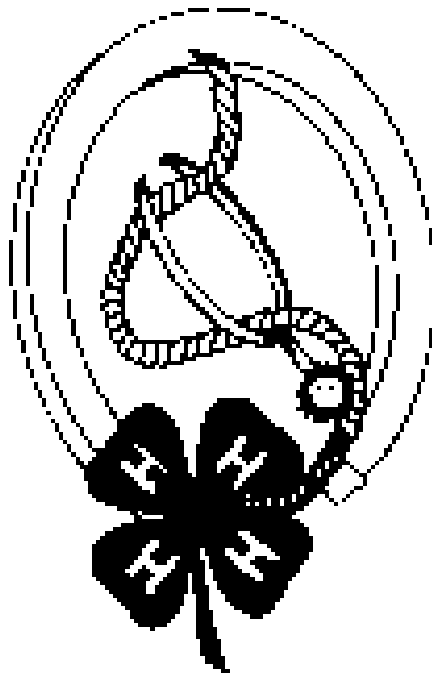


2011
North Carolina
4-H Horsemanship
OFFICIAL CAMP MANUAL



Sponsored by



4-H Horsemanship Camp

DRESS CODE

For males and females

The dress code is designed to insure that each camper brings the appropriate attire for Horsemanship Camp, which resembles proper work attire and meets community expectations.

4-Hers are expected to adhere to standards of dress and appearance that are compatible with an effective learning environment. Wearing clothing which is disruptive, provocative, revealing, profane, vulgar, offensive or obscene, or which endangers the health and safety of the youth or others is prohibited. Youth failing to adhere to these guidelines are subject to dismissal from camp.

Examples of prohibited dress or appearance include but are not limited to:

- exposed undergarments
- sagging pants
- excessively short or tight garments
- bare midriff shirts
- strapless shirts
- open-toe shoes
- overly large clothes which may allow a rider to possibly become caught on the saddle
- tank tops whose straps are less than three fingers width wide
- riding chaps with shorts which allow the flesh to be seen
- attire or hats with messages or illustrations that are lewd, indecent, or vulgar or that advertise any product or service not permitted by law to minors
- see-through clothing attire that encourages indecent exposure
- any adornment such as chains or spikes that could be deemed dangerous while handling animals or that reasonably could be perceived as or used as a weapon
- any symbols, styles or attire frequently associated with intimidation

Adopted from the NC 4-H Congress Manual

NORTH CAROLINA 4-H HORSEMANSHIP CAMP

This manual will serve to answer questions concerning 4-H Horsemanship Camp. Please read this information thoroughly prior to your arrival.

PURPOSE - To provide members of 4-H an opportunity to learn new and better techniques of horsemanship and to enjoy the fellowship of other 4-H'ers and volunteers from different areas of the state. This camp is designed to increase the horse knowledge, horsemanship skills and showing techniques of the advanced rider as well as to introduce the beginning rider to the basics of horsemanship.

COST - The price of camp includes meals, lodging, swimming and recreation, stable bedding, riding instruction, riding rings, trails and limited personal accident insurance. Modest amounts of spending money are the only additional funds needed. However, arrangements should be made for payment in advance should a veterinarian be needed.

CAMPER QUALIFICATIONS - Horse Project 4-H'ers, between the ages of 9 to 19 years as of January 1st, 2009 who are actively enrolled in a 4-H Horse Project are eligible to attend camp. Active enrollment is based upon the discretion of the 4-H Leader and Extension Agent.

REGISTRATION - Camp may be limited to 100 4-H members. All health forms for the 4-H'er and horse must be presented upon arrival at camp. Campers will be notified of their acceptance.

REFUNDS - Fees will be refunded only under the following conditions:

- 1) Project horse is lame or sick, and the condition is verified by a dated veterinarian's certificate,
- 2) 4-H'er is sick and illness is verified by the attending physician's certification.
- 3) Death in 4-H'ers family or other serious emergencies.
- 4) Space transferred within county group should the camp not be full or if a waiting list is not maintained.
- 5) If the 4-H'ers registration is not accepted.
- 6) If the 4-H'ers horse is determined to be unsuitable for camp conditions.

HEALTH REQUIREMENTS - The N.C. State Board of Health requires that **every camper must, within one year before camp, be given a physical examination by a licensed physician.** Such evidence must be brought to camp to be filed with the Camp Director. Plan for your own family doctor or the county health department to provide this. A sample form is enclosed. In addition, you must have a parent or legal guardian complete the enclosed form, North Carolina 4-H Camps Health Information for Boys and Girls, to be given to the Millstone Center director. (A short check-up will also be given by the camp's health personnel upon arrival at camp.) It is very important for youth and parents to alert the full-time camp staff in regard to any physical limitations or allergic reactions a youth may have to specific medicine, insect stings or diabetes. Any special conditions\limitations should be given in writing to the Millstone Camp Staff. Your cooperation in this matter is greatly appreciated.

HORSE FIRST AID & BEHAVIOR - The required horse health forms must be filled out by a licensed veterinarian and submitted to the Camp Director upon arrival to horse camp. Youth are encouraged to pack minor horse first-aid supplies. A veterinarian will be on call during camp. The owner of the horse or pony will be responsible for all veterinarian fees. Horses and ponies must be sound and in good physical condition. Horses exhibiting unsoundness or behavioral problems will be sent home (at check-in time or later in the week). Although shoes are not required, it is recommended that thin-soled horses be shod. If not shod, feet must be properly trimmed. ***Any farrier work is recommended to be done at least one week prior to attending camp.*** A farrier & veterinarian will be available for emergency situations at the owner's expense. Arrangements must be made ahead of time with the Millstone 4-H Camp Director for payment. Every effort will be made to contact the parent/owner should the animal require medical attention (please leave a phone number where you can be reached). Each youth will be held responsible for all care of his/her mount. This includes but is not limited to feeding, daily manure removal, cooling out mount, and hoof care in a regular and timely fashion.

FACILITIES - Millstone 4-H Center is located on a paved road between U.S. 1 at Hoffman and U.S. 220 at Ellerbe. Directional markers are posted along this road. See the enclosed map. The camp mailing address is:

**Millstone 4-H Center
1040 Mallard Drive
Ellerbe, NC 28338**

A telephone will not be connected until the end of May. Parents can contact the 4-H Camping Specialist's office (919/515-3242) after this time to get the number. Youth **will not** be permitted use of the telephone except during an emergency.

ARRIVAL PROCEDURES - Campers will be accepted at camp between 1:00 and 3:00 p.m. on Sunday. You may not check-in prior to 1:00 p.m. as the Horsemanship Camp Staff will be settling into their cabins and stalls. During the riding test, horses will be checked for soundness. Unsound and unruly horses will not be allowed to stay at the camp. Youth will be assigned to cabins by age groups. If campers wish to be assigned to the same cabin, they must notify the Extension Horse Husbandry (919/515-5784) at least three weeks prior to camp. It is requested that parents help unload their children and remain until their child has been assigned to a riding group. Youth will be allowed to go swimming after getting checked-in. The first assembly for all campers will be on Sunday evening at 6:30 p.m. during the evening meal.

When you arrive at camp, go first to the barn area to check in with the Horsemanship Camp Director, present a **negative Coggins Test, dated April 1, 2011 or later**, and the enclosed horse health form indicating the required vaccination dates. When space permits, you will be instructed to unload your horse.

No horses may be unloaded until all paperwork has been checked & the trailer is allowed into the unloading area. **NO TRAILERS OR VEHICLES WILL BE ALLOWED IN THE BARN AREA PROPER.** Trailers may only be unhooked in the trailer parking area. There will be staff available to show you where everything you will need is located. It is requested that unloading be done as rapidly as possible to help relieve congestion in the barn unloading area. Do not bring unnecessary vehicles into the barn area (if the vehicle does not have horse equipment/supplies, then it is unnecessary). There is parking for such vehicles near the Dining Hall (see map page 5).

Stalls will be assigned randomly on a county basis. Campers will be assigned a stall within their county group. Written requests must accompany all camp applications for grouping of counties together (only one request will be honored per county). Open tack storage areas are located on one end of each barn (**the use of saddle covers is strongly encouraged**). Hay and grain storage for each barn will be provided via a storage shed. Youth may opt to store their equipment, grain and hay in their trailer. Sawdust/shaving bedding will be supplied by the camp for all stalls. Therefore, campers do not need to bring any straw or other bedding for their horses.

After your horse and equestrian-related equipment have been unloaded, campers should report to the Dining Hall (see enclosed map, page 5) for check-in, cabin assignment, and unloading of personal effects. Arrangements for payment of any veterinary fees incurred should be made at this time with the Millstone Center Director.

VISITORS – The N.C. 4-H Horsemanship Camp Campers and Staff maintain a very active schedule. Experiences have taught us that campers are happiest when they are involved in meaningful activity. Therefore, visitors are discouraged. Horsemanship Camp provides campers an opportunity to gain independence and self-reliance and often a visit from parents or relatives can interrupt their progress. Having to readjust to camp following a visit is difficult. Parents or relatives wishing to visit Horsemanship Camp may do so on Friday during the afternoon riding lessons. This will allow you to see all of their accomplishments from their week at camp. When a visitor does come to camp, he/she must immediately check-in at the Staff House with the Millstone Camp Staff to secure a visitors pass. All visitors must obey all camp rules.

DEPARTURE PROCEDURES - Parents must pick up youth on Saturday between 8:30 a.m. and 10:00 a.m. The camp staff and horse staff will be off duty starting at 12:00 noon. The youth will be busy prior to 8:30 a.m. with packing and cleaning up the campgrounds. **NO YOUTH WILL BE ALLOWED TO LEAVE UNTIL THEIR STABLE AREA PASSES INSPECTION.**

RECREATIONAL ACTIVITIES - Campers may be able to participate in the following activities during their free activity time:

Swimming	Volley Ball	Archery
Softball	Dancing	Ropes Course

HORSE ACTIVITIES - The horse activities may include the following hands-on demonstrations and clinics:

Riding Lessons	General Handling and Training
Stable Management	Showmanship
Nutrition	Grooming
Parasite Control	Judging
Restraining Methods	Equipment Care
First-Aid	Training Techniques
Reproduction	Competitive Trail Riding
Horse Safety	Show Ring Preparation
Trailer Safety	Dressage Techniques

INSURANCE

Horse -- Equipment and horses are not insured by Millstone 4-H Center. Any loss or damage to equipment or injury to horse or rider is at the owner's risk and expense.

Camper -- A group accident and health policy is included in the registration fee. The limit of camp insurance for an accident is \$2,500.00 and for illness is \$1,000.00 (this is subject to change, please contact the 4-H Camping Program for additional information, 919\515-3242).

BEHAVIOR POLICY - Safety will be emphasized at all times. To ensure a safe atmosphere, campers must strictly adhere to camp personnel and their policies. Failure to adhere to these rules will result in the camper being sent home at the parent's expense. The following misconduct will result in a camper being sent home:

- 1) Deliberate cruelty to animals
- 2) Deliberate destruction of facilities or equipment
- 3) Possession of alcoholic beverages, weapons or illegal drugs
- 4) Blatant discourtesy to camp personnel
- 5) Disregard of camp personnel's requests to obey rules and regulations
- 6) Unacceptable or dangerous conduct
- 7) Possession or use of fireworks

CAMP CLEAN-UP DUTIES

Clean-up duties each morning only take a few minutes, and they can be fun when everyone works together as a team and does a satisfying job. It is important from the standpoint of health and enjoyment that the entire camp is kept as clean and sanitary as possible.

Campers will keep themselves and their cabin clean at all times and is asked to work as a group in the following responsibilities:

DINING HALL DUTY

1. Report to dining hall 15 minutes before mealtime.
2. Set up each table with place settings, beverage container, salt and pepper shakers, butter and other bowls of food as provided by the kitchen staff. Go to kitchen for extra servings when needed.
3. After meal is finished and group is dismissed, clean off table and return unused food to kitchen.
4. Sweep dining hall and porches.
5. Empty and wash garbage cans and trash cans.

CLASSROOM DUTY

1. Sweep all shelters and classroom areas.
2. Empty trash cans in garbage cans in back of kitchen.
3. Arrange tables, chairs, etc. in orderly manner.

GROUND DUTY

1. Pick up paper and trash and empty trash cans from following area: around dining hall, store, recreation hall, playground area, along all paths, at waterfront, riding rings and the barns.
2. Put trash in garbage cans in back of kitchen.
3. Pick up cans and stack in store area.

Group Assignments

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Grounds	Belgians	Suffolks	Shires	Percherons	Clydesdale	Shires
Dining Hall	Clydesdale	Belgians	Suffolks	Shires	Percherons	Suffolks
Grounds	Percherons	Clydesdale	Belgians	Suffolks	Shires	Belgians
Grounds	Shires	Percherons	Clydesdale	Belgians	Suffolks	Clydesdale
Classrooms	Suffolks	Shires	Percherons	Clydesdales	Belgians	Percherons

Sunday Night: Dining Hall Duty - Clydesdales

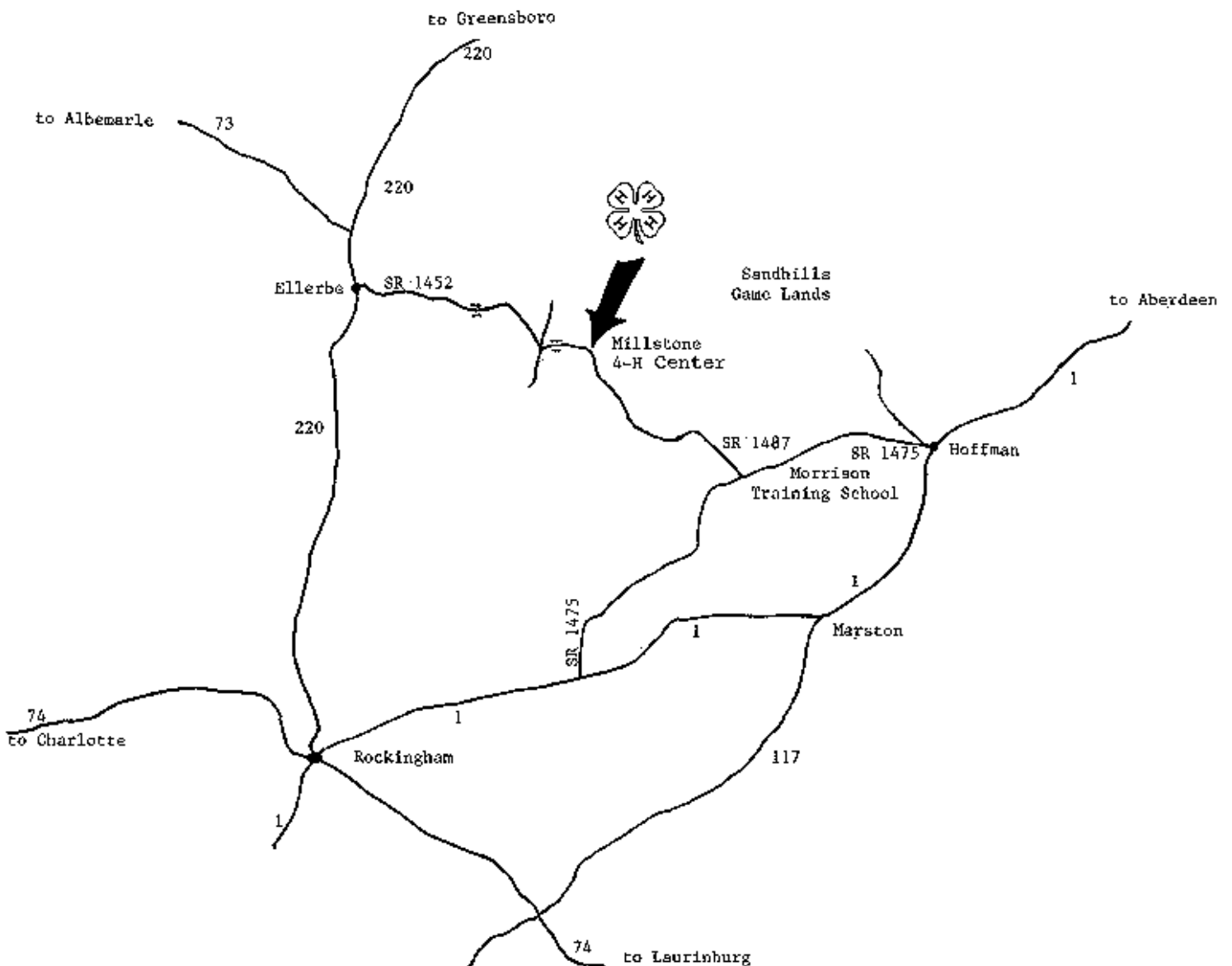
Map to Millstone 4-H Center 1040 Mallard Drive, Ellerbe, North Carolina 28338

Millstone 4-H Center is about 90 miles Southwest of Raleigh, 90 miles East of Charlotte, 75 miles South of Greensboro, and 35 miles Northwest of Laurinburg. It is located on a tar and gravel road between Hoffman on US 1 and Ellerbe on NC 220.

1) At Hoffman, turn west at the BP Station (look for large Millstone Sign). After 3 miles, right turn onto Millstone Road. Follow road to Millstone entrance.

or

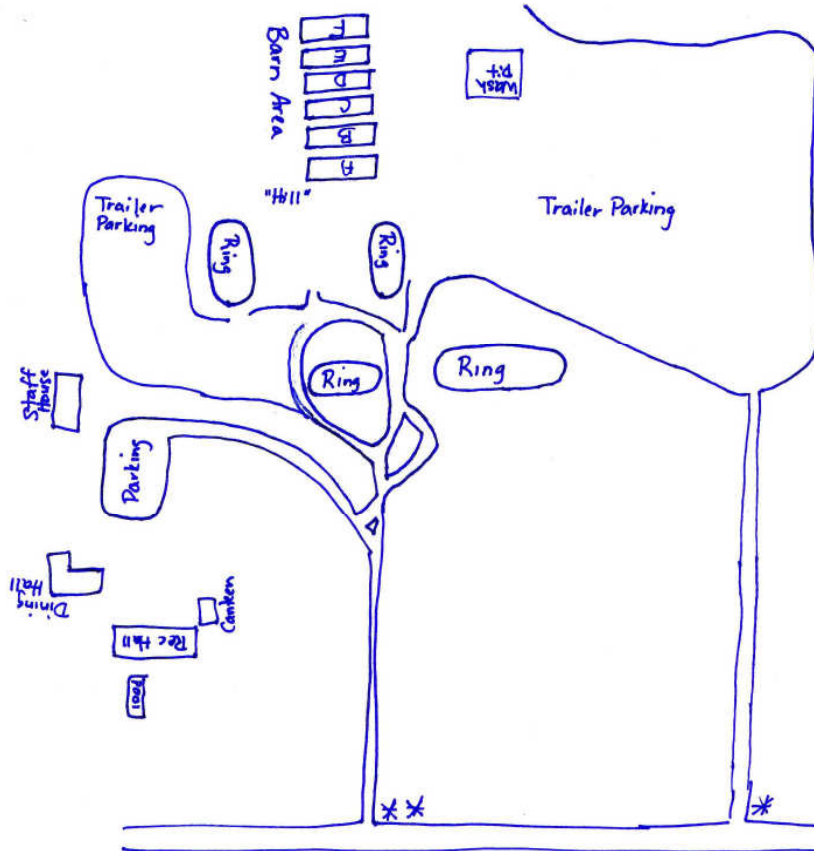
2) At Ellerbe, turn east at the small Millstone Sign at the intersection in town with a BP station, pizza place, quickie mart and antique business on the corners. Follow the road five miles to camp entrance.



ARRIVAL PROCEDURES

Sunday

1:00 - 3:00 p.m. **Check-in Time for campers.** Please do not arrive before 1:00p.m. as we will be busy settling the Horsemanship Camp Staff into their quarters and will not accept campers. **You will not be allowed to unload until all paperwork has been filled out.**



1. Check-in at **Barn Area** (see map).
 - a. Show & submit copy of negative Coggins Test and horse health form
 - b. Bed stall
 - c. Unload horse & tack
 - d. Park and unhook trailer (if necessary)
2. Report to **Dining Hall** for Registration.
 - a. Pay balance of camp fee if necessary and deposit store money.
 - b. Turn in camper health examination forms.
 - c. Receive cabin/group assignment.
 - d. Unload personal belongings at cabin.

1:00 - 3:30 p.m. **Swimming Test** (after completion of arrival procedures)

3:30 - 4:00 p.m. **Report to barn area.** Youth in Barn A first, followed by Barns B, C, D, E, & F respectively. Listen for announcements.

Please follow the guidelines:

1. Saddle horse and report to appropriate ring (wear proper riding attire). Mount inside the ring when instructed. Please be patient and do not crowd the in-gates. Leave a horse length between you & any other horse while waiting.
2. Riders will be divided into riding levels. Youth may advance to the next group during the week. Parents should not leave for home until youth are placed into riding groups. Potential groups are: 2-3 Western, 3 Hunt Seat, 1 Non-Trotting, and 1 Gaming. There must be a minimum of 15 campers participating in a particular riding seat for it to be offered during Horsemanship Camp.
3. Instructors are looking for how well the youth can ride and manage their mount. Soft hands, good use of aids, ability to pick up correct leads and transitions between gaits are some of the criteria used to place youth into a riding group.
4. **Parents:** please no coaching from the rail while the youth is in with the instructors. Allow your rider to comfortably exhibit their horsemanship skills.

5:00 p.m. **Free time** Great time to finish settling into stall and cabin.

6:00 p.m. **Flag lowering** Mandatory attendance for all campers.

6:10 p.m. **Dinner** General camp orientation during meal.
Introduction of Horsemanship Camp Staff.

6:45 p.m. **Feed and water horses**

7:00 p.m. **Stable management demonstration coordinated by Junior Leaders.**

7:45 p.m. **Recreation Hall:** Campers will be introduced Millstone 4-H Center Staff, followed by an activity
Dining Hall: meeting for Horse Camp Staff -Instructors, Junior Leaders and Volunteer Leaders

10:00 p.m. **Lights Out!!**

CAMP ARRIVALS WILL NOT BE PERMITTED BEFORE 1:00 P.M. SO THAT THE HORSEMANSHIP CAMP STAFF MAY SETTLE IN PRIOR TO CAMPERS ARRIVAL.



CAMPER NEEDS FOR CAMP

RIDING APPAREL FOR EVERYDAY (See camp dress code)

Show clothes will not be required, but all campers will be expected to ride in neat workmanlike riding apparel such as jeans, jodhpurs, breeches, chaps, t-shirts, etc. Shorts, big leg pants, tank/halter tops and other unsuitable clothes will not be acceptable. All riding is to be done in suitable leather boots or sturdy shoes that tie and have a heel. Long pants and hard-soled leather shoes or boots will be required in the stable area at all times. Do not bring new boots to camp, as the youth's feet tend to blister due to the heat and strenuous activity. Take precautions to avoid blistered feet. Loafers, tennis shoes, duck boots, clogs, etc. will not be acceptable riding shoes. Campers are urged to bring several loose fitting long-sleeved shirts & a hat for trail riding.

HARD HAT/SAFETY HELMET RULE:

Safety helmets must be worn by all 4-H'ers at horse camp. All riders in Western, Hunt Seat and Games Classes must wear protective headgear approved by USA Equestrian (USAE) when riding or mounted. Harnesses must be secured and if said headgear has a brim it must be flexible or semi-flexible. Any rider violating this rule at any time must immediately be prohibited from further riding until his/her headgear meets the required standards and/or is properly in place. Failure to comply with this rule will result in immediate disqualification from the show or activity. Riders of all divisions must comply with this rule.

All 4-H Camps (including Millstone) are accredited by American Camp Association (ACA). Standard PH-12 requires that "protective headgear specifically designed for horseback riding be worn by all campers and camp staff." A helmet approved by the American Society for Testing and Materials (ASTM) is highly recommended, but no particular brand is required.

GENERAL APPAREL/PERSONAL ITEMS NEEDED FOR EVERYDAY (see camp dress code)

Shorts, jeans, slacks, tank tops, blouses, tennis shoes, loafers, etc. are acceptable away from the barn area. *Open-toed shoes and sandals are not suitable due to terrain.*

pajamas	light jacket	insect repellent
robe	sweater or sweatshirt	bath towels
swim suits	ample socks (2 pair/day)	wash cloths
jeans/riding pants	ample underclothes	soap
barn shirts	riding hat	personal toilet articles
(NO spaghetti straps)	twin bed linens	comb & brush
shorts/shirts	pillow	chigger rid
complete rain gear	blanket/sleeping bag	baby powder to prevent blisters
bedroom/shower shoes	pool shoes	suntan lotion/sunscreen

MISCELLANEOUS

dirty clothes bag	extra batteries	water cup
clothespins	watch with a second hand	softball glove (optional)
flashlight	alarm clock	

Campers are required to deposit all their money into the camp store, in order to purchase snacks & gifts. All purchases will be deducted from their camp money card. Any money remaining will be returned at checkout time.

PLEASE DO NOT BRING EXPENSIVE JEWELRY, CAMERAS, CELL PHONES, WALKIE-TALKIES, RADIOS, FANS, COOLERS, FOOD, OR EXCESSIVE AMOUNTS OF MONEY TO CAMP.

HORSE NEEDS FOR CAMP

Many of these items may be shared with other campers. Please make sure that the equipment properly fits the horse. Clearly mark all items with owner's name and when applicable in one container not to exceed 2' x 2' x 2'. NOTE: Tack space is extremely limited; therefore equipment trunks, etc. will not be permitted!! It is permissible to work out of your horse trailer.

GROOMING AIDS

rubber curry comb	sweat scraper	towels or clean rub rags
hoof pick	soft bristle brush	body sponge
stiff bristle brush	mane comb	face sponge
Lots of fly wipe/spray	lineament/bracer	2 standing wraps w/ quilts

TACK (clean and in good repair)

one saddle	one bridle
one or two girths	two FITTED halters (required)
two or three saddle pads	
two leadlines (required)	saddle cover/plastic, if you are using the camp tack area

EQUIPMENT (at your discretion, except as noted)

Do not use manure buckets for watering buckets, horses tend to play in them and wet their stalls.

two 20 qt. <u>flat back</u> water buckets (required)	water handling bucket (2-5 gal, required)
feed bucket (rubber or hard plastic, required)	bucket hangers - snaps with rope or chain
salt bucket (rubber or hard plastic, required)	one manure basket/bucket/wheelbarrow
NO hay net or bag	one wide grain shovel for shavings
feed measuring device	one rake/yard broom
1/2 gallon bucket for sponging (required)	one manure fork

FEED AND SALT

Do not begin a new feeding program the day before camp. For your horse's sake, have him on a regular feeding program at least two weeks prior to camp.

Bring enough hay and grain for seven (7) days (Sunday p.m. through Saturday a.m. -- twice daily). If kept under the feed shed, grain must be stored in a medium-sized metal or plastic container with a lid of an appropriate size to store the grain needed. Open feed bags will not be allowed. Bring a minimum of 2 salt blocks or trace salt supplement.

Bring plenty of hay. Due to the hot weather, it is more important for the horse to eat hay in order to maintain gut motility. Extra hay may be stored in your trailer if you wish to do so. When in doubt, bring an extra bale.

IMPORTANT: EACH HORSE AND PONY MUST HAVE ITS NEGATIVE COGGINS TEST AND A RECENT HEALTH CERTIFICATE PRESENTED FOR INSPECTION AT TIME OF ARRIVAL. THERE WILL BE NO EXCEPTIONS!!!

STABLE MANAGEMENT GUIDELINES

The safety and health of the 4-H'er and his horse will be emphasized.

Morning barn inspections are for the purpose of determining whether or not the horse has been properly fed and watered, the stall cleaned, the tack serviceably clean for the day's activities and the general area neat and safe.

Afternoon barn inspections determine again whether the horse has been properly cooled out, groomed, fed, watered and left in a clean stall for the night. Also, the barn must be neat and safe and the tack properly put away.

Evening barn checks are to make certain that all horses have water, doors are properly closed, halters and leads visibly available for emergencies and that there are no indications of colic, etc. following the day's activities.

Generally, the following rules will be observed & enforced:

1. Stalls should be clean and well bedded. Doors must be closed & properly latched at all times.
2. Horses must be cooled and brushed out before being left in their stalls.
3. Tack should be safe, clean and in good condition. Do not allow tack to be where the horse may chew it.
4. Water and grain boxes/buckets should be placed in the front of the stall and for safety's sake not on the ground. Ground feeders for grain will be removed after the horse is finished eating.
5. Hay nets/bags will be hung 3 feet off the ground for ponies or at least 4 feet for horses.
6. Salt must be kept available for horses at all times since they lose electrolytes during sweating.
7. Stall fronts & aisles must be kept free of obstacles. Tack area should be neat with equipment & tools arranged safely.
8. Each horse must have a halter hanging on his stall front at all times or wear a halter if he tends to rush the door. Each horse must have a leadline hanging on his stall at all times.
9. 4-H'ers must be properly attired at all times in the barn area and around the horses (see page 7).
10. Each youth will be held responsible for the care and feeding of his/her horse while at camp, but do not be afraid to ask for assistance should you have a question.
11. All horses must know how to tie and not exhibit any stable vices (kicking, biting, rearing, etc.).

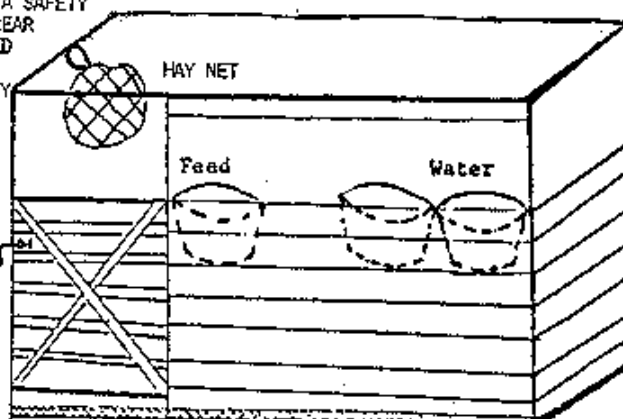
SAVE TIME AND TROUBLE ...

SET YOUR STALL UP CORRECTLY WHEN YOU MOVE IN !

HAY NETS- ARE OPTIONAL. USE A SAFETY RELEASE KNOT TO TIE NET IN REAR AREA OF STALL. SLOPPILY TIED NETS CAN BECOME ENTANGLED AROUND A HORSE'S LEGS AS THEY BECOME EMPTY AND SAG.

HALTER & LEAD- FASTEN TO TOP RAIL OF STALL DOOR TO USE IN CASE OF EMERGENCY.

SALT- PROVIDE SALT FOR YOUR HORSE EITHER IN THE FEED OR IN THE FORM OF A BLOCK. THE HOT WEATHER WILL CAUSE YOUR HORSE TO SWEAT CONSIDERABLY WHILE RIDING.



BUCKETS- TWO WATER BUCKETS INSURE THAT THE HORSE HAS PLENTY OF WATER AT ALL TIMES. PLACE FEED BUCKET BY DOOR TO AVOID FIGHTS AT FEEDING TIME. PLACE WATER BUCKETS IN FRONT CORNER OF STALL.]

BEDDING- STALLS SHOULD HAVE ADEQUATE 6" OF BEDDING TO ABSORB WETNESS & PROVIDE CUSHION. FREQUENT STALL PICKING KEEPS BEDDING CLEANER FOR A LONGER PERIOD OF TIME.

**The schedule is
subject to change
due to riding divisions
offered, weather and
scheduled
demonstrations.**

MONDAY

6:00	Wake Up Bell				
6:15	Feed Horses and Clean Stalls				
7:15	Flag Raising				
7:20	Breakfast				
8:00	Camp Clean-up				
8:30	Clean Stables and Barn Area* (Prepare for barn and stall inspections)				
9:00	<table><tr><td><u>Ring A B C or D</u></td><td><u>Demonstration</u></td></tr><tr><td>H1, H2, H3</td><td>W1, W2, W3, G</td></tr></table>	<u>Ring A B C or D</u>	<u>Demonstration</u>	H1, H2, H3	W1, W2, W3, G
<u>Ring A B C or D</u>	<u>Demonstration</u>				
H1, H2, H3	W1, W2, W3, G				
10:30	Canteen to be held at the barn area.				
10:40	<table><tr><td><u>Ring A B C or D</u></td><td><u>Demonstration</u></td></tr><tr><td>W1, W2, W3, G</td><td>H1, H2, H3</td></tr></table>	<u>Ring A B C or D</u>	<u>Demonstration</u>	W1, W2, W3, G	H1, H2, H3
<u>Ring A B C or D</u>	<u>Demonstration</u>				
W1, W2, W3, G	H1, H2, H3				
12:10	Cool Horses				
12:30	Lunch				
1:30	<table><tr><td><u>Ring A B C or D</u></td><td><u>Camp Activity</u></td></tr><tr><td>H1, H2, H3</td><td>W1, W2, W3, G</td></tr></table>	<u>Ring A B C or D</u>	<u>Camp Activity</u>	H1, H2, H3	W1, W2, W3, G
<u>Ring A B C or D</u>	<u>Camp Activity</u>				
H1, H2, H3	W1, W2, W3, G				
3:00	Cool Horses				
3:15	Canteen to be held at camp store and in the barn area.				
3:30	<table><tr><td><u>Ring A B C or D</u></td><td><u>Camp Activity</u></td></tr><tr><td>W1, W2, W3, G</td><td>H1, H2, H3</td></tr></table>	<u>Ring A B C or D</u>	<u>Camp Activity</u>	W1, W2, W3, G	H1, H2, H3
<u>Ring A B C or D</u>	<u>Camp Activity</u>				
W1, W2, W3, G	H1, H2, H3				
5:00	Cool Horses				
5:15	Free Time				
6:00	Flag Lowering				
6:05	Dinner				
6:45	Feed Horses				
7:30	Hippology Contest				
9:30	Vespers				
10:15	Lights Out				

*DAILY SOUNDNESS AND TACK INSPECTION: Check physical soundness (example- sore back, cuts, sores, sore mouth, hooves, etc.) and sturdiness of equipment.

Schedule is subject to change!

TUESDAY

6:00	Wake Up Bell	
6:15	Feed Horses and Clean Stalls	
7:15	Flag Raising	
7:20	Breakfast	
8:00	Camp Clean-up	
8:30	Clean Stables and Barn Area* <i>(Prepare for barn and stall inspections)</i>	
9:00	<u>Ring A B C or D</u> W1, W2, W3, G	<u>Demonstration</u> H1, H2, H3
10:30	Canteen to be held at the barn area.	
10:40	<u>Ring A B C or D</u> H1, H2, H3	<u>Demonstration</u> W1, W2, W3, G
12:10	Cool Horses	
12:30	Lunch	
1:30	<u>Ring A B C or D</u> W1, W2, W3, G	<u>Camp Activity</u> H1, H2, H3
3:00	Cool Horses	
3:15	Canteen to be held at camp store and in the barn area.	
3:30	<u>Ring A B C or D</u> H1, H2, H3	<u>Camp Activity</u> W1, W2, W3, G
5:00	Cool Horses	
5:15	Free Time	
6:00	Flag Lowering	
6:05	Dinner	
6:45	Feed Horses	
7:30	Camp Activity	
9:30	Vespers	
10:15	Lights Out	

*DAILY SOUNDNESS AND TACK INSPECTION: Check physical soundness (example- sore back, cuts, sores, sore mouth, hooves, etc.) and sturdiness of equipment.

Schedule is subject to change!

WEDNESDAY

6:00	Wake Up Bell	
6:15	Feed Horses and Clean Stalls	
7:15	Flag Raising	
7:20	Breakfast	
8:00	Camp Clean-up	
8:30	Clean Stables and Barn Area* <i>(Prepare for barn and stall inspections)</i>	
9:00	<u>Ring A B C or D</u> H1, H2, H3	<u>Demonstration</u> W1, W2, W3, G
10:30	Canteen to be held at the barn area.	
10:40	<u>Ring A B C or D</u> W1, W2, W3, G	<u>Demonstration</u> H1, H2, H3
12:10	Cool Horses	
12:30	Lunch	
1:30	<u>Ring A B C or D</u> H1, H2, H3	<u>Camp Activity</u> W1, W2, W3, G
3:00	Cool Horses	
3:15	Canteen to be held at camp store and in the barn area.	
3:30	<u>Ring A B C or D</u> W1, W2, W3, G	<u>Camp Activity</u> H1, H2, H3
5:00	Cool Horses	
5:15	Free Time	
6:00	Flag Lowering	
6:05	Dinner	
6:45	Feed Horses	
7:30	Horse Bowl Contest	
9:30	Vespers	
10:15	Lights Out	

*DAILY SOUNDNESS AND TACK INSPECTION: Check physical soundness (example- sore back, cuts, sores, sore mouth, hooves, etc.) and sturdiness of equipment.

Schedule is subject to change!

THURSDAY

6:00	Wake Up Bell	
6:15	Feed Horses and Clean Stalls	
7:15	Flag Raising	
7:20	Breakfast	
8:00	Camp Clean-up	
8:30	Clean Stables and Barn Area*	
	<i>(Prepare for barn and stall inspections)</i>	
9:00	<u>Ring A B C or D</u>	<u>Demonstration</u>
	W1, W2, W3, G	H1, H2, H3
10:30	Canteen to be held at the barn area.	
10:40	<u>Ring A B C or D</u>	<u>Demonstration</u>
	H1, H2, H3	W1, W2, W3, G
12:10	Cool Horses	
12:30	Lunch	
1:30	<u>Ring A B C or D</u>	<u>Camp Activity</u>
	W1, W2, W3, G	H1, H2, H3
3:00	Cool Horses	
3:15	Canteen to be held at camp store and in the barn area.	
3:30	<u>Ring A B C or D</u>	<u>Camp Activity</u>
	H1, H2, H3	W1, W2, W3, G
5:00	Cool Horses	
5:15	Free Time	
6:00	Flag Lowering	
6:05	Dinner	
6:45	Feed Horses	
7:30	Camp Activity	
9:30	Vespers	
10:15	Lights Out	

*DAILY SOUNDNESS AND TACK INSPECTION: Check physical soundness (example- sore back, cuts, sores, sore mouth, hooves, etc.) and sturdiness of equipment.

Schedule is subject to change!

FRIDAY

6:00	Wake Up Bell	
6:15	Feed Horses and Clean Stalls	
7:15	Flag Raising	
7:20	Breakfast	
8:00	Camp Clean-up	
8:30	Clean Stables and Barn Area*	
	<i>(Prepare for barn and stall inspections)</i>	
9:00	<u>Ring A B C or D</u>	<u>Showmanship Demonstration</u>
	H1, H2, H3	W1, W2, W3, G
10:30	Canteen to be held at the barn area.	
10:40	<u>Ring A B C or D</u>	<u>Showmanship Demonstration</u>
	W1, W2, W3, G	H1, H2, H3
12:10	Cool Horses	
12:30	Lunch	
1:30	<u>Ring A B C or D</u>	<u>Watch Other Riding Groups</u>
	H1, H2, H3	W1, W2, W3, G
3:00	Cool Horses	
3:15	Canteen to be held in the barn area.	
3:30	<u>Ring A B C or D</u>	<u>Watch Other Riding Groups</u>
	W1, W2, W3, G	H1, H2, H3
5:00	Cool Horses	
5:15	Free Time	
6:00	Flag Lowering	
6:05	Dinner	
6:45	Feed Horses	
7:30	Free Time	
8:00	Awards Program	
9:00	Dance	
11:00	Vespers and Lights Out	

*DAILY SOUNDNESS AND TACK INSPECTION: Check physical soundness (example- sore back, cuts, sores, sore mouth, hooves, etc.) and sturdiness of equipment.

Schedule is subject to change!

Tips for Horsemanship Camp

If your horse is not ridden regularly, please **begin a gradual exercise program** to condition your mount at least one month prior to camp. If you ride occasionally, begin with riding 30 minutes per day, 4 times a week. Gradually, add time until you are riding your horse 1 hour per day, 3-4 times per week. Remember this is your best friend, would he ask you to do something you may not be prepared for?

Make arrangements for a knowledgeable farrier (horseshoer) to evaluate and either **trim or shoe your horse at least one week before camp**, so that any bruises or soreness will have an opportunity to heal. Never gallop on rocks. Remember all lame horses will be sent home. If you think your horse may be sore, you may need to make arrangements ahead of time for another horse.

Plan to have **all dewormings and shots done several weeks prior to camp**. The heat and exercise, in addition to the stress placed on the horse's digestive tract, may cause a horse that has been recently dewormed to colic.

If your horse does not stay in a stall regularly, **acclimate your horse to a stall gradually** by putting him in one a few hours at a time and feeding in the stall until he is comfortable staying in one overnight.

Do NOT make sudden feed changes! If your horse has not been receiving grain or hay daily, you can stress him and his digestive system and cause a severe colic by suddenly putting him into an unfamiliar stall and giving him grains when he has been out in the pasture munching at leisure.

If your horse kicks at other horses, bring a red ribbon and tie it in his tail. Please make your instructor aware of any problem you may be having with your horse. Never crowd other horses. Leave enough room between your horse, yourself and others so that no one will be harmed if a horse kicks out.

Check all tack for fit, wear and tear. String girths, leather cinch straps, cheek pieces, chinstraps and reins tend to wear quickly. Make sure all your equipment is in good working order. When in doubt, replace it with good adjustable equipment.

Have your horse's coggins and the horse health record available at check-in. Wear hardsoled leather shoes at check-in. Tennis shoes are not allowed on the hill at anytime.

Lastly, **come with an open mind.** No one knows everything! Everyone does not do things in the same manner. What is important is the result, which may be achieved in several different ways. A good horseman is a person who is receptive to what others are doing and able to learn from other people's successes or failures.

If you have any questions, please call Extension Horse Husbandry **(919)-515-5784** or e-mail **jessica_hicks@ncsu.edu**.

2011 North Carolina 4-H Horsemanship Camp

REQUIRED FORMS

The following forms are to be completed in their entirety and brought to camp. It is **MANDATORY** these forms be completed, *with all required signatures*, and presented upon arrival at camp. Failure to do so will result in campers not being accepted at camp during check-in.

REQUIRED FORMS TO BE COMPLETED:

- 4-H Medical Information and Informed Consent for Treatment for NC 4-H Sponsored Events**
(2 pages)
- 4-H Code of Conduct and Disciplinary Procedure North Carolina Cooperative Extension Service Department of 4-H Youth Development**
(2 pages)
- North Carolina 4-H Camps Consent and Release Form**
(1 page)
- NC Department of 4H Youth Development Health History and Custody Release**
(2 page)
- North Carolina 4-H and _____ County 4-H Photographic, Video, and Audio Optional Publicity Release**
(1 page)
- Health Record For Horse**
(1 page)
- Horses are required to have a Negative Coggins Test for E.I.A. (Swamp Fever) dated April 1st, 2011 or later of the current year.**
No exceptions will be made!



HEALTH RECORD FOR HORSE

(Please have your veterinarian help you fill out this form)

Make sure to bring a copy of your horse's Coggins for us to keep on file during the week.

*(Please note: We will **not** have a copy machine available!)*

Owner's Name _____

Address _____

Horse's Name _____

Sex of Horse _____ Breed _____ Age of Horse _____

Description _____

(color)

(markings)

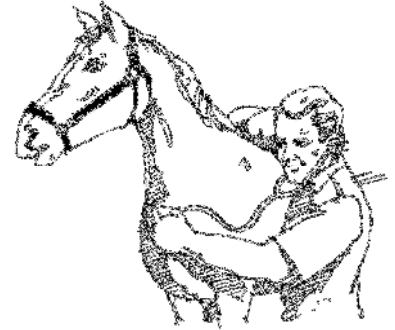
Date of Last Veterinarian Examination _____

Negative Coggins Test Required _____ / _____

(date of test)

(control number)

Date of Last Deworming _____



Vaccinations (give date):

Eastern & Western Equine Encephlomyelitis (required) _____

Venezuelan Equine Encephlomyelitis (optional) _____

Tetanus (required) _____

Rabies (optional) _____

Fluvac (optional) _____

Strangles (optional) _____

West Nile (optional) _____

Has this animal ever exhibited the symptoms of flu or strangles? Yes _____ No _____

If yes, please give the date and year _____

General Information (Is this animal - bred, inclined to colic or "tie up" easily, prone to wheezing, what past management techniques have you practiced, etc.):

List any stable peculiarities (doesn't like mares, unties gates, last time housed in a stall, etc.) that your horse has that might possess:

I certify that the above-named animal has had the required tests and vaccinations and is in good health to participate in the activities required in attending the 4-H Horsemanship Camp.

Owner's Signature _____ Phone _____

Veterinarian's Signature _____ Phone _____