North Central Rental Information Guide  
Revised 01/05/15

Kentucky 4-H Youth Development Camping Program  
Visit us online: www.kentucky4h.org

**Found in this Guide:**
- Welcome to Camp  
- General Safety Regulations  
- Pool & Water Craft Safety  
- Emergency Numbers  
- Directions to Medical Facility & Drug Store  
- Map of Camp Layout  
- Directions to camp  
- Supervision Guidelines  
- Emergency Info  
- Evaluation form

**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 your application, please call 859-289-5308 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.
- 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 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.
- **CAMPFIRES / COOKING PIT FIRES** must be attended by an adult at all times. During dry seasons, there may be a BURN BAN ON CAMPFIRES. Camp staff will alert group leaders if a Burn Ban is in place.

Camp Staff will provide the group with emergency contact phone # during their stay, and show where the camp’s AED is located.

**FISHING**
Fishing is permitted for persons registered at the camp. A current state fishing license is required for persons 16 or older. A life jacket will be furnished and is required to be worn at all times by anyone around the waterfront area.

There is a $40.00 fee added to any checks returned for any reason by your bank.

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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 provided 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 paddle boats. 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/Paddle Boat - Safety Tips

- Maximum 3 per canoe or the capacity (3 or 5) per Paddle Boat
- Always wear your lifejacket
- Avoid sudden or jerky movements
- Always sit on the appropriate seats in the Paddle Boats or in the center of the canoe.
- Stay low when you are away from shore.
- Do not stand up or walk in the canoe or Paddle Boats.
- If your canoe or Paddle Boat tips over –
  1. Don’t Panic
  2. Stay with your canoe or Paddle Boat
  3. Paddle or push your canoe or Paddle Boat to the shore
**Emergency Numbers**

Emergency Rescue Life Squad ........................................ 911
Fire Department .......................................................... 911
US Forest Fire Personnel .................................................. Day 859-784-7504
.......................................................... Night 859-498-2546
Gas Company (Columbia Gas) ........................................... 1-800-432-9515, option 2 after the greeting
.......................................................... Office 606-528-3611
Hospital Emergency Room – Carlisle .................................. 859-289-7181
Hospital Emergency Room – Paris ....................................... 859-987-3600
Poison Control Center ..................................................... 1-800-222-1222
State Police ................................................................. 1-800-222-5555
Sheriff’s Office ............................................................. 859-289-3740

**Directions to Emergency Care:**

**Nicholas County Hospital:** From camp, turn left on Hwy 1455 toward Carlisle and travel approximately 1 ¼ miles. Turn right on Rt. 32 and travel approximately ½ mile. The courthouse will be on the right. At this intersection (stop light), turn right on to Rt. 36 (Old Paris Pike). Travel for approximately 1 ½ miles; the Nicholas County Hospital is on the right.

**Bourbon County Hospital:** From camp, turn right on Hwy. 1455 toward Lake Carnico. At the intersection of 1455 and Hwy. 68, turn left onto Hwy. 68 toward Millersburg. Follow 68 for approximately 15 miles to the by-pass in Paris. Turn right onto the by-pass and then left on Linville Dr. The hospital is on Linville Dr, approximately .1 mile on the by-pass.

**Directions to Pharmacy:**

From camp, turn left on Hwy 1455 toward Carlisle and travel approximately 1 1/4 miles. Turn right on Rt. 32 and travel approximately 1/4 mile. The courthouse will be on the right. At this intersection (stop light), turn right on to Rt. 36 (Old Paris Pike). **Carlisle Drug Store** is on the left after turning on to Rt. 36. **Hopkins Drug Store** is a short distance further on Rt. 36, also on the left of the street.

A. North Central
B. Hospital
C. Pharmacy
North Central 4-H Camp
Carlisle, Kentucky
Driving Directions

**North Central 4-H Camp** (near Carlisle, KY)

45 minutes
Take Old Paris Pike (Route 68 West) from Lexington
Stay on 68 to Paris (take bypass around Paris)
Continue through Millersburg on 68
Watch for golf course on right side of road
Turn right onto 1455 and go up through the golf course, passing the clubhouse on left
The camp is located on the left, just past Lake Carnico, watch for sign

**Alternate route** - If you are driving from the East -
I-64 to exit 110 (Mt. Sterling)
Turn north on KY 11 about 24 miles
Turn left on KY 36 at Carlisle
Turn right at first stop light about ½ mile
Turn right at Rte. 1455 about 1 mile
Camp is on right
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.
  o 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.
  o 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 head count.
- Call the Fire Department at 911 or Forest Fire Personnel at 859-784-7504 days or 859-498-2546 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.
# North Central 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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<th>Facilities</th>
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<th>Very Good</th>
<th>Okay</th>
<th>Fair</th>
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<td>Buildings Clean</td>
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<td>Bath Houses Clean</td>
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<td>Grounds Clean</td>
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<td>Camp Equipment in good condition</td>
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<td>Facilities stocked (toilet paper, etc.)</td>
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<th>Personnel and Procedures</th>
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<td>Check in/Check Out</td>
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<td>Friendly Staff</td>
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<td>Food Quality (if applicable)</td>
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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