Discover 4-H

Guide for Families: How to Join

4-H is a community of young people across America who are learning leadership, citizenship, and life skills.

Better Living from the Ground Up

From Our Family to Yours
# The Path to Discovery

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Dear Youth and Parents:

Hello! I am pleased to introduce you to the Clinton County 4-H Program. 4-H is the youth development program of Cornell Cooperative Extension Clinton County. 4-H is a learning by doing, hands-on program. It is about linking young people and caring adults to make a positive difference in their lives.

4-H is what you make it. With the many project areas to choose from, 4-H offers something for every individual. This guide is meant to be an introduction to the many opportunities that Clinton County 4-H offers. Use it as a springboard for you and your child’s imagination! 4-H is about youth—its projects can be made to suit most any interest or ability. If you have any questions or suggestions, feel free to contact the Extension Office at (518) 561-7450.

Sincerely,

Alexa King
4-H Youth Development Educator

CCE Clinton County Office Information

Hours
9 AM to 4:30 PM Monday through Friday
(closed on major holidays)

Website
http://counties.cce.cornell.edu/clinton/index.html

4-H Program Information

Local
4-H Clover Express Blog:
http://ccec4hce.blogspot.com/
4-H Calendar:
http://ccecc4hce.blogspot.com/p/calendar.html

Directions to Office from the Northway (1-87)
Take Exit 38N towards Route 22. At the light, take a right onto Route 22. Go past Buck’s Car Wash and Gas Station, Big Sal’s Restaurant, and Good Guys. Our office is on the right through the last set of doors at the end of the plaza.

New York State
NYS 4-H:
http://nys4h.cce.cornell.edu/Pages/default.aspx
NYS 4-H Animal Science:
http://www.ansci.cornell.edu/4H/index.html

National
National 4-H: http://www.4-h.org/
National 4-H Headquarters:
http://www.national4-hheadquarters.gov/
National Directory of 4-H Materials:
http://www.4-hdirectory.org/
The 4-H Program

The 4-H Youth Development Program is the youth outreach from the Land Grant Universities, Cooperative Extension Services, and the United States Department of Agriculture that promotes the intellectual, social, emotional and physical development of school-age youth.

This definition does not begin to capture the richness or complexity of the 4-H Youth Development Program. Probably the best known aspect of 4-H in New York State is the 4-H Club Program. With community support and a high degree of parental involvement, the 4-H club brings adults and youth together in settings and activities that are ideally suited to foster positive youth development in a comprehensive manner.

However, Cooperative Extension also supports other 4-H programs that focus on one or more aspects of youth development in a variety of other settings including camps, school-age childcare facilities, schools, and community youth organizations of many kinds. Any youth taking part in programs provided as a result of action by extension personnel (professional, paraprofessional, and volunteer) is a 4-H Youth Participant. This includes youth participating in programs conducted through land-grant universities, EFNEP, urban gardening, and other programs that may not actually use the 4-H name and emblem with participants.

CCE 4-H Youth Development Mission
The mission of Cornell Cooperative Extension 4-H Youth Development is to create supportive learning environments in which diverse youth and adults reach their fullest potential as capable, competent, and caring citizens.

4-H Mission Mandates

Science: SET (science, engineering, and technology)
4-H Science programs reach more than 5 million youth with hands-on learning experiences to encourage young minds and help fill our nation's shortage of young leaders proficient in science, engineering, and technology.

Healthy Living: Choose Health
By supporting the physical, mental, and emotional health of our nation's youth, we help them lead healthy and productive lives into adulthood. Programs address such critical issues as childhood obesity, substance abuse, and physical safety.

Citizenship: Youth Community Action
4-H has always emphasized the importance of developing passionate, well-informed citizens who are involved in their communities and help to foster positive social change. Civic engagement helps young people understand the big picture and learn skills that will encourage them to become engaged, responsible citizens and successful leaders.
What makes 4-H Different?
Many youth organizations strive to promote positive youth development but 4-H does it in a unique way. In addition to the Cooperative Extension System that supports 4-H through research and tax dollars, it is the 4-H Essential Elements that set us apart.

Each concept is tied to one of our 4 Hs—Belonging to Heart, Mastery to Health, Independence to Head, and Generosity to Hands.

Concept: Belonging

1. **Essential Element: A Positive Relationship with a Caring Adult**
   A caring adult acts as an advisor, guide and mentor. The adult helps set boundaries and expectations for young people. The adult could be called supporter, friend, or advocate.

2. **Essential Element: An Inclusive Environment**
   An inclusive environment is one that creates a sense of belonging, and encourages and supports its members with positive and specific feedback. Healthy groups celebrate the success of all members, taking pride in the collective efforts of all participants.

3. **Essential Element: A Safe Emotional and Physical Environment**
   Youth should not fear physical or emotional harm while participating in a 4-H experience, whether from the learning environment itself or from adults, other participants or spectators.

Concept: Mastery

4. **Essential Element: Opportunity for Mastery**
   Mastery is the building of knowledge, skills, and attitudes and the demonstration of the competent use of this knowledge and skill by a proficient practitioner. The level of mastery is dependent on the developmental ability of the individual or youth. The development of mastery is a process over time.

Concept: Independence

5. **Essential Element: Engagement in Learning**
   An engaged youth is one who is mindful of the subject area, building relationships and connections in order to develop understanding. Through self-reflection, youth have the ability to self-correct and learn from experience. The engaged learner has a higher degree of self-motivation and an inexhaustible capacity for creativity.

6. **Essential Element: Opportunity to See Oneself as an Active Participant in the Future**
   The ability to see oneself in the future is to have hope and optimism to shape life choices, which facilitates the transition into participating in the future.

7. **Essential Element: Opportunity for Self-Determination**
   Believing that you have impact on life’s events rather than passively submitting to the will and whims of others is self-determination. Youth must develop a sense of influence over their lives, exercising their potential to become self-directing, autonomous adults.

Concept: Generosity

8. **Essential Element: Opportunity to Value and Practice Service to Others**
   Finding yourself begins with losing yourself in the service of others. Service is a way for members to gain exposure to the larger community and, indeed the world itself.
4-H Club Basics

A 4-H club consists of 5 or more school-age youth, guided by one or more adult volunteers. The 4-H Club’s goal is long-term youth development, which encourages its participants to learn life skills that will help them grow into healthy and productive citizens. A 4-H club is an informal, educational youth opportunity, which serves as a “hands-on” laboratory for helping youth grow in any or all of the following ways:

- Learning how to make thoughtful decisions
- Developing a zest and skill for lifelong learning
- Learning positive socialization skills by working in a group and as part of a team
- Improving their communication skills
- Learning and using practical technical skills
- Acquiring confidence and a positive attitude toward self
- Enhancing citizenship skills by developing an awareness and involvement in their community
- Developing leadership and teamwork skills
- Exploring possible vocations and careers
- Learning to manage time wisely and set priorities
- Interacting with adults who act as role models and have a positive influence on their lives
- Spending quality time with their parents in a mutually rewarding setting

The 4-H Club – What is it?

A 4-H Club is an organized group of at least five youth from three different families who meet regularly with adult volunteers or staff for a long-term, progressive series of educational experiences. A club meeting is recommended at least monthly, though research shows 4-H makes a greater positive impact if 4-Hers participate twice a month.

Families, Independent Members, and Others

For many youth, their exposure to 4-H experiences and learning materials comes through activities conducted either within their family or as independent members. While 4-H encourages participation in club settings to promote friendships and interaction with other youth and adults, for some youth, this is not always possible. Families and independent members are welcome to participate as part of the 4-H experience, however, the IRS and National 4-H Policies prohibit 4-H families or independent members from inclusion under the 4-H General Exemption Number as a tax-exempt entity, and from raising funds for their specific family group or members. Families and independent members are encouraged to participate in county activities.

The Enrollment Process

To enroll, members and their families need to complete the enrollment packet included at the end of this guide. Identifying information is kept strictly confidential. The Extension Office will not release your information without your permission.
Responsibilities of Parents in a 4-H club

Parents have one of the most important responsibilities in a 4-H club, ensuring that their children have positive experiences as 4-H club members. Since 4-H is a family program, when people join a club, they really sign up as a family. Parents need to look at the 4-H club experience as an opportunity to learn with their children and not just a place to drop them off to run errands. When a member signs up for a project, it is important parents understand that their child has made a commitment to actively participate in the club experience and attend scheduled club meetings and social activities.

Equal Program Opportunity

Because the 4-H Youth Development Program is a component of the national Cooperative Extension System, which is supported by Federal, State and County funds it is governed by the equal opportunity laws of those three governmental entities. The Cornell Cooperative Extension equal opportunity statement is based on those regulations. 4-H programs must abide by the standard it sets. We may only work with organizations that follow Equal Program Opportunity.

Membership parameters may be specified by a group or activity but must comply with the CCE equal opportunity statement: Cornell Cooperative Extension actively affirms equality of program and employment opportunities regardless of race, color, national origin, religion, disability, age, gender, sexual orientation, or marital status.

If established prior to recruitment of participants, parameters may include age/grade range, program/project interest, maximum size of club, or geographic boundaries (based on recognized entities such as village, school district, boundaries for enrollment at a specific public school, etc.)

Age

- Youth who are five through eight years of age on or before January 1st of the club year and enrolled in kindergarten through second grade should enroll as a 4-H Cloverbud member.
- Youth who are at least eight years of age by January 1st of the current club year and in the third grade or higher should enroll as a 4-H member.
- Youth who have reached their nineteenth birthday before January 1st of the 4-H club year may not enroll as a 4-H member.
- Persons considered to be mentally challenged may participate fully in 4-H programs as long as their mental age is determined to fall between five and nineteen years of age.

Cloverbuds

4-H Cloverbud programs require more adult supervision, the focus is on cooperative learning rather than competition, and emphasis is placed on making the activities developmentally appropriate. Sometimes a 4-H Cloverbuds member will be physically capable of doing something but will not be able to understand the reason for the process or the result. Participation in that activity would be just as inappropriate as participation in an activity that is unsafe because of physical limitations.

4-H Cloverbuds programs are activity-focused and not project-focused and built on cooperative learning, rather than competitive activities. 4-H Cloverbuds members participate in occasional, non-competitive, sampler-type, age-appropriate, properly supervised events or activities sponsored or conducted by 4-H groups. The primary difference between a 4-H
Cloverbuds activity and a 4-H project is that a Cloverbuds member engages in varied activities which focus on developing a specific skill or concept utilized in completing the activity rather than focusing on a long-term planned course of study in a specific project (subject) area. Cloverbuds do not participate in competitive events; rather they showcase what they’ve learned in exhibitions.

**Age Categories**

All 4-H ages are as of January 1st of the current 4-H year.

- Cloverbuds are youth age 5-8 (and in Kindergarten through second grade)
- Juniors are youth age 8-13 (and in third grade and higher)
- Seniors are youth age 14-18

**Residency**

Youth may enroll in 4-H programs in one county only, preferably their county of residence. However, when an adjacent county offers opportunities not offered in the county of residence or when those opportunities are offered within a more reasonable commuting distance, participation in the adjacent county may be arranged. The 4-H Program Educators of the two counties have the responsibility to involve the appropriate decision-making groups in their counties to determine the conditions for membership, exhibition and program participation by youth from each other’s county. We recognize that a child’s residence may change through the year due to shared custody or other family reasons. 4-H Educators will work with parents and 4-H Club Leaders to learn how family living arrangements affect the child’s participation, and remain flexible so policy decisions benefit the child.

Participation in 4-H programs and events in neighboring counties is encouraged as allowed by event guidelines. The North Country 4-H Educators District (including Jefferson, Lewis, St. Lawrence, Franklin, Clinton, and Essex counties) is working together to offer more regional programming for our 4-Hers.

**Fees**

- Enrollment in the Club Program includes a $10 per person (not to exceed $25 per family) fee.
- Registration for short-term or afterschool programs may or may not require a fee to participate. Please see specific registration information for details or contact the Extension Office.
- No young person will be denied participation because of financial difficulties; please contact the Extension Office for fee waiver information.

**4-H Symbolism**

**The 4-H Name**
The official 4-H Name includes 4-H, 4-H Youth Development, or 4-H Youth Development Program.

**4-H Motto**
“To Make the Best Better”

**4-H Slogan**
“Learning by Doing”

This is the educational philosophy of the 4-H program. Since young people learn best when they are actively involved in the learning process, 4-H projects are designed to provide “hands-on” experience that is reinforced through application – “do – reflect – apply.”

**4-H Colors**
The 4-H colors are green and white. White symbolizes purity, and green represents life, springtime, and youth.
4-H Emblem
A green four-leaf clover with a white “H” in each leaf

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.
**Understanding 4-H Project Work**

A project is a planned series of learning activities/experiences that engage youth in the use of their heads and hands in ways that result in enhanced competencies, open hearts and better health. 4-H projects give youth opportunities to:

- gain new knowledge and develop the critical thinking skills that lead to independence of thought and action;
- experience a sense of belonging through cooperative learning activities;
- develop a spirit of generosity by sharing knowledge and using skills to help others;
- achieve a feeling of mastery as the cumulative result of project work.

4-H projects always teach the “why’s” as well as the “how’s.” The 4-H “learning by doing” method involves several steps in a process: doing, and then thinking, planning, and often doing again. Such learning is called experiential learning and is a powerful approach for young people to develop a variety of life skills. The experiential learning approach starts with a concrete activity—something for us to DO. Following the concrete activity we REFLECT on what we have experienced. Next we need to help the members generalize the concepts formed through this experience so that they can APPLY their learning to future real-life situations. Through the experiential learning approach we help young people develop the characteristics and abilities, referred to as Life Skills, that will allow them to grow into mature, productive and contributing citizens.

Project skills focus on mastery of skills to complete a tangible project, whereas “life skills” are important for youth development. The purpose of 4-H project work is to help youth learn how to meet their own needs in positive ways and to develop life-long skills and competencies. As they apply to 4-H project work, life skills:

- Are intermeshed with subject matter learning
- Help young people meet their needs of belonging, independence, mastery and generosity in positive ways
- Apply to young people’s present lives as well as to their future
- Are learned when adults model the skill, young people have the chance to try, practice, and rehearse the skill for themselves, and get feedback and reinforcement on their efforts
- Are transferable. That is, once a skill is acquired, it can be used in many ways and in different areas of life.

**4-H Program Categories**

4-H projects and activities are categorized into eight nationally defined program (curriculum) areas.

**Consumer and Family Sciences**

Home-centered projects and activities help 4-H members build the capacity to meet their changing needs as they grow individually and progress through the stages of family life. Youth learn about human development, interpersonal relations and the management of resources through projects in child care and babysitting, clothing and textiles, consumer education, home environment, parenting and family life.
Citizenship and Civic Education
4-H members gain an understanding of democratic principles and explore the rights, privileges and responsibilities of U.S. Citizenship. Emphasis is placed on the relationship of citizens to one another through community service, service learning, cultural education (exchanges, heritage and multicultural activities), and intergenerational programs.

Communications and Expressive Arts
Projects and activities in this area help 4-H members learn to express themselves clearly, confidently and creatively through public presentations, writing, photography, art, crafts, music and drama.

Environmental Education and Earth Sciences
Projects and activities are designed to create environmental awareness and build a commitment to environmental stewardship. 4-H members learn about nature and ecology, wildlife and geology, water, weather and soils, composting and recycling, energy production and the responsible use of natural resources for recreational and economic purposes. Many kinds of outdoor recreational activities are used as educational vehicles in this program area.

Healthy Lifestyles Education
Through this program area young people are enabled to accept responsibility for maintaining and improving their physical, intellectual, emotional and social health and to acquire patterns of living that foster concern for health, nutrition, fitness, safety and quality of life for themselves and others.

Personal Development and Leadership
Youth explore and learn about themselves, set personal goals, develop life skills and competencies, interact with peers, develop social and leadership skills, develop personal values and ethical character traits. Development of these skills and characteristics is often the focus of special youth conferences, workshops, camping experiences and other group events and activities.

Plants and Animals
Youth are introduced to biological principles, breeding, growth, processing, marketing and consumer utilization of food, fiber, and non-food products and services through projects and activities related to gardening, pets, livestock, horses, poultry and aquaculture.

Science and Technology
Through this program youth experience fundamental scientific processes, learn basic principles and develop skills needed to solve technical problems. Project areas include biological sciences, physical sciences, technology and engineering (aerospace, automotive, bicycle, computers, electricity and electronics, engines, wood science and industrial arts).
Activities and Events

Calendar of Events
This is an outline of some of the events 4-H may hold throughout the year. Visit http://blogs.cornell.edu/cceclintoncounty/ for a complete listing.

October
Start of the 4-H Year
National 4-H Week
Agri-Business Career Trip – Cobleskill

November
Fundraising Activities – County Level
Achievement Night
Enrollment and club reporting due
Youth Equi-Day at Miner Institute

December
New York City Trip

January
Winter Forum
County 4-H Horse Bowl and Hippology

February
Public Presentations
Dairy Judging Tour

March
Capital Days Trip – Albany
Dairy Bowl Contest – District
Horse Bowl and Hippology Contest – Regional
Horse Communications – Regional
District Public Presentations

April
STARR Teen Leadership Conference
Dairy and Horse Bowl Contests – State Level
Cornell Vet School Open House

May
Animal Crackers Program – State Level
Horse Camp
Horse Communications Contest – State Level

June
Dairy Camp
Cornell Career Exploration Trip

July
County Fair
Citizen Washington Focus Trip

August
New York State Fair

September
Leader Association Meeting
Fall Horse Show
Activities

Achievement Day
Each fall at the end of the 4-H year, Achievement Night is held to honor youth and volunteers for their hard work. This is the night trip scholarships and county medals are given, as well as other special awards.

Fair
This annual celebration of youth achievement features plant, environmental, arts and communication, mechanical, animal, and consumer and family science exhibits as well as animal shows, exceptional food, and family events. 4-Hers exhibit projects and skills they have been working on the entire year to be displayed and judged at the 4-H Fair. Judging is not just about winning; young people learn to develop standards through evaluation.

Fundraising
Fundraisers are held each year to help raise money for awards and trips. There have been several different fundraisers held, including a spaghetti dinner, poinsettia sale, spring plant sale, and more.

Public Presentations
There are several kinds of public presentations, including demonstrations, illustrated talks, speeches, and recitations. Members can also choose to do a job or college interview for a public presentation. It is a great opportunity to find out what a real interview will be like. 4-Hers interested in competing at Fair events must do a County Public Presentation.

Teen Leadership
One of the basic objectives of the 4-H program is to develop leadership abilities in youth. Many opportunities for teen leadership exist, from the club to the state level.

Trips

Citizen Washington Focus Trip, Washington, DC
4-H members, 15 years or older, can be selected to attend this trip. This trip to Washington, DC is held for one week in early July. While staying at the National 4-H Center, 4-H members tour the sites of Washington, DC and attend seminars on government and citizenship training.

New York City Career Exploration Trip
4-H members 14 year or older, preferably at least a sophomore in high school, doing outstanding work in the Human Ecology area are invited to this trip. It is educational for both boys and girls wanting to explore career opportunities. Tours of New York City attractions are also included.
Agribusiness Career Conference
4-H members, 14 years of age and older, who have an interest in agriculture, can be selected to attend this trip. This 2-day conference makes youth more aware of the careers available in Agri-Business. 4-H members attend tours of various farms, businesses and an agricultural college campus.

Capital Days
4-H members 14 years or older, preferably at least a sophomore in high school, will be selected to attend this 2-day trip to Albany in March. Visits to our Senators and Assembly persons, seeing state government in operation, and tours of the State Capital are all a part of this trip.

Career Explorations
4-H teens entering sophomore year of high school to 19 years old are invited. Current science is the focus of department programs, each run by Cornell University faculty. Teens will work with Cornell faculty and make use of department resources.

State Teen Action Reps Retreat (STARR)
This is an opportunity for all 4-H teens to build a sense of independence, belonging, generosity, and mastery through workshops related to skill development in leadership, public speaking, youth community action initiatives, grants writing, and more. In addition, there will be lots of FUN—with physical and mental challenges, refurbishing of youth building, and the Starlight Ball!

The 4-H Enrollment Packet
To enroll, complete and return the following pages to the CCE Clinton County Extension Office.
CCE Clinton County New 4-H Family Enrollment

Enrollment fee: $10 per youth per year or, for families of 3 or more youth, $25/year. No youth will be denied membership because of financial need; scholarships are available.

Family Information

Address: ____________________________________________________________

City: __________________________ State: _____ Zip: _______ Home Phone: (____)____-_______

Do you want the email newsletter? ○ Yes ○ No

Do you want to be contacted by National 4-H Council? ○ Yes ○ No

Are you from a military family: ○ No If Yes: ○ Active Army ○ Army Guard ○ Army Reserve ○ Active Air Force ○ Air Guard ○ Air Force Reserve ○ Active Navy ○ Navy Reserve ○ Active Marine Corps ○ Marine Corps Reserve ○ Active Coast Guard ○ Coast Guard Res.

Club/Group Information

Primary Club/Group Name: ____________________________________________ or Independent Member

Child 1 Information

First Name: ________________________ MI: _____ Last Name: ________________________

Preferred Name: ________________ Birthday: ___/___/___ Mobile Phone: (____)____-_______

Address (if different from above): ____________________________________________

City: __________________________ State: _____ Zip: _______

Email Address: ____________________________ Best Method/Time to Contact: __________________

School: _______________________________________________ Grade: __________

Do you require an accommodation for a disability to participate? No ○ Yes: __________________

The following information is optional and for federal Equal Program Opportunity reporting purposes only.

Ethnicity: Hispanic ○ Not Hispanic ○ Gender: Female ○ Male

Residence: Farm ○ Rural/10,000 ○ Town/10-50,000 ○ Suburb/50,000 ○ City/50,000

Race (circle all that apply): White ○ Black ○ American Indian ○ Asian ○ Native Hawaiian & Pacific

Child 2 Information

First Name: ________________________ MI: _____ Last Name: ________________________

Preferred Name: ________________ Birthday: ___/___/___ Mobile Phone: (____)____-_______

Address (if different from above): ____________________________________________

City: __________________________ State: _____ Zip: _______

Email Address: ____________________________ Best Method/Time to Contact: __________________

School: _______________________________________________ Grade: __________

Do you require an accommodation for a disability to participate? No ○ Yes: __________________

The following information is optional and for federal Equal Program Opportunity reporting purposes only.

Ethnicity: Hispanic ○ Not Hispanic ○ Gender: Female ○ Male

Residence: Farm ○ Rural/10,000 ○ Town/10-50,000 ○ Suburb/50,000 ○ City/50,000

Race (circle all that apply): White ○ Black ○ American Indian ○ Asian ○ Native Hawaiian & Pacific
Child 3 Information

First Name: ___________________________ MI: _____ Last Name: ___________________________

Preferred Name: ___________________ Birthday: ___/___/___ Mobile Phone: (___)___-_______

Address (if different from above): _______________________________________________________

City: ___________________________ State: _____ Zip: _______

Email Address: ___________________________ Best Method/Time to Contact: ___________________

School: __________________________________________ Grade: ___________

Do you require an accommodation for a disability to participate? No Yes: ___________________________

The following information is optional and for federal EPO reporting purposes only.

Ethnicity: Hispanic Not Hispanic Gender: Female Male

Residence: Farm Rural/10,000 Town/10-50,000 Suburb/50,000 City/50,000

Race (circle all that apply): White Black American Indian Asian Native Hawaiian & Pacific

Child 4 Information

First Name: ___________________________ MI: _____ Last Name: ___________________________

Preferred Name: ___________________ Birthday: ___/___/___ Mobile Phone: (___)___-_______

Address (if different from above): _______________________________________________________

City: ___________________________ State: _____ Zip: _______

Email Address: ___________________________ Best Method/Time to Contact: ___________________

School: __________________________________________ Grade: ___________

Do you require an accommodation for a disability to participate? No Yes: ___________________________

The following information is optional and for federal Equal Program Opportunity reporting purposes only.

Ethnicity: Hispanic Not Hispanic Gender: Female Male

Residence: Farm Rural/10,000 Town/10-50,000 Suburb/50,000 City/50,000

Race (circle all that apply): White Black American Indian Asian Native Hawaiian & Pacific

Parent/Guardian 1 Information

First Name: ___________________________ MI: _____ Last Name: ___________________________

Preferred Name: ___________________ Birthday: ___/___/___ Mobile Phone: (___)___-_______

Work Phone: (___)___-_______ Other Phone: (___)___-_______ Best Time to Call: ___________

Email Address: ___________________________ Level of Education: __________________________

Occupation: ______________________________________________________________

Do you require an accommodation for a disability to participate? No Yes: ___________________________

The following information is optional and for federal Equal Program Opportunity reporting purposes only.

Ethnicity: Hispanic Not Hispanic Gender: Female Male

Residence: Farm Rural/10,000 Town/10-50,000 Suburb/50,000 City/50,000

Race (circle all that apply): White Black American Indian Asian Native Hawaiian & Pacific
Parent/Guardian 2 Information

First Name: ______________________________________ MI: _____ Last Name: ________________________

Preferred Name: ____________________________ Birthday: ___/___/____ Mobile Phone: (____)____-______

Work Phone: (____)____-______ Other Phone: (____)____-______ Best Time to Call: ______________________

Email Address: _________________________________________________________________

Occupation: ____________________________________________________________________ Level of Education: _____________________________

Do you require an accommodation for a disability to participate?  No  Yes:_____________________

The following information is optional and for federal Equal Program Opportunity reporting purposes only.

Ethnicity:  Hispanic  Not Hispanic  Gender:  Female  Male

Residence:  Farm  Rural/10,000  Town/10-50,000  Suburb/50,000  City/50,000

Race (circle all that apply):  White  Black  American Indian  Asian  Native Hawaiian & Pacific

4-H Project Choices (check all that apply)

Youth Community Action

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NOTICE TO PARENTS/GUARDIANS
As a participant in the CCE Clinton County 4-H program, you and your son(s) or daughter(s) may be asked to help with the evaluation of the program and its activities. At the end of each activity or program year, we conduct an evaluation to tell us how well the program is working. You and your son(s) or daughter(s) may be asked to complete a written survey about what he or she may have learned from participating in the program. You are not required to participate in the evaluation. If you decide that you do not wish to participate, it will not affect your participation in this or future Extension programs. If you do not want to answer some questions on the survey, that is okay. The survey responses will be anonymous, and your responses will not be identified in any way.

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<th>Child 1</th>
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<td>Adventure, Challenge</td>
<td>Ornamental Horticulture</td>
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4-H Family Codes of Conduct

4-H Member Code of Conduct

These standards of behavior are set by the Youth and Families Program Committee for all youth participating in 4-H. Everyone is responsible for upholding and following this code so that we may work together well and achieve our program goals.

- I will be considerate and courteous and respect the rights and feelings of all the members, leaders and guests of my 4-H club.
- I will act in a mature, responsible way, remembering that I am a role model and representing Clinton County 4-H.
- I will not use anyone else’s things without permission.
- I will cooperate with all reasonable requests made by the leaders and other adults who help with 4-H club and project meetings.
- I will come to 4-H meetings and activities on time and participate in the planned program even when an activity is not my favorite. While participating, I will make sure to act so that everyone involved can stay safe, have fun, and learn something.
- I will not use or bring to any 4-H meeting or activity any alcoholic beverage, tobacco product, or illegal drug.
- I will not bring to any 4-H meeting or activity any gun, knife or anything else that could be used as a weapon, unless it is required for an activity. (I understand that my leader will give me a written list of equipment when such items are needed.)
- I will dress appropriately for 4-H events, following special event guidelines when requested.
- When I participate in county, district, state or national 4-H activities I will obey the special rules that apply to those activities.

Consequences: I understand that if I choose not to follow this code, I may
- In mild cases, receive a warning
- Be able to remain at the event, but be barred from a future event
- Lose Fair premiums (if misbehavior occurs at Fair)
- Be sent home at my family’s expense.
- Be asked to a conference with Staff, the Program Committee, and my family

4-H Adult Code of Conduct

All adults associated with Cornell Cooperative Extension (CCE) 4-H programs are required to accept and adhere to the following standards of behavior when attending and participating in 4-H activities.

- Respect and adhere to CCE rules, policies and guidelines that relate to activity and the program.
- Participate in and conduct CCE activities in an ethical manner.
- Preserve the confidentiality of information (and sign confidentiality agreement if required by my participation) about program participants and CCE internal affairs that have been entrusted to me as affirmed by my signature on Confidentiality Agreement.
- Refrain from using my CCE affiliation for personal or business financial gain.
- Accept supervision and support from professional Extension staff and/or supervisory volunteers.
- Respect and uphold the rights and dignity of all staff, other volunteers, and all individuals who participate in CCE programs recognizing that people’s values, beliefs, customs, and strengths differ.
- Encourage participation of and respect for individuals of diverse backgrounds, cultures, and perspectives.
- Refrain from the use of alcohol, tobacco and inappropriate language.
- Commit no illegal or abusive act.
- Report all unsafe conditions and accidents to professional Extension staff as soon as possible.

Adults should set a positive example for the 4-Hers. Here are some suggestions for dealing with a disagreement or conflict:

- Assume the other person has positive intentions.
- Remember the doctor’s credo and the golden rule: first do no harm and treat others as you would like to be treated.
- Everyone needs to practice patience.
- When a situation makes you angry or upset, pause, breathe, then talk, don’t scream. Walk away from a situation until all parties involved are calm, and then deal with it.
- Before you talk, think, do I want young people to sound like this?
- Remind yourself that 4-H members are watching and move the discussion out of in front of the youth.
- Try to find out the whole story. Listen to all sides. If you’re not sure, ask questions.
- Use I statements: “In this situation, I feel…”
- Think twice – there may be underlying reasons unknown to you that causes the reaction you’re getting.
- If you disagree with a situation, remember everyone has an opinion and their own way of doing things.
- Bring situations to staff as soon as possible.
Publicity Release Form

I, the undersigned, hereby (check one for each person in your family)

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<th>Family Member Name</th>
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The Use or Reproduction, by Cornell Cooperative Extension (CCE) of Clinton County, of any and all photographs, slides, films, digital images, sketches and any other audiovisual materials taken of my son/my daughter/my ward and/or me and of any and all written essays or any other written material provide by my son/my daughter/my ward in any authorized CCE event or activity for publicity, advertising, promotional printed material, educational activities, exhibitions or any other use for the benefit of CCE programs. By not consenting or authorizing, I understand my involvement in Cornell Cooperative Extension programs is not jeopardized in any way.

Acknowledgement of Risk – 4-H Member

This must be completed to participate in 4-H clubs and related activities and may be completed during 4-H enrollment for the full program year for 4-H activities and events designated below at the club, county, state and national level.

I hereby apply for my children to participate in the 4-H club and/or activity indicated below to be conducted by the designated Cornell Cooperative Extension Association and acknowledge as follows:

I fully understand and acknowledge that there are inherent risks and dangers in my children’s participation in the 4-H club and activities and my children’s participation in said 4-H club and all its activities and use of any equipment related to such activities may result in injury, illness or death and damage to personal property. I understand other participants, accidents, forces of nature or other causes may cause these risk and dangers and I hereby accept these risk and dangers. My children are in good health and are at or above the minimum age of 5 for Cloverbud members and 8 for regular 4-H members required to participate in this activity and are able to participate in any strenuous physical activity associated therewith.

Dates: 4-H Program Year:
October 1, ______ to September 30, ______

4-H ACTIVITY (Check all anticipated program participation):

<table>
<thead>
<tr>
<th>Child’s Name</th>
<th>All 4-H activities and events for program year</th>
<th>Working with dogs</th>
<th>Physical Fitness programs</th>
<th>Shooting Sports</th>
<th>Cloverbud (Youth 5-7 years old) only activities</th>
<th>Cloverbud (Youth 5-7 years old) only activities working with equine, working with non-equine</th>
<th>Participating in an equine club</th>
<th>Working with equines beyond club level including clinics, camps, shows</th>
<th>Working with equines in mounted “over fences” activities*</th>
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*I (the parent or legal guardian) am aware that my child will be participating in 4-H Horse Program mounted “over fences” activities at Cornell University Cooperative Extension county, multiple county, regional, or state sponsored events. I give my child permission to participate. Mounted “over fences” classes in the NYS 4-H Horse Program could include ground rail, cross rail, and/or other over fences classes and obstacles (this does include trail class). The obstacles will be no higher than 3 foot in any of the 4-H activities.

I have read the above and by signing I agree it is my intention to have my children participate in the indicated activity and I understand and accept the risks involved. This shall be binding on my heirs, successors, assigns, administrators and executors. Any claims or disputes arising out of my child’s participation in the activity shall be venued in the Supreme Court of the State of New York of the County where the County Extension office is located.
Acknowledgement of Risk – Adults
This section must be completed by all participants 18 years & older.

I hereby apply to participate in the program described below to be conducted in cooperation with Cornell Cooperative Extension Association of County and I acknowledge as follows:

I fully understand and acknowledge that there are inherent risks and dangers in my participation in the above activities and my participation in said activities and use of any equipment or materials related to such activities may result in my injury, illness or death and damage to or loss of my personal property. I understand other participants, accidents, forces of nature or other causes may cause these risk and dangers and I hereby fully acknowledge and accept these risk and dangers. I am in good health and I am at or above the minimum age of 18 required to participate in this activity and I am able to participate in any strenuous physical activity associated therewith. I herewith release, forever discharge and waive any right of recovery or subrogation against Cornell Cooperative Extension, its officers, directors, employees and volunteers from any and all liability whatsoever for any illness or injury, including death or damage to or loss of my personal property that I may sustain while I am participating in this program. This shall be binding on my heirs, successors, assigns, administrators and executors. Any claims or disputes arising out of my participation in the activity shall first be submitted to arbitration and/or be venued in the Supreme Court of the State of New York of the sponsoring County Association, the choice of which shall be at the sole discretion of CCE.

Dates: 4-H Program Year: October 1, _______ to September 30, _______ 4-H ACTIVITY

I have read the above or I acknowledge, if verified below by the instructor, that I have had this document read to me at my request and by signing it I agree it is my intention to participate in the indicated activity and I understand and accept all the risks involved.

Signatures

With my signature, which I voluntarily affix to this, I acknowledge having read the 4-H Member Code of Conduct with my child and have witnessed my child’s signature. I further acknowledge that I have read, understood, and will do my best to fulfill the promises made in the 4-H Adult Code of Conduct. If the Publicity Release agreement is being signed for a child/ward I certify that I am the Parent/Guardian authorized to sign this release.

Date: ____________________________  (Each 4-H member should sign this form. All adults and parents/guardians involved in 4-H with their child should sign this form; a minimum of one adult per 4-H member.)

Child(ren) enrolled in the program (if applicable):

(4-H Member’s name- please print)  (4-H Member’s name- please print)

(4-H Member’s name- please print)  (4-H Member’s name- please print)

(Signature of 4-H Member)  (Signature of 4-H Member)

(Signature of 4-H Member)  (Signature of 4-H Member)

Adults participating in the program:

(Adult’s name- please print)  (Adult’s name- please print)

(Signature of parent or guardian)  (Signature of parent or guardian)

CCE Witness

(CCE Staff name/title- please print)  (Signature of CCE Staff)
Cornell Cooperative Extension
Permission Slip and Medical Release Form
Activity: 4-H events and activities  
4-H Program Year: __________  
Location: Various

**Family Information**

Address: ____________________________________________

Parent/Guardian Name(s): ____________________________________________  
Phone: (____)____-_______
In case of emergency, contact: ______________________________________  
Phone: (____)____-_______

**Family Medical and Hospitalization Coverage**

Name of Insurance Company or Government Program: __________________________
Identification/Policy #: ____________________________________________
Family Physician's Name and Phone Number: __________________________

**Child 1 Information**

Name: ____________________________________________  Birthday: __/__/__

**Medical History**

Check any and all that apply to your child:

### Illnesses
- [ ] Ear Infections
- [ ] Rheumatic Fever
- [ ] Convulsions
- [ ] Diabetes
- [ ] Other (specify): ____________________________

### Date of Last Tetanus Booster: __/__/__

### Allergies
- [ ] Hay Fever
- [ ] Insect stings
- [ ] Ivy Poisonings
- [ ] Penicillin
- [ ] Other (specify): ____________________________

### Current prescribed medication (specify): __________________________________

### Special dietary needs:

Other: please specify any other health concerns, physical activity restrictions, or other information you want the chaperones or director of this activity to be aware of on behalf of your child's welfare.

**Child 2 Information**

Name: ____________________________________________  Birthday: __/__/__

**Medical History**

Check any and all that apply to your child:

### Illnesses
- [ ] Ear Infections
- [ ] Rheumatic Fever
- [ ] Convulsions
- [ ] Diabetes
- [ ] Other (specify): ____________________________

### Date of Last Tetanus Booster: __/__/__

### Allergies
- [ ] Hay Fever
- [ ] Insect stings
- [ ] Ivy Poisonings
- [ ] Penicillin
- [ ] Other (specify): ____________________________

### Current prescribed medication (specify): __________________________________

### Special dietary needs:

Other: please specify any other health concerns, physical activity restrictions, or other information you want the chaperones or director of this activity to be aware of on behalf of your child's welfare.
I hereby give my children permission to fully participate (subject to the restrictions noted) in the Cornell Cooperative Extension activity on the date(s) and at the location(s) indicated above. I permit the use of any photos, slides, films, or sketches of him/her taken during the activity for publicity, advertising, and promotion.

I further grant permission to the director of the activity (or authorized designee) to dispense to my child any prescribed medication he/she is currently taking.

I understand that I will be notified in case of serious injury or illness. However, in the event that I cannot be reached, I hereby give permission for my child named above to be medically treated by a physician or medical facility as appropriate.

(Signature of parent or guardian)  (Date)