

The background of the cover is a photograph of a serene lake. In the foreground, the calm water reflects the sky and the surrounding greenery. In the middle ground, a large, light-colored building with a corrugated metal roof sits on a grassy bank. Behind the building, a dense forest of tall, thin trees rises. The sky is a clear, bright blue with a few wispy clouds. A semi-transparent grey rectangle is overlaid on the top half of the image, containing the title text in white.

HOLIDAY LAKE 4-H EDUCATIONAL CENTER

Natural Resource Education
Teacher's Guide



NATURAL RESOURCE EDUCATION



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Phone (434)248-5444
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Holiday Lake 4-H Educational Center is located only 14 miles northeast of the town of Appomattox and about half an hour from the cities of Lynchburg and Farmville. Nestled in the Appomattox/Buckingham State Forest, Holiday Lake 4-H Educational Center offers many opportunities for students to learn about our state's abundant natural resources through hands-on programming.

Our programs include both day and overnight trips for schools and groups who are interested in experiential education in the outdoors. The Natural Resource Education (NRE) programs engage students with concepts and ideas that can be taught in the classroom and allows them to integrate those same concepts into real world applications. We provide students with the tools, and encourage them to apply classroom knowledge and critical thinking to novel and relevant situations.

All of our NRE curricula are correlated with the Virginia Standards of Learning on natural sciences, life sciences, life-skill development, and leadership development. The NRE program places emphasis on developing awareness and appreciation of the natural environment by providing opportunities to develop basic scientific analysis methods and observational skills in each subject area. We teach stewardship, increase awareness of current environmental issues, and assist teachers and other educators in conducting NRE based programs.

In addition to NRE programs, Holiday Lake 4-H Educational Center also provides Challenge Course and Adventure programs for eligible groups. These activities are designed to bring participants together in a new environment to work together to solve problems and work on leadership and teambuilding skills.

For more information about any of the programs offered by Holiday Lake 4-H Educational Center please contact the NRE Coordinator. We look forward to working with you!

Holiday Lake 4-H Educational & Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law.

An equal7 opportunity/affirmative action employer.

If you are a person with a disability and desire assistance or accommodation, please notify Holiday Lake's Office at 434-248-5444 during business hours of 8 a.m. and 4:30 p.m. *TDD number is (800) 828-1120.

LIFE SCIENCES

Forestry

Into the woods we go! Trees play a crucial role in our everyday lives. From their structure to their role in the ecosystem, learn how the forest impacts us .

Objectives

- Learn the life cycle of a tree.
- Understand the life processes and anatomy of a tree.
- Learn how to identify trees.
- Investigate the importance of trees for other forest plants and animals.
- Learn basic forest management techniques.
- Learn about the many ways humans use trees.

Science SOLs: 1.4,1.8 (a), 2.4(b), 3.4, 3.8(b), 4.4, 4.8(b,d), 6.1(a), LS.4(a), LS.5(c)

Wildlife Ecology

Is it truly the survival of the fittest? Check out all the incredible ways animals survive, and what happens when predator meets prey.

Objectives:

- Learn about living systems such as food chain, food web, consumers, and producers.
- Understand the effects of human influences related to the living system.
- Understand resources that are needed by living things.

Science SOLs: 3.1(b), 3.4, 3.5, 3.6(c), 3.10(a), 4.1(a), 4.5, 4.8(b), 5.1(h),6.9(a), LS.4, LS.6(c), LS.7 (d) LS.9

Aquatic Ecology

There must be something in the water... and it's up to us to figure out what! Get an in depth look at all the life in our streams and lake, and learn about how it's all connected.

Objectives:

- Understand the importance of aquatic insects in a food chain and their relationship to water quality
- Identify common macro-invertebrate (indicator) species that occur in a riparian ecosystem
- Will understand the difference between vertebrate and invertebrate
- Will understand the difference between sensitive organisms and tolerant organisms
- Discuss factors that can impact aquatic ecosystems

Science SOLs: 1.5, 1.8(a), 2.4(a), 2.5, 3.4, 3.5, 3.6(a,c), 3.8(b), 3.10(a, b), 4.5(a,d,e,f),4.8(a,b), 6.1(a), 6.7(a), LS.4(c), LS.5(c), LS.9 (a,b), LS.11, LS.12(d,e)



Thanks to a generous joint grant from the VA Department of Game and Inland Fisheries and the Wildlife Foundation of VA, we are able to provide students with professional equipment to explore our abundant aquatic resources.





WILDLIFE STUDIES

Mammalogy

Lions and tigers and bears, oh my! What makes these three alike? Meet some of our fuzzy friends and learn what makes them unique.

Objectives

- Identify the characteristics of a mammal.
- Learn about adaptations and methods of gathering food, rearing young, and avoiding predators.
- Learn about human influences that impact animal populations and the behaviors of certain species.
- Learn about mammals in Virginia

Science SOLs: 1.1 (a,c), 1.5 (b,c), 1.7(b) 2.1 (a,c), 3.4, 3.5, 3.6, 3.10, 4.5, 4.8 (b), 5.1 (a), 5.5 (b,d), 6.1 (a,b), LS.4, LS.5, LS.9, LS.10 (c), LS.11, LS.12

Ornithology

This class isn't for the birds! See if you can find and identify some of our local winged face

Objectives:

- Identify the characteristics of a bird.
- Learn adaptations and methods of gathering food, rearing young, and avoiding predators.
- Learn about human influences that impact the populations of certain species.
- Learn about birds in Virginia.

Science SOLs: 2.1 (a,c), 3.4, 3.5 (b,c), 3.6, 4.5, 4.8 (b), 5.2 (c), 5.5 (b,d), 6.1 (a,b), LS.4, LS.5, LS.9, LS.10 (c), LS.11, LS.12

Herpetology

What makes a snake a snake, and a frog a frog? Explore some common misconceptions about these creatures and discover some amazing facts.

Objectives:

- Identify the characteristics of amphibians and reptiles.
- Learn about human influences that impact population of certain species.
- Learn about amphibians and reptiles in Virginia.
- Understand differences between cold blooded and warm blooded.

Science SOLs: K.19e), 1.5(b), 1.7(b), 3.1 (b), 3.4, 3.5 (b,c), 3.6, 3.8 (b) 4.5, 4.8 (b), 5.5 (b,d), 6.1 (a,b), LS.4(b), LS.5(c)

Entomology

Calling all creepy crawlies! Meet the superheroes of our environment, and see exactly what they do for us, and for their habitat.

Objectives:

- Identify the characteristics of insects
- Learn about adaptations and methods of gathering food and avoiding predators.
- Learn about human influences that impact population of certain species.
- Learn about insects in Virginia.

Science SOLs: 1.1 (a,b,c), 1.5 (b), 1.7 (b), 3.4, 3.5 (b,c), 3.6, 3.8, 3.10, 4.5, 4.8 (b), 5.1, 5.2 (c), 5.5 (b,d), 6.1 (a,b), LS.4, LS.5, LS.9, LS.10 (c), LS.11, LS.12



Owl pellet dissections are available as a stand-alone class or in addition to our ornithology class for \$3 per student



EARTH SCIENCE

Water Chemistry

The world revolves around water. We'll use testing equipment to investigate what is in our water and how it impacts the entire world.

Objectives

Learn the importance of water. Learn reasons why, and ways to conserve water.

Test water pH, temperature, dissolved oxygen, and other factors that impact the quality of water.

Science SOLs: 3.1, 3.6 (a), 3.9, 3.10 (b,d), 4.1, 4.8 (a,d), 5.3 (b), 6.1, 6.5, 6.7, 6.9, LS.1, LS.10 (b), PS.1, PS.2

Meteorology

Weather constantly changes and affects our daily lives.

Learn about some tools meteorologists use to predict weather, and why it is important to know about weather.

Objectives:

Learn what factors control the weather.

Identify different cloud formations.

Understand the water cycle.

Be able to predict weather conditions based on certain factors.

Learn how climate change impacts the Earth.

Science SOLs: 3.1, 3.2, 3.3, 3.9 (a,b), 4.1, 4.6, 5.1, 6.1, 6.3 (d,e), 6.6, LS.1, ES.14

Geology

Get down to the nitty gritty of rocks and minerals. We will get to use a testing kit to identify certain minerals and learn about the life of a rock.

Objectives:

Learn the importance of rocks.

Be able to classify different forms of rocks.

Understand the terms igneous, sedimentary, and metamorphic. Understand the rock cycle.

Science SOLs: 3.1 (a,b,g,i,j,k), 3.3, 4.1(a,d), 4.8 (c), 5.1(a,c), 6.9 (b), ES.5, ES.6, ES.7(a), ES.8

Soil Studies

Why are soils so important?

We'll find out just how important soils are in shaping our world and get to look at several types.

Objectives:

Learn how soils impact all life.

Learn about different soil types, textures, structures, and how they come to be.

Learn what creatures make the soil their home and how they interact.

Science SOLs: 1.1 (a,b,c), 3.3, 3.6 (a,b), 3.7, 3.10 (b,d), 4.8 (a), 5.7 (c,e,f), 6.5(e-g), 6.7, 6.9 (a), LS.4 (a), PS.2, ES.2, ES.3, ES.4



OUTDOOR AND LIFE SKILLS

Back to Basics

From pencils to cellphones, everyday we use technology to make our lives easier. What technologies did early pioneers use? Students will explore and create technology of their own to solve the problems of the past.

Objectives

Identify tools used by pioneers. Understand the difference between life today and life during the time of the pioneers. Learn about the techniques and tools used in a pioneer's daily life.

History SOLs: 1.6, 2.3, VSU1(g)

Nature Journaling

Thoreau was on to something! Students explore nature journaling as a way to collect, interpret, and reflect on data about our natural resources.

Objectives:

Participate in scientific investigation
Study organisms up close, and use defining characteristics to determine role in the larger ecosystem
Understand concepts related to adaptations
Understand the role of documentation in the scientific process

Science SOLs: K.1, 1.1, 2.1, 2.4, 2.5, 3.1, 3.4, 4.1, 4.3, 5.1, 6.1, LS.1, LS.6, LS.7

English SOLs: 4.3, 4.6, 4.7, 4.9, 5.9, 6.7, 6.9, 7.7

Wilderness Survival

What would you do if you were lost in the woods? How can you be prepared? What are the basic needs for survival?

Objectives:

Identify potential risks. Understand the importance of being prepared. Learn about the basic needs of survival and how to get them in an emergency situation.

Science SOLs: 3.4(a), 3.9(c), LS4(b)

Physical Education SOLs:

1.5(a,b), 1.6, 2.4, 3.4(a,c), 4.4(a,b,c), 5.5 (a,b), 6.4(b,c), 7.4(a,b,c), 9.4(b,c), 10.4(b,c,e)

Health SOLs: K.3(a,b,c), 1.4(a,b,c), 1.6(a,b), 5.1(a,c), 6.7(a,b,c,d,e)

Orienteering

Learn to use a compass. Determine your pace and bearing to move around our camp.

Objectives:

Identify the four cardinal directions. Understand the concept of true vs. magnetic north. Learn how to measure pace and determine a compass bearing.

Science SOLs: ES.1, ES.3



NIGHT PROGRAMS

Night Hike

Students will explore Holiday Lake and its trails at night. This fun, interactive class allows students the chance to see what wildlife might be out at night, as well as a few other fun surprises. .

Science SOLs: 3.1(a,b,j), 4.1(a)
Family Life SOLs: 3.1

Nocturnal Animals

We will learn about different nocturnal animals in forests of Virginia. Through night activities, students will learn how senses other than sight plan a role in survival for night creatures.

Objectives

Learn about the nocturnal animals of Virginia.

Identify characteristics of nocturnal animals.

Learn adaptations and methods of gathering food and avoiding predators.

Science SOLs: 3.4, 3.5, 4.5 (a-d), 4.8 (b,d), 5.2 (a,c),LS.9, LS.10, LS.12

Sensory Awareness

We see differently at night than we do during the day. Through night activities, students will learn how their senses change during the darker times of the day.

Objectives:

Learn how we use all of our senses at different times of day.

Identify the 5 senses.

Understand the importance that our senses play in our daily lives.

Science SOLs: 3.1 (a,b,j), 4.1 (a)
Family Life SOLs: 3.1, 5.8

Campfire

An evening campfire to close out your day. Songs, skits, and s'mores (at an additional cost if materials provided by the center)



ADVENTURE AND CHALLENGE COURSE

Would your group benefit from some teamwork, communication, problem solving, or leadership training? We create an environment which is conducive to all learning styles, promotes personal growth and a better understanding of the importance of teamwork and trust, and provide opportunity for continued and applied learning well beyond the day on the course or on the water.

Challenge Course Objectives

Foster the ideals of mutual support, teamwork, communication, planning, organization, and the importance of individual member contributions and differences within a group.

Bring participants together in a new environment where they will share a common experience while working together.

Encourage group trust. Participants must rely on others, completing the course as a group and not on an individual basis.

Overcome personal fears of inadequacies or lack of confidence.

Encourage team and individual growth.

Promote feelings of personal confidence, accomplishment, responsibility, leadership, and self-worth.

Facilitate and improve goals setting and problem solving skills by individuals and by the group/team.

Encourage safe, appropriate risk taking in a caring environment.

PE SOLs: 3.4, 4.4, 5.5, 6.4, 7.4, 8.5, 9.4, 10.4

English SOLs: 3.1, 4.1, 5.2, 6.1, 7.1, 7.2

Physics SOLs: 5, 6, PS6, PS1, PS10;

Physical Science SOLs: 1.6, 10

Oral Language SOLs: 3.1, 3.2, 6.1, 6.2, 7.1

Canoeing

Take to the lake for a unique view of our aquatic ecology! Participants receive basic paddling instruction, and the opportunity to work together in small groups of 2 or 3 on the water.

Depending on instructor availability

Suggested for 4th grade and up
1 hour to 90 minute long sessions

Additional fee

Field Initiatives

Used to introduce the concept of teamwork and affirm the value of each individual to that group. Through activities, students are encouraged to cooperate with one another to problem solve.

Suggested for 4th grade and up
30 min to 1 hour long sessions

No additional fee

Low Ropes

Our low challenge course uses both field initiatives and low elements to dive deeper into group dynamics and teambuilding.

Suggested for 5th grade and up
1+ hour long sessions
(depending on group's goals and needs)

Additional fee

High Ropes and Climbing Wall

Problem solving 25-30ft in the air, students will experience personal growth by pushing their comfort zones.

High Ropes Course – 6th grade and up

Climbing wall – 4th grade and up

Zip-line – 4th grade and up

Time frame depends on group size

Additional fee

Depending on instructor availability





DAY TRIP EXAMPLE SCHEDULES

In order to ensure the quality of our program, individual sessions are designed to be 50 minutes to 1 hour in length. You will be able to choose the sessions that will best fit your students' needs.

Schedules may be adjusted to fit the needs of your students.

Schedule Example 1: 1/2 Day Program

9:30	Arrival
9:45	Welcome
10:00- 11:00	Session 1
11:00- 12:00	Session 2
12:00- 12:45	Lunch*
1:00	Departure

Schedule Example 2: Full Day Program

9:30	Arrival
9:45	Welcome
10:00- 11:00	Session 1
11:00- 12:00	Session 2
12:00- 12:45	Lunch*
12:45- 1:45	Session 3
2:00	Departure

Schedule Example 3: Extended Day Program**

9:30	Arrival
9:45	Welcome
10:00- 11:00	Session 1
11:00- 12:00	Session 2
12:00- 12:45	Lunch*
12:45- 1:45	Session 3
1:45-2:45	Session 4
2:45-3:00	Snack*
3:00-4:00	Session 5
4:15	Departure

The number of sessions, lengths, and topics can be further customized to meet your group's specific needs.

*Lunch (and snack where applicable) may be provided by the 4-H center for an additional cost

**Extended day programs (more than 3 class sessions) will incur an additional fee of \$3 per student



OVERNIGHT EXAMPLE SCHEDULES

Schedule Example 4: 2 Day, 1 Night Program

Day 1

10:00	Arrival/ Move in
10:45- 11:00	Welcome
11:00- 12:00	Session 1
12:00- 1:00	Lunch
1:00- 2:00	Session 2
2:00- 3:00	Session 3
3:00-4:00	Session 4 or Recreation
4:00- 5:00	Session 5
5:30- 6:30	Dinner
6:30- 9:00	Evening Activity
10:00	Lights Out

Day 2

8:00- 8:45	Breakfast
8:45- 9:45	Session 6
9:45- 10:45	Session 7
10:45- 11:45	Wrap Up/ Pack Up
12:00	Lunch
1:00	Departure

Schedule Example 3: 3 Day, 2 Night Program

Day 1

10:00	Arrival/ Move in
10:45- 11:00	Welcome
11:00- 12:00	Session 1
12:00- 1:00	Lunch
1:00- 2:00	Session 2
2:00- 3:00	Session 3
3:00-4:00	Session 4 or Recreation
4:00- 5:00	Session 5
5:30- 6:30	Dinner
6:30- 9:00	Evening Activity
10:00	Lights Out

Day 2

8:00- 8:45	Breakfast
8:45- 9:45	Session 6
9:45- 10:45	Session 7
10:45- 11:45	Session 8
12:00- 1:00	Lunch
1:00- 2:00	Session 9
2:00- 3:00	Session 10
3:00-4:00	Session 11 or Recreation
4:00- 5:00	Session 12
5:30- 6:30	Dinner
6:30- 9:00	Evening Activity
10:00	Lights Out

Day 3

8:00- 8:45	Breakfast
8:45- 9:45	Session 6
9:45- 10:45	Session 7
10:45- 11:45	Wrap Up/ Pack Up
12:00	Lunch
1:00	Departure

TRI-SITE FIELD TRIP

You Could be in the Room Where it Happened

Here in Appomattox, we are lucky enough to be less than 20 minutes from a multitude of national treasures. Explore 2 of these places in a field trip within a field trip: our tri-site adventure takes you from the 4-H center to the American Civil War Museum, and finally to the Appomattox Courthouse National Historic Park. This program is designed to give your group the best of history and Natural Resource Education in one 2 or 3 day trip!

For three meals, one night lodging,
and programming at all sites:
Students: \$55.00
Chaperones: \$34.00
Teachers (1 per 10 students): free

For six meals, two night lodging,
and programming at all sites:
Students: \$97.00
Chaperones: \$57.00
Teachers (1 per 10 students): free

American Civil War Museum

Museum Tour

Beginning with a review of the causes of the Civil War – slavery, states' rights, and regional differences – trained educators guide students through the museum's main exhibit, which highlights the road to Appomattox, the surrender of General Lee to General Grant and the road home for the soldiers, civilians, and the newly freed African Americans. Students view artifacts belong to General Robert E. Lee, as well as effects of the common soldier (30 minutes)
SOLs: VS.1, VS.7, USI.1, USI.9, VUS.1, VUS.7



Confederacy ★ Union ★ Freedom

The Common Soldier

Meet a common soldier who explains the daily life of a soldier. Reproductions weapons, uniforms and personal belongings give students a hand on introduction to camp life. (30 minutes)
Grades 3-12 S SOLs: VS.1, VS.7 USI.1, & USI.9 VUS1 & VUS7

Interactive Student Programs

Please choose one per visit: (30 minutes each)
-Life on the Homefront
-African-Americans : From Slavery to Emancipation
-Medical Practices of the Civil War
-Geography of the Civil War



TRI-SITE FIELD TRIP

Appomattox Court House National Historic Park



McLean House

The McLean house was the location of the surrender meeting between General Robert E. Lee and Lt. General Ulysses S. Grant. Students will learn more about the use of the house and the post war years. SOLs: VS.1,7, USI.1,9, VUS.1,7

Parole Pass

After the surrender soldiers were paroled, thus the creation of the parole pass, the first step to soldiers returning home. Students will learn about the terms of the surrender, Lee and Grant meeting, and the printing of paroles. SOLs: VS1, 7, USI. 1, 9, VSU. 1, 7

More options for programs may be available- contact the center with any questions

Stacking of the Arms

Students will participate in a stacking of the arms ceremony. Groups of 30 or more only.





OUTREACH EDUCATION PROGRAMS

Holiday Lake 4-H Natural Resource Education Programs provide outreach education to schools; bring the outdoors into the classroom.

Some outreach programs are used in support of our on-site environmental education experiences. Outreach education can provide students with a foundation of what to expect at Holiday Lake 4-H Educational Center or can reinforce ideas and concepts that were experienced here.

Classes Offered:

Life Sciences

Forest Ecology
Wildlife Ecology

Earth Sciences

Soil Studies
Meteorology
Geology

Wildlife Studies

Mammalogy
Ornithology
Herpetology
Owl Pellets

Challenge Course

Field Initiatives

All classes include hands on activities that require students to learn by doing. Classes are designed to fit the students needs. If you do not see a class that fits your needs, please contact the Natural Resource Education Coordinator to design a program that meets the goals of your class.

ARE YOU READY FOR YOUR TRIP?

1

Before scheduling your trip:

- Discuss possible dates with your school (at least three dates)
- Discuss program planning
 - What would you like your students to gain from this experience?

2

Scheduling your trip:

- Have your top three date choices ready
- Estimated number of students and adults.
 - Note: 8:1, students: chaperones ratio (this includes both teachers and parents)
- Speak with the NRE coordinator to discuss possible class options and to reserve your date.
 - Phone: 434-248-5444 Fax: 434-248-6749 Email: cmciver@vt.edu

3

Once a date is set:

- Complete registration form and send to Holiday Lake 4-H Educational Center
- Start recruiting chaperones to supervise the students
- Start making travel arrangements
- Return the NRE Teacher Contract

4

One month prior:

- Contact the NRE Coordinator to finalize the schedule and numbers of students and meals
- You will receive a tentative schedule from Holiday Lake 4-H Educational Center
- Check the schedule to see if the goals are being met
- Schedule a Parent Meeting to address questions and concerns
- Distribute and collect forms that may be needed for a school trip visit
 - Assign students to their travel group and cabin groups for overnight trips

5

Two weeks prior:

- Send a copy of group lists to the NRE Coordinator, with Special Dietary Needs Forms if applicable.
- Provide a copy of a Certificate of Insurance.
- Schedule a meeting with chaperones to discuss question or concerns as well as expectations and responsibilities of the role of a chaperone
- Two weeks prior, call or email the NRE Coordinator to confirm the guaranteed meal count.

6

Day of your trip:

- Make sure that you leave at an appropriate time in order to arrive on time
- Make sure you bring
 - A check for payment of the trip
 - Complete demographic sheet
 - Excited children and adults!

POLICIES

Attendance Guidelines

For overnight trips, you may adjust your estimated numbers down until 14 days prior to your trip. You may increase your numbers at any time as long as space is available. If you do not contact us by the 14th day prior to your trip, your most recent estimate will be used. Upon arrival, for day and overnight trips you may drop your numbers by 10% and you will be billed for 90% of the total. Therefore, if a group booked for 120 students and only brought 95, they would be expected to pay for 108 students. Please stay in contact with the NRE Coordinator if numbers are changing.

Guaranteed Meal Count

If meals are provided by the 4-H Center the school will be charged for the guaranteed count. Please call to confirm the guaranteed meal count 2 weeks prior to event.

Payment

Payment will be due upon arrival at Holiday Lake 4-H Educational Center unless a prior arrangement has been made and confirmed. Should any necessary changes in payment occur (e.g. Change in numbers of participants, damage to 4-H Center property); Holiday Lake 4-H Educational Center will refund or bill your group for the difference within 2 weeks of conclusion of the event.

Required Supervision Ratio

One chaperone per eight children is a requirement of the accredited American Camp Association standards. The role of a chaperone will be to supervise students at ALL time during your trip. During the educational periods Holiday Lake 4-H Educational Center requires at least two adults accompany each group. We also utilize a buddy system where each child is accompanied by at least one other child at all times, thus further promoting safety for all. Chaperones attending Holiday Lake 4-H Educational Center will be charged for food only. School personnel involved in overnight trips are free if they are included with the 8:1, Children: Chaperone Ratio.

Cancellations

If cancellation occurs due to inclement weather, rescheduling the trip will depend on dates available for that year.

Property Damage

Damage to property of the 4-H Center is the responsibility of the group. Cost of repairs and/or replacement will be included on your financial statement and the group will be held responsible for payment.

SAFETY AND EMERGENCY PROCEDURES

Safety Precautions and Discipline

- Visiting schools must provide a certificate of insurance for its students while at Holiday Lake 4-H Educational Center. Copies of certificates are kept on file at the 4-H Center and are obtained through the local Board of Education. Additional coverage is available through the 4-H center.
- In the event of an accident that needs hospital treatment, the school is responsible for transporting the student to the hospital. We require that a vehicle provided by the visiting school be available at the center for emergency situations.
- It is the responsibility of the visiting schools to provide first aid and medical care for its students. If a child is on medication, the medication must be left with the teacher who will oversee its use. Statements from parents/guardians must request the proper use and dispense of any medication.
- Students not complying with the school policies, regulations or expectation will be returned to school or home. This will be decided by the lead teacher. Holiday Lake 4-H Educational Center reserves the right to suggest that a student return to school or home.
- At no point in time should any guest be walking on the property alone. Always take a buddy.
- Students are not allowed to leave designated areas without permission of teachers and chaperones.
- Holiday Lake 4-H Educational Center has emergency protocols in place in event of fire, accident, illness, storms, power outages or severe weather. If you have any questions, please contact the NRE Coordinator.
- In the event of rain, classes typically continue outside. Have students bring appropriate gear with them for these conditions. In the event of lightning or heavy rain, classes will be conducted indoors.
- Food allergies and other dietary specifications may be able to be accommodated with prior notification.
- Please be considerate of others. Quiet hours are from 10:00 pm- 7:00 am.

Emergency Procedures

Holiday Lake 4-H Educational Center Emergency Contact

Throughout the duration of your groups visit, a Center Representative will be on call to assist with any emergency need that may arise at any time. During scheduled event activities Holiday Lake 4-H Educational Center will have at least one staff member on site that is first aid qualified. This will usually be the NRE Coordinator.

Emergency On-Site

Prior to an event, the visiting organization will be responsible for designating a person or persons who will serve as the "Designated Contact" for that organization in the event of an emergency. Holiday Lake 4-H Educational Center will be responsible for providing the "Designated Contact" with local emergency contact numbers and assistance information, and will review emergency procedures upon the group's arrival. In the event of an emergency, the Center Representative must be notified, and will provide assistance as needed. All visiting organizations are also encouraged to designate an additional member who is first aid certified and can be called upon for assistance in the event of an emergency.



EMERGENCY CONTACT NUMBERS

On Duty Camp Staff Member

Varies (Usually NRE Coordinator)

Home (on site): Number listed on main office door

Ambulance, Fire, Police AND Appomattox Sheriff's Office

911

Poison Control Center

1 800 222 1222

Lynchburg General Hospital

1 434 200 3777

Centra Southside Community Hospital (Farmville)

1 434 392 8811

Appomattox Department of Social Services

1 434 352 7125

RATES

On Site NRE Programs

Day program (without lunch)	\$10/ student	\$0/ adult
Day Program (With lunch)	\$16/ student	\$7/ adult
Overnight program (1 night, 3 meals)	\$50/ student	\$26/ adult
Overnight program (1 night, 4 meals)	\$57/ Student	\$33/ adult
Overnight program (2 nights, 6 meals)	\$87/ Student	\$47/ adult
Overnight program (2 nights, 7 meals)	\$93/ student	\$54/ adult

Outreach NRE Programs

Day program only	\$9/ student
Day program combo (in combination with a planned visit to Holiday Lake 4-H Educational Center)	\$19.00/ student

Outreach pricing is available to all counties in our service area
(within a 100 mile radius of Holiday Lake 4-H Educational Center)

Mileage will be added if outside this service area

Other Program Fees

Canoeing	\$25/ hour (For instructor/ lifeguard)
Owl Pellets	\$3/ student
Low Challenge Course	\$10/ student
High Challenge Course	\$20/ student
Climbing Wall	\$18/ student

Lodging



Lodging Options

	Capacity	Price per night (per person)
Large Bunkhouse (4 rooms, heated)	64 total	\$25
Lake Lodge (2 rooms, heated)	24 total	\$25
Boy's Bunkhouse (4 rooms, heated)	34 total	\$25
Cabins (15 cabins, unheated)	150 total	\$20
Pods (5 cabins, heated)	10 total	\$35
Clinic (3 rooms, heated)	6 total	\$35



Holiday Lake 4-H Educational Center



1267 4-H Camp Road
Appomattox, VA 24522



Phone (434)248-5444
Fax (434)248-6749

Dear Chaperones,

I would first like to thank you for helping to provide the students a memorable learning experience. It is a great responsibility for you to ensure that this experience is a successful one. Our goal is for the students to have a safe, fun, and educational experience here at the 4-H Center.

Holiday Lake 4-H Educational Center is nestled among the tall whispering poplars and Virginia pines of the 19,000-acre Appomattox-Buckingham State Forest and caressed by beautiful, clear waters. It is a magnificent place to learn not only about the natural world, but about self and community as well.

While visiting Holiday Lake 4-H Educational Center, your role as a chaperone will be to supervise students in their classes, cabins, during recreation times and during meals. This is your chance to be an example of a good steward of others and our environment. During the educational periods we require that at least two adults accompany each group. This ensures the safety of not only the children, but adults as well. We also encourage you to participate in the activities with the students, however there may be times where you are asked only to observe, allowing the students to develop ideas and skills on their own.

Before the trip, your school may meet with you to discuss questions or concerns you may have as well as the expectations and responsibilities of the role of a chaperone. This meeting will be very important and will help to ensure that we will have a successful event. On the day of the field trip, time will be scheduled for you to meet with the Natural Resource Education Coordinator to review your responsibilities and orient you to the facility. This will also be a time for you to ask any questions that were not previously addressed.

- Holiday Lake does not tolerate any form of neglect or sexual, emotional, or physical abuse.
- Alcohol and drugs are not permitted during Natural Resource Education Program events.
- Smoking is permitted only in designated areas. Please don't smoke near or around children.

There is a telephone available for local calls. Cell phones will not work on the camp grounds due to lack of coverage in the area. If there is an emergency between 8:00 am – 4:30 pm please call the main office at: 434-248-5444. If an emergency happens outside of business hours a 4-H Center representative will be on call and contact information will be listed on the office answering machine. Emergency contact numbers can be provided upon request.

Thank you again for taking time to experience a great opportunity with the children. With your enthusiasm and positive reinforcement, they will remember this event for years to come.

Holiday Lake 4-H Educational & Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law.

An equal7 opportunity/affirmative action employer.

If you are a person with a disability and desire assistance or accommodation, please notify Holiday Lake's Office at 434-248-5444 during business hours of 8 a.m. and 4:30 p.m. *TDD number is (800) 828-1120.

1267 4-H Camp Road
Appomattox, VA 24522



Phone (434)248-5444
Fax (434)248-6749

Dear Parents and Guardians,

Thank you for allowing your child to take part in this wonderful experience. Holiday Lake 4-H Educational Center is located 15 minutes northeast of the town of Appomattox and about 30 minutes from the cities of Lynchburg and Farmville. Nestled along the shores of Holiday Lake in the Appomattox/Buckingham State Forest the 4-H Center offers many opportunities for your child to learn about nature, our state's abundant natural resources, and much, much more! Our Natural Resource Education Programs provide Outdoor Environmental Education classes for your students to learn, hands-on in the outdoors. Each class session provides opportunities for your child to learn concepts and ideas that can be taught in the classroom while also allowing them a unique firsthand experience in the natural environment pertaining to that subject, thus enhancing their knowledge, developing a stronger connection to their learning, and promoting creativity.

Holiday Lake 4-H Natural Resource Education Program places emphasis on developing awareness and appreciation of the natural environment, providing opportunities to develop basic scientific analysis methods and observational skills in each subject area, teaching stewardship, and increasing awareness of environmental issues facing all of us. We also provide challenge course programs for eligible groups. These courses are designed to bring participants together in a new environment where they will share a common experience while working together and developing group interaction and trust. All activities are conducted in a safe environment which strengthens the individual, promotes group bonding, and develops personal and leadership skills.

Your child will be supervised while at Holiday Lake 4-H Educational Center by adult chaperones and teachers. One chaperone per eight children is a requirement of the accredited American Camp Association standards. We also utilize a buddy system where each child is accompanied by at least one other child at all times, thus further promoting safety for all. As parents, we encourage that you see to it that your child is prepared for this experience. The right gear is essential for your child to have a positive experience. Most of the programming will be conducted outside so your child will need the appropriate attire to wear. Be sure to review the list of "What to Bring" for your child's day or overnight trip to Holiday Lake 4-H Educational Center.

Additionally we ask that your child be contacted only in an event of an emergency. Cell phones will not work on the camp grounds due to lack of coverage in the area. If there is an emergency between 8:00 am – 4:30 pm please call the main office at: 434-248-5444; if an emergency occurs outside of business hours, contact numbers will be listed on the office answering machine, and a Center Representative will be on duty. Emergency contact numbers can be provided to you upon request. When you call for your child please state the school your child attends, their teacher, and what the emergency is. We will ensure the information is relayed to the lead teacher for further action. Messages to just say hello are highly discouraged as they distract from your child's learning experience.

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PARENT MEETING AGENDA

It may be necessary to hold a Parent's Meeting prior to the students' overnight trip to answer any questions or concerns that parents may have in regards to their child being away. Below are suggested topics to address.

Introduction

- Explain the purpose of the outdoor natural resource education program:
 - Why it is beneficial for your students to learn, hands-on, in a safe environment.
 - How it will provide an opportunity for an experience in nature, that many might not otherwise experience.
- Include expected goals and experiences of the students and teachers.
- Date, time, duration of the trip.
- Transportation
- Supervision and discipline of students

Holiday Lake 4-H Educational Center Facility

- Location
- Dining Hall/Meals
- Cabin/Lodge Layout
- Camp Map

Program

- Schedule/outline of trip, discuss classes
- Safety precautions and discipline
- What to bring (handout in booklet)
- Price of the trip, including transportation, food, and lodging. Fundraising ideas?

WHAT TO BRING

Day trip:

- Comfortable, seasonally appropriate clothes
- Old, closed-toe athletic shoes
- Water bottle
- Sweatshirt or jacket

Overnight trip:

- Change of clothes (old clothes, determined by length of stay)
- Socks and underwear
- Old, closed-toe athletic shoes (extra pair just in case)
- Pajamas
- Sleeping bag or twin-size bedding
- Pillow
- Toiletries
- Flashlight
- Sweatshirt or jacket
- Sandals/flip flops
- Rain coat/poncho
- Water bottle

DO NOT BRING:

- Jewelry or valuables
- Cell phones, tablets, smart watches, or other electronics
- Lighters, knives, or guns
- Tobacco products, e-cigarettes, or vape pens
- Over the counter medication (without teacher pre-approval)

HOLIDAY LAKE 4-H EDUCATIONAL CENTER

1267 4-H Camp Road
Appomattox, VA 24522



Phone (434)248-5444
Fax (434)248-6749

Natural Resource Education Reservation Form

School/Group Name: _____ Grade Level: _____

Contact Person: _____ Phone#: _____

Address: _____ County: _____

Email: _____ Best way to contact me: _____

Estimated number of students: _____ Estimated number of chaperones: _____ (8:1, students: chaperones)

Scheduling Option

- Day Program Overnight Program

Date Requested

- | | | |
|-----------|------------|----------|
| | Field Trip | Outreach |
| Choice #1 | _____ | _____ |
| Choice #2 | _____ | _____ |
| Choice #3 | _____ | _____ |

Arrival Time: _____

Departure Time: _____

Meals provided by Holiday Lake? Yes or No

If there are dietary needs, that form (in this packet), needs to be returned to the NRE Coordinator ASAP

Natural Resource Education Sessions

Please check preferred sessions.

Life Sciences

- Forest Ecology
 Aquatic Ecology
 Wildlife Ecology

Earth Sciences

- Soil Studies
 Water Chemistry
 Meteorology
 Geology

★ Overnight Stay Only

\$ Extra Fee

Other Programs

- Campfire ★
 Field Games
 Night Hike ★
 Back to Basics
 Nature Journaling

Wildlife Studies

- Mammology
 Ornithology
 Herpetology
 Entomology
 Owl Pellet Dissection \$
 Nocturnal Animals ★

Outdoor & Life Skills

- Wilderness Survival
 Sensory Awareness ★
 Orienteering
 Canoeing \$

Challenge Course

- Field Initiatives
 Low Challenge \$
 Climbing Wall \$
 High Challenge \$

Lodging All lodging is bunkbed style and no linen is provided.

Lodging Area	Number of Rooms & Beds	Total
<input type="checkbox"/> Large Bunkhouse	2 rooms upstairs 14 beds each, 2 rooms downstairs 18 beds each	64
<input type="checkbox"/> Lake Lodge	2 rooms 12 beds each	24
<input type="checkbox"/> Boy's Bunkhouse	4 rooms 8 beds each, 2 beds in hallway	34
<input type="checkbox"/> Cabins	15 cabins, 10 beds each, not heated	150
<input type="checkbox"/> Health Clinic	3 rooms, 2 beds each	6

Liability Insurance: Please provide a copy of your certificate of insurance. It must have Holiday Lake and Virginia Tech listed as additionally insured.

Name of Organization : _____ Signature: _____

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