SUMMER SHINE

Alamance County 4-H
2012 Summer Classes
Alamance County 4-H Summer SHINE is a fun and educational program sponsored by Alamance County 4-H through the Cooperative Extension Service. Most of the activities will be held at the Alamance County Cooperative Extension Office, which is located at 209-C N. Graham-Hopedale Road in Burlington. Registration for enrolled 4-H families will be the week of May 7-11, and registration for the public will be the week of May 14-18.

**Directions to Summer SHINE Locations**

**Cooperative Extension Office:** From I-40/85, take Exit 147. Turn left at the light at the end of the exit onto S. Main Street in Graham. Continue straight, through 3 traffic lights until you come to the courthouse square. Go halfway around the traffic circle, continuing on Main Street. Continue through Graham on Main Street (3 stop lights) until the road curves sharply to the left and the street name changes to Providence Road. Go one block to another light and turn right onto Washington Street. Cross the railroad tracks and go through 3 stoplights. Our building is the first one on the right after the intersection of Graham-Hopedale and Church Street. The total distance from the interstate is almost 3 miles.

**Off-site locations:** Emails for each class will be sent out ahead of time with specific details for each class. If directions are needed, those will be in the email.

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**T-Shirts for Sale!**

If you would like to purchase an Alamance County 4-H T-shirt, you can purchase them at Summer SHINE sign-up. Just put the size you want on your registration form. We will have several different shirts to choose from.

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**End of Summer Ice Cream Social!**

Mark your calendars and plan to attend the 4-H End of Summer Ice Cream Social on August 9 @The Alamance County Cooperative Extension Office from 4-6 pm. There will be a PowerPoint slideshow with pictures from the summer. It’s Free!

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**4-H Night at the Burlington Royals Ballpark**

Mark your calendar for June 22 at 7 pm! The Burlington Royals first game of the season is also 4-H Night at the Ballpark! Tickets are free. Please call the Alamance County Cooperative Extension at (336) 570-6740 to reserve your tickets.

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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, veteran status, or disability. In addition, the two Universities welcome all persons without regard to sexual orientation.
Participant’s Name: ____________________________________________ Age: ______ Birthdate: ___________ Sex: ______ Race: ______

Parent/Guardian’s Names: ____________________________________________

Address: _________________________________________________________

Phone #: (Home) ________ (Cell) ________ (Work) ________ Email: ____________________________

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After Initial Registration Period

|                |                |                |      |      |      |                        |
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Registration Fee $2.00 $2.00

4-H T-Shirt Quantity ____ x

Subtotal

Scholarship Money Used

Total

REGISTRATION INSTRUCTIONS

1. Registration will be by appointment only. Appointments will be 30 minutes per family. You may CALL (336-570-6740) or come by to set up an appointment between 8:30 am to 5 pm, Monday through Friday. No registration will be taken by phone, email or mail.

2. To enroll in a 4-H Summer SHINE class, you will need to fill out the enclosed registration form, along with an initialed copy of the 4-H Code of Conduct, and a notarized 4-H Medical Release Form. These forms can be found at the end of this document and are also available at the 4-H office. These forms are required for each participant, as well as the parental agreement form. Individual family registration only. To make the registration process more timely, please complete Medical Release form and Registration form ready.

3. Registration for enrolled 4-H families will be the week of May 7-11, and registration for the public will be the week of May 14-18.

4. A registration fee of $2 per participant is required in addition to the class fee. Payment is required at registration and can be paid with cash or checks (made payable to Alamance County 4-H).

5. Participants may only register for up to 4 classes. If the classes are not filled after the first two weeks of registration, then we will re-open registration or fill waiting list spaces.

6. Class age range is important. Classes are designed with age appropriate activities. Please DO NOT register a child for a class if they do not meet the age requirements.

7. We reserve the right to suspend your child from the program without refund should he/she become disruptive. If a child becomes disruptive, the parent will be called to pick up the child immediately.

8. There will be NO refunds for Summer SHINE classes. If you cannot attend a class, please call us so we can fill the spot, but there will be NO refunds.

9. Direct all concerns and questions to Beth Davis, Alamance County 4-H Agent at (336) 570-6740 or beth_davis@ncsu.edu.

For accommodations for persons with disabilities, contact Beth Davis at (336) 570-6740 no later than five business days before the event.
Pick-Up Policy

Please initial on each line.

______ I agree to check in with the instructor and sign out when I pick up my child.

______ I agree to only bring registered participants for a given class, and to not show up with extra siblings/family members/friends expecting them to participate in the class.

Check-In Policy

Please initial on each line.

______ I agree to check in with the instructor and sign in when I drop off my child.

______ I agree to only bring registered participants for a given class, and to not show up with extra siblings/family members/friends expecting them to participate in the class.

General 4-H Policies

Please initial on each line.

______ I understand that NO refunds will be issued for the 4-H Summer SHINE Program.

______ I understand that you reserve the right to suspend my child from the program without refund should he/she become disruptive and not follow the 4-H Code of Conduct.

Approved Adults

Please identify any other adults that might be picking up your child from any 4-H related activities.

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1. Piano Camp 1

Dates: June 11-13
Time: 1-2:30 pm
Ages: 7-14
Instructor: Jane McIver
Location: Cooperative Extension Auditorium
Cost: $26
Class Size: 6
Description: This will be a musical discovery program for children 7-14 years old who have never studied piano. This program is designed to develop an interest in the study of music and performance of piano. Parents will be better able to decide whether a future for their child in piano warrants an investment in buying the instrument and continuing with regular private lessons. A piano or keyboard at home is not required to take this class. However, students who have a keyboard may bring it to class, as long as they are willing to share it with other students for practice during the class. Please notify us in advance if your child is disabled, handicapped or academically gifted.

2. Collectively Collage

Dates: June 11-15
Time: 10 am-12 pm
Ages: 13-18
Instructor: India Cain
Location: Point of View Gallery, Burlington
Cost: $45
Class Size: 12
Description: Did you know that the artists Picasso and Braque are credited with ‘inventing’ collage? Collage comes from the French word ‘coller’ which means ‘to glue.’ Explore the endless possibilities for creating in the medium of collage. Create your own collage by applying layers of tissue, paste, pain and other materials to a surface. Enjoy the freedom to actively participate in your own creative process with virtually no limitations placed on choices with regard to color, form, texture, technique and basic design!

3. Horsin’ Around

Date: June 12
Time: 10 am-12 pm
Ages: 5-18
Instructors: Southern Alamance Horse Club
Location: Heritage Stables, Snow Camp
Cost: $5
Class Size: 20
Description: Come horse around with the Southern Alamance Horse Club and learn all sorts of cool horse fun facts. There will be four stations where you will learn about grooming, taking up, the horse, and you’ll even get to take a ride! If you are into horses, this is definitely something you will love!

4. Fun on the Farm

Date: June 14
Time: 9 am-12 pm
Ages: 5-18
Instructors: Fire ‘Em Up 4-H Club
Location: Scarlett Family Farm
Cost: $6
Class Size: 16
Description: Come join the Fire ‘Em Up 4-H Club as we gather eggs and feed the ducks at the Scarlett Family Farm. Some of the animals you will meet and learn about are goats, chickens, ducks, geese, peafowl, turkeys, guineas, a rabbit and a miniature donkey. We will also tie-dye a shirt. Please wear closed-toed shoes or rain boots and bring a pre-washed cotton shirt to tie-dye (do not use fabric softener or dryer sheets on your shirt). It is also very important that you are a good listener and follow directions well!
5. **Kayaking the Haw**

**Dates:** (choose one date)
1. June 15
2. June 22
3. June 23 (Saturday)

**Time:** 8:30 am-12 pm

**Ages:** 12-18

**Instructor:** Gary Gerringer

**Location:** Haw River (put in and take out spots will be sent out to those registered)

**Cost:** $15

**Class Size:** 15 youth, 3 adults

**Description:** This is going to be a fun morning of paddling down the Haw River! Mr. Gerringer will go over safety before we start, and then we’ll hop in the kayaks and go! We’ll end around 12 pm and have lunch. Make sure you wear closed-toed shoes, clothes that can get wet, and a bathing suit underneath. Be sure to bring sunscreen!

6. **Handwork Gathering**

**Dates:** June 12, 26, July 10, 24 (can come to any or all)

**Time:** 10 am-12 pm

**Ages:** All ages; parents are welcome

**Instructors:** Rebekah Anne & Kelly Mae Allen

**Location:** Cooperative Extension Conference Room

**Cost:** Free (bring your own materials)

**Class Size:** Open class (just let us know if you’re coming)

**Description:** Similar to the well-known quilting bee, Handwork Gathering will bring us together to work independently and collectively on our own handwork projects including knit, crochet, cross-stitch, tat, hand sewing, macramé, etc. There will be basic instruction in many hand arts available most weeks.

7. **Beginning Basketry**

**Dates:** June 18-22

**Time:** 10 am-12 pm

**Ages:** 13-18

**Instructor:** India Cain

**Location:** Point of View Gallery, Burlington

**Cost:** $45

**Class Size:** 12

**Description:** Did you know basket weaving is considered to be one of the oldest, if not the oldest, of art forms? The oldest known baskets (found in Fayium in Upper Egypt) have been carbon dated to be between 10,000 and 12,000 years old. Also, since birds are excellent basket weavers, it is very likely that some nests were used by primitive people for carrying and storing items and possibly for use as cradles since a bird’s nest is really a woven cradle! Students will learn the basics of how to weave a simple spoked basket with a lid. The course will also include discussion regarding tools and safety procedures. Use of “green, recycled, repurposed” materials will also be covered.

8. **Piano Camp 2**

**Dates:** June 18-20

**Time:** 9-10:30 am

**Ages:** 7-15

**Instructor:** Jane McIver

**Location:** Cooperative Extension Auditorium

**Cost:** $26

**Class Size:** 6

**Description:** This is a continuation of the musical discovery program of Piano Camp 1. To participate in this camp, you must have participated in Piano Camp 1 or have a beginner’s knowledge of piano and note reading. New music will be explored and played in the same group setting.
9. **Ag in Action**

**Dates:** June 20-22  
**Time:** 9 am-4:30 pm  
**Ages:** 10-18  
**Instructors:** Extension Staff, Local Farmers, Local Business Leaders  
**Location:** Alamance County (will start and end at Extension Office)  
**Cost:** $20  
**Class Size:** 20  
**Description:** Over these three days, participants will take hands on tours of local farms and visit local businesses serviced by those farms. The last day they will prepare a meal made from local foods. Participants will need to bring a bag lunch the first two days, wear closed-toed shoes, and wear clothes you don’t mind getting dirty.

10. **Mad Science**

**Date:** June 25  
**Time:** 10 am-4 pm  
**Ages:** 10-18  
**Instructor:** Ruth Steenwyk  
**Location:** Cooperative Extension Auditorium  
**Cost:** $10  
**Class Size:** 20  
**Description:** Get ready for a day of fast paced, hands on fun in the lab! We’ll spend the day playing with… (oops!)…I mean learning about states of matter, mixtures and solutions, the invisible forces of electricity, moving molecules, genetics, anatomy, physiology, and more. You’ll get to perform individual experiments and participate in fun team challenges; build structures with unusual materials; and even attempt to answer some of life’s most challenging questions like, “How can I make those dreaded lab reports easy,” and “What is this Oobleck stuff anyway?” If you’re mad about science, this is the perfect class for you!

11. **Can You Dig It?**

**Dates:** June 26-27  
**Time:** 2-4 pm  
**Ages:** 10-14 (beginner level)  
**Instructors:** Alamance Acers Volleyball Team  
**Location:** Burlington Sporting Goods  
**Cost:** $10  
**Class Size:** 10-16  
**Description:** Beginner volleyball players will have fun learning the volleyball basics of passing, setting, hitting and serving. In addition, they will develop teamwork skills and take home positive, encouraging quotes.

12. **Clover Camping**

**Date:** June 27  
**Time:** 9 am-12 pm  
**Ages:** 5-8  
**Instructors:** Dogwood 4-H Club  
**Location:** Cedarock Park, Shelter #3  
**Cost:** $6  
**Class Size:** 18  
**Description:** For those campers who like to stay close to home but want a little bit of summer camp, this class is for you! We will enjoy the day in the life of a camper as we make a craft, play games, sing camp songs, enjoy a dessert, hiking and more. Campers will need to bring their own bag lunch. Please wear old closed toed shoes.
13. **Fishing Fun**

**Date:** June 28  
**Time:** 9 am-12 pm  
**Ages:** 5-18  
**Instructors:** Phil Ross, Brad Moore, Wally Walker, Monique McKinney, Shauntae Britt  
**Location:** Cedarock Park, Shelter #4  
**Cost:** $5  
**Class Size:** 20  
**Description:** Join the fun and enjoy a morning of fishing with friends at Cedarock Park. We'll learn lots of facts about fish and bait, and how to be safe around the pond. We'll discuss different types of fish and bait. We'll bait a hook and see what happens. Bait and refreshments will be provided. Please bring your own fishing poles. You are welcome to hang around after the class and bring a picnic lunch at the park!

14. **Zoo Snooze**

**Dates:** June 28-29  
**Time:** 5:30 pm (Thursday)-2 pm (Friday)  
**Ages:** 8-12  
**Instructors:** NC Zoo Staff  
**Location:** NC Zoo, Asheboro (Meet at Extension Office)  
**Cost:** $30  
**Class Size:** 12 youth, 2 adults  
**Description:** Go batty over creatures of the night! Explore skills and senses of nocturnal animals in this fun and exciting overnight program. Concentrating on bats and owls, we’ll shed some light on the mystery of what’s really going bump in the night. Through presentations and activities, participants will develop a greater understanding of our nighttime neighbors, their roles in our environment and how we can help them. Students will have a blast building bat boxes and a hoot dissecting owl pellets. We will meet at the Extension Office at 5:30 pm on Thursday, and head to the Zoo. Participants will need to wear comfortable walking shoes and bring items for a sleepover. When we wake up on Friday morning, we’ll have a quick program and then we’ll be free to explore the zoo!

15. **Busy Bees**

**Date:** June 29  
**Time:** 9-11 am  
**Ages:** 5-8  
**Instructors:** Ron & Elizabeth Osborne  
**Location:** Osborne Farm  
**Cost:** $2  
**Class Size:** 15  
**Description:** Get up close and personal with one of the busiest insects on the planet and learn some incredible facts about why the honeybee is such a special insect. See what it takes to be a beekeeper and take a peek in a couple of different beehives.

16. **Morning Game Mayhem**

**Date:** July 2  
**Time:** 10 am-12 pm  
**Ages:** 5-18  
**Instructors:** Clover Buds & Belles 4-H Club  
**Location:** Cooperative Extension Auditorium  
**Cost:** $2  
**Class Size:** 30  
**Description:** Join the Clover Buds & Belles for a morning of cooperative, competitive, quiet, loud, still, and busy games. Participants will be set into multi-age groups and will rotate through several games throughout the morning.
17. Junior Master Gardeners

Dates: July 5-6
Time: 2-4 pm
Ages: 7-12
Instructors: Master Gardener Volunteers
Location: Cooperative Extension Auditorium
Cost: $5
Class Size: 15
Description: On the first day, participants will get the dirt on soil. They'll learn all about soil and soil properties, and have a fun snack! One day 2, participants will have fun learning the parts of plants and do a cool plant activity.

18. Creating with Clay

Dates: July 9-13
Time: 10 am-12 pm
Ages: 10-18
Instructor: India Cain
Location: Point of View Gallery, Burlington
Cost: $45
Class Size: 12
Description: Using polymer clay, learn to create small mythological creatures such as dragon sculptures or wonderful faces that can be used as magnets or pins. Also learn to make your own beads for creating your own unique jewelry and wearable art.

19. Fun with Horses

Dates:
  - Session 1—Saturday, July 14
  - Session 2—Saturday, July 21
Time: 9 am-1 pm
Ages:
  - Session 1—Ages 6-11
  - Session 2—Ages 12-18
Instructor: Liz Stewart
Location: Rosewood Farm, Mebane
Cost: $40
Class Size: 8
Description: We will be learning about horses, how to groom, tack up, introduction to riding, and then we will do a horse related game or craft. The focus is how to have fun with horses, but be safe with them. The riding portion of the camp will be broken into smaller groups with no more than 3 in each group. The campers will ride for approximately 45 minutes. Campers should wear closed toed shoes and long pants. Campers should bring a bag lunch. Helmets and drinks will be provided.

20. Kids Canning

Date: July 18
Time: 9 am-1 pm
Ages: 9-18
Instructor: Jessica Oswald
Location: Cooperative Extension Auditorium
Cost: $20
Class Size: 10
Description: Learn how to make and can your own jam, salsa, and pickles! This workshop will teach youth how to safely preserve food through water bath canning methods. The registration fee includes all the necessary supplies and lunch. Each participant will have the opportunity to take home a jar of whatever he/she preserves.
### 21. Exploring Clay

**Date:** July 23  
**Time:** 9-11 am  
**Ages:** 12-18  
**Instructor:** Martha & Justin Honus  
**Location:** Square Palette, Graham  
**Cost:** $5  
**Class Size:** 10  
**Description:** Explore & learn about clay using the potter’s wheel and hand building techniques. You will have the instruction and opportunity to make 2 functional clay pieces that will be fired and returned.

### 22. Jewelry Making

**Dates:** July 23-27  
**Time:** 10 am-12 pm  
**Ages:** 11-18  
**Instructor:** India Cain  
**Location:** Point of View Gallery, Burlington  
**Cost:** $45  
**Class Size:** 12  
**Description:** Let your creativity soar as you learn to make beautiful and unusually unique pieces of wearable art using stones, shell fragments, feathers and other natural elements! Learn how to create your own beads and use recycled pieces from old jewelry in your work.

### 23. Cook Smart, Eat Smart

**Dates:** July 24-25  
**Time:** 9 am-1 pm  
**Ages:** 9-18  
**Instructor:** Jessica Oswald  
**Location:** Cooperative Extension Auditorium  
**Cost:** $30  
**Class Size:** 15  
**Description:** Learn to prepare simple, delicious, and healthy food in this hands-on cooking workshop. Participants in this workshop will learn a variety of skills related to cooking including food safety, how to use a knife, table setting, healthy cooking techniques, and more! In this workshop, students will also have the opportunity to taste what they cooked and it is strongly encouraged that everyone try at least one bite of everything. At the conclusion of the workshop, participants will also come home with a notebook that contains several recipes including the recipes that were made during the workshop.

### 24. 4-H Investigates

**Dates:** July 25-27  
**Time:** 8:30 am-4 pm  
**Ages:** Rising 6th-8th graders  
**Instructors:** North Central District 4-H Agents & guest speakers  
**Location:** Guilford County (Meet at Extension Office)  
**Cost:** $20  
**Class Size:** 10  
**Description:** Do you love shows like CSI or NCIS? Well, if so this is the program for you! Participants will become detectives to solve a “murder mystery.” Solve this crime by exploring various techniques including blood typing, forensic anthropology, fingerprint analysis, impression analysis of tires and shoes, hair analysis, blood spatter and DNA evidence. We will be traveling to Greensboro both days. Transportation, lunch and snacks are provided. *(Parents—please be advised that field trips may include places such as county jail, a funeral home, animal diagnostic lab, etc.)*
### 25. My Digital Life

**Date:** July 30  
**Time:** 10 am-4 pm  
**Ages:** 12-18  
**Instructor:** Ruth Steenwyk  
**Location:** Cooperative Extension Auditorium  
**Cost:** $2  
**Class Size:** 12  
**Description:** Information is power, and with great power comes even greater responsibility. Join us as we learn to thrive and survive in today’s wild digital world! Learn to protect your personal and private information. Recognize inappropriate chat room and text communications and know what to do before things get out of control. Analyze your digital footprint and discover what your public image says about you to prospective schools and employers. Evaluate the risks/benefits of using various online resources. Learn to use digital media as a tool to help you succeed and how to avoid being plugged in 24/7. Be your own 21st century superhero; become the master of your modern day digital life!

### 26. Exploring with Terrariums

**Date:** July 31  
**Time:** 10 am-12 pm  
**Ages:** 5-18  
**Instructor:** Kelly Mae & Sawyer Allen  
**Location:** Cooperative Extension Auditorium  
**Cost:** $5  
**Class Size:** 10  
**Description:** Explore the water cycle with closed terrariums. Participants will build a closed terrarium and learn how to track and observe the water cycle within its closed system.

### 27. Kick It!

**Dates:** August 1-3  
**Time:**  
- Session 1—9-10 am  
- Session 2—10-11 am  
**Ages:**  
- Session 1—Ages 5-10  
- Session 2—Ages 11-18  
**Instructors:** Ultimate Martial Arts Instructors  
**Location:** Ultimate Martial Arts Studio, Graham  
**Cost:** $6  
**Class Size:** 30  
**Description:** Participants will learn basic martial arts skills. This includes different types of kicks, punches, rolls, and blocks.

### 28. Once Upon a Time...

**Dates:** August 1-3  
**Time:** 1-3 pm  
**Ages:** 6-12  
**Instructor:** Elizabeth Osborne  
**Location:** Cooperative Extension Auditorium  
**Cost:** $5  
**Class Size:** 20  
**Description:** Explore your creative side as you discover what it takes to be a storyteller. Through music, games, creative writing, and group activities you will build confidence in your public speaking as you stand in front of others and share your story.  

*Life itself is the most wonderful fairytale of all. —Hans Christian Anderson*
29. **Discovering Differences**

**Dates:** August 1-2  
**Time:** 8:30 am-4 pm  
**Ages:** 9-18  
**Instructors:** North Central District 4-H Agents  
**Location:** Day 1—Rockingham County; Day 2—Guilford County (Meet at Extension Office)  
**Cost:** $15  
**Class Size:** 10  
**Description:** If we were all the same, our world would be a boring place. This workshop will focus on discovering the differences in each other and learning about other cultures, disabilities, and more. Participants will have the opportunity to experience food, music and art from different cultures. Travel, lunch and snacks will be included.

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30. **Model Making 1**

**Date:** August 7  
**Time:** 10 am-12 pm  
**Ages:** 5-8  
**Instructor:** Reade Allen  
**Location:** Cooperative Extension Auditorium  
**Cost:** $2  
**Class Size:** 15  
**Description:** A beginner's introduction to model building. Participants will bring THEIR OWN unopened SNAP together model kit. Emphasis will be put on following directions, interpreting diagrams, and using model glue properly.

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31. **Model Making 2**

**Dates:** August 6 & 8  
**Time:** 1-4 pm  
**Ages:** 10-18  
**Instructor:** Reade Allen  
**Location:** Cooperative Extension Auditorium  
**Cost:** $3  
**Class Size:** 10  
**Description:** Bring a beginner's plastic model kit (can be purchased at Bobby's Hobby's, Michael's, Hobby Lobby or online) and work on putting your model together with help from 4-Her Reade Allen. Please make sure the model is appropriate to your skill level. Snap-together models are not suitable for this class and will be covered in Model Making 1. Additional tools and glue will be available for sharing.

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32. **Sculpting**

**Dates:** August 7  
**Time:** 1-4 pm  
**Ages:** 10-18  
**Instructor:** Cindy Biles  
**Location:** Cooperative Extension Auditorium  
**Cost:** $15  
**Class Size:** 15  
**Description:** Cindy Biles, a local artist will teach you techniques on sculpting animals, and you'll have a chance to create your own masterpiece! Cindy will supply the clay and tools. All you need to bring is your imagination and a picture of what animals you'd like to make.
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

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 ______________________

1 of 2

Must be completed each year by 4-H’er and Parent/Guardian. If health history changes within that year, it is the 4-H’er & Parent/Guardian’s responsibility for updating
information.

Approved as of 3/02/06
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)

Must be completed each year by 4-H’er and Parent/Guardian. If health history changes within that year, it is the 4-H’er & Parent/Guardian’s responsibility for updating information.

Approved as of 3/02/06
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.