Found in this Guide:
Welcome to Camp  page 2
General Safety Regulations  page 2
Pool & Water Craft Safety  page 2
Emergency Numbers  page 3
Directions to Medical Facility & Drug Store  page 3
Map of Camp Layout  page 4
Directions to camp  page 5
Supervision guidelines  page 6
Emergency Info  page 7
Evaluation form  page 8

WELCOME

• The camp is open from 8 am to 10 pm. For safety, gates are locked at 11pm.
• If you know of any members of your group that plan to arrive earlier than the time listed on you application, please call 270-866-4215 so that our staff can be prepared for their arrival.
• The person responsible for your group must check in at the camp office upon arrival and must sign the itemized bill presented to you upon departure. Please discuss any changes at this time.
• NO TOBACCO PRODUCTS are permitted inside any camp building. Smoking receptacles are placed in a designated smoking area for those wishing to smoke while visiting the camp. All smoking areas are designated by signs.
• NO ALCOHOLIC BEVERAGES.
• NO DRUGS or NO EXPLOSIVES are permitted on the camp grounds.
• FIREARMS are allowed for educational purposes or police marksmanship ONLY and their presence must have prior approval by the State 4-H Office. (859-218-0994)
• Transporting individuals in the back of pickup trucks, wagons or other vehicles where seats are not attached is PROHIBITED.
• In order that you have immediate access to this information should a problem occur, we recommend that you: 1. Gather Names and addresses of all participants, 2. Gather Emergency contact names and numbers, 3. Have a listing of any known allergies or health conditions, 4. For minors without a parent on site, get a signed permission to seek emergency treatment or a signed religious waiver. 5. Have someone in your group trained to use the AED.
• An AED (automated external defibrillator) is available on site at the Center Office and at the camp med center should the need arise.
• Do not block Fire and Police access lanes. Park only in designated parking areas. Camp is not responsible for personal vehicles on the property.
• If you wish to use any athletic equipment belonging to the camp, it must be checked out and checked back in with the camp representative. Any personal sports equipment that the group brings should be stowed and handled safely. Camp is not responsible for personal property.
• Please place all garbage, paper and food in the garbage barrels provided and leave the grounds free of litter.
• PLEASE let us know IMMEDIATELY if you have any problems with our facilities, such as toilets not flushing, no toilet paper, lights out, etc. so that we can correct the situation.
• The Camp Maintenance supervisor will inspect the campgrounds after your stay. Any damage to camp property or equipment will be the responsibility of the group and appropriate charges will be assessed.
• If your group is non-profit, be sure to complete the tax exempt forms, otherwise your group will be charged Kentucky sales tax.
General Safety Regulations

- Swimming is allowed only in the pool. No swimming in the lake and no diving from the boat dock on the lake.
- A lifejacket will be furnished and must be worn by anyone around the waterfront area. This includes use of canoes, paddle boats and fishing by members of your group.
- No pets are permitted anywhere on the camp grounds. Service animals are allowed.
- A certified Lifeguard must be on duty if anyone is using the pool, canoes, or pontoon. NO EXCEPTIONS.
- Please observe all safety signs. They are there for your safety.
- For safety reasons, wear proper footwear.
- Extension cords are not permitted for use in cabins. Power strips with surge protectors are allowed.

Pool Rules

*Do not enter the pool area if no lifeguard is on duty. If you do, you will be asked to leave the camp grounds immediately.*

*Follow posted waterslide rules*

*Absolutely no running*

*No food or drink*

*NO Horseplay*

*No Standing or Talking to Guards*

*No playing on the ladders*

*NON-swimmers are not allowed in the deep end of the pool.*

*Only one at a time is allowed on the diving board (one bounce).*

*NO DIVING ALLOWED*

*Shower before you swim.*

Identifying potential victims of drowning

The Early Warning Signs:

- Weak strokes
- Anxious looking eyes
- Two heads together
- Hand waving
- Erratic behavior
- Clinging to objects for Security
- Inability to respond verbally

Distressed Swimmers:

- Waving of the arms
- Shouting for assistance
- Kicking to maintain an upright position

Drowning Victims:

- Passive victim is unconscious with no active movement
- Active victim is thrashing or showing signs of panic and fear

Canoe/Pontoon - Safety Tips

- Maximum 3 per canoe / maximum for pontoon 12-13
- Always wear your lifejacket
- Avoid sudden or jerky movements
- Always sit in the center of the canoe.
- Stay low when you are away from shore.
- Do not stand up or walk in the canoe.
- If your canoe tips over –
  1. Don’t Panic
  2. Stay with your canoe
  3. Paddle or push your canoe to the shore
- Pontoon must have waterfront rescue trained lifeguard on board.
Emergency Numbers

Somerset EMS Dispatch ........................................ 606-679-3200
Fire Department (Russell Springs) .......................... 911
Fire-Our District ................................................. 606-679-3200
US Forest Fire Personnel ....................................... 606-679-2010
.............................................................. Or 606-679-2018
Kentucky Division of Forestry ................................. 606-677-4041
Gas Company ..................................................... 606-678-8646
Hospital Emergency Room ................................. Humana 606-679-7441
.............................................................. Russell Springs 270-866-4141
Poison Control Center ........................................ 1-800-722-5725
State Police (Our District-London) preferred ........... 606-878-6622
(Columbia District) ............................................. 270-384-4796

Directions to Emergency Care:

1. Lake Cumberland Regional Hospital, 305 Langdon Street, Somerset. 606-679-7441 or emergency 606-678-3271.
   From camp, take Hwy 196 approximately 15 miles to Hwy 80. Turn right on Hwy 80. Follow approximately 14 miles
to Hale Knob Road. Turn right onto Hale Knob. Follow to Langdon Street and the Hospital.

   Or second option for directions: Follow Hwy 80 to Hwy 27. Turn right on Hwy 27 and follow to the third light to Langdon Street. There
will be “Hospital” signs on 27. Turn right on Langdon Street. At the 3-way stop, go straight to the hospital.

2. Urgent Treatment Center, 754 So. Hwy 27, Somerset 606-677-6787
   From Hwy 80, turn right onto Hwy 27, go 1 mile to Stop Light #8. They are across from Mr. Gatti’s next to KFC. It is 2 blocks past the
Hospital.

3. Nancy Pharmacy, 9734 W. Hwy 80, Nancy. 606-636-4444
   Take Hwy 196 to Hwy 80 (15 miles), Turn right onto Hwy 80. The pharmacy will be on your left.

4. If someone is seriously injured and needs to be air-lifted, the helicopter coordinates are:
   36° 58.5 longitude and 84° 52.3 latitude.
   This is the field in front of the KY Leadership Center. Pulaski County dispatch will contact the appropriate service for transport.

A. Lake Cumberland
B. LC Hospital
C. Nancy Pharmacy
Direction to Lake Cumberland 4-H Educational Center

Traveling Cumberland Parkway

Take the Nancy Exit. Traveling east, turn right (or west, turn left) onto KY 80. Go past the church and one house; then turn right at the Lake Cumberland 4-H Educational Center (formerly Kentucky Leadership Center) sign. This road dead ends into KY 196 at Faubush (3 miles). Turn right onto KY 196, following it 12 miles to the Center (road makes a sharp left turn at Jabez).

Traveling Kentucky 80

Take KY 80 west from Somerset. Get on KY 196 at Nancy and stay on it until the road ends - about 17 miles from Nancy (road makes a sharp left turn at Jabez).
GUIDELINES FOR SUPERVISION OF YOUTH

HR 8, 9

All programs involving youth age 18 and younger must have adequate supervision during all activities. The following recommendations are made to groups:

- Leaders should be a minimum of 3 years older than the youth they are supervising.
- All adult leaders should have a criminal background check on file with the organization sponsoring the group activity.
- All leaders should understand the group’s behavior expectations for participants.

OVERNIGHT STAYS

The minimum supervision requirement is one adult leader (18 years of age and older) for every cabin. However, for the sake of safety and to prevent situations where the opportunity for child abuse could arise, it is recommended there be a minimum of 2 leaders with every cabin group. Cabin leaders should be the same gender as the participants in the cabin.

*The recommended number of leaders per cabin is as follows:

- 4-5 year olds: 1 leader for every 5 campers
- 6-8 year olds: 1 leader for every 6 campers
- 9-14 year olds: 1 leader for every 8 campers
- 15-18 year olds: 1 adult for every 10 campers

DAYTIME ACTIVITIES

The minimum supervision requirement is one adult leader (18 years of age and older) for every 20 participants. However, for the sake of safety and to prevent situations where the opportunity for child abuse could arise, it is recommended there be a minimum of 2 leaders with every group. *The recommended number of leaders for general activities is:

- 4-5 year olds: 1 leader for every 6 youth
- 6-8 year olds: 1 leader for every 8 youth
- 9-14 year olds: 1 leader for every 10 youth
- 15-18 year olds: 1 adult for every 12 youth

AQUATIC ACTIVITIES

- Swimming Pool activities require 1 certified lifeguard for every 25 swimmers.
- Canoeing activities require a Waterfront Rescue certified lifeguard. In addition, there must be at least one adult leader present at the waterfront area.

*The ratio recommendations listed above are consistent with our American Camp Association accreditation standards.
What to do in an emergency.

Lightening, Windstorms, Tornadoes
- If you see lightening or hear thunder while involved in high ropes, swimming, boating, or other activities near the water please stop all activities until 20 minutes after the last thunder is heard.
- If lightening occurs, keep participants away from trees. If in the cabins, stay away from metal objects, windows, electrical appliances and water.
- Remember to take a head count to ensure that all members of the group are present.

Swimming Pool and Water Front Use
- ANY Person who uses the pool or waterfront when there is no lifeguard present will be escorted off the camp grounds.

Injuries and Activities
- The best defense is PREVENTION. Many injuries and accidents can be prevented. Please make SAFETY a priority. We recommend that someone in your group be certified in CPR/First Aid and that you have a First Aid Kit available. You are responsible for designating a person to provide First Aid emergency care and transportation for medical treatment as needed. See Page 3 for emergency numbers and directions to medical facilities.
- If the injury is serious, DO NOT MOVE the person. See the list of emergency numbers Page 3.
  - Make the person comfortable. Apply First Aid until help arrives.
- If the person must be taken to a doctor or hospital, the group is responsible for his/her transport.
  - Please see page 3 for numbers and directions.

In Case of Fire
- Move your group away from the fire.
- DO NOT go back into a burning building.
- Conduct a headcount.
- Call the Fire Department at 911 or Forest Fire Personnel at 606-679-2010 days or 606-679-2018 nights.
- Notify Camp Personnel

Unauthorized Persons at Camp
- Your group may or may not be the only group using the camp grounds on this date.
- Please notify Camp Personnel if you encounter any problem.

Fire Restrictions
Occasionally the camp will be under a burning restriction due to dry weather. Our Camp Representative will advise you of this upon your arrival. Please observe this restriction if in place for your own safety and the security of the camp.
Lake Cumberland 4-H
Educational Center
4-H Camp
RENTAL GROUP EVALUATION

Thank you for choosing our 4-H Camp for your event. We strive to make our facilities the best they can be and appreciate your feedback. Please give this to the camp personnel or mail to the above address.

Name of Group_________________________________________ Dates Used____________________

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Additional Comments ____________________________

Would you use our camp again?  _____ YES  _____ NO
Did you discuss any issues with camp personnel?  _____ YES  _____ NO

Thank you for helping us improve your stay at camp.
Kentucky 4-H camps are accredited by American Camp Association and proudly display this logo.

Prepared By: Kristina Rideout, State 4-H Office

www.kentucky4h.org