day's activities.
- Photos are only found on our Facebook page. [www.Facebook.com/Wyomoco](http://www.Facebook.com/Wyomoco) or the Facebook link on our website at [www.campwyomoco.com](http://www.campwyomoco.com) (no account is needed to view the photo gallery).

## MAIL

Campers are always eager to get a note from home. -All letters, care packages and other mail should be mailed to: Camper's Name, Camper's Cabin (if you know it at the time of the mailing), 4-H Camp Wyomoco, 2780 Buffalo Road, Varysburg, NY 14167.

-It is a good idea to send mail a day or two in advance of your camper's visit so that it arrives on their first day of camp.

## BUNK MAIL - EMAIL YOUR CAMPER

4-H Camp Wyomoco is using Bunk Notes. This service is a one-way e-mail service offered through a private internet program. There is an additional fee, set by Bunk1, for this service. Follow the link through our website at [www.CampWyomoco.com](http://www.CampWyomoco.com). E-mails are received daily at 7AM, printed, and delivered to campers. Note: Bunk Notes that are sent after Friday's deadline will not make it to campers.

**\*\*Bunk Notes site will not have photos of campers\*\***

## A TYPICAL DAY AT CAMP

### MORNING

- 6:30 AM Polar Bear Swim/yoga
- 7:00 AM Horse Care/Rise and Shine
- 7:45 AM Flag Rising
- 8:00 AM BREAKFAST
- 8:30 AM Cabin Time
- 9:00 AM Morning Activity #1
- 10:10AM SNACK
- 10:20 AM Morning Activity #2
- 11:30 AM Central Camp Time and Hoppers

### AFTERNOON

- 12:00 PM LUNCH
- 12:30 PM Cabin Time
- 1:30 PM Roundup
- 1:40 PM Activity Board
- 2:40 PM Afternoon Activity #1
- 3:40 PM Afternoon Activity #2
- 4:30 PM Free Swim
- 5:00 PM Return to Cabins

### EVENING

- 5:15 PM Central Camp Time and Hoppers
- 5:30 PM SUPPER
- 6:00 PM Central Camp Time
- 6:15 PM Flag Lowering & Evening Activities
- 9:00 PM Return to Cabins
- 10:00 PM Lights Out

## WHAT CAMPERS SHOULD BRING

Suggested for camper: Please label all items with camper's name. Double starred items (\*\*) are essential to bring. \*\* Please Note: It can get COLD at camp at night!

### CLOTHING

- Shorts
- T-Shirts
- Jeans
- Sneakers and/or boots
- Heavy jacket or sweater\*\*
- Pajamas
- Raincoat or Poncho
- Socks and underwear
- Bathing suit
- Sandals with heel strap
- Water Shoes\*\*
- WATER BOTTLE\*\***

Everyone should have at least one pair of long pants for hiking. If you have them, bring two bathing suits and an extra pair of old shoes or sneakers. Be sure to bring an ample supply of socks. All campers are encouraged to wear socks!

### TOILET ARTICLES \*\*

- Bath Towel
- Wash cloth
- Soap in a soapbox
- Toothbrush and paste
- Comb or brush
- Shampoo
- Deodorant
- Beach Towel
- Shower Sandals
- Plastic Shower Tote

Try to bring unscented toilet articles. The bugs at camp really enjoy scented soaps and shampoos; so don't encourage them to bother you!

### CAMP LIFE ITEMS

- Insect Repellent (*non-aerosol*)
- Flashlight (*& extra batteries*)
- Sunscreen (*non-aerosol*)
- Bag for dirty clothes
- Camera (*optional, no cell phones*)
- Notebook and pencil
- Pillow & Pillow Case
- Sleeping bag or bedding\*\*
- Single Bed Fitted Sheet for Bunk
- Backpack/Day Pack

### OTHER POSSIBILITIES

Personal Property, including but not limited to musical instruments, fishing poles, and sports equipment, etc. are the camper's responsibility alone and camp is not liable for loss or damage.

- Nice "Dressier" clothes for dance  
(ex. a sundress for girls, or polo shirt for boys, dance is not formal)
- Leadership Bandana, if you have one from a previous year.
- Costume & Accessories for Theme Week
- Food is allowed, if stored in animal proof containers
- Travel games

**LOST AND FOUND:** Please contact the Camp Office if you have a lost item. Parents are asked to pick items up at the Business Office. The Camp will not be responsible if there is a cost associated with returning items. Any unclaimed items will be donated at the end of the camp season.

## MORE THINGS TO BRING

### EYEGLASSES/CONTACTS

If you wear either of these, try to bring an extra pair with you. If you wear contacts and have a pair of glasses, please bring them. Label each pair with your name.

### THINGS YOU MAY NOT BRING

Cell Phones (including those intended to be used as a camera), Radios/iPods/iPads, etc., Handheld Video Games, Spray cans, Expensive Cameras, Knives/Jack Knives, Candle or Lanterns (unless battery operated), Weapons of any kind, Expensive or sentimentally valued jewelry, Fans (due to power limitations in cabins), Illegal drugs, tobacco, or alcohol (4-H Camp Wyomoco is a smoke free and alcohol free property), Pets or other animals of any kind unless they are medical service animals.

*Note: Campers who bring any of the above items will be asked to surrender them to the Camp Staff and may face further disciplinary action.*



## CELL PHONES AND SIMILAR ELECTRONIC DEVICES ARE NOT ALLOWED AT CAMP.

*Parents are expected to make sure their campers do not have cell phones in their possession while at camp. This is for the safety of all our campers. Campers found in possession of cell phones are subject to disciplinary action, as stated in the Camper Code of Conduct, including dismissal from camp.*

## WHAT TO BRING FOR RENT-A-HORSE (WEEK 1 ONLY) AND HORSEMANSHIP ACTIVITY (WEEKS 2-5 ONLY)

Please bring the following items:

- Boots with a closed toe and a ½ inch or higher heel.  
\*\*\*No sneakers or flat-soled shoes will be allowed.
- Additional Long Pants
- Raincoat

The Health Department requires that protective headgear be worn at all times during riding activities at Camp. Horseback riding helmet must be certified ASTM-SEI, if you own one you may bring it. If you do not have one of your own, camp will loan one to you.

## BRING-A-HORSE CAMPERS (WEEK 1 ONLY) CARE OF HORSE

The horses need to be safe too. Each camper is solely responsible for the care of his or her own horse. The horse is to be treated with the highest ethical standards. It is also expected that each camper be able to feed, water, groom and tack his or her horse unassisted. Stalls are to be cleaned and maintained on a regular basis. The staff is available for help; however they are not responsible for caring for the campers' horses. If at any point a camper needs help, a staff member will readily assist. Please do not bring green broke horses to camp! Bring a horse that you are familiar and comfortable with.

## FOOD

You must bring enough hay and grain to feed your horse for the entire week. (This does not apply to campers who are in our "Rent a Horse for the Week" program.) Hay nets should be full, and refilled as necessary. It may be a good idea to bring a tarp to cover the hay and gear left near your horse in case of inclement weather.

## ILLNESS

If a horse becomes sick or injured, the horse owner will be contacted and veterinary care will be consulted.

## ADDITIONAL HORSE CAMP ITEMS WEEK 1

Required before entering camp property:

- Current 2 year Coggins & Annual Rabies Certification  
(Please mail a copy of these certifications to the camp office in advance. Bring original documents to camp with your horse.)

Required at registration:

- Certified hard hat (type-ASTM-SEI) BRING WITH YOU TO DINING HALL REGISTRATION
- Riding Boots – Closed Toe with 1/2" or greater heel\*\*

Required For Camper: Please label all items with camper's name.

- Jeans (*several pairs*)
- Alarm clock (*recommended*)
- Rubber Boots
- Raincoat or Slicker

Required For Horse: Please label all items with camper's name.

- Extra halter and lead rope
- Water bucket & grain bucket
- Grain (*critter proof container*)
- Jackknife (*recommended*)
- Manure bucket & pitchfork
- Grooming supplies, clean rags
- Saddle, bridle (*not show*)
- 3 double snaps (*for buckets and hay net*)
- Saddle pads
- Fly spray
- Butt ropes
- Hay bag or net
- Hay for the week

## SAFETY FOR ALL HORSE CAMPERS

This is a strenuous program for both you and your horse. To make this program the most enjoyable it is advised that you get yourself and your horse ready for this week. Get into shape by riding at least one hour per day for a few weeks prior to camp.

Each camper is expected to practice safety around the horses. An ASTM-SEI certified hard hat is required of all participants in the program. Please bring your own. (Camp does have a few to borrow if needed) Also, closed toe boots with at least a ½-inch heel are to be worn while riding and while in horse area. Under no circumstances will sneakers be sufficient when tending or riding the horses. Long pants are required when riding.

Campers will not be permitted to tack their horses at their trailers. All campers must tack under supervision in the Barn. A tack cabin is available for equipment.

# THE CAMPER CODE OF CONDUCT

**AT 4-H CAMP WYOMOCO** we want every camper to have the best week of summer possible; full of fun, learning and growth. To ensure that we maintain a safe environment and each camper is free to experience camp life to its fullest, we will not tolerate any behavior that takes that opportunity away from other campers. We will be addressing all incidents such as bullying and irresponsible behavior seriously, and we will train our staff to recognize and deal effectively with such behavior. As a camp family you should understand that camp is for ALL campers and any behavior deemed to be outside of the camper code of conduct and/or unmanageable may result in any or all of the following:

1. Meeting with the cabin counselor, assistant director, or camp director.
2. A telephone call home to discuss the behavior.
3. Being dismissed from the camp program and sent home.

- I will show respect to other campers and treat them as I would like to be treated, with respect and courtesy.
- I will refrain from taking part in or leading any bullying, harassment, name calling, unwanted teasing, unkind behaviors, or exclusion of others from camp activities. I will have fun but not at the expense of others.
- I will show respect to camp staff and follow their instructions.
- I will communicate in an appropriate manner, which means that I must not use foul language or gestures, harsh words or slurs of any kind.
- I will participate in all camp activities and be where I am supposed to be at all times.
- I will refrain from deliberately causing bodily harm to other campers or staff. I understand that pushing, hitting, kicking and fighting are not acceptable behaviors and will not be tolerated.
- I will respect the property of others and camp, which includes no stealing, property damage, graffiti or vandalism.
- I will remember that physical displays of affection or of a romantic nature are not camp appropriate under any circumstances.
- I will not bring cell phones or other electronic devices that could take away from the camp experience.\*
- I will know and follow the rules of camp.
- I will be responsible for my own actions and understand that failure to follow this code of conduct could result in dismissal from camp.
- I will have fun, learn, grow, make new friends and have a great time at camp.

\* **CELL PHONES:** Camp Wyomoco does not allow campers to bring cell phones into camp. As noted above, possession of cell phones during camp is a violation of the camper code of conduct, and will be treated as such.