

# Alamance County 4-H



# SIZZLE



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## *Registration Information:*

1. To enroll in any Alamance County 4-H Summer Sizzle Program/Class you must create a family profile at <https://v2.4honline.com/#/user/sign-in>. You should also review the 4-H Code of Conduct with your child(ren) so they can be aware of those behavior guidelines. Other information and helpful hints may also be found online at [alamance.ces.ncsu.edu](http://alamance.ces.ncsu.edu) or obtained from the Alamance County Cooperative Extension Office during normal business hours, 8:00 a.m. to 5:00 p.m., Monday-Friday.

2. Completion of the 4-H Online family account must be done in order to sign up for 4-H Summer Sizzle. We are notified by email once accounts are set up at <https://v2.4honline.com/#/user/sign-in>.

3. Once your 4-H family profile is completed, you will sign up for each Summer Sizzle event you are interested in within the “Events” tab on your profile homepage. Once you have signed up via 4-H Online 2.0 Events, you must get your payment to our office, via cash or check, to secure your spot. If you do not get your payment to our office within 5 BUSINESS DAYS you forfeit your child(ren)’s spot for that event. Here is a link for helpful information on registered for events in 4-H Online 2.0,

[https://m.youtube.com/watch?fbclid=IwAR116lfKYcx3BYmoa2\\_F5eorDqSmQwQh2xDFQAWuJcZCTT2HmVg6lqiVmZ4&v=WNi7lao860k&feature=youtu.be](https://m.youtube.com/watch?fbclid=IwAR116lfKYcx3BYmoa2_F5eorDqSmQwQh2xDFQAWuJcZCTT2HmVg6lqiVmZ4&v=WNi7lao860k&feature=youtu.be)

(Special thanks for our friend, Michelle Van Ness, Person County 4-H Agent, for this helpful video).

4. Please review carefully the information on each program that you sign up for, including the stated age ranges and times. Class age range is important. Classes are designed with age appropriate activities. Please DO NOT register a child for a class if the child does not meet the age requirements.

5. Make sure your child truly wants to attend the class. We find that if a child doesn’t want to be in attendance, he or she can become disruptive. We reserve the right to suspend your child from the program without refund should he/she become disruptive or violate the 4-H Code of Conduct in any way. If a child must be dismissed from the program, then the parent/guardian will be called to pick up the child immediately.

6. You are responsible for making sure that your child arrives and is picked up on time for each class. If you are more than 10 minutes late for any field trip program, your child will be left and no refund will be issued! If your child is not picked up on time, a fee will be incurred.

7. No personal electronics (cell phones, iPads iPods, etc.) will be allowed during classes.

8. Unless otherwise stated, classes will meet at the Alamance County Cooperative Extension Office. Youth and adults should wear 4-H appropriate clothing that is comfortable for lots of

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movement and that can get dirty! For classes off-site, emails will be sent out ahead of time with directions to the class and details about what to bring.

9. **NO REFUNDS** will be given for Summer Sizzle classes except in the event of a cancellation by our office. All refunds will be processed at the conclusion of the entire Summer Sizzle program in August. Please allow 4 weeks from that time for a check to be requested from the County Finance Department.

**\*\*Direct all concerns or questions to Taylor Jones, Alamance County 4-H Agent, at 336-570-6740 or taylor\_jones@ncsu.edu.\*\***

For accommodations for persons with disabilities, contact Taylor Jones at 336-570-6740 no later than five business days before the event.

## Alamance County 4-H

### Face-to-Face Program Guidelines

May 3, 2021

This guidance is based on the NC State University Extension Reopening Guidelines and is designed to align with Governor Roy Cooper's Reopening Guidelines. This document outlines our local policy, based on the North Carolina 4-H and NC State Extension Best Practices Implementation Plan.

#### *Pre-Program:*

- **All Alamance County 4-H programs, events or any in-person function *MUST* be approved by the 4-H Agent. See approval process at the end of this document.**
- 4-H programs can be hosted by Extension staff and trained volunteers only.
- Program size will operate within the state mass gathering limits. The number of people in any meeting will not exceed room space requirements that allow for proper physical distancing of at least 6 feet between individuals from different households. This number includes everyone: Extension staff, volunteer leaders, youth, parents, and others participating in the activity.
- Participants will receive a copy of the health protocol, standards, and best practices via email at least 24 hours before the meeting. Participants without email will be contacted via phone. Participants should read *When to Stay Home, Health Protocol for 4-H Programs, and Best Practices* before attending the program. Both of these are stated below.
- All attendees will be required to register before every 4-H meeting. Participants without internet access can call or visit the Extension Office for help registering.
- Youth participants are required to have an *Active* profile in 4-H Online.
- ***Before attending their first in-person 4-H program, all attendees - anyone who will be physically present – must complete a Face to Face Training. Link will be provided once registration is confirmed.***
- ***ALL attendees - anyone physically present - are required to have signed program liability waivers.***

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#### *When to Stay Home:*

- Youth and adults should stay home if they:
  - are experiencing any symptoms of COVID-19.
  - have had known contact with anyone having COVID-19 in the last 14 days
  - are considered at high risk themselves
  - live or work with individuals who are at high risk
    - those 65 or older
    - those who are immunocompromised
    - those who have complicating health factors as identified by the CDC
  - answer “Yes” to any of the following questions:
    - Do you currently have a fever or chills?
    - Do you currently have a worsening cough, not caused by another condition?
    - Do you have a sore throat?
    - Do you have difficulty breathing that you do not normally have?
    - Do you have worsening muscle aches that you do not normally have?
    - Do you have a worsening headache that you do not normally have?
    - Do you have a new loss of your sense of taste or smell?

#### *Health Protocol for 4-H Programs:*

- Only attend if you are feeling completely well and healthy (see *When to Stay Home* for guidance).
- Cloth face coverings are required to be worn at all time.
  - Except when outside *and* physically-distanced from others.
  - Except when a person is eating or drinking *and* is physically-distanced from others.
  - All exceptions to this rule must be discussed with the 4-H Agent in advance.
- Proper physical distance of at least six feet must be maintained between participants (unless they live together) throughout the duration of meeting. Chairs or other position-markers will be spaced at least six feet apart and should not be moved or rearranged.
- Hand sanitizer will be available. Participants are expected to use it on arrival and departure. (Using hand sanitizer and *washing your hands* helps prevent the spread of germs from your home to the meeting and from the meeting back to your home).
- If a participant begins to feel sick during a 4-H program, their parent/guardian will be contacted for pick-up and the participant will be given a space to rest (quarantine).

#### *Best Practices:*

- All attendees will sign in on the Extension Event sign-in sheet. Sign-in records for all meetings will be kept by the 4-H Agent.
- Socializing is encouraged! But please maintain proper physical distance - this means no handshakes, high-fives, or hugs.
- Activities will be planned to minimize sharing equipment. Any shared-use items (such as the sign-in table, pens, etc.) will be disinfected between participant use with a disinfecting wipe or spray, whichever is more effective for the scenario.
- Participants should bring their own water bottle.

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- For outdoor activities - participants may be asked to bring their own chairs.
- Parents/guardians should pick up their children immediately after the activity ends.

*Non-Compliance:* If any attendee is not willing to follow the above *Health Protocol for 4-H Programs and Best Practices*, we ask that you continue participating in 4-H virtually at this time. Alamance County 4-H will be enforcing these practices.

*Facilities:*

- Programs will be scheduled to allow sufficient cleaning before and after.
- Common-touch surfaces will be disinfected, such as tables, countertops, chairs, doorknobs, light switches, handles, toilets, faucets, etc.
- Appropriate signage will be placed in the meeting area, such as check-in and check-out directions, physical distancing reminders, and hand-washing instructions.
- The maximum number of attendees will be determined based on room or facility capacity to allow for proper physical distancing. 4-H program size will not exceed state or local limits.
- Tables, chairs, shooting lines, and other markers, will be spaced far enough apart to ensure at least 6 feet between individuals (by household).

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## 2021 Alamance County 4-H Summer Sizzle Programs offered:

### Summer take home “More than Ag in a bag” kit – All summer

Pre-orders due by May 28th

Take home project kit

Ages 8 to 12

15 kits available

Cost: \$20

Description: Grab our summer kit, “More than Ag in a Bag”, to experience 4-H in a whole new way –everything from bread making to growing your own jewelry! Youth that complete at least 5 activities and send us pictures will earn some 4-H swag! Register and pay at

<https://aginabag.eventbrite.com>.



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## Ag Camp - July 27 & 28

8:30 - 4:00

In person

Ages 13-18

5 participant spots avail

Cost: \$15

**Description:** Join us as we dive into the world of Agriculture in our County. Our first day will be touring Alamance County and the different commodities made available by our farmers. The second day we will go behind the scenes to see how our food is produced and the ever-evolving processes involved. This camp will involve travel to Raleigh on the second day where youth will be able to enjoy a sweet treat from the Howling Cow Creamery.



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## STEM Camp - June 22 - 25

8:30 to 1:00

In person

Ages 7 - 10

5 participant spots avail

Cost: \$20



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**Description:** Come join Guilford and Alamance counties on a 4-day adventure as we explore the world of Science, Technology and Life. Each day will have a themed experience, followed by a Friday of fun applying our new knowledge as we explore the Greensboro Science Center.

## You're Hired! Camp - Aug 3 - 5

Virtual

Ages 13 - 18

Free of charge



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**Description:** Do you know your soft skills and why they are so important? The National Collaborative for Workforce and Disability for Youth says “soft skills are necessary for youth to succeed in education, job training, independent living, community participation, and ultimately in the workplace.” Join Alamance, Guilford and Randolph counties to gain knowledge and awareness of soft skills and unspoken workplace ethics to help make your best, better.

## Cloverbud Sew Much Fun - June 30

1:00 - 3:00

In person

5 participants

Ages 5 - 7

Free of charge



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Description: Pin point how you too can sew on a button, make a pocket pillow or pet, and learn how a sewing machine works! Participants will be able to take their creations home!

## Let's go Fishing! - July 29

July 29th from 9am to 12 noon.

10 participants - Ages 5 to 18

Must meet us at Lake Cammack, with own equipment

Description: Come on, let's go fishing! Join other 4-H youth as we learn a little more about fishing in our freshwater systems here in the Triad. Meet us for a fun morning of fun and fishing at Lake Cammack. Bring your own fishing rod and tackle, but some tackle will be available to share. All catch and release.



## It's Electric! - June 30

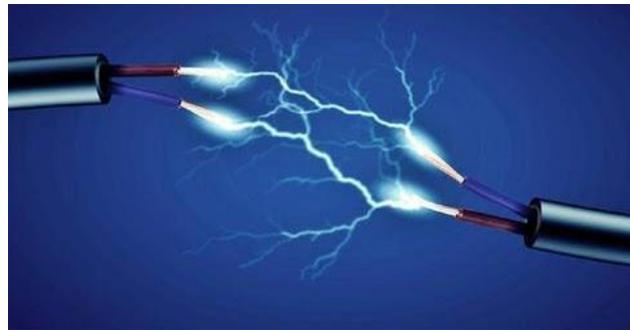
9:00 to 11:00

In person

5 participants

Ages 5 - 7

Free of "charge"



Description: What is an atom? How does a switch work? What makes the lights come on? Find out all these answers and more when attending our It's Electric workshop. Lead by our County Representative member, Aiden Kernodle, learn from a junior master electrician.

## BBQ Bootcamp

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Tuesday, June 29, 2021 for 8-12 year olds  
Thursday, July 1, 2021 for 13-18 year olds

9 am - 1 pm each day

Registration cost: \$25

Description:

Calling all Grill Masters ages 8-18! Is your child interested in cooking on the grill? Then we have the class for you! Sign your child up for BBQ Bootcamp. This evidence-based, interactive youth program designed to promote food science, food safety, meat science, and food preparation in a way to make your youth confident and excited about using these skills. We will use hands-on activities and group facilitated learning to teach youth about the science behind meat preparation in a fun and memorable way!



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