



# 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 <b>sleeping groups</b> (like cabin assignments) and session groups to foster friendships?
				Provide <b>name tags</b> and include ice breakers to foster a sense of group and belonging?
				Include <b>cooperative activities</b> , and limit competition, to help youth learn to work together to achieve a common goal?
				Make sure that group activities are <b>appropriate for all ages</b> to participate and encourage everyone to join?
				Include <b>free social time</b> for youth to interact?
				Use buildings and facilities that are <b>accommodating for all</b> so that everyone is included?
				Include sessions that teach participants about <b>social health</b> (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 <b>free clean drinking water</b> 24 hours a day (such as water fountains, dispensers, hydration stations, and water bottles)?
3	2	1	0	<b>Eliminate sweetened beverages</b> (such as soda, sports drinks, lemonade, punch, and chocolate milk) during the entire camp period?
3	2	1	0	Serve <b>fruits and/or vegetables</b> at every snack and meal?
3	2	1	0	Provide <b>free healthy snacks</b> in the afternoon?
3	2	1	0	Limit foods high in <b>added sugar</b> (such as candies, desserts, pastries)?
3	2	1	0	Limit foods high in <b>solid/saturated fats</b> (such as cheese, bacon, shortening, margarine)?
3	2	1	0	Serve <b>whole grains</b> instead of refined/white?
3	2	1	0	<b>Limit caffeine after 1:00 p.m.</b> (chocolate smores, hot chocolate, ice tea, coffee, cola, mountain dew, energy drinks)?
3	2	1	0	Encourage everyone to <b>wash their hands</b> (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 <b>physical activity</b> (such as hiking, kayaking, yoga or active games)?
3	2	1	0	Include <b>active ice breakers</b> at the start of camp and during sessions? (link to examples)
3	2	1	0	Provide access to safe, open, <b>outdoor spaces</b> for physical activity?
3	2	1	0	Host <b>social activities</b> that include physical activity (such as a dance or night hike)?
3	2	1	0	Provide <b>resources</b> 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 <b>10 hours of sleep</b> , with transition time before and after, and enforcement of "lights out"?
3	2	1	0	Accommodate the natural sleep rhythms of participants, such as <b>later start times</b> for teens?
3	2	1	0	Allow time for <b>rest</b> in the afternoon?
3	2	1	0	Plan <b>high energy activities</b> 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 <b>Code of Conduct</b> ?
3	2	1	0	Develop <b>group agreements</b> , and include rules such as “no put-downs” so that no one feels belittled?
3	2	1	0	Have a <b>discipline policy</b> in place so youth and parents know what to expect and that there are consequences for poor choices?
3	2	1	0	Eliminate <b>embarrassing punishments</b> , such as singing in front of everyone to retrieve forgotten items?
3	2	1	0	Require <b>individual parent chaperones</b> for young members ages 5-8 years old?
3	2	1	0	<b>Model healthy behaviors</b> 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 <b>growth mindset</b> by rewarding and praising effort, and not just outcomes?
3	2	1	0	Prohibit religious or <b>inappropriate songs</b> at campfire?
3	2	1	0	Offer <b>meals</b> 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 <b>chores</b> 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 <b>inclusion</b> of LGBTQ youth?
3	2	1	0	Include sessions that teach participants about <b>emotional health</b> (such as stress management, mindfulness, or happiness)?
3	2	1	0	Eliminate <b>advertisements</b> , 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 <b>master new skills</b> by allowing them to fail and try again?
3	2	1	0	Cultivate <b>independence</b> 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 <b>sense of belonging</b> 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 <b>community service projects</b> 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 <b>adult chaperones</b> who are fingerprinted and enrolled in 4-H?
3	2	1	0	Have procedures in place for preventing and dealing with <b>illnesses, accidents, and emergencies</b> ?
3	2	1	0	Mandate and collect <b>Medical Release Forms</b> so that accommodations can be made, or allergic reactions prevented?
3	2	1	0	Publicize and enforce a <b>dress code</b> 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 <b>safety procedures</b> ?
3	2	1	0	Train adult and youth leaders and chaperones on how to <b>manage a group of children</b> 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 <b>handle bullying</b> ?
3	2	1	0	Train adult and youth leaders and chaperones on how to <b>promote and understand diversity</b> ?

\_\_\_\_\_ 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 <b>safety inspections</b> and is up to code?
				Conduct a <b>fire drill</b> ?
				Abide by the maximum <b>capacity</b> standards set by the fire department?
				<b>Stock the restrooms</b> with soap and paper towels?

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

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

\_\_\_\_\_

\_\_\_\_\_

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