

# Howell Woods Summer Camp 2019

## AGENDA & Registration

### June 24-28

#### Day 1: Monday, June 24<sup>th</sup>

- Drop off begins at 7:30am
- 8:00am **WE BEGIN!**
  - Introduction to Howell Woods
  - Ice Breaker – Let's get to know everyone!
- 9:00-12:00 **Ropes Course**
  - The low ropes course is designed to focus on leadership skills. Developing them from a basic level and building onto that. It also incorporates teamwork, strength, agility, communication, and quick thinking.
  - This activity requires being outdoors the entire time and burns a lot of energy. We will have a water, bathroom, SNACK break in between. Please send your child with a snack & re-useable water bottle!
- 12:00-1:00 **LUNCH BREAK!**
  - Get your grub on!
  - Please pack a picnic lunch with an icepack.
  - Your child will have an hour to eat, but most children will only need 30 minutes; therefore there will be extra time for self-exploration. Bring a book, movie, go for a short hike with a buddy, whiffle ball, kick ball, free time.
- 1:00-4:30 **Ecological Footprints**
  - Discover the impact of human activity on the environment.
  - Campers will evaluate their daily resource consumption and explore opportunities minimize their impact on the environment.
  - Key topics: Renewable and non-renewable resources, the 3Rs, water quality, and soil erosion.
- 4:30-5:30 **Wrap up Day 1**
  - Reflect on today's activities: What was your favorite, least favorite? Questions, comments.
  - Review tomorrow's activities.
- 5:00-5:30 **PICK UP!**

\*\*\* Your child may want to bring a backpack to take with them when we are away from the building equipped with medical necessities (inhaler, epi-pen), bug repellent, water bottle,

sunscreen, sunglasses, hat, binoculars (we have some if your child doesn't). PLEASE WEAR CLOSED TOED SHOES THIS DAY!!!

### **Day 2: Tuesday, June 25<sup>th</sup>**

- Drop off begins at 7:30am
- 8:00am **WE BEGIN!**
  - Introduction to today's activities.
  - Ice breaker
- 9:00-12:00 **Geocaching**
  - Geocaching is a treasure hunting game where you use a GPS to hide and seek containers with other participants. Campers will learn the basics of using a hand-held GPS unit to find hidden items on the Howell Woods property. The 'finders keepers' rule applies for this activity!
  - We will have a water, bathroom, SNACK break in between. Please send your child with a snack & re-useable water bottle!
- 12:00-1:00 **LUNCH BREAK!**
  - Chow down!
  - Please pack a picnic lunch with an icepack.
  - Your child will have an hour to eat, but most children will only need 30 minutes; therefore, there will be extra time for self-exploration. Bring a book, movie, go for a short hike with a buddy, whiffle ball, kick ball, free time.
- 1:00-4:30 **Tree & Plant ID**
  - Campers will learn how to identify many of the trees and plants in our area by growth, habit, form, bark, and leaf shapes.
  - On a 1 mile hike, campers will identify as many species as possible along the way.
- 4:30-5:30 **Wrap up Day 2**
  - Reflect on today's activities: What was your favorite, least favorite? Questions, comments.
  - Review tomorrow's activities.
- 5:00-5:30 **PICK UP!**

\*\*\* Your child may want to bring a backpack to take with them when we are away from the building equipped with medical necessities (inhaler, epi-pen), bug repellent, water bottle, sunscreen, sunglasses, hat, binoculars (we have some if your child doesn't). PLEASE WEAR CLOSED TOED SHOES THIS DAY!!!

### **Day 3: Wednesday, June 26<sup>th</sup>**

- Drop off begins at 7:30am
- 8:00am **WE BEGIN!**

- Introduction to today's activities.
- Ice breaker
- 9:00-12:00 **Animal Tracks**
  - Campers will learn about many species of native animals we have here at Howell Woods. We will discuss the characteristics of the animal's feet (the most common track), other tracks animals leave behind, and set out to find these tracks on Howell Woods' property.
  - Activity: Campers will take home a plaster foot print mold of their favorite Howell Woods animal.
- 12:00-1:00 **LUNCH BREAK!**
  - Get your grub on!
  - Please pack a picnic lunch with an icepack.
  - Your child will have an hour to eat, but most children will only need 30 minutes; therefore there will be extra time for self-exploration. Bring a book, movie, go for a short hike with a buddy, whiffle ball, kick ball, free time.
- 1:00-4:30 **Birds of Prey**
  - An in-class session on birds of prey that will cover history, anatomy, life cycle, diet, native species, and why they are important to us. Visit Howell Woods live exhibits.
  - We will dissect owl pellets to better understand the digestive system of birds of prey.
  - A short riding tour to search & identify birds of prey on Howell Woods property.
- 4:30-5:30 **Wrap up Day 3**
  - Reflect on today's activities: What was your favorite, least favorite? Questions, comments.
  - Review tomorrow's activities.
- 5:00-5:30 **PICK UP!**

\*\*\* Your child may want to bring a backpack to take with them when we are away from the building equipped with medical necessities (inhaler, epi-pen), bug repellent, water bottle, sunscreen, sunglasses, hat, binoculars (we have some if your child doesn't). PLEASE WEAR CLOSED TOED SHOES THIS DAY!!!

#### **Thursday, June 27<sup>th</sup>**

- Drop off begins at 7:30am
- 8:00am **WE BEGIN!**
  - Introduction to today's activities.
  - Ice breaker
- 9:00-12:00 **Beginner Fishing**
  - We will compare fresh water to salt water fishing, talk about native species, identify common species in Howell Woods' ponds, and learn how to be a sustainable fisherman.

- Campers will also learn all the basics needed to be a successful fisherman. We will discuss how to tie knots, set up a fishing pole, and cast to reel in the big one.
- If your child has their own fishing gear, they may bring it this day!
- 12:00-1:00 **LUNCH BREAK!**
  - Get your grub on!
  - Please pack a picnic lunch with an icepack.
  - Your child will have an hour to eat, but most children will only need 30 minutes; therefore there will be extra time for self-exploration. Bring a book, movie, go for a short hike with a buddy, whiffle ball, kick ball, free time.
- 1:00-4:30 **Intro to Kayaking**
  - Campers will learn the proper way to navigate a kayak in calm water. We will begin on land with safety precautions, how to put on a life jacket, getting in and out of the boat, paddling, how to determine safe water, state laws on kayaking, etc.. We will then move to the pond where campers can put together what they learned on land into the water.
  - Campers may want to wear a swimsuit or light weight clothing and waterproof shoes (sandals, crocs, water shoes etc. are approved for this day).
  - **BRING A TOWEL AND EXTRA SET OF CLOTHING!!!**
- 4:30-5:30 **Wrap up Day 4**
  - Reflect on today's activities: What was your favorite, least favorite? Questions, comments.
  - Review tomorrow's activities.
- 5:00-5:30 **PICK UP!**

\*\*\* Your child may want to bring a backpack to take with them when we are away from the building equipped with medical necessities (inhaler, epi-pen), bug repellent, water bottle, sunscreen, sunglasses, hat, binoculars (we have some if your child doesn't).

### **Friday, June 28<sup>th</sup>**

- Drop off begins at 7:30am
- 8:00am **WE BEGIN!**
  - Introduction to today's activities.
  - Ice breaker
- 9:00-11:30 **Camping 101**
  - Campers will learn what to look for when searching for a camp site, equipment needed, how to build a fire, setting up a camp kitchen, putting together a tent, and practicing no trace camp guidelines.
  - Campers will work in groups to set up tents.
  - If your child has their own tent they would like to share, they can bring it on this day. It is not necessary for every child to have a tent, Howell Woods has all equipment needed.
- 11:30-12:30 **Lunch**
  - Get your grub on!

- Please pack a picnic lunch with an icepack.
- Your child will have an hour to eat, but most children will only need 30 minutes; therefore there will be extra time for self-exploration. Bring a book, movie, go for a short hike with a buddy, whiffle ball, kick ball, free time.
- 12:30-2:30 Wilderness Navigation
  - Learn the basic concepts of using a map and compass to find your way through the wilderness.
  - Put your new skills to the test on the Howell Woods orienteering course.
- 2:30-4:30 **Camp reflection and group game!**
- 4:30-6:00 **END OF CAMP COOKOUT**
  - We will provide hotdogs, chips, and drinks.
  - Please bring your favorite side dish to share!

**HAVE A WONDERFUL SUMMER BREAK!!**

**Registration Forms Below!**

**Howell Woods Environmental Learning Center  
2019 Summer Camp Registration Form**

**Camper Information:**

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Last \_\_\_\_\_ First \_\_\_\_\_ M.I. \_\_\_\_\_

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Address \_\_\_\_\_

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City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

\_\_\_\_\_ Gender: Male \_\_\_\_\_

Female \_\_\_\_\_

Age \_\_\_\_\_ Date of Birth \_\_\_\_\_ Grade ('18-'19 year) \_\_\_\_\_

**Parent/Guardian Information:**

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Last \_\_\_\_\_ First \_\_\_\_\_ M.I. \_\_\_\_\_

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Address \_\_\_\_\_

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City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

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Email Address \_\_\_\_\_

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Phone (Day/Evening/Cell) \_\_\_\_\_

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**Emergency Contact** Name and Phone Number (Other than the person listed above) \_\_\_\_\_

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Please print name(s) of others **authorized** to pick up camper

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Parent/Guardian Signature

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Participant/Camper Signature

Date

**Medical Information:**

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Physician Name

Phone Number

Allergies/Health Considerations:

Camper/family will participate in the family cookout, 6/14: Yes\_\_\_\_\_ No\_\_\_\_\_

\*Each family is asked to provide a side dish. Howell Woods will provide hot dogs and drink.

**Method of Payment**

\_\_\_\_\_ Cash

\_\_\_\_\_ Check (payable to Howell Woods ELC)

\_\_\_\_\_ Credit Card

\*If paying by credit card, you may provide a contact number to receive a phone call to process your payment or come by the Learning Center during the week (8am-4pm). \_\_\_\_\_

\*Please note: Registration fees are NON-REFUNDABLE unless the camp is cancelled by Howell Woods.

**Registration Form and Payment may be mailed to:**

Howell Woods Environmental Learning Center  
6601 Devils Racetrack Rd.

Four Oaks, NC 27524

For more information, please email or call

[jtastoske@johnstoncc.edu](mailto:jtastoske@johnstoncc.edu)

(919) 938-0115



## TERMS FOR RELEASE/WAIVER FORMS FOR PARENTS AND GUARDIANS

I, \_\_\_\_\_ (Print name- Parent/Guardian), in consideration of the acceptance of my son/daughter ("Participant") by Howell Woods Environmental Learning Center ("Howell Woods") into its summer camp program ("the Program"), hereby acknowledge and agree to the following:

It is agreed that the Participant will abide by the rules and regulations of Howell Woods for the Program. If the Participant violates such rules and regulations, and/or if he/she does anything which puts the safety or welfare of the group or of himself/herself in jeopardy, Howell Woods may take disciplinary or other action against the Participant, including, but not limited to expulsion of the Participant from the Program and sending the Participant home at my (parent/guardian) expense.

I recognize that Howell Woods is in no way liable or responsible for my son's/daughter's transportation to or from the Program. If I fail to provide transportation to or from the Program for the Participant, I authorize Howell Woods in its sole discretion to do so. I accept that there are no inherent dangers while driving or riding in a motor vehicle, and if an incident should occur which injures or causes death to my son/daughter while traveling to or from the Program, I fully understand and agree that Howell Woods is not liable. I must provide to Howell Woods in writing any limitations or restrictions upon the person(s) to whom and/or the conditions by which the Participant may be released or transported to or from the Program to persons other than the undersigned. Absent such written instructions, I authorize Howell Woods to release or transport the Participant as it deems appropriate in its sole discretion.

I have disclosed in writing to Howell Woods any medical condition of the Participant which is relevant to his/her participation in the Program. I hereby give my consent for Howell Woods to have the Participant treated by a physician or other medical care provider in case of sickness, sudden illness or injury while participating in the Program. It is understood that Howell Woods and its staff do not provide medical insurance for such treatment, and that the cost thereof will be at my expense. If I have supplied physician information to Howell Woods, Howell Woods will reasonably attempt to contact such physician for the Participant. However, I understand and agree that Howell Woods may in its sole discretion determine that the nature of the sickness, illness or injury may require the use of different emergency or other medical personnel. I understand that Howell Woods is not an insurer of the Participant, and it assumes no liability for personal injuries or property damages to the Participant or to third parties arising out of the activities of the Participant.

I understand that the Participant's participation in the Program will involve physical activities which could pose danger and risk of injury. I fully assume all such risks inherent in the Program including, but not limited to, those described herein.

I understand that **photographs, videos** or other likenesses of the Participant may be taken and may be provided to publishers, used on Howell Woods' website or otherwise on the internet, broadcast on television, and radio or otherwise, used in demonstration or presentations, or otherwise published. I grant permission for the Participant's picture, image or likeness to be taken and used for any such purpose.

I hereby forever release, acquit, discharge and hold harmless Howell Woods, its officers, trustees, agents, employees, representatives, volunteers, successors and assigns for all manner of claims, demands and damages of every kind and nature whatsoever which the undersigned or the Participant may now or in the future have against Howell Woods, its officers, trustees, agents, employees, representatives, volunteers, successors and assigns on account of any personal injuries, physical or mental condition, known or unknown, to the person and/or the property of the Participant, and the treatment thereof, as a result of, or in any way growing out of the acts of Howell Woods, its officers, trustees, agents, employees, representatives, volunteers, successors and assigns for the operation of the Program, including but not limited to, their negligence or gross negligence, in rendering the services above described or in any way incidental thereto. This agreement is applicable to and binding upon the parent/guardian, Howell Woods, and their respective trustees, officers, employees, agents, heirs, personal representatives, successors and assigns.

### Behavior Guidelines & Consequences

In order to provide a pleasant environment and to ensure the safety of our campers and staff....disruptive, destructive and/or dangerous behavior by campers is not allowed. Such behavior will result in the camper being dismissed immediately from the camp. When a participant is dismissed from camp for unacceptable behavior... there will be NO REFUND.

### Howell Woods Camp Rules

- Respect other participants, instructors, and equipment.
- Always listen to instructors and speakers, and show consideration for others.
- No profanity.
- Stay with the group. Never leave assigned activity areas without staff permission.
- No electronic devices. Please turn off cell phones during class/session.
- Smoking is not permitted at any time.
- Please dress comfortably and appropriately.
- Campers must wear nametags at all times.

**Acknowledgement**

I acknowledge that I have read, understand, and agree to any and all of the information on the page, and will discuss all pertinent information, including the Howell Woods camp rules, with my child.

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Signature of Parent/Guardian

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Signature of Participant/Camper

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Date