

Parent Packet



Rock Springs Ranch has been a tradition for kids across Kansas since 1946. And while they are hiking, swimming, horseback riding, or simply sitting by a fire under a starry night sky, they are also learning the kinds of lessons that last a lifetime. They “unplug” and explore what it means to stretch socially, emotionally, physically and cognitively.

Many make friends for life.

Uniquely located in the Flint Hills and grounded in 4-H values, Rock Springs prepares current and future generations with leadership development, conservation education and sportsmanship skills.

Our Mission

In 4-H, we believe leaders aren’t born, they’re grown! At Camp they can develop the imagination and the drive necessary to meet the challenges of the twenty-first century. Here we work to truly “Make the Best Better.”

Our programs are designed to teach understanding, responsibility and cooperation among campers and staff to help kids develop strong values and life skills.

- Self-awareness and positive values
- Social skills and a sense of belonging
- Knowledge of and appreciation for the natural world

Registration & Forms

All final payments and forms are due by May 15.

Before camp starts, please make sure you have made all your payments and completed the necessary forms. All registration & forms can be completed online by logging into your [CampInTouch account](#) or on our website at rockspringsranch4hcamp.org.

- Camper Application
- Health History Form
- Transportation Form
- Special Dietary Request Form (optional)

If you would prefer to send in paper versions of the forms, please contact our office at 785-257-3221. Or you can send us a fax with a cover page to 785-257-3304.

Cancellations:

- Cancellations 4 weeks in advance will receive a full refund.
- Cancellations 2-4 weeks in advance will forfeit the 10% deposit, but will receive a refund for any additional payments made.
- Cancellations made 2 weeks or less in advance will not receive a refund.
- Full refund for illness or medical issue with a doctors note.

If you need to switch camper sessions contact the Rock Springs Office and we will be happy to make the adjustment at no cost as long as there is still availability. If your child leaves camp early or arrives late due to homesickness, behavior problems or for any other reason, there will be no refund or prorated fees. Transportation for late arrivals and early pick-up times are entirely the parents' responsibility.

Sessions

3-Night sessions: may be best for first time campers or those who are not ready to spend a week away from home. Though 3-Night

Sessions offer campers fewer activity options, their days will be filled with just as much adventure. Cabins will stay together and have schedules that they follow throughout the session. Most activities will only be visited once during these sessions. The schedules are tight during the 3-Night sessions and if an activity is missed due to weather or other factors it may not be possible to reschedule the activity.

6-Night sessions: may be best for long-time campers who want to work on skill development, or want to spend time away from home for the summer. During 6-day sessions, campers are able to have more choice over their activities, form deeper connections with other campers & staff, and spend more time "making the best better!" There will be a variety of classes offered and campers can choose to attend those that pique their interest. Campers have a greater chance to work on skill development as they will be able to attend their choice classes more than once while at camp over the 6-Nights.

Campers can also sign up for multiple sessions during the summer.



Age Group Units

While at camp, **traditional campers** are divided into cabins based upon their age. Depending on the camper's age their cabin will be in one of three age groups. Although most activities are done by cabin groups, there are some opportunities for age group activities and all-camp interaction. While units are typically organized by age, unit placements can vary by grade, session, or year depending on enrollment.



EXPLORERS

Ages 8-10 (Traditionally rising 3-5 graders)



TRAILBLAZERS

Ages 11-13 (Traditionally rising 6-8 graders)



ADVENTURERS

Ages 14-17 (Traditionally rising 9-12 graders)

Cabin Groups:

Cabins are organized by gender and age. A typical cabin group has 6 to 12 campers and two counselors, with younger cabins typically being smaller in size.

Cabin groups function as a family while they are at camp - they share a living space, eat meals together and do almost all activities together as a group. They have the same counselors all week so there are lots of opportunities for team-building throughout the session.

Cabin Mate Requests:

Friends who are similar in age (within 2 years) and attend camp together may request to be in a cabin group. Cabin mate requests must mutually request each other. Friend groups up to 3 are permitted. Groups of 4 or more will be asked to split into multiple cabins. We make every effort to honor cabin mate requests, but they are not guaranteed.



Teen Leadership Camps

Rock Springs Ranch offers two teen leadership programs for those who are interested in growing their leadership skills and give back to the camp program. These programs are a great progression for campers who have attended multiple years or hope to be a counselor one day. Campers in this age range can determine if they would like to attend camp as a “traditional” camper or as a part of one of the leadership camps.



LEADERS IN TRAINING (L.I.T.)

Rising 11th graders (Traditionally 15-16 years old)



COUNSELORS IN TRAINING (C.I.T.)

Rising 12th graders (Traditionally 16-17 years old)

Leaders in Training (L.I.T.)

An optional, progression-based program where campers will spend their day in a co-ed group and have the opportunity to enjoy many parts of the RSR experience. Time will be split between leadership, community development programming and a service project. There will also be time to relax, make new friends and enjoy other camp activities. This is an excellent progression if campers think they may want to be a C.I.T. or work on staff in the future.

Counselors in Training (C.I.T.)

An optional progression and hands-on experience for those that wish to work with youth or be a counselor in the future. CITs focus is on larger service (HANDS 4-H) to camp and other campers. This program is about more than just learning to be a counselor, but also leadership skills. Throughout the week teens will receive camper care training and counselor experience, but they will also have “camp” time with their peers built into each day.

CITs will assist the cabin counselors and spend time with younger campers from breakfast to bedtime. This is an opportunity to provide leadership to younger campers while also having their own community and camp experiences, all with the mentorship and supervision of our staff.

If campers are of legal age to drive to camp they must turn their keys into the office staff upon arrival. Campers are not allowed to leave camp during the session. They must see the office staff to retrieve their keys and sign out of camp prior to their departure.



All Youth Deserve a 4-H Experience!

Rock Springs Camper Schedule

7:45 am	Flag Raising
8:00 am	Breakfast
9:00 am	Morning Activities
12:00 pm	Lunch
1:00 pm	Afternoon Activities
6:00 pm	Dinner
6:50 pm	Flag Lowering
7:00 pm	Evening Activities
8:00 pm - 10:00 pm	Bedtime (<i>varies by age</i>)

Activities

Rock Springs Ranch focuses on three programmatic Centers of Excellence: **Leadership, Conservation and Sportsmanship.**

Our programs and activities are created to spark learning and personal growth while at the same time encouraging a fun and relaxed learning environment. Activities offered are based upon camper age and program progression. Camp will host All-Camp Events throughout the summer, which could be anything from a counselor hunt, to a talent show, or even Capture the Flag.

Below are some of the activities offered per age group:

Explorers

Intro to Horses, Archery, Climbing Wall, BBs, Creatures of the Night, Giant Swing, Pool, Arts & Crafts and more!

Trailblazers

Canoes, Rifles, Stream Study, 3D Archery, Horses, Zipline, Pool, Arts & Crafts and more!

Adventurers

Prairie Life, Horses, Trap, Canoes, Aerial Archery, High Ropes Course, Zipline, Pool, Arts & Crafts and more!

In some cases, campers may bring personal sports equipment, such as an archery bow or riding helmet. Check with us before bringing these to camp. Camp staff will inspect items for safety prior to use.



RSR CAMP PACKING LIST!

This is a suggested packing list, campers do not need every item in order to be successful at camp. Send items to camp that you do not mind if they get dirty or torn as we are outside and active for most of your camper's time at camp.

Please label ALL items with your camper's full name. Involve campers in packing their own bags for camp to help them keep up with what items they brought.

CLOTHING

- Shirts
- Shorts
- Jeans/Long pants (required for horses)
- Bathing Suit
- Sweatshirt or light jacket
- Underwear
- Socks
- Pajamas
- Rain gear
- Hat
- Closed toe sturdy shoes
- Tie-dye or white shirt to tie-dye
- Flip flops/water shoes (optional)

BEDDING & TOILETRIES

- Sleeping bag or sheets and blanket (twin size)
- Pillow
- Towels
- Washcloth
- Soap & Shampoo
- Medications (given to staff upon arrival)
- Deodorant
- Water Bottle
- Brush/Comb
- Laundry Bag
- Sunscreen
- Toothbrush & Toothpaste

OPTIONAL ITEMS

- Cards
- Pen/pencil/paper
- Pre-addressed stamped envelopes
- Small backpack
- Costume for skit or theme
- Sunglasses
- Flashlight
- Disposable Camera
- Crafts
- Book
- Game
- Money (to visit camp store)
- Bug Repellant
- Goggles

DO NOT BRING

- Cell phone (*if found will be turned into Camp Director and returned at the end of the session*)
- Electronic devices (iPad, computer, gaming device, etc.)
- Firearms or weapons
- Alcohol, drugs, tobacco or vaping products
- Fireworks
- Valuable or sentimental items (jewelry, keepsakes, etc.)
- Food & drinks
- Pets/animals
- Pocket knives



PLEASE NOTE

If your camper is missing anything after returning home from camp, please complete the Lost & Found form. Lost & found items are held onto until September 5 and then donated.

Camp wouldn't be complete without a pajama breakfast, tie-dye Friday, camp game, picnic dinner and campfires. There are lots of opportunities to dress up, so kids are encouraged to bring fun them related costumes if they would like.

Check-In & Check-Out

Campers can be dropped off at camp or ride one of our charter buses to camp. **ALL** families must submit the transportation form by May 15, whether their camper plans to ride the bus or be dropped off at camp. Should the camp need to communicate bus delays or changes in transportation, guardians will be contacted by either phone or email.

Camper Drop-off & Pick-up:

When you arrive, you will be greeted by staff and directed to camper drop-off or pick-up. If your camper has medication or health concerns for the week you will be directed toward the Nurse Station to drop off ALL medications and complete any forms.

If you need to arrive late for check-in please call our office at (785) 257-3221 or email campregistrar@rockspringsranch.org. When you arrive to camp please stop by the front office in the Johnson Administration Building.

**Check-In at Camp:
Sunday or Wednesday (2:30 pm - 4:00 pm)**

**Check-Out at Camp:
Wednesday or Saturday (10:30 am - 12:00 pm)**

**Rock Springs Ranch
1168 Highway K-157
Junction City, KS 66441**

Bus Transportation

RSR has added nine transportation 'hubs' for camper drop-off & pick-up this summer. Bus transportation is provided at no cost to families due to generous donations to the Kansas 4-H Foundation. For the most up-to-date information on ALL nine bus hub locations please visit the Transportation Page on our website.

There is a 30-minute window for each bus stop. Please arrive on time as buses leave promptly to stay on schedule. If you miss your bus time for drop off you will need to bring your child to camp during the designated camp check-in time.

Please add anyone with permission to pick up your camper on the form. Be prepared to show identification at pick-up! If you need to change or add any additional authorized parties to the list please log into your CampInTouch account to update the form.

Bus Rules:

- One person to a seat
- Campers should sit with partners of the same gender (unless siblings)
- Campers should sit youngest in front to oldest in back.
- No standing while bus in motion.
- Campers face forward and seated while bus is in motion.
- Campers should show respect to driver, counselors, passengers, other motorists and themselves.
- Campers must remain on the bus until they have been signed out by a guardian.
- Emergency exits should remain closed and not tampered with unless an emergency occurs.
- Food and drink are permitted as long as trash is properly disposed of afterwards.
- Fighting, teasing, or any type of bullying will not be tolerated.

Our goal is to make the bus ride as enjoyable for campers as possible, thus games, books, toys and electronic devices will be permitted on the bus, provided the campers understand and agree that once at camp, electronic devices must be given to the counselors for safe keeping. Please complete the Lost & Found form for any missing items. Rock Springs Ranch will not be responsible for any lost or broken items.



Health Center & Medications

Medications sent to camp must be clearly marked, in the original container, with doctor's name, dosage and instructions. Please do not pack medication into daily pill organizers.

Medications **MUST BE** turned into the camp staff at check-in. Do not pack any medication in luggage. Medications must be stored in the Health Center and dispensed by health care professionals. Medications are not permitted in the cabin except for emergency medications including inhaler and epi-pen. Please make sure you have provided enough medication for the duration of your camper's stay.

Health History forms are due by May 15. Please complete them to the best of your knowledge and include information on any medication, past medical history, activity restrictions or concerns in order to help us keep your child safe and healthy. A physical, within the last 24 months, is recommended, but not required, to attend camp.

A medical professional will be on site and stationed in our Health Center throughout summer. Camp provides over-the-counter medication to campers on an as-needed basis. If there are any medications that your camper cannot have please include that information on the form. Health Center staff will care for campers with minor illness or injury without notifying guardians, this includes dispensing over the counter medication.

If your camper needs additional medical assistance outside of what can be provided at camp or visits the Health Center repeatedly for the same treatment we will notify guardians by phone.

Homesickness:

Missing home is normal for both first-time and returning campers. Our staff are trained on how to speak with campers who may experience these feelings and work with them to handle these emotions. Here are some things you can do prior to camp to help prepare you and your camper for a successful session:

- Encourage independence throughout the year.
- Practice spending the night away from home with friends or family.
- Have camper help pick out and pack their belongings for camp.
- Attend Family Camp, Open House or come for a tour of camp before summer.
- Talk about what it is like to sleep in a cabin or role play.
- ***Set your camper up for success: please do not promise campers phone calls or to pick them up if they feel homesick. Focus on how to manage or work through the feelings and let them know they can reach out to their counselor for help***
- Send emails or letters to your camper. Feel free to send ahead of time or leave them with staff at drop off to ensure they arrive while your child is at camp
- Send pre-addressed and stamped envelopes with camper so they can write home.

Bedwetting:

If your child occasionally wets the bed, please send pull-ups or similar products for nighttime. Counselors will ensure privacy for campers to change as needed. If bedwetting occurs, staff will discreetly wash beds, clothes and sleeping bags without the knowledge of other campers.



Camper Communication

Campers love to hear from you and receive mail while at camp. There are multiple ways for you to keep up with your camper while they are at Rock Springs Ranch.

Mail:

Camper's Name & Cabin
Rock Springs Ranch
1168 Highway K-157
Junction City, KS 66441

Consider sending mail ahead of time or giving it to staff at check in to ensure it arrives while your child is at camp. With the increase in severe food allergies and dietary restrictions, we ask that mail not contain any food or candy. Food in the cabins also attracts mice and insects.

Campers can also send letters while at camp. Help campers who may be interested by pre-addressing and stamping envelopes prior to camp.

E-Mail:

You can send one-way emails to your camper. Emails are printed daily and distributed to campers at mealtimes. Campers do not have access to computers and will not be able to send responses while at camp.

Email:

camper@rockspringsranch.org

Subject Line:

Camper's First & Last Name, Cabin Assignment

Photos:

Photos from camp are uploaded each day and parents can access and view these through SmugMug. You can download the app or find the link on our website. The site is password protected and you will receive the password at check-in. Please be patient as it takes time to upload photos, and your camper may not be in photos every day. Some days there may be less opportunity to take photos of your camper based upon their activities and weather-related safety.

Social Media:

For updates throughout the session follow Rock Springs Ranch on social media.

Instagram: [rockspringsranch](#)

Facebook: [Rock Springs Ranch](#)



Behavior Policies

Here at Rock Springs Ranch we follow the 4-H pledge:

I pledge my head to clearer thinking, my heart to greater loyalty, my hands to larger service, and my health to better living, for my club, my community, my country, and my world.

Counselors will review the pledge with campers on the first day and use positive reinforcement to help campers succeed throughout the session. If behavior problems occur there may be the following consequences:

- Time out away from the group
- Loss of time at an activity
- Phone call to the parent or guardian
- Written behavior agreement
- Camper sent home

Bullying:

We intentionally foster a culture of respect and emotional safety, and therefore do not tolerate bullying in the camp community. Kids who initiate or participate in bullying behavior will be sent home. Please talk to your child about bullying before they attend camp, and encourage them to talk to a staff member if they witness or experience bullying.

Alcohol, Drugs, Tobacco and Vaping Products:

Campers may not use or possess drugs, alcohol, tobacco or vaping products at camp. Possession or use of products at camp will result in being sent home.

If a camper is having behavior problems, camp staff will inform and consult parents whenever possible. Campers may be sent home for behavior that is causing harm to self or others, or negatively impacting the experience of other campers. If a camper is dismissed from the RSR program there will be no refund and guardians are responsible for transporting their child from camp in a timely manner.

Meals

Camp provides three balanced meals and an afternoon snack each day. Meal times are normally 8 AM, 12 PM and 6 PM. Meals are served buffet style so campers have the option to choose what and how much they want to eat.

Special dietary needs should be communicated with camp prior to your camper's arrival. Please include all necessary information on the health form. There is also the option of filling out the Special Diet Request Form if needed. If you would like to send supplemental food items please contact RSR ahead of time so we can plan accordingly and store items in our dining hall.

Please do not send snacks or food with your camper. We do not allow food in cabins in an effort to keep critters out.

Camp Store

The camp store will be open during check-in & check-out as well as set times throughout the session. The store offers a selection of t-shirts, water bottles, stuffed animals and other Rock Springs Ranch merchandise; most items are in the \$5-\$20 range. Campers are responsible for any money they bring to camp and the items they purchase throughout the session.





Contact Information

Rock Springs Ranch
1168 Hwy K-157
Junction City, KS 66441

Phone: (785) 257-3221
Fax: (785) 257-3304
rockspringsranch4hcamp.org

Registration Information:

campregistrar@rockspringsranch.org

Camp Directors:

Jared Causby
jcausby@rockspringsranch.org

Letha Causby
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Food Services:

Guillermo Vargas
gvargas@rockspringsranch.org