



4-H HEALTHY CAMP ASSESSMENT

THE 4-H HEALTHY LIVING INITIATIVE ENGAGES YOUTH AND FAMILIES THROUGH ACCESS AND OPPORTUNITIES TO ACHIEVE OPTIMAL PHYSICAL, SOCIAL AND EMOTIONAL WELL-BEING.

Camp should be fun! However, there may be a few overlooked things that are hindering your camper's enjoyment. To support your efforts to include all four of the H's (head, heart, hands and health) in your 4-H programs, here is a checklist to help ensure your Camp offers an optimal environment for your campers. By implementing the tips provided below, you can ensure that you are doing everything possible to help your 4-Hers form lasting relationships, deal with stress and their emotions, make healthful dietary choices, engage in physical activity to promote optimal growth of minds and bodies, avoid unnecessary risks, and leave with a smile.

Circle the number that corresponds to your answer to each question.

SOCIAL HEALTH

ALWAYS
SOMETIMES
RARELY/NEVER
NOT APPLICABLE

Are you providing opportunities for youth to experience a positive social environment? Do you...

3	2	1	0	Structure sleeping groups (like cabin assignments) and session groups to foster friendships?
3	2	1	0	Provide name tags and include ice breakers to foster a sense of group and belonging?
3	2	1	0	Include cooperative activities , and limit competition, to help youth learn to work together to achieve a common goal?
3	2	1	0	Make sure that group activities are appropriate for all ages to participate and encourage everyone to join?
3	2	1	0	Include free social time for youth to interact?
3	2	1	0	Use buildings and facilities that are accommodating for all so that everyone is included?
3	2	1	0	Include sessions that teach participants about social health (such as dating or bullying)?

_____ Total Social Health score

_____ Percent / Grade (divide your total by 21)

PHYSICAL HEALTH

ALWAYS
SOMETIMES
RARELY/NEVER
NOT APPLICABLE

Are healthful foods and beverages provided? Do you...

3	2	1	0	Provide access to free clean drinking water 24 hours a day (such as water fountains, dispensers, hydration stations, and water bottles)?
3	2	1	0	Eliminate sweetened beverages (such as soda, sports drinks, lemonade, punch, and chocolate milk) during the entire camp period?
3	2	1	0	Serve fruits and/or vegetables at every snack and meal?
3	2	1	0	Provide free healthy snacks in the afternoon?
3	2	1	0	Limit foods high in added sugar (such as candies, desserts, pastries)?
3	2	1	0	Limit foods high in solid/saturated fats (such as cheese, bacon, shortening, margarine)?
3	2	1	0	Serve whole grains instead of refined/white?
3	2	1	0	Limit caffeine after 1:00 p.m. (chocolate smores, hot chocolate, ice tea, coffee, cola, mountain dew, energy drinks)?
3	2	1	0	Encourage everyone to wash their hands (especially before mealtime) and put up signs to remind them? And provide wet wipes at the table for youth to use before touching shared utensils?

Are opportunities for movement provided? Do you...

3	2	1	0	Offer a daily project or session based on fitness or physical activity (such as hiking, kayaking, yoga or active games)?
3	2	1	0	Include active ice breakers at the start of camp and during sessions? (link to examples)
3	2	1	0	Provide access to safe, open, outdoor spaces for physical activity?
3	2	1	0	Host social activities that include physical activity (such as a dance or night hike)?
3	2	1	0	Provide resources during free time so that movement is an option (such as Frisbees)?

Are schedules planned to consider needs for sleep and rest? Do you...

3	2	1	0	Schedule for 10 hours of sleep , with transition time before and after, and enforcement of "lights out"?
3	2	1	0	Accommodate the natural sleep rhythms of participants, such as later start times for teens?
3	2	1	0	Allow time for rest in the afternoon?
3	2	1	0	Plan high energy activities earlier (like dances and hiking), and calmer ones later (like quiet campfire songs and journaling), to ease transition to sleep?

_____ Total Physical Health score

_____ Percent / Grade (divide your total by 54)

EMOTIONAL HEALTH

ALWAYS
SOMETIMES
RARELY/NEVER
NOT APPLICABLE

Is the environment emotionally healthy and safe? Do you...

3	2	1	0	Hand out, review, and enforce a Parent/Member/Volunteer Code of Conduct ?
3	2	1	0	Develop group agreements , and include rules such as “no put-downs” so that no one feels belittled?
3	2	1	0	Have a discipline policy in place so youth and parents know what to expect and that there are consequences for poor choices?
3	2	1	0	Eliminate embarrassing punishments , such as singing in front of everyone to retrieve forgotten items?
3	2	1	0	Require individual parent chaperones for young members ages 5-8 years old?
3	2	1	0	Model healthy behaviors for the youth, such as bringing your own reusable water bottle, choosing fruit at snack time, walking to the activity when possible and using safety gear?
3	2	1	0	Encourage a growth mindset by rewarding and praising effort, and not just outcomes?
3	2	1	0	Prohibit religious or inappropriate songs at campfire?
3	2	1	0	Offer meals that take religious or cultural customs into consideration, such as vegetarian options?
3	2	1	0	Eliminate staff-led religious group prayer at mealtimes (they may focus on gratitude for the meal instead. Individual silent prayer is always allowed)?
3	2	1	0	Include youth in the chores necessary to run camp, such as doing dishes and putting away session supplies, so they can learn responsibility?
3	2	1	0	Have a plan for inclusion of LGBTQ youth?
3	2	1	0	Include sessions that teach participants about emotional health (such as stress management, mindfulness, or happiness)?
3	2	1	0	Eliminate advertisements , posters, or other structural elements that promote negative health behaviors (such as smoking or violence)?

ALWAYS
SOMETIMES
RARELY/NEVER
NOT APPLICABLE

Do you provide opportunities for youth to experience and improve in the Essential Elements of Positive Youth Development? Do you...

3	2	1	0	Give youth a chance to master new skills by allowing them to fail and try again?
3	2	1	0	Cultivate independence in the youth by allowing them the opportunity to make health promoting choices on their own?
3	2	1	0	Develop social skills and a sense of belonging by creating new teams or pairs during activities so that they learn how to communicate and work with different people?
3	2	1	0	Conduct community service projects so that youth learn to share a spirit of generosity and helpfulness toward others in and outside of the immediate group which builds connections and makes individuals happier?

_____ Total Emotional Health score

_____ Percent / Grade (divide your total by 54)

POLICIES & TRAINING

ALWAYS
SOMETIMES
RARELY/NEVER
NOT APPLICABLE

Are there policies and procedures in place to ensure the health and safety of members? Do you...

3	2	1	0	Require a minimum number of adult chaperones who are fingerprinted and enrolled in 4-H?
3	2	1	0	Have procedures in place for preventing and dealing with illnesses, accidents, and emergencies ?
3	2	1	0	Mandate and collect Medical Release Forms so that accommodations can be made, or allergic reactions prevented?
3	2	1	0	Publicize and enforce a dress code that enables all youth to participate safely and is consistent with 4-H dress guidelines?

Do you provide training to ensure leaders are capable and prepared? Do you...

3	2	1	0	Train and certify adult and youth leaders and chaperones in proper safety procedures ?
3	2	1	0	Train adult and youth leaders and chaperones on how to manage a group of children and how to discipline youth in a positive and effective manner?
3	2	1	0	Train adult and youth leaders and chaperones on how to handle bullying ?
3	2	1	0	Train adult and youth leaders and chaperones on how to promote and understand diversity ?

_____ Total Policy & Training score

_____ Percent / Grade (divide your total by 24)

INJURY & ILLNESS PREVENTION

ALWAYS
SOMETIMES
RARELY/NEVER
NOT APPLICABLE

Is the environment physically safe? Do you...

3	2	1	0	Confirm that the building has passed all safety inspections and is up to code?
3	2	1	0	Conduct a fire drill ?
3	2	1	0	Abide by the maximum capacity standards set by the fire department?
3	2	1	0	Stock the restrooms with soap and paper towels?

Do you try to prevent injuries? Do you....

3	2	1	0	Read and complete the UC 4-H Camp Safety Guidebook ? (http://safety.ucanr.edu/files/3478.pdf)
3	2	1	0	Read and complete the UC 4-H Camp Risk Assessment Workbook ? (http://4h.ucanr.edu/files/175655.doc)
3	2	1	0	Ensure that the person preparing and serving food has been trained and certified in food safety ?
3	2	1	0	Ensure that safety gear is available and worn (such as eye goggles for woodworking or helmets for cycling)?
3	2	1	0	Schedule adult chaperones so that supervision is included in potentially dangerous activities (such as archery)?
3	2	1	0	Include rules about safety in your group agreements, or cover these rules before proceeding?
3	2	1	0	Ensure that a first aid kit is easily accessible for each camp activity (such as at the lake or on a hike)?

_____ Total Injury Prevention score

_____ Percent / Grade (divide your total by 33)

IMPROVEMENT PLAN

This checklist is meant to help motivate you towards improving the healthfulness of your 4-H camp. So let's take a look at what you might want to work on.

1. Transfer your "grades" to the boxes below so you can compare areas.

Social health

Physical health

Emotional health

Policy/ Training

Injury prevention

2. Which two areas scored the lowest and thus need the most improvement?

A. _____

B. _____

3. Now select two of the items you can work to include in your next camp. (The questions in each section are listed in the order in which change may have the biggest impact.)

A. _____

B. _____

4. Brainstorm a list of tasks that need to be done to make these goals a reality.

Task

Who can help?
