



# CHAPTER 6

## 4-H HEALTH AND SAFETY

### INTRODUCTION

Adult Volunteers are responsible for the safety of members during all meetings and activities. Adult volunteers must incorporate safety awareness in project meetings and demonstrate safe practices when showing members how to carry out their project work.

Safety training should be incorporated into educational instruction/curriculum associated with all 4-H YDP activities and may be accomplished through verbal instruction, instructor demonstrations, review of written or electronic materials, and/or viewing commercially prepared video recordings. In certain instances, members may not be allowed to participate in an activity or utilize equipment or tools until they have demonstrated their understanding of associated hazards and procedures or achieved a necessary level of proficiency.

Adult volunteers need to be familiar with activities, procedures, and processes associated with the project they are supervising. Adult volunteers must be capable of identifying those project risks that pose the potential for causing accidents, injuries, or disease exposures. Adult volunteers must also be prepared for emergencies.

The 4-H Safety Manual (<http://groups.ucanr.org/ehs/files/40029.pdf>) and 4-H Clover Safe Notes ([http://groups.ucanr.org/ehs/4H/Clover\\_Safe\\_Notes.htm](http://groups.ucanr.org/ehs/4H/Clover_Safe_Notes.htm)) have been developed to assist 4-H YDP volunteers.

### ALCOHOL, ILLEGAL DRUGS, AND TOBACCO

Volunteers shall not consume or be under the influence of alcohol, illegal drugs, or tobacco while performing their 4-H YDP duties or at any 4-H YDP activity, event or function. 4-H YDP program activities are conducted under tobacco-free conditions. The use of alcohol is prohibited at all 4-H YDP functions.

On some occasions adult volunteers or members may attend non-4-H events at which alcohol is served. In such instances there must be adequate supervision of appointed adult volunteers on hand (at least 2 adults, age 21 or older, for every 9 youth) and members shall not handle, or in any way come in contact with alcohol beverages.

### ANIMAL HEALTH AND SAFETY POLICIES

4-H animal projects teach members to learn responsibility for the care and treatment of their animals. 4-H does not condone the mistreatment of animals; 4-H expects that all animals will be cared for and treated in a responsible manner. Through learning experiences, project members shall learn and use safe and accepted practices when handling and caring for their animals.

***“4-H animal projects teach members to learn responsibility for the care and treatment of their animals.”***

Each 4-H YDP animal project shall include learning experiences appropriate to the species of animal, to ensure that members understand and practice the standards of proper care and treatment of animals.

Fairs, shows, exhibitions and similar events involving 4-H YDP members and their animals shall be conducted according to UC accepted animal care standards. Special attention is needed for transportation, safe housing, adequate feed and water, ample space, proper handling, facility design, and proper management and showmanship. It is also important



for members to understand the difference between animal welfare and animal rights.

### Definitions

Animal rights are based in the belief that people and animals have the same legal rights and deserve equal treatment. Animal rights proponents oppose the use of animals for any human purpose, including food, clothing, pets, recreation, hunting, or biomedical research.

Animal welfare is based in the philosophy that animals may be used for food fiber, biomedical research, and recreation, but regard must be shown for the well-being of the animal. Animals are to receive humane handling and transport, proper nutrition, appropriate facilities and housing, disease prevention and treatment, humane exhibition, avoidance of unnecessary restraint, stress, or pain, and, when necessary, humane euthanasia.

**PLEASE NOTE**  
**“UC does not provide liability coverage for injury or damaged caused by animals of 4-H members..”**

### PETTING ZOOS AND INTERACTIVE DISPLAYS

Risk associated with petting zoos can be reduced or eliminated by implementing several measures, including managing the human-animal interactive experience, providing hand washing facilities, and informing visitors about safe conduct with animals.

The following must be followed when a 4-H YDP unit wishes to host a petting zoo:

1. Only feature small (i.e., 100 pounds or less), miniature, or young animals.
2. Screen to eliminate animals that exhibit aggressiveness, signs of illness, or other types of poor behavior.
3. Newborn animals are not appropriate.
4. Enclosure areas shall be effectively managed and supervised to provide environments that are safe and healthy for both visitors and animals and their interactions.
5. In addition to any state or local regulations or fair policies, follow the recommendations of the most current version of the Compendium of Measures to Prevent Disease Associated with Animals in Public Settings, published by the National Association of State Public Health Veterinarians (NASPHV) available at: <http://www.nasphv.org/Documents/AnimalsInPublicSettings.pdf>

### PESTICIDE USE

Members under the age of 18 are prohibited from using pesticides as part of 4-H activities.

### ALL TERRAIN VEHICLES (ATVs)

#### Restrictions for Youth Under 18 Years of Age

Whenever all-terrain vehicles (ATVs) are used in a 4-H YDP activity on California Public Lands, members under the age of 18 may operate an ATV only if they:

1. Are taking a prescribed safety training course under the direction of a certified all-terrain vehicle instructor;
2. Are under the direct supervision of an adult volunteer that has been appointed in California;



3. Have a safety certificate issued by California or another state (CVC Section 38503).

### **Restrictions for Youth Under 14 Years of Age**

ATV member operators under the age of 14 shall not drive on California Public Lands unless they satisfy one of the three conditions set forth above for operators under the age 18 years and are accompanied by or under the direct supervision of a parent/guardian or an adult authorized by a parent/guardian (CVC Section 38504).

### **Helmets**

ATV operators (both members and adult volunteers) are required to wear approved helmets (CVC Section 38505) and as a good safety practice, should always wear eye protection.

### **Passengers**

Passengers are not allowed on ATVs (CVC Section 38506).

## **TRACTORS**

Farm tractors (20 horsepower or more) shall not be operated by 4-H members less than 17 years old.

Lawn tractors (less than 20 horsepower) may be operated by members under 17 years old as part of a 4-H YDP project or lawn tractor skills contest activities, provided that safe operating principles are made an integral part of the curriculum or contest. Any members violating safety rules or not passing safety tests may not be allowed to operate a lawn tractor. During a skills contest, the lawn tractor(s) shall be equipped with an automatic shut-off switch. The mower or any other powered implements will have any blades removed or be otherwise disabled.

## **HELMETS FOR OTHER ACTIVITIES**

### **Equestrian Helmets**

All members and adult volunteers, regardless of riding seat, shall wear a properly fitted equestrian helmet which meets ASTM/SEI standards, with secured chin harness properly fastened at all times when mounted on a horse or in a vehicle being pulled by one or more horses as part of any 4-H equestrian activity.

It is recommended that helmets be worn at all times when handling any horse (i.e., grooming, clipping, lunging, showmanship class, and other ground work in a group setting).

It is the responsibility of the rider or the rider's parent/guardian to see to it that the headgear worn complies with such approval standards and carries the proper seals, and is properly fitted and in good condition. 4-H YDP staff and volunteers are not responsible for checking headgear for compliance. UC makes no representation or warranty, expressed or implied, about such headgear and cautions riders that serious injury may result despite wearing headgear, as no helmet can protect against all unforeseeable injuries in equestrian sports.

At any time during a 4-H YDP equestrian activity, the adult volunteers (e.g., horse show manager, clinic organizer, club volunteer) may check a participant's equestrian helmet for proper standards. Members or adult volunteers found to be wearing an unapproved or defective helmet will not be permitted to participate in any mounted or driving activity until a proper helmet is acquired.



## **Bicycle Helmets**

California Law requires any person under 18 to wear a properly fitted and fastened bicycle helmet when operating or riding as a passenger on a bicycle. The law applies whether the bike is ridden on the street, a bikeway, or a public bicycle path or trail. 4-H YDP policy requires that youth wear bike helmets when riding during 4-H YDP activities and events.

Bicycle helmets must meet the standards of the American National Standards Institute (ANSI) or the Snell Memorial Foundations Standards for Protective Headgear for Use in Bicycling. These labels must be conspicuously displayed. It is the responsibility of the rider or the rider's parent/guardian to see to it that the headgear worn complies with such approval standards, carries the proper seals, and is properly fitted and in good condition.

## **Skiing and Snowboarding Helmets**

4-H YDP requires youth members or guest participants to wear helmets during any 4-H YDP skiing and snowboarding activities and events.

Snow sports helmets must meet accepted standards such as ASTM F2040, Snell RS-98, or other appropriate certifying agency. It is the responsibility of the participant or the participant's parent/guardian to ensure that the headgear worn complies with such manufacturing standards, carries the proper seals, and is properly fitted and in good condition.

# **TRANSPORTATION**

## **Driving**

Adult volunteers, acting in an official capacity with the 4-H YDP must follow California driving regulations and comply with the following standards:

- Have a valid California driver's license for vehicles to be driven.
- Use a safe operating vehicle.
- Have seat belts for each passenger.
- Have automobile insurance and maintain the UC minimum "50/100/50".

## **Youth Drivers**

Members are not authorized to drive on behalf of 4-H YDP and shall not transport other members to and from any 4-H YDP function.

## **Field Trips**

Drivers who are transporting 4-H members on field trips or long distances to official functions are encouraged to carry a first aid kit, medical treatment forms, and emergency accessories. Emergency accessories include reflectors, fire extinguishers, or other supplies, such as shovels and blankets, necessary for adverse weather conditions.

## **Field Trip and Out of County Transportation**

Adult volunteers who are transporting members in personal or commercial vehicles to any 4-H YDP activity or event including club field trips and activities, and county, regional or state activities must have a current Youth Medical Release and Health History Form. Adult volunteers who are transporting members on field trips or long distances to official functions should carry a first aid kit, medical release forms, emergency accessories such as reflectors, fire extinguishers, and other supplies, such as shovels and blankets, necessary for adverse weather conditions.



## **Riding in Back of Pickup Trucks**

California law prohibits riding in the back of a pickup or flatbed motor truck, except in a parade or similar event where the street(s) is closed to normal traffic.

## **Passenger Vans**

15-passenger vans shall not be used to transport youth members, volunteers, or staff as part of any 4-H activity.

## **MEETING PLACE**

Prior to holding a meeting, it is a prudent and recommended practice to evaluate the configuration, accommodations, limitations, and hazards of the space. Once these aspects of the meeting space have been evaluated, then guidelines, instructions, or other information can be developed or provided to safely manage the meeting and space, as appropriate. 4-H YDP staff and adult volunteers in charge should know what to do in case of an accident. Emergency phone numbers should be available. The location of the nearest phone should be known. The location of fire extinguishers and fire alarms should be noted.

## **EMERGENCY MEDICAL TREATMENT**

Members and adult volunteers are required annually to complete medical release forms at the time of enrollment. Copies may be made and distributed to club and project adult volunteers and chaperones for emergency purposes. Club leaders, project adult volunteers and chaperones are required to keep 4-H YDP medical release forms in a notebook or folder to reduce risk of information being distributed. The notebook or folder should be available at all 4-H YDP events.

## **FOOD SAFETY**

Many 4-H units use food related activities for fundraisers, recognition events, project activities, or other programmatic functions. In planning these activities, careful attention must be given to nutrition, health, and food safety.

If a 4-H YDP group plans to serve food as part of an official 4-H YDP activity, the food preparation and service must be in compliance with all local (city and county) Health Department rules and state laws. In addition, it is imperative that all county based rules and regulations governing food service activities be observed, including securing appropriate permits.

If a 4-H YDP group is serving or selling food and not in compliance with health regulations, UC will not endorse or assume liability for such functions. Supervising adult volunteers or other adults become personally liable for their actions, should legal claims of negligence arise from the food at the event or activity.

Adult volunteers and members involved with food preparation and service activities should attend annual trainings held by the county 4-H YDP staff.

## **REPORTING OF CHILD ABUSE**

4-H YDP staff are considered to be childcare custodians are mandated reporters and are thus required by law to report suspected child abuse. 4-H volunteers are not considered to be childcare custodians, and are not mandated by law to make such reports.

If an adult volunteer suspects child abuse or neglect he/she can notify Child Protection Services or local law enforcement agencies directly. In addition, the County Director or



4-H YDP staff should be notified to ensure the safety of other members involved in 4-H YDP.

Any other person, including an adult volunteer, reporting a known or suspected instance of child abuse shall not incur civil or criminal liability as a result of any report authorized by the California Penal Code, unless it can be proven that a false report was made and the person knew that the report was false or was made with reckless disregard of the truth or falsity of the report. Any such person who makes a report of child abuse known to be false or with reckless disregard of the truth or falsity of the report is liable for any damages caused.

## **YOUTH PROTECTION**

### **Supervision of Members**

There should be two adult volunteers with members at all times. In some instances it may be impractical to have two appointed adult volunteers present; in these situations there should be one appointed adult volunteer and another adult or 4-H YDP staff member (one of which must be at least 21 years of age). The adult in charge of an event must be an adult volunteer as appointed by the County Director.

In general, no one-on-one interactions should occur in private. This includes between members and adults or among youth. If personal discussions are needed, the discussions should be conducted in an area that it is in view of other adult volunteers and members.

### **Supervision in Vehicles**

When transporting youth, if two adults cannot be present in the vehicle, the alternative minimum required is one adult and two or more youth members. An adult should not be alone in vehicles with members (other than their own child).

### **Supervision and Late Parents**

The member is the responsibility of the adult volunteers or 4-H YDP staff member in charge of the meeting or event until a parent/guardian or responsible adult designated by the parent/guardian arrives.

The member must not be left unsupervised, transported (except by law officials), or released to anyone not specifically authorized by the parent/guardian without specific parental permission (except by law enforcement officials) or released to anyone not specifically authorized by the parent/legal guardian.

If parents/guardians are late or do not arrive within half an hour of the scheduled ending time, and cannot be contacted, it will be necessary for the adult volunteer or 4-H YDP staff person in charge to contact local law enforcement officials.