

Dear 4-H Teen,

This is what we have been looking forward to . . . Nelson County 4-H CAMP 2025! Camp teens must be 16-17 years of age by the first day of camp. Eighteen-year-olds must apply as adults. A limited number of 15-year-olds will be accepted as Counselors In Training & will receive extra training at camp. They will attend all teen training but have limited supervision responsibilities. It is mandatory that Teen Leaders ride the bus to Lake Cumberland 4-H Camp, stay all week, & return on the bus with the Campers.

The 4-H State Office requires each Teen Leader to complete the attached paperwork. Please see the attached documents & have a parent/guardian fill out the forms. You can return by emailing your forms to [kballard@uky.edu](mailto:kballard@uky.edu) or by mailing them or dropping them by the Nelson County Extension Office. **All documents and copies of insurance cards are due by Friday, April 11, 2025.**

Once you have turned in all required paperwork, you must sign up for an interview time slot using sign up Genius. Please use QR code to sign up. Mark your calendar so you do not forget your date and time of interview. Business casual dress is recommended for the interview.



To meet our required Kentucky State training requirements, all Camp Teens must attend Teen Orientation and the following trainings (save these dates):

6/16/2024	6:30-7:30 pm	All Teen Leaders
6/16/2024	7:30-8:30 p.m.	New Teen Leaders
6/20/2024	10:00-2:00 p.m.	All Teen Leaders (lunch will be provided)
6/23/2024	10:00-2:00 p.m.	All Teen Leaders (lunch will be provided)
6/23/2024	6:00 pm	Returning Camper Orientation
6/24/2024	6:00 pm	New Camper Orientation
6/27/2024	1:00-3:30 p.m.	All Teen Leaders

Checklist for Paperwork:

Completed attached documents with signatures

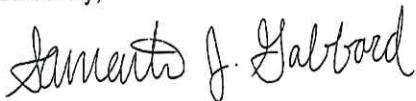
- Teen Leader Application with current picture
- Volunteer Reference Forms (2)
- Camp Participant Registration Form (insurance card information)
- Code of Conduct
- Kentucky Residential Standards Form
- Authorizations/Release Form
- Copy of Any Certifications (ex. CPR & First Aid)

Nelson County 4-H Camp is July 7-11. The cost for Teen Counselors is \$155 in cash or check, payable to **Nelson County 4-H Council**. (A \$40 fee is assessed for each check returned by a bank for non-payment.) Scholarship applications are available upon request and are awarded on a first come, first served basis.

Yes, I would like more information about receiving a scholarship application.

All teens will be screened by our Camp Committee. If you are not selected, your money will be refunded. If you would like more information or have questions, please call 502-348-9204.

Sincerely,



Samantha J. Gabbard  
County Extension Agent for 4-H Youth Development

**NELSON COUNTY EXTENSION SERVICE**

317 South Third St | Bardstown, KY 40004 | P: 502-348-9204 | [nelson.ca.uky.edu](http://nelson.ca.uky.edu)

**2025 4-H CAMP  
TEEN LEADER APPLICATION**  
Application due to Extension Office on **APRIL 11, 2025**

_____		_____	
NAME		YEARS AT 4-H CAMP	
_____		_____	
AGE AT CAMP	GENDER	CURRENT GRADE	SCHOOL
_____		_____	
HOME PHONE NUMBER	YOUR CELL NUMBER		PARENTS CELL NUMBER
_____		_____	
Email (only if checked regularly)		Parent's Email	
_____		_____	

**PLEASE ATTACH CURRENT PICTURE AND ANSWER QUESTIONS THOROUGHLY.**

1.  Yes, I would like more information about receiving a camp scholarship application.
2. T-Shirt Size:    XS    S    M    L    XL    XXL    XXXL
3. Have you had CPR training? \_\_\_ no, \_\_\_ yes    If yes, date: \_\_\_\_\_
4. Have you had First Aid training? \_\_\_ no, \_\_\_ yes    If yes, date: \_\_\_\_\_
5. Other Certifications? \_\_\_ no, \_\_\_ yes    If yes date \_\_\_\_\_
6. Name something you struggle with & how you can over come it?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
7. How do you plan to ensure 4-H'ers have an amazing experience at Nelson County 4-H Camp?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

8. What is one game or activity you could do with campers in a moment of free time?

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9. Please list camps attended, including any 4-H camping experience, or any babysitting experience you've had [provide year, name of family, or camp, and role].

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10. Why should the committee select you to serve as a Teen Counselor for Nelson County 4-H Camp?

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11. What is one strategy you can use to assist a homesick camper?

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12. Please attach a resume that includes the following:

- School and/or community activities (club, sports, church, etc) in which you're involved.
- Leadership positions you have held in 4-H, school, community or other organizations.
- Work Experience
- Awards & Recognitions

**Do not turn in an incomplete application!**

## Volunteer Reference Form

Applicant's Name \_\_\_\_\_

Reference Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_  
Street
city
state
zip

Position Applying for 4-H Camp Teen Counselor or CIT

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1. How long have you known the applicants and in what capacity? (can not be related to the applicant) \_\_\_\_\_

\_\_\_\_\_

2. What do you feel would be the applicant's strengths and weakness as a teen volunteer for summer camp in charge of children?

Strengths: \_\_\_\_\_

\_\_\_\_\_

Weakness: \_\_\_\_\_

\_\_\_\_\_

3. Why do you consider this applicant to be a positive role model for youth? \_\_\_\_\_

\_\_\_\_\_

4. In comparison with persons you have known how would you rate the applicant in the following areas?

	Below Average	Average	Outstanding
Emotional Maturity			
Leadership			
Enthusiasm and Energy			
Self-Confidence			
Sense of Humor			
Handling Emergencies			
Understanding of Children			
Communication Skills			
Dependability			
Patience			
Ability to Work with Children			

5. What skills do you feel need further development to help them be a successful mentor at camp? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

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5. What skills do you feel need further development to help them be a successful mentor at camp? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



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? (Check all boxes that apply.)

- YES (Provide the required information below.)

Insurance Provider: \_\_\_\_\_ Policy Number/Member ID: \_\_\_\_\_

Provider's Phone: \_\_\_\_\_ Group ID (if applicable): \_\_\_\_\_

- NO (No worries! The camp provides excess medical insurance coverage in the event of injuries or illnesses.)

- ACTIVE DUTY MILITARY

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) Are there any recent circumstances that may lead to your child needing extra support?**

**Medical/Physical (i.e., asthma, autism, seizures, sleepwalker, sensitivity to lights and sounds, 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:

**Requests for accommodation or other important details (use additional sheet of paper if needed):**

**Contact your 4-H Agent with questions about available accommodations.**



## 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 camp participant 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

The University of Kentucky is an equal opportunity university. 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, relative of the same sex over age 19, or a parent/guardian must accompany the child as a full-time 1:1 caretaker. The parent/guardian will agree to pay the individual costs of the caretaker (25% of the camper registration fees.) Any person accompanying a camper as a caretaker must successfully complete the Client Protection Process and is expected to follow all camp code of conduct policies for volunteers. To determine whether a caretaker 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, follow, and respond to oral/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 caretaker 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 hereby acknowledge my voluntary and informed assumption of full responsibility and liability regarding any injuries or illness, that I may incur coincident to my participation in this activity.

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

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

**Cooperative  
Extension Service**

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