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.

WELCOME
- The camp is open from 8am to 10pm. For safety, gates are locked at 11pm.
- All camp buildings and program areas are designated as NO SMOKING areas. Tobacco products are permitted only in the approved tobacco area which is located behind the dining hall storage buildings and marked with signs (smoking receptacles are available.)
- NO ALCOHOLIC BEVERAGES, NO DRUGS, and NO EXPLOSIVES are permitted on the camp grounds.
- FIREARMS are allowed ONLY for educational purposes or police marksmanship and their presence must have prior approval by the Camp Director and State 4-H Office.
- TRANSPORTATION of individuals in the back of pickup trucks, wagons, or other vehicles where seats are not attached is PROHIBITED.
- PARKING is permitted only in designated areas; Vehicles are not permitted to be parked at cabins. Do not block Fire and Police access lanes. Camp is not responsible for personal vehicles on the property.
- RECREATION EQUIPMENT belonging to camp may be available for use by groups. Group leaders will be responsible for the distribution of all equipment and will be required to pay for damaged/missing equipment. Group leaders are responsible for safe use of all recreation equipment (both camp property and personal property). Any personal sports equipment that the group brings should be stowed safely. Camp is not responsible for personal property.
- CLEANLINESS of camp grounds is the responsibility of groups using the property. Please place all trash in the trash containers provided and leave all areas free of litter.
- An INSPECTION OF FACILITIES will be conducted prior to departure of groups and groups will be charged for damages.
- MAINTENANCE STAFF are available to take care of any problems with our facilities. Please contact maintenance staff directly to report facility needs. For plumbing issues or safety concerns, please contact staff IMMEDIATELY.
- For SAFETY AND EMERGENCY purposes, we recommend that all group leaders have immediate access to the following information:
  1. Names and addresses of all participants
  2. Emergency contact info for all participants
  3. Listings of known allergies and/or health conditions of all participants
  4. Signed permission forms for all participants under 18 years old that allows for emergency medical treatment (or signed waiver of treatment for religious reasons)
  5. Have someone in your group trained to use the AED
- 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.

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentuckv Counties Cooperative. Disabilities accommodated with prior notification.
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 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 - Safety Tips

- Maximum 3 per canoe
- 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
Emergency Numbers

<table>
<thead>
<tr>
<th>Service</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emergency Rescue Life Squad</td>
<td>911</td>
</tr>
<tr>
<td>Fire Department</td>
<td>911</td>
</tr>
<tr>
<td>Hospital Emergency Room – (Trover Clinic)</td>
<td>270-825-5100</td>
</tr>
<tr>
<td>Dawson Springs Police Department</td>
<td>270-797-2277</td>
</tr>
<tr>
<td>Kentucky Utilities (24 hour emergency #)</td>
<td>1-800-981-0600</td>
</tr>
<tr>
<td>Gas Company Day</td>
<td>270-365-5545</td>
</tr>
<tr>
<td>Gas Company Night</td>
<td>270-365-5013</td>
</tr>
<tr>
<td>Poison Control Center</td>
<td>1-800-222-1222</td>
</tr>
<tr>
<td>State Police</td>
<td>270-676-3313</td>
</tr>
<tr>
<td>Sheriff’s Office</td>
<td>270-821-5661</td>
</tr>
</tbody>
</table>

Directions to Trover Clinic / Hospital, Madisonville from West Kentucky 4-H Camp

1) 4-H Camp Road left at stop sign onto Rosedale Lane
2) Left onto KY 109 (Northbound)
3) Right onto KY 70 (Eastbound) at Beulah
4) Once in Madisonville, turn left at the stop light onto Main Street (US-41-A)
5) At 5th stoplight, turn right onto North Street
6) 4-5 blocks, turn left onto Laffoon Street
7) Trover Clinic will be in front of you
8) Ask for Care Clinic at desk in tower

West Kentucky 4-H Camp Phone 270-797-8758

Directions to Doctor’s Office (Trover Clinic), Dawson Springs from West Kentucky 4-H Camp

1) Leave 4-H Camp on 4-H Camp Road
2) Turn left at stop sign onto Rosedale Lane
3) Turn right at stop sign onto Industrial Parkway
4) Trover Clinic is located about one mile down on the 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.
Driving Directions

DRIVING DIRECTIONS:
From the Western Kentucky Parkway, take the Dawson Springs exit (221)
Go south on HWY 109 for approximately 1 mile
Turn right on Rose Dale Lane - look for green 4-H Camp sign
Turn right on 4-H Camp Drive - look for green 4-H Camp sign
Road ends at Camp!
GAGA BALL at West Kentucky

Gaga Ball is a form of Dodgeball that’s normally played in an octagon shaped “pit” or court. The game is believed to have originated in Israel. The word ‘Ga’ means hit, so Ga-Ga means “hit-hit”.

RULES OF THE GAME:

1. Any number of people can play (as many as can fit in the pit). To start, everyone in the pit must be touching the wall. Someone tosses the ball in the center of the pit and it must bounce twice on the ground. As it bounces, everyone can say "Ga" for each bounce. After the second bounce ("Ga-Ga"), the ball is live.
2. Players can only hit the ball with an open hand or a fist (no catching and throwing).
3. Players try to hit the ball into another player's leg at the knee or below. If the ball hits or touches anyone at the knee or below, that player is out and must exit the pit. (Being hit at or below the knee by a ball that has bounced off the ground, wall, or another players DOES count and the player who was hit is out.)
4. Anytime the ball goes out of the pit, the last person that the ball touched is out.
5. An individual player can only hit the ball one time until it either touches another player or the wall. The ball can be dribbled against the wall only to position it if necessary. Players can move around anywhere inside the pit during the game.
6. The game ends when the last 2 people battle it out to the end or, to speed up the end of the game, the last 2 players can be given a certain time to finish, such as 10-30 seconds to win, and at that point, a tie is called. Once the game is over, everyone else re-enters the pit to start a new game.
7. Variations to the game can be added such as playing with more than one ball, playing as teams, expanding the ‘hit’ area to be above the knee, allowing the ‘out’ people on the outside of the pit to hit the ball and get people out, and any other variation you can come up with!

SAFETY:

Gaga Ball is typically a safe game, but accidents can happen on occasion. To avoid the possibility of injury, just like in any other game or sport, simply use good judgment when playing.

- Players should be careful not to approach the ball too aggressively while another player is doing the same or a collision with hands, bodies, or heads could result.
- Players should be careful not to scrape their hands or fingers on the ground when hitting the ball.
- Players should always be aware of their position in relation to the pit walls to avoid running into the walls or falling backward over the wall and out of the pit.
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 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.
West Kentucky  
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 ____________

<table>
<thead>
<tr>
<th>Facilities</th>
<th>Excellent</th>
<th>Very Good</th>
<th>Okay</th>
<th>Fair</th>
<th>Poor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Buildings Clean</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bath Houses Clean</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grounds Clean</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Camp Equipment in good condition</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Facilities stocked (toilet paper, etc.)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Personnel and Procedures</th>
<th>Excellent</th>
<th>Very Good</th>
<th>Okay</th>
<th>Fair</th>
<th>Poor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Application Process</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Check in/Check Out</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friendly Staff</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Food Quality (if applicable)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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