



Cooperative Extension's
Youth Development Program

Forsyth County 4-H

Summer Adventures

2015 Information/Registration Packet

Mail or Bring required forms and payment to:

Forsyth County Cooperative Extension
1450 Fairchild Road Winston-Salem, NC 27105

Registration Hours are **8:30-1:00 PM** and **2:00-4:30 pm** Monday-Friday
NO REGISTRATION WILL BE TAKEN BY PHONE or FAX
and we cannot "save" spaces without forms and fees paid.

Make checks to: **Forsyth County 4-H**

For more information: Call (336) 703-2850 or
e-mail: awbowman@ncsu.edu



North Carolina State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, creed, national origin, religion, sex, age, or disability. In addition, the two Universities welcome all persons without regard to sexual orientation. North Carolina State University, North Carolina A&T University, U.S. Dept. of Agriculture and local governments cooperating.

RULES

- Space is limited and is available on a first come, first serve basis to all Forsyth County youth; however, active 4-H members are allowed to register first.
- Refunds will be made **ONLY** if session has been filled or cancelled, and refunds will be mailed in late August 2015.
- Participants should wear comfortable shoes and clothing for all sessions. Sandals, flip-flops, or open-toed shoes of any kind are not acceptable for outdoor activities and participant may not be allowed to fully participate if such footwear is worn.
- For all trips and activities, Forsyth County 4-H, its staff and volunteers, **are not responsible** for sunburn or insect bites and **will not** administer either sunscreen or insect repellent. Parent/Guardian is responsible for applying these protective agents.
- All events operate under the **4-H Code of Conduct and Disciplinary Procedure** which is a condition of participation in 4-H events and activities. We reserve the right to suspend your child from the program without a refund should he/she become disruptive and/or violate the 4-H Code of Conduct in any way. If a child is dismissed from the program, then the parent/guardian or your designee must pick the child up immediately.
- Forsyth County 4-H will provide one snack and one drink for a morning snack for all classes that begin at 9 AM or earlier. Classes lasting past 2:30 PM will also receive an afternoon snack. Feel free to send additional snacks if your child will want more than one but **NO PEANUT PRODUCTS** will be allowed!
- **For accommodations for persons with disabilities or food allergies, contact Forsyth County 4-H at 336-703-2850, or email awbowman@ncsu.edu no later than ten business days before the event.**

The one-time registration fee of \$7.00 provides for a t-shirt. Make checks to: **Forsyth County 4-H**

There are only 2 ways to register:

1. **MAIL:** Send completed registration form(s) and check or Money Order made payable to **Forsyth County 4-H** to Forsyth County 4-H · 1450 Fairchild Road · Winston-Salem, NC 27105 **OR**
 2. **IN PERSON:** Stop by the 4-H Office at the Forsyth County Cooperative Extension Center (**Monday-Friday, 8:30 am-1:00 pm or 2:00 pm-4:30 pm**) with your registration form(s) and check/money order or the exact amount of cash. 4-H members may use scholarship dollars. [Click here for more information on our scholarship dollar policy.](#)
- **ABSOLUTELY NO REGISTRATION WILL BE TAKEN BY PHONE or FAX and we cannot “save” spaces without a registration form and fees paid.**
 - **PLEASE NOTE THAT MEDICAL RELEASE FORMS MUST BE NOTARIZED; however, there MAY be a notary public in our office that can notarize these forms for you. Please call Kathy at 703-2852 to schedule an appointment.**

For more information or to have a registration form either faxed or mailed to you, please call 703-2850 or visit us at: <http://www.forsyth.cc/CES/4-H/>.

Please be prepared to have an adult sign your child(ren) (age 12 and under) in and out of every event.

Tiny Town

Date: June 22—26

Place: Forsyth County Cooperative Extension

Time: 9:30 am —3:30 pm Mon-Thurs;
9:30 am—12:30 pm Friday

Ages: 9-13

Cost: \$20.00

Instructors: Melinda Barrick, 4-H Volunteer;
Assistants: April Bowman, 4-H Extension Agent & 4-H Teens

In this innovative program, students will establish their own society, design their own money, open their own business using materials purchased from our warehouse and create their own government. This experience will help your child understand more about entrepreneurship, economics, government, law, math and ethics.

Please bring a bag lunch and drink Monday - Thursday. Youth MAY repeat this workshop.

Kayaking the Dan River

Date: June 30

Place: Forsyth County Cooperative Extension

Time: 8:30 AM—3:00 PM

Ages: 9-18

Cost: \$38

Chaperones: April Bowman, Mary Jac Brennan,
Wendi Hartup and Scott Welborn; Extension Agents

Travel to the Dan River Company, 1110 Flinchum Road, Danbury to kayak the Dan River. Bring a bag lunch to enjoy in a waterproof container smaller than a milk crate. We will provide a morning snack. Please wear tennis shoes or water shoes that you can get wet, **not flip flops**). Bring sunscreen and bug spray, any allergy or other medications you might require, a hat, towel, and a change of clothes (just in case). Life jackets are provided and must be worn **at all times** while in or on the water.

Backyard Fun

Date: July 1

Place: Forsyth County Cooperative Extension

Time: 1:00 PM—4:00 PM

Ages: 5-8

Cost: \$5

Instructor: April Bowman, Alex Arrowood, 4-H member and other volunteers

Come learn about all four seasons. Make nature-themed crafts that you may be able to enter in the Dixie Classic Fair including a clothespin butterfly and snowglobe. Eat an edible bug (don't worry, it's really just ice cream), learn about nature and participate in many fun activities.

Progressive Ag Safety Day

Date: July 7

Place: Forsyth County Cooperative Extension

Time: 8:00 AM—3:30 PM

OR 9:00 AM—2:00 PM at Guilford Cooperative Ext.

Ages: 9-18

Cost: \$5

Instructors: North Carolina Farm Bureau, Fire Department, 811 Dig, and others. April Bowman, 4-H Extension Agent will provide transportation.

Join other youth ages 9-18 to learn about fire safety, sun safety, lawn equipment safety, water safety, first aid, chemical look alike and more. Your \$5 registration fee includes a pizza lunch and snack, a t-shirt and goodie bag. Ten youth will be able to ride in the county van to the Guilford County Cooperative Extension Center where the program will be held. There are additional spaces for youth that can meet us in Greensboro at the center. The program runs from 9 AM - 2 PM. Those meeting at the Forsyth office will need to meet at 8 AM and be picked up at 3:30 PM.

Overnight 4-H Camp

Date: July 12—17
AND/OR July 19—24

Place: BJ Penn 4-H Center,
Reidsville

Ages: 8 -12

Cost: \$485

Instructors: Camp Staff

Cost includes lodging, three meals a day, snack breaks and instruction.



Youth are placed in cabins according to age for sleeping, but will be placed into coed activity groups (also according to age). Campers participate in horseback riding, canoeing, archery, climbing, swimming, arts & crafts, cookouts, campfires, nature exploration, teambuilding, high ropes, and much more.

Visit <http://www.bjpenn4h.org/> to register.

Car Maintenance

Date: July 24

Place: Forsyth County Cooperative Extension

Time: 9:00 AM—12:00 PM

Ages: 14-18

Cost: \$5

Instructors: Forsyth County Automotive Technicians

Do you know how to perform basic maintenance on a vehicle? Come learn how to check your oil, tire pressure and belts, change the oil and more. We will also discuss some vehicle safety tips for traveling and more.

We will spend time both indoors and out during this workshop so dress appropriately including sunscreen.

Wired for Power

Date: July 27

Place: Forsyth County Cooperative Extension

Time: EITHER 10 AM—12 PM OR 1 PM—3 PM
Choose ONE!

Ages: 12-18

Cost: \$3

Instructors: Grant Wise, 4-H Electric Project Member assisted by 4-H Volunteers and Teens (supervised by April Bowman, 4-H Extension Agent)

Participants will participate in fun and educational electricity activities. We'll build a laser target circuit board, learn how to solder, and learn about the basic electric components. We will also learn about AC and DC current, resistors, capacitors, and diodes; and then end with a few fun games.

Please tie long hair back and wear close-toed shoes.

4-H U: What Can 4-H Do For You?

Date: August 11-13

Place: Forsyth County Cooperative Extension

Time: 8:30 AM—4:15 PM

Ages: 9-18

Cost: \$30

Instructors: April Bowman, NCSU Livestock, Horticulture, Electric & Poultry specialists and many more

Do you want to know more about the many opportunities that 4-H can offer to you? This workshop will give you the opportunity to explore many areas in 4-H. Whether you like animals, cooking, crafts, photography or science—4-H has something for you. Come learn more about 4-H with other youth from neighboring counties as we travel to Guilford Cooperative Extension for the program.

2015 Forsyth County 4-H Summer Adventures

Please return this form with a 4-H Enrollment form and Medical Release form (if not already on file for 2015) and registration fees to the Forsyth Cooperative Extension Center at 1450 Fairchild Rd, Winston-Salem, NC 27105, by mail or in person from 8:30 AM—1 PM or 2 PM—4:30 PM. Please print clearly. **ONE participant** per form!

NAME: _____ AGE as of 1/1/2015: _____

BIRTHDATE: _____ RACE(S): _____ GENDER: _____

EMAIL ADDRESS: _____

PARENT EMERGENCY CONTACT NUMBER: _____

T-SHIRT Size: Y/SM ___ Y/MD ___ Y/LG ___ A/SM ___ A/MD ___ A/LG ___ A/XL ___ A/XXL ___ A/XXXL ___

Extra t-shirts may be ordered for \$8.00:

Y/SM ___ Y/MD ___ Y/LG ___ A/SM ___ A/MD ___ A/LG ___ A/XL ___ A/XXL ___ A/XXXL ___

June 22-26	Tiny Town	\$ 20.00	
June 30	Kayaking the Dan River	\$ 38.00	
July 1	Backyard Fun	\$ 5.00	
July 7	Safety Day Meet at Forsyth County	\$ 5.00	
July 7	Safety Day Meet at Guilford County	\$ 5.00	
July 24	Car Maintenance	\$ 5.00	
July 27	Wired for Power; 10 AM—12 PM	\$ 3.00	
July 27	Wired for Power; 1 PM—3 PM	\$ 3.00	
Aug 11-13	What Can 4-H Do For You?	\$ 30.00	
	Subtotal		
	Registration Fee	+\$ 7.00	+\$ 7.00
	Additional t-shirts \$8.00 each	\$ 8.00 each	
	TOTAL AMOUNT DUE		
	4-H Scholarship Dollars used		
	Balance Due		

We will do our best to honor the T-shirt size requested, but cannot make guarantees!

*You may only sign-up for ONE of the repeated workshops.



4-H Enrollment Form



Name of 4-H Group/Unit: _____ Year: _____

Member Name: _____
First Middle Last

Address: _____
Street Address City State Zip Code

Phone: (____) _____ Email: _____ County: _____

Gender*: Male Female Date of Birth: _____ Grade: _____ School Attending: _____

If re-enrolling in 4-H, how many years have you been in 4-H: _____

Do you live*: Farm City over 50,000 people
(Choose only one) Town under 10,000 people or rural non-farm Suburbs of city over 50,000 people
 City 10,000-50,000 people Military installation: _____

Do you have parent/guardian(s) active in the military? Yes ___ No ___

If yes, circle all that apply: Army Air Force Navy Marines Coast Guard National Guard(Air & Army) Reserves

Ethnic group:* A. Choose One: Hispanic or Latino Non-Hispanic or Latino

B. Choose all that apply:

- White or Caucasian Asian
- Black or African-American Native Hawaiian or other Pacific Islander
- American Indian or Alaska Native Other _____

Parent or Guardian: _____
First Middle Last

Address: _____
Street Address City State Zip Code

Phone: _____ (____) _____ (____) _____
Area Code Daytime/Cell phone Area Code Home phone Email (if applicable)

Additional Parent or Guardian: _____
First Middle Last

Address: _____
Street Address City State Zip Code

Phone: _____ (____) _____ (____) _____
Area Code Daytime/Cell phone Area Code Home phone Email (if applicable)

1. A parent or guardian should sign below whichever statements you wish to apply to the youth's involvement in 4-H programs.

_____ I agree to allow 4-H to take photographs/audio/video of my child for use in 4-H and other N.C. Cooperative Extension educational, promotional, and/or marketing materials. Neither individual addresses nor telephone numbers will be published within these materials.

_____ I do not wish for 4-H to take photographs/audio/video of my child for use in 4-H or N.C. Cooperative Extension educational, promotional or marketing purposes.

2. The enrolling youth is bound by the NC 4-H Code of Conduct and Disciplinary Procedure for 4-H events and activities. The youth should initial here if he/she has received and reviewed the NC 4-H Code of Conduct and Disciplinary Procedure for 4-H events and activities: _____.

**This information is required for all federally assisted programs and is solely used for the purpose of determining compliance with Federal civil rights laws; your responses will not affect consideration of your application. By providing this information, you will assist us in assuring that this program is administered in a nondiscriminatory manner.*



For office use only
4-H Membership # _____
Date entered: _____



**4-H MEDICAL INFORMATION AND INFORMED CONSENT FOR TREATMENT
FOR NC 4-H SPONSORED EVENTS**

4-H'ers Name _____

PLEASE READ AND COMPLETE THE FOLLOWING FORM. THIS FORM MUST BE PRESENTED AT THE OFFICIAL REGISTRATION FOR THE 4-H SPONSORED EVENT BEING ATTENDED.

I. Medical Information

Known allergies to foods, drugs, insect stings or bites, etc: _____

Special medical concerns or conditions that event supervisors should know about, including contagious illnesses, epilepsy, asthma, diabetes, previous injuries to bones/joints, etc. _____

List special dietary needs: _____

Medications currently being taken (name of medication, dose, and frequency): _____

Family Physician: Name _____ Phone # (____) _____

Address _____

II. Insurance Information

The 4-H program purchases insurance for youth participants for many sponsored events. In some cases, this coverage will not pay for some medical expenses and it may be necessary to bill the family or your insurance company.

Health Insurance Company _____ Health Insurance
Policy # _____ Company Address
_____ Phone Company Telephone
Number (____) _____

III.

If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact _____ [name, office] at _____ [phone number/TTY] during business hours of 8 a.m. and 5 p.m. to discuss accommodations at least _____ [hours/days] prior to the activity.

Signatures Acknowledging Parts I, II, and III

Parent's/Guardian's signature _____ Date: _____

Participant's Signature: _____ Date: _____

Parent/Guardian telephone #: Home _____ Work _____

IV. Informed Consent

In the event that a participant needs minor medical care from 4-H or more significant medical care from a qualified health care provider, including in rare cases possible hospitalization and/or surgery, the parent/guardian is asked to sign the informed consent form below. In case of serious medical condition, 4-H will make every effort to notify the parents, but the first priority may be providing care to the participant.

Authorization to Consent to Health Care for Minor

I, _____, of _____ County, am the custodial parent having legal custody of _____, a minor child, age _____, born _____ . I authorize any adult(s) acting as agents (including official volunteers) or employees of the _____ 4-H program and in whose care the minor child has been entrusted , to do any acts which may be necessary or proper to provide for the health care of the minor child, including , but not limited to, the power (i) to provide for such health care at any hospital or other institution, or the employing of any physician, dentist, nurse, or other person for such health care, and (ii) to consent to and authorize any health care, including administration of anesthesia, X-ray examination, performance of operations, and other procedures by physicians, dentists, and other medical personnel except the withholding or withdrawal of life sustaining procedures.

This consent shall be effective for one year from the date of the execution.

Custodial Parent Signature _____ Date _____

STATE OF NORTH CAROLINA
COUNTY OF _____

On this _____ day of _____, 20____, personally appeared before me the said named, _____, to me known and known to me to be the person described in and who executed the foregoing instrument and he (or she) acknowledged that he (or she) executed the same and being duly sworn by me, made oath that the statements in the foregoing instrument are true.

My commission expires _____, 20_____.

Notary Public

(OFFICIAL SEAL)



4-H Code of Conduct and Disciplinary Procedure North Carolina Cooperative Extension Service



I. Purpose and Application:

- A. The 4-H Code of Conduct is intended to foster a safe environment that is conducive to optimal learning and growth. Toward that end, youth participants are expected to behave in a way that respects the rights and property of others, and that will not disrupt or interfere with 4-H program goals.
- B. This 4-H Code of Conduct and Disciplinary Procedure is a condition of participation in any North Carolina 4-H activities or programs.

II. Behaviors Prohibited at 4-H program Activities:

- A. Possession, selling, and/or use of alcoholic beverages, tobacco products, and illegal drugs OR being present where individuals are using alcohol, tobacco products and/or any illegal substances
- B. Any kind of sexually related physical contact
- C. Possession of weapons or firearms (except while participating in a 4-H Shooting Sports Event)
- D. Behavior that violates state or local laws
- E. Damage to property of others
- F. Theft, misuse or abuse of public or personal property
- G. Conduct that jeopardizes the safety of self or others
- H. Conduct that disrupts or interferes with 4-H programming
- I. Leaving a program or facility without permission of parents or 4-H staff (including authorized volunteers)
- J. Inappropriate dress, including but not limited to clothing that is sexually suggestive, indecent, or otherwise disruptive to the operations or goals of 4-H. Examples include clothing with negative or hateful language or symbols; see-through blouses, skirts or pants; sagging pants; exposed undergarments; bare midriff shirts; and excessively short or tight garments. Clothing should meet the standards expected in public schools. Specific clothing requirements may be required where appropriate for a particular event
- K. Unruly behavior in hotels and public areas, particularly during overnight events. There should be no running in the halls, prank calls, unnecessary noise, excessively late hours, or visiting in rooms of the opposite sex

III. Additional Basis for Disciplinary Action

County or State Extension personnel may impose discipline pursuant to Part IV below in cases of misconduct by current, former, or prospective 4-H participants if, in the judgment of 4-H personnel or their supervisors, the misconduct poses a potential risk to the 4-H program. This includes risks to the safety or well-being of others and risks to the effective functioning or integrity of 4-H. This applies regardless of whether the misconduct occurred during a 4-H activity or in a setting unrelated to 4-H activity.



IV. Disciplinary Procedures:



- A. Discipline may be imposed by any 4-H staff or Cooperative Extension Service employee who has oversight responsibility for 4-H activities.
- B. Unless immediate action is required, the following procedures must take place before there can be any finding or conclusion of guilt:
 - 1) the accused participant shall be told the charge (which of the prohibited behaviors listed above he or she is accused of violating), and
 - 2) the accused participant is told what factual evidence supports the charge, and
 - 3) the accused participant has been given a chance to tell his/her side of the story.
- C. The 4-H staff person must be satisfied that the participant more likely than not engaged in the prohibited behavior before imposing a sanction.
- D. Sanctions may include some or all of the following:
 - 1) Verbal warning
 - 2) Notification to parents
 - 3) Immediate removal from the activity
 - 4) Being placed on a behavior contract
 - 5) Referral to local law enforcement and/or juvenile court
 - 6) Program suspension and/or
 - 7) Expulsion from program
 - 8) Other sanctions appropriate to the circumstances, as determined by 4-H.
- E. Appeals
 - 1) Disciplinary action for local or county-level events may be appealed to the County Director and or 4-H Agent. All appeals must in writing and must be received by the County Director and or 4-H Agent within 30 days of the disciplinary action. The County Director and or 4-H Agent or designee shall review the appeal statement, any written response from the decision maker, and may review other relevant information. The County Director and or 4-H Agent shall send a written decision to the appellant, the 4-H staff member who made the initial decision, and Head of the Department of 4-H Youth Development. The County Director and or 4-H Agent's appeal decision shall constitute the final agency action unless the Department Head chooses to exercise further review.
 - 2) Disciplinary action for regional or state-level events may be appealed to the Head of the Department of 4-H Youth Development, Cooperative Extension Service, Box 7606, NC State University, Raleigh NC 27695-7606; telephone (919) 515-3242. All appeals must in writing and must be received by the Department within 30 days of the disciplinary action. The Department Head or designee shall review the appeal statement, any written response from the decision maker, and may review other relevant information. The Department Head shall send a written decision to the appellant and the 4-H staff member who made the initial decision, and the Department Head's appeal decision shall constitute the final agency action.
- F. Immediate action situations:

4-H or Extension staff may take immediate action to remove a participant from an activity and other action as needed, where there is an emergency situation or significant risk of continuing misconduct. In those cases, the immediate action is temporary discipline and the 4-H or Extension staff must arrange for the procedures in parts B, C, D, and E above as soon as possible but in no event longer than seven days from the temporary discipline.