



Barry Conservation 4-H Camp

Family Guide



Timeline - We are registered for Camp, now what should we do?

Medical Information - Make an appointment for my camper to have a physical **as soon as possible**, or request copies of paperwork from my campers physician covering a physical with in the past 12 months. (page 15)

June 1 - Mail all paperwork to the Camp office in Lancaster by June 1. (page 3)

ADDRESS: 629A Main St, Lancaster NH 03584

(If medical paperwork is expected late, please send remaining paperwork with an estimated date we should see the medical forms. Medical papers **must** be received at least 2 weeks prior to arrival at camp).

June 1 - Mail final payment to the Camp office at UNH in Durham by June 1. (page 3)

ADDRESS: UNH Taylor Hall, 59 College Rd, Durham, NH 03824

Frequently Asked Questions

What to bring to camp? - see page 11

Can I send my Camper mail? - see page 7

Is there a Camp Store at Barry Conservation 4-H Camp? - see page 6

When should we arrive at camp? - see page 13

Driving Directions? - page 21

Answers to Questions not found in the Family Guide, call or email Barry Conservation 4-H Camp Business office, 603-788-4961 4hcamps@unh.edu

BARRY CONSERVATION 4-H CAMP -- Where The Learning Lasts A Lifetime . . . !



Family Guide

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Business Information

Who should I contact if I have a registration question?

- All registration questions should be addressed to Barry Conservation 4-H Camp office at 629A Main Street, Lancaster, NH, 03584 788-4961 4hcamps@unh.edu or morgan.oakes@unh.edu
- You can contact us, Monday - Friday, between the hours of 8:00 a.m. and 4:00 p.m. at (603) 788-4961. We do have voice mail for you to leave a message after 4:00pm.
- **All Camper Paperwork** must be received at the **Lancaster address by June 1**, if any specific forms are not included, please indicate the date we can expect them.

Need to Transfer or Change Your Enrollment Week?

- We will try to accommodate any changes or transfers in dates of enrollment. A change will depend on space availability in the week requested.

Have a question about payment?

- All sessions must be **paid in full and received in the Durham office on or before June 1** all checks are to be - **Made Payable** to UNH 4-H Camp and **Sent To** Barry Conservation 4-H Camp, Taylor Hall, 59 College Road, Durham, NH 03824 (ALL OTHER paperwork goes to the Barry Conservation 4-H Camp Office, 629A Main St., Lancaster NH 03584)
- If full payment is not received by June 1, the reservation may not be honored and the slot could be filled by a camper on the waiting list.
- Campers with an unpaid balance will not be checked in upon arrival at camp. No exceptions.
- The session deposit is applied toward the total camp fee.
- **Refunds**, minus deposit, are available prior to June 1. No refunds are given after this date, including those requested for home-missing, illness (without doctor's note), or change in family plans.
- Full refunds will be issued in the event of illness/injury (with a doctors note) or if the session is cancelled by Barry Conservation 4-H Camp.
- Regardless of the reason, no fees will be refunded if a camper's cancellation is not received at least 14 days before the first day of the session.
- There will be a \$30.00 charge by the University of New Hampshire for any checks returned to us by the bank.

Looking for Financial Assistance (Camperships)?

- Many agencies and organizations throughout New England offer financial assistance to potential campers. Barry Conservation 4-H Camp encourages you to contact as many organizations as possible to ensure funding for your child's camping adventure. Below is a list of potential sources of assistance:
 - County UNH Cooperative Extension Offices
 - Local Service Groups such as: American Legion, Rotary Clubs, Masonic Lodge, Conservation Commissions, Garden Clubs, Fish & Game Clubs, etc.
 - Schools or PTO Organizations
 - Private Human Service and Social Service Agencies
 - State Agencies

We must have payment from Campership Sponsors by June 1.



Important Contact Information

**During my camper's stay at
Barry Conservation 4-H Camp**

My Camper's Address:

"my camper's name"
Barry Conservation 4-H Camp
3783 York Pond Road
Berlin, NH 03570

**Camp (camp staff on site) -
Phone & Fax: 603-449-2591 ***

* Please remember that this number is to contact camp administrators and not campers.

Business Office:

For questions regarding camper registration, medical forms, payments or other 'business', please contact our Camp office located in Lancaster:

Barry Conservation 4-H Camp
UNH Cooperative Extension
629A Main Street
Lancaster NH 03584
Phone: 603-788-4961
Fax: 603-788-3629
Email: 4Hcamps@unh.edu

For questions regarding specific camper needs, during the camp season, please call the Barry Conservation 4-H Camp office to speak with the Camp Director and/or Camp Nurse.

Barry Conservation 4-H Camp has a "no phone" policy for campers, this includes cell phones. Please do not call and ask to speak to a camper. The activity schedules and the camp layout prevent us from allowing campers to receive or make phone calls. Campers are also prohibited from bringing cell phones to camp. This policy helps the campers to "unplug" and tune in to the experience of camp. If you have any questions please talk to the camp director.

If a parent or guardian must be contacted during camp, for an emergency or any other consultation, the Camp Director or Camp Nurse will contact you using the phone numbers provided on your child's health form. Should a parent/guardian not be readily available by phone, the emergency contact listed on the camper application and health forms will be contacted.

*"I liked feeling welcome. I have never felt welcome at any camp, but here is different."
- Barry Conservation 4-H Camper*



Life at Camp

Cabin Assignments

- Cabin assignments are based on camper age and gender.
- Whenever possible, we attempt to place friends together in cabins. Cabin mate preference needs to be indicated on the Camper Information Form (yellow) prior to arrival at camp. Cabin requests should be marked on each child's form and note both campers. We cannot guarantee housing requests.
- Part of the camp experience is making friends and developing connections with other children, as well as making friends for a lifetime, we work hard to meet both these goals.
- Barry cabins house up to 7 campers.

Cabin and Camper Supervision

- Older children, ages 10-16, may be in a cabin that is supervised by a counselor living in a nearby cabin.
- Barry Conservation 4-H Camp staff members participate in a comprehensive training which includes a detailed Supervision Policy. Staff are given specific procedures for working with youth and dealing with camper issues.
- We maintain a maximum staff to camper ratio (staff: camper) of 1:7; our average staff to camper ratio is 1:6.

Special Needs

- Any dietary, physical, behavioral, and/or other special considerations should be noted in writing on the Camper Information Form.
- Staff can be best prepared for these needs if this form is returned with all requested information clearly communicated.
- The camp director will determine information dispersal on a need-to-know basis.
- During check-in time you will be able to meet with the camp director, nurse and cabin counselors in order to express your concerns and offer further information regarding your child.
- Please submit any Behavior Management and/or Individual Education Plans, recommendations, or other information that may be beneficial in enhancing your child's camp experience prior to coming to camp.

"I learned that popularity isn't everything." – Barry Conservation 4-H Camper

"My child liked finding out what he is made of, learning new skills and challenging himself." - Parent of a Barry Conservation 4-H Camper



Laundry

- Please send enough clothes to last the entire week. Because of the rustic nature of our camps, laundry service is not provided.
- In case of continually wet weather or other extreme conditions, we will ensure campers have dry clothing while at camp.
- If a child has a bed-wetting condition, please pack an entire second set of bedding and extra clothing. Be sure to alert the camp nurse and cabin counselor to this possibility. Camp staff takes measures to be discreet and provide clean, dry clothing and bedding for your child.

Your Child's Belongings - Lost and Found

- We recommend all camper clothing and articles be labeled with their name.
- Please check the camp lost and found during checkout. Items will be displayed by the check-out table.
- We recommend that your child doesn't bring a favorite item that could not be replaced.
- At the end of the year, all lost and found items are collected. Any unmarked and unclaimed items are donated to a charitable organization.

Camp Store and the Safe Keeping of Valuables

- Deposits are made at the camp store on check-in day, or ahead of time with camp registration payment. We are no longer able to provide cash refunds; any unused camp store deposits will be issued by check from the UNH Business Services office. Please be advised that refunds may take up to 28 days. You may also choose to donate any unused camp money to Barry Conservation 4-H Camp. We are always appreciative of your support.
- Campers should not keep money or other items of value on their person or in the cabin. **Please leave all valuables at home!**
- Any special equipment (fishing tackle, archery equipment, etc.) brought to camp must be checked in with the camp director, to be used only under supervision at appropriate times.
- Barry Conservation 4-H Camp cannot take responsibility for money and/or valuables not given to the camp director for safe keeping.
- Personal Electronic devices are a detractor to the community experience in the cabin. Many small personal electronic devices are expensive and do not do well in the outdoor environment of camp. We recommend these items not be brought to camp.

"I like this camp. It was the highlight of my summer and I hope to come back again."
- Barry Conservation 4-H Camper

"I liked that everyone from the director down knew my child by the end of the week."
- parent of a camper

"The staff was really fun and made you feel like you belonged here."
- Barry Conservation 4-H Camper

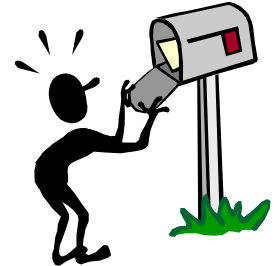


Camper Mail

- Camper mail is greatly encouraged!
- You may leave mail with camp staff at check-in to ensure delivery during the week. Please indicate on the outside of the envelope what day you would like the letter delivered.
- You can also send your camper mail via the US Postal Service.

My Camper's Address:

"my camper's name"
Barry Conservation 4-H Camp
3783 York Pond Rd
Berlin NH 03570



- Mail should be sent early in the session (preferably the preceding Friday!) to ensure timely delivery.
- We encourage campers to send mail home. If you do not hear from your camper, please do not be alarmed. It may be that they are having too much fun to take time to write!!
- Please do not send care packages to campers. Delivery of parcels is difficult to rural boxes and we cannot ensure a timely delivery.

Gratuities and Tips

- Barry Conservation 4-H Camp staff are not allowed to accept tips or gratuities from campers or parents.
- Thank your child's counselors - they do a lot of work for not much money. Your kind words are very meaningful, and appreciated!!! You may direct any correspondences regarding your child's camp experience to: Barry Conservation 4-H Camp, UNH Cooperative Extension, 629A Main Street, Lancaster, NH 03584.

"Our child has a mild form of Asperger's. I am always concerned that he won't fit in or that people will not understand his quirks. No more worries for me about this camp! He gushed about how amazing it was. How was the food? Amazing! How was the staff and the kids? Amazing! The beds and cabins were amazing...We laughed because he couldn't come up with another word. As any parent does, I worry about him while he is away, especially with strangers but this is hands down the best experience of his summer. I am so grateful for it as a parent. Thank you for putting me at ease and allowing my son a typical experience." - Camper Parent



Typical Day at Barry Conservation 4-H Camp

Morning

- 7:00 Rise and Shine
- 7:50 Flag Raising - everyone gathers around the flagpole starting the day together
- 8:00 Breakfast
- 8:30 All Camp Clean-Up – everyone works hard to take care of their camp
- 9:00 Activity Period One – activities may include; outdoor education, canoeing, fishing
- 10:30 Activity Period Two - shooting sports, archery, nature, environmental activities, map and compass, tour of the hatchery and visits from Fish & Game Educators
- 12:00 Lunch

Afternoon

- 12:30 Siesta – this is the time to relax, rest, and write letters home!
- 1:30 Waterfront – everyone has the chance to cool off in York Pond
- 3:00 Activity Period Three
- 5:00 Dinner
- 5:30 Recreation Time – includes activities such as soccer, relay races, walks, basketball, etc.
- 6:20 Flag Lowering
- 6:30 Activity Period Four
- 8:30 Evening Activity & Campfire – campers have the chance to go on night hikes, star gaze or play group games like flashlight tag
- 10:00 Lights Out



Shooting Sports Program at Barry Conservation 4-H Camp



Barry Conservation Camp is one of the few camps that offer a full shooting sports program. Instructors are certified through the National 4-H Shooting Sports curriculum, with training and certification in each of the shooting sports disciplines. Each instructor is observed, before the camping season begins, by *NH Fish & Game*, and *4-H Shooting Sports Level 2 Firearm Instructors* to ensure his/her ability to safely teach each discipline. The disciplines taught at Barry Conservation 4-H Camp include archery, rifle, shotgun, pistol, and black powder. However, not every discipline is offered during every session.

Safety is the priority throughout the program. Campers in the shooting sports program are required to attend *Safe Range Procedures and Firearms Handling* sessions, prior to going to the range. Participation is optional and at any time during the camp week, campers can decline participation in the shooting sports program. Parents/Guardians are granting Permission to Participate in shooting sports by registering their camper. The 4-H Shooting Sports program teaches respect, discipline, responsibility, and safety when handling a firearm of any type. The shooting sports program develops and practices the skills necessary to safely handle the firearms and uses inanimate target practice for accuracy. This program does not qualify youth to continue these activities on their own, but rather initiate or maintain an interest in an activity inherent to the culture of New Hampshire and this country. Campers are encouraged to continue these activities after camp through participation in their county 4-H programs or local Fish & Game Department.



4-H Camp Staff

Barry Conservation 4-H Camp employs counselors (ages 18-25 years) from around the state, country, and world! The food service, nursing, waterfront, supervisory, and administrative staff possess relevant certification, training, and/or education for their position in camp. ALL staff members, after an interview, reference checks and other screening methods, including NH State Police Criminal Records Check, participate in a mandatory camp orientation, which lasts a minimum of 5 full days. During this time, staff members are trained in issues of child development, behavior management, activity leadership, health care and first aid, risk management and safety issues, and other topics relevant to the maintenance of a safe and healthy camp environment.

Throughout the summer, counselors are closely supervised and regularly discuss the excitement and challenges they face in caring for campers. Camp administration is supported by UNH Cooperative Extension and the resources of the University, providing them with expertise and guidance often not available in other programs.

Barry Conservation 4-H Camp Staff are dependent upon the information given to them by families, primarily on the Camper Information Form (yellow). Families have the opportunity to meet Camp Staff when bringing their child to camp on registration day. We encourage you to review and share additional information about your child with the Camp Director, Nurse and Cabin Counselors. We believe through partnering with parents, Barry Conservation 4-H Camp staff can provide our campers with the best summer experience possible!

"When we picked up our son, he and his cousin were full of stories. We were headed to Maine, 2 1/2 hour car ride. They thought it flew by....recalling all the fun they had made them forget the ride. Hats off to those counselors!" - Camper Parent.



What to Bring to Camp

This guideline will help you pack for your camper's stay at Barry Conservation 4-H Camp.

HINT: Name labels in all your camper's clothing and belongings will help minimize items lost during a week at camp!

It is important that you pack at least these items, regardless of the weather forecast. Every week includes a hike and some form of overnight.

BRING

Bedding

- Sleeping bag
- Fitted sheet to use as mattress cover
- Pillow and pillow case

Toiletries

- soap, 2 bath towels, washcloth, a beach towel,
- shampoo, hair brush/comb, toothbrush, toothpaste,
- Sunscreen, Insect Repellent; (10%) DEET, Picaridin or a natural alternative that your family feels comfortable using

Laundry bag - Laundry service is NOT available during camp, so should your child require additional quantities of a certain item, please pack accordingly.

Clothing

- 6 tee shirts
- 2-3 pairs of shorts
- 6 changes of underwear
- 7 pairs of socks (include 2 pair hiking socks)
- Raincoat or rain poncho
- Lightweight long sleeve shirt and pants (light colored) for insect protection
- Hat or bandanas
- 2 swim suits
- 2 sweatshirts
- 2-3 pair of pants
- pajamas

Foot Wear *(No open-toe or platform shoes or sandals)*

- 2 pair sneakers, sturdy shoes, and/or Hiking Boots
- water shoes are recommended for swimming (i.e. old sneakers, aqua socks)

Hiking Gear (there will be a hike so be prepared with ALL of this gear)

- hiking boots (suitable for extensive walking), 2 pair of hiking socks,
- Water bottles: bring two(2) 32 oz. water bottles
- Large hiking backpack that can fit a sleeping bag & overnight clothes -
- (a 45L pack is a great size)

Miscellaneous

Flashlight & batteries

Writing paper and pens/pencils, envelopes, stamps, or postcards

- address them ahead of time and they might actually get mailed!

Medications must be brought as outlined in Health Policies, *please review carefully*

OPTIONAL: Games, playing cards, book, camera, musical instrument



What NOT to Bring to Camp

boom boxes/radios

video games

audio headsets

cell phones

ammunition

paggers

fireworks

jewelry

electric appliances

alcohol

aquatic toys/equipment

pets

laser pointers or similar devices

food

open-toed or platform shoes

weapons of any kind, including pocket knives

non-prescribed or illegal drugs, including cigarettes

clothing which advertises or promotes profanity

tobacco, alcohol, or other inappropriate subjects

Items that have high sentimental value, and cannot be replaced

Personal electronic devices will be held till the end of session and returned. We can not take responsibility for any damage to devices while at camp. Many are sensitive to high humidity, which may occur at camp. Please leave these articles at home for safe keeping! *Please* leave all valuables at home.

- If any item brought by a camper is determined to be inappropriate but legal, it will be held in the camp office and returned to the camper at the end of the session.
- In the case of illegal substances or weapons, the appropriate authorities and legal guardian will be notified.



Arriving at Barry Conservation 4-H Camp

Time and Date

- Barry Conservation 4-H Camp's weekly session begins on Sunday.
- Check-in is between 3:00 p.m. and 4:00 p.m. on day of arrival (including Mini Camp session)
- If a camper will be arriving after this time, previous arrangements need to be made with the Camp Director.
- We are unable to accommodate early arrivals.

Check-In Procedures

- You will be met in the parking lot by one of our friendly staff members.

Outside the Camp Office

- The Camp Director will give campers their cabin assignment.
- A Parent Release Form will need to be signed. The camper will only be released to the adult whose name appears on this form.
- The Shooting Sports Coordinator will meet with you to discuss the weekly program and you will sign necessary permission forms.
- Each camper will meet with the Camp Nurse to review medical forms, deposit medications for the week and be checked for head lice.
- Deposits can be made to the camp store.
- Cabin Counselors will help campers move into cabins.
- Campers will join in the fun of an all-camp activity.

"I liked the hike up to Rodger's Ledge. It gave me a challenge and something to look forward to at the end of the week." - Barry Conservation 4-H Camper

"My child liked absolutely everything; the counselors, freedom, decision making, Predator/Prey and camouflage games." - Barry Conservation 4-H Campers Parent

"The food was great." - Barry Conservation 4-H Camper



Picking Your Child Up From Barry Conservation 4-H Camp

- There will be a slide show and closing ceremony at 3:00PM on pick-up day and families are encouraged to attend. Barry Conservation 4-H Camp's check out time is between 3:30 p.m. and 4:00 p.m. on the last day of camp, for all sessions.
- You must meet with the Camp Director before going to see your child.
- You will sign the Parent Release Form. Please remember, only the adult(s) whose name appears on this form will be allowed to transport the child home.
- You will close out your camp store account.
- You can meet with the camp nurse and/or director to discuss any medical issues and pick up left over medications and/or containers.
- Please check the lost and found box for articles of clothing belonging to your camper.
- Once you have signed the Release Form you may proceed to your child's cabin.
- Please take this time to meet with your camper's cabin counselor and review the week.

*"The only thing my child didn't like about camp was having to leave."
- parent of a camper*



Health Policies

Health Forms (green & pink)

NH State law and American Camping Association standards require every child admitted to camp to have a complete and current Health Forms (green & pink), with health history, immunizations dates, and physician's signature. This must be updated for each camper and staff member for each new camping season. The American Academy of Pediatrics (AAP), and Barry Conservation 4-H Camp, requires that campers have a health evaluation within every year (12 months) of camp attendance.

All immunizations must be current and properly dated. This includes Measles, Mumps, Rubella, Polio, Tetanus, Diphtheria, TB, and Hepatitis B as recommended by Public Health Services of the State of New Hampshire.

Parent or legal guardian signature is required on the first page of the Health Form, as well as on the Family Agreement. Your signature on these forms allows Barry Conservation 4-H Camp to act on your behalf on seeking appropriate medical care as deemed necessary for your child while in the care of Barry Conservation 4-H Camp.

Emergency contacts must be listed on both the Camper Application and Health Form. These individuals will be contacted should the parent or legal guardian not be readily available by phone.

The Health Form will be kept at camp during the camping season in the health care facility. Prior to camper treatment, the health form will be reviewed for allergies, medications, treatments, and/or other health care concerns and guidelines.

Copies of health forms will accompany campers on out-of-camp/park trips and will be carried by the trip leader.

Medications

All camper and staff medications are kept locked in the health care facility. ALL medications of any kind (including aspirin) must be checked into the camp infirmary. Medication may not be kept in camper cabins.

All camper medications are given to the camp nurse or health care staff at registration.

All camper medications must be in the original container with camper name, prescription or commercial/retail label intact with dosage and directions clearly outlined. Should the dosage differ from label, the change must be documented in writing.

All camper medications will be dispensed by camp health care staff. Medications are administered at Breakfast (8-9 am), Lunch (12-1 pm), Dinner (6-7 pm) and Bedtime (9 pm). UNH 4-H Camp requests your cooperation with adhering to this schedule. Other schedules are individually reviewed, with final approval given by the camp director. With the number of children attending camp and the amount of medications given daily, such a schedule is necessary to maintain a safe and organized health care system. Thank you for your cooperation!

The American Academy of Pediatrics (AAP) and UNH 4-H Camp recommend that parents need to update their child's health history as appropriate including any changes in maintenance medications. Drug holidays should be avoided.



Asthma Inhalers and EPI-PENS

If your child brings an ASTHMA INHALER or EPINEPHRINE AUTO-INJECTOR (epi-pen) to camp due to their asthma or severe allergies, you have the following options:

1. The inhaler and/or epi-pen will be kept locked in the camp's health care center and be available for use as it can be accessed by staff. This has been our typical practice in the past.
2. The inhaler and/or epi-pen can be kept in the possession of your child. *However*, in order to comply with State of NH legislation, the permission form **MUST** be signed by your child's physician in order for your child to carry an inhaler or epi-pen in her/his possession while at camp. Please mail with other paperwork before arriving at camp or bring this signed form with you on the first day of camp.
3. Without the signed permission slip on file at camp, your child cannot keep such medication in her/his possession and it will be locked in the health care center.

Campers who possess an inhaler and/or epi-pen are expected to report all medication usage to the nurse or camp director. This allows for the proper monitoring and documentation of medication usage by our nurse or camp director. We recommend that a second epi-pen or inhaler be brought to camp and stored in the health care center as a back-up to the one your child keeps in her/his possession.

Camp counselors will be aware of campers who are authorized to keep epi-pens and/or inhalers in their possession. Our counselors will check-in with campers when appropriate, such as before leaving on a field trip, but the counselors are not responsible for ensuring that campers have these medications with them. We ask that you please carefully consider your child's capabilities before deciding who will be responsible for his/her medications.

Thank you. If you should have any questions, do not hesitate to contact us at (603) 788-4961 or by email: 4hcamp@unh.edu



Camper Health

Barry Conservation 4-H Camp has a part-time nurse, who is available by phone and scheduled for daily camp visits during each camp session. All camps have staff trained in CPR, first aid, and Responding to Emergencies, thus meeting youth camp regulations as determined by the State of New Hampshire.

Daily care is provided for common complaints such as stomach aches, headaches, bumps and mild bruises. Standing orders are reviewed yearly by the Camp Physician and are followed for the treatment of common complaints.

Families will be contacted by the Camp Nurse or Camp Director for campers who require the attention of the Camp Health Care Staff for common complaints on a daily basis. Suggestions for dealing with such behaviors will be discussed at this time. Very often this is a sign of homesickness or other special need of the camper.

The Health Care facility is available for isolated care, but campers requiring more than one night/one day in the infirmary will be the responsibility of the family to take home for further care (i.e. fever, nausea, diarrhea, etc.)

In the event of an accident or illness at camp which is not a life-threatening emergency but requires a doctor or emergency room care, if time and situation allow, families will be first notified and given the choice of taking their child to a doctor/hospital of their choice or having camp use its local doctors/hospital for necessary treatment.

In the event of a life-threatening emergency or when contact with the family is not possible prior to treatment, the following procedures will be followed:

- Camper is removed from physical danger, as conditions allow
- Interim emergency care is provided by Camp Staff, as their training and certification permits and as is outlined in the Camp Emergency Action Plan
- Emergency medical services are contacted
- Camper is treated by external emergency medical services
- Family is contacted by Camp Nurse, Camp Director, or designee once Camper health and safety is secured

Barry Conservation 4-H Camp is a mandatory reporter of child abuse. This abuse can occur at home, school, camp, or any other setting. Any suspicion of physical, emotional, or sexual abuse or revelations of such abuse by a camper or underage staff member will be immediately reported to appropriate authorities. Barry Conservation 4-H Camp will fully cooperate with investigations into child abuse.

Barry Conservation 4-H Camp reserves the right to refuse admission or send home any camper or staff who appears, or is determined by the Camp Nurse, to have a communicable disease or other health problem which could pose a potential threat to the health of others in camp. Parents will be responsible for picking up their child immediately from camp.



Hints for Home-Missing

Campers of all ages, sometimes get homesick. We prefer to call this 'home-missing' rather than a sickness. Our staff is trained to deal with these issues in a nurturing manner. We try to keep all campers involved in camp activities which will take their mind off of missing home. There are some important things a parent can do to help their child have a positive camp experience.

Before Camp

- Be positive about the upcoming camp experience. Focus on the activities the child will be involved in at camp.
- Review the camp schedule so your child becomes familiar with daily life at camp.
- Visit camp. Knowing what to expect alleviates anxiety. Please call before visiting so a staff member is available to talk with you.
- Refrain from making the following statements:
"If you don't like camp you can call us any time." or
"Give it a try and if you don't like it you can come home."
While these statements are well-intended, campers become consumed with the thought of going home and success at camp is difficult.
- Avoid telling your child they can call you from camp. This option is not available to campers. We do not have the phone capability to allow everyone access to camp phones.

While Your Child is at Camp

- Please do not call camp asking to talk to a camper. Unless it is an emergency, we cannot bring the child to the phone. This ties up our phone line, keeps emergency calls from reaching us, and often makes a happy camper miss home or a home-missing camper even more upset.
- Campers love mail, so write often! Keep letters positive and refrain from telling them what they are missing or how lonely you are. Focus on questions about their camping experience and how proud you are of them.
- An occasion may arise when you receive a negative letter from your camper. Please realize 2-3 days have elapsed since the letter was written. Whatever was troubling the camper could be completely forgotten or resolved by the time you receive the letter.
- Please call the camp director with any concerns. The staff will be happy to give you a progress report on your child and look into any concerns.

Barry Conservation 4-H Camp Camper Strategy for "Home-missing"

- We will help the camper connect with other campers and become involved in camp activities.
- We may find a special role for the camper to undertake.
- We will help the camper define and set hourly, daily and/or weekly goals.
- We will focus on camp experiences the camper can take home to share with their families.
- We will encourage campers to write home.
- If camp staff members do not feel a camper is responding to our strategy, the camp nurse or director will contact the parent for advice.
- We want campers to have a positive experience while at camp. For children to get the most out of their experience they must want to be at camp. They need to perceive it as a choice and not a mandatory stay.



Code of Conduct

University of New Hampshire, Barry Conservation 4-H Camp offers fun and informal educational programs to teach knowledge and life skills which enhance quality of life. We strive to give each child a positive and enriching camp experience. Each camper is an important part of our camp. Barry Conservation 4-H Camp uses a youth development approach. This approach is based on partnering with parents and staff to create a framework of values. We strive to work from a child centered approach, starting with the child's strengths and what they feel comfortable with and developing their skills and values from that point.

To serve our diverse camper population, we must ensure each camper behaves in a respectful and cooperative manner. The 4-H Youth Development Ideals, outline the conduct 4-H camp encourages in regards to the development of campers. We see Camp as a partner with parents and other care givers as we to work together to provide opportunities for youth to develop into productive and caring citizens.

As a Barry Conservation 4-H Camper, you are expected to conduct yourself in a manner that will bring honor to you, your family, and your camp.

Behavior Management

Limits are necessary to maintain safety, protect health and guard the rights of others.

Those who are unable to follow these guidelines will be expected to explain their behavior and accept the consequences of their actions.

Barry Conservation 4-H Camp Behavior Management Procedures are as follow:

1. Upon incident of misbehavior - counselor, unit leader, or program leader will encourage appropriate behavior through positive reinforcement, discussion, time away from group activities and/or participation in a camp improvement project.
2. If a behavior management plan is submitted to camp for the child, every attempt will be made to follow the recommendations.
3. If misbehavior continues - the issue will be brought to the attention of the camp director who will then call the parent to discuss possible behavior management options.
4. Unresolvable behavior problems or actions that are deemed to put the child, other campers, staff members, or camp in danger - will result in the camper's dismissal from camp. A refund may or may not be made depending on the situation.



The 4-H Youth Development Ideals

4-H Youth Development Opportunities For Youth

1. To experience INDEPENDENCE *I pledge my head to clearer thinking...*

Youth need to know that they are able to influence people and events through decision-making and action. By exercising independence through opportunities, youth mature in self-discipline and responsibility, learn to better understand themselves and become independent thinkers. Youth need to learn that decisions they make need to be considered carefully and acted upon only after the implications of those decisions are explored and weighed.

Camp participation allows campers to make choices about such things as electives, and unit nights. This gives youth a base of experience on how to make decisions and enables youth to face the more important choices that must be made later in life. Youth are given leadership positions within camp and their unit that allow them to work with others and take responsibility for some or many of the decisions and/or actions that were once solely those of adults. Organization skills, patience and group dynamics are key traits learned here that become assets to youth as they mature into contributing adults in society. Many of these same traits are taught through the community model of camp, where young people are helping campers tap into the potential of their camp experience.

2. To experience BELONGING *I pledge my heart to greater loyalty...*

Youth need to know they are cared about by others and feel a sense of connection to others in the group. This “fellowship” has always been an important part of the UNH 4-H Camp experience. Camp gives youth the opportunity to feel physically and emotionally safe while actively participating in a group. Current research emphasizes the importance for youth to have opportunities for long term consistent relationships with adults other than parents. This research suggests that a sense of belonging may be the single most powerful positive ingredient we can add into the lives of children and youth. This is highlighted by our emphasis on our staff being positive professional role models for campers. Being active in camp strengthens and reinforces social skills that will allow youth to coexist and thrive with others in society. Success in life rarely comes to an individual without some type of personal interaction with others. Campers learn early on the value of cooperation in their cabin and activity group, and living in their unit.

3. To experience GENEROSITY *I pledge my hands to larger service...*

Youth need to feel their lives have meaning and purpose. By participating in the Camp community, at the cabin unit, or activity or community level service and citizenship can connect youth and they learn to give back to others. It’s clear that these experiences provide the foundation that helps us understand the “big picture of life and find purpose and meaning. Actively engaging others to assist a camper to learn their values, gain awareness and compassion for others.

4. To experience MASTERY *I pledge my health to better living...*

In order to develop their self-confidence youth need to feel and believe they are capable and they must experience success at solving problems and meeting challenges to develop their self confidence. By exploring activities at camp youth master skills to make positive career and life choices. To do so, youth must have access to quality research-based content and have the opportunity to learn by doing. Additionally, youth need to have a safe environment for making mistakes and getting feedback, not just through competition but also as an ongoing element of participation. The experience of mastery is directly tied to self-esteem as it’s recognizing one’s own effort and experiencing the struggle and ultimate success that builds up one’s confidence. Youth need the breadth and depth of topics that allow them to pursue their own interests.



Driving Directions to Barry Conservation 4-H Camp

Phone: (603) 449-2591

Physical Address: 3783 York Pond Road, Berlin, NH 03570

From the South

NOTE: This is the northern route into camp. One can also reach camp by traveling through Berlin. See "From the South Alternative 2" listed below.

1. Follow Interstate 93 North through Franconia Notch.
2. Take Exit 35 and follow US Route 3 North.
3. Follow Route 3 North approximately 37 miles to Groveton.
4. In Groveton, turn right onto Route 110 East towards Milan/Berlin. Follow 110 East for approximately 17.6 miles.
5. Look carefully for the sign (dark brown with yellow lettering) on the right-hand side of the road for the Berlin Fish Hatchery. This is York Pond Road.
6. Follow York Pond Road all the way in to Barry Conservation 4-H Camp (approx. 5 miles).
7. Look for the 4-H signs to find Camp.

From the South Alternative 2

1. Follow Interstate 93 North through Franconia Notch.
2. Take Exit 35 and follow US Route 3 North.
3. Stay on Route 3 until you pass through Twin Mountain.
4. Turn right onto Route 115 North and follow it until it ends.
5. Turn right onto Route 2 East.
6. Follow Route 2 into Gorham. At the lights, turn left onto Route 16 North.
7. Follow Route 16 North into Berlin. Look for the signs for Route 110 West to Groveton. This is tricky. As you approach the central business district (the "city" portion of town) be on the lookout for Aubuchon Hardware. Once you see Aubuchon, then be prepared to make a left hand turn. TURN LEFT just BEFORE the bank. If you pass Dunkin Donuts, then you've made the proper turn.
8. CAREFULLY follow the signs to Route 110 West to Groveton.
9. Travel Route 110 West for about 7 miles. Look for the sign (dark brown with yellow lettering) on the left-hand side of the road for the Berlin Fish Hatchery. This is York Pond Road.
10. Follow York Pond Road all the way in to Barry Conservation 4-H Camp (approx. 5 miles).
11. Look for the 4-H signs to find Camp.

From Vermont & Points West

1. Travel to Lancaster, NH on Route 2 East.
2. Cross the Connecticut River into NH and travel about ½ mile to the intersection of Route 3. Turn left onto Route 3 North towards Groveton.
3. Follow Route 3 North approximately 9.8 miles to Groveton.
4. In Groveton, turn right onto Route 110 East towards Milan/Berlin. Follow 110 East for approximately 17.6 miles.
5. Look carefully for the sign (dark brown with yellow lettering) on the right-hand side of the road for the Berlin Fish Hatchery. This is York Pond Road.
6. Follow York Pond Road all the way in to Barry Conservation 4-H Camp (approx. 5 miles).
7. Look for the 4-H signs to find Camp.

From Maine:

1. Travel to Gorham, NH. Follow 16 North to Berlin. Follow "From South Alt. 2" above from #7.



About 4-H and UNH 4-H Camp

THE NATIONAL 4-H VISION

4-H is a world leader in developing youth to become productive citizens and catalysts for positive change to meet the needs of a diverse and changing society.

THE UNIVERSITY OF NEW HAMPSHIRE 4-H PHILOSOPHY & MISSION

We believe youth development is the focus of everything we do. We believe partnerships are essential to successful youth development. We believe volunteerism is fundamental. We believe in the strength attained from diversity across the entire range of 4-H experiences.

The 4-H Youth Development Program of the University of New Hampshire Cooperative Extension provides positive experiences for all youth and adults, developing their individual potential as caring and contributing members of an ever-changing world.

THE 4-H's

1. HEAD Clearer thinking and decision making, knowledge useful throughout life
2. HEART Greater loyalty, strong personal values, positive self-concept, concern for others
3. HANDS Services to communities, workforce preparedness, development of useful skills, science and technology literacy
4. HEALTH Better living, healthy lifestyles, exercise, nutrition

4-H PLEDGE

I pledge my head for clearer thinking, my heart for greater loyalty, my hands to larger service, and my health to better living, for my club, my camp, my community, my country, and my world.

4-H MOTTO

To Make the Best Better

BARRY CONSERVATION 4-H CAMP MOTTO

Where the Learning Lasts a Lifetime

UNIVERSITY OF NEW HAMPSHIRE 4-H CAMP PHILOSOPHY & MISSION

Barry Conservation 4-H Camp believes summer camping experiences must be available for all youth, regardless of ability or needs. These experiences can have positive long-term effects on a child's social, physical, cognitive and emotional development.

Barry Conservation 4-H Camp strives to provide a safe and healthy environment in which youth and adults can learn, form new relationships, acquire new skills and knowledge, and develop attitudes which enable them to become self-directed, productive, and contributing members of their communities.

UNIVERSITY OF NEW HAMPSHIRE, BARRY CONSERVATION 4-H CAMP GOALS

- * Provide out-of-doors and rustic living opportunities designed to encourage appreciation of and respect for the natural world.
- * Provide opportunities for interaction with youth and adults who differ in abilities, cultures, and social-economic backgrounds, encouraging appreciation of differences and similarities.
- * Provide traditional and innovative programs, enabling youth to learn new skills and enhance existing abilities, while developing and strengthening personal life skills, such as decision making, cooperation, communication, empathy, leadership, and teamwork.
- * Provide opportunities for leadership development, enhancement of healthy lifestyle choices, discovery of vocational possibilities, and the practice of good citizenship and community service.