



4-H Outdoor Olympic Adventures

September 10-12, 2021

4-H Camp Bristol Hills

4437 Kear Road

Canandaigua, NY

We will be following Covid guidance from the local health department and NYS 4-H. Please understand that things may change between registration and event dates. We will do our part to keep you informed as we move closer to the date.

Tentative Schedule- NOTE: In case we need to cancel the overnight portion of the event, we will have a single day event, including those activities highlighted and a portion of your registration fee will be returned.

Friday

6:30 pm or later: Arrival and registration

7:00 pm: Dinner- Chili and Corn Bread (Gluten Free & Vegan Options available)

8:00 pm: Meet and Greet Activities & Ice Breakers

8:30 pm: S'mores by the fire

9:30 pm: All Quiet

Saturday

7:45am-8:30 am: Breakfast

9:00 am-10:30am- Rotation 1

10:45 am-12:15pm- Rotation 2

12:15pm-1:45pm Lunch- Outdoor Cooking for All

1:45pm -3:15pm- Rotation 3

3:30pm-4:45pm Rotation 4

4:45pm-5:30pm Free Time/Games

5:30pm Dinner

6:30pm Olympic Games

7:30pm Evening Activities

9:30pm All Quiet

Sunday

7:30-8:30am Breakfast

8:30-10:00 Outdoor Olympics Team Challenge

10:00 Wrap up

11:00 Clean up/Depart

Building Strong & Vibrant New York Communities

Cornell Cooperative Extension of Livingston County is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal employment and program opportunities.

Location: 4-H Camp Bristol Hills is located in the Bristol Hills region of the Finger Lakes, just 30 miles south of Rochester. The property boasts over 120 acres of beautiful land including fields and meadows for playing, a pond for fishing, a gorge for hiking, and much more. Over 20 cabins will accommodate overnight stays, a large dining hall with full kitchen amenities is where we will eat our meals and bathhouses with flush toilets are available. We will be following the Covid guidelines in place at the time of the weekend, which means our plans may change as we approach the scheduled dates. A limited number of family cabins are an option if you prefer to share sleeping space with members of your immediate family. Please note this on your registration form. In order to reduce potential spread, we are asking each county to send a same gender chaperone to stay with youth from your county. **Housing:** Cabins sleep from 7 to 20 individuals and include bunkbed style cots. Cabins have electric, but no heat and no running water.

What to Bring:

- Reusable Water Bottle/Coffee Mug
- Bedding including sheets, sleeping bag and pillow (cabins are not heated)
- Toiletries, including toothbrush, toothpaste, towel, shower shoes, soap, washcloth.
- Mask(s)
- Outdoor clothes appropriate for the weather. Autumn weather can be changeable, so packing a variety of things is your best bet- think layers. You might also consider raincoat, hiking boots, hat, sunglasses and extra socks.
- Flashlight or headlamp and batteries
- Copy of your signed health forms and Code of Conduct
- Favorite snacks.

Meals will be provided from Friday Dinner through Sunday Breakfast. If you have any dietary considerations, please indicate when registering.

Cost: \$70 per person, including staff, chaperones and youth. Payment must be made to CCE Livingston by **September 3, 2021**. If the event becomes a single day event, a portion of this will be returned to you.

Registration: this should be done through your county CCE office

Link for Staff:

https://apps.cce.cornell.edu/event_registration/main/events_landing.cfm?event=OutdoorOlympic_224



4-H Outdoor Olympics! Workshop Options

Outdoor Cooking- no need to sign up- Everyone will participate!

All athletes need to be fed!! All participants will explore a variety of outdoor cooking tools, fuels and foods that are great choices for healthy, cook it yourself options. No need to sign up for this all. All participants will explore outdoor cooking for lunch on Saturday. Optional: Purchase the 4-H Outdoor Cooking guide to have a host of recipes at your fingertips for future creations. \$6, order when you register.

Fishing

Outdoor Olympics isn't complete without Fishing! Learn to set up your line, cast, select and use bate given your conditions. Earn medals for a variety of skills- most fish, longest fish, most variety of fish, etc. All equipment will be provided.

Keep the Torch Burning!

Fire is essential for the Olympics- both figuratively and literally. The Olympic flame is ignited from the heat of the sun and carried from Olympia, Greece to the opening ceremonies. While we won't be lighting a torch from the energy of the sun, we will learn the science behind starting and maintaining a fire and experiment with a variety of fuels. What would keep the torch burning the longest? The brightest? The hottest?

Champions of the Insect World

Talk about Olympic champions, Insects win all the medals! What insect gets the gold medal for being the strongest? The fastest? Jumps the farthest? Who gets the gold, silver and bronze for the largest butterfly? Moth? We will begin with a short discussion on insect diversity and variety. Then we will pin the gold medal winning standard of butterflies, the brilliant blue morpho. You will be pinning frozen morpho butterflies and other exotic lepidopteras that you can take home.

Archery

This sport was introduced to the Olympics in 1900 and included both individual and team competitions. Do you have what it takes to compete? Let's find out!

Disc Golf

Wait, what? While Disc Golf isn't currently an Olympic sport, yet it is a wonderful outdoor activity that improves aim, endurance, speed and distance. And it's often free! Join in to explore drivers, mid range and putting discs. Maybe you will be ready when Disc Golf becomes an Olympic sport in the future!

Gold Medal Birdwatching

Did you know that just like Olympic athletes, there are birds from many continents and countries? Learn a bit about the variety of birds from other countries and then settle in to learn about Team USA and the athletic adaptations local birds have made to be successful!

WAIT! THAT'S NOT ALL....MORE ON NEXT PAGE

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Cheer on the Mammals!

Cheer on the mammals as you learn about common and uncommon animals. Stroke a beaver pelt, get close to a bear hide, and pet a wolf skin. Then, hike outside to spy creatures in their habitats.

Pond + Stream Safari:

What if there was an Olympic event for puddle jumping and creature observing! Cast your net, look for crawfish, consider what the critter clues tell you about the health of streams and ponds. In this workshop we will walk in the stream, turn over rocks, make observations and maybe even catch (and release) an elusive crawfish. We will be doing some activities from the 4-H Project: Pond and Stream Safari. Bring an extra pair of shoes or boots, and a sense of adventure as we go on a safari! Want to purchase a copy of Pond and Stream Safari (\$13.40)? Add that option when registering.

Hide and Seek

Did you know that you can find hidden treasures everywhere? Geocaching is an anytime, anywhere free family friendly activity that helps you increase your step count, think creatively, and maybe even learn a little about maps and direction. In this workshop we will learn some basics about geocaching, find hidden caches, and hide caches for others.



4-H Outdoor Olympics REGISTRATION FORM

September 10-12, 2021

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Canandaigua, NY

Note to Counties- This form can be used to collect information from participants that is needed in order to complete the online registration form. Registration form and payment due Friday, September 3, 2021.

https://apps.cce.cornell.edu/event_registration/main/events_landing.cfm?event=OutdoorOlympic_224

Participant Information	
First Name	Last Name
Address	City/State/Zip Code
Email	Phone
Gender Identity (optional)	Are you of Hispanic or Latino ethnicity? (optional)
Race (optional)	
Age of Participant? Are you a Chaperone? yes / no	T-shirt Size (youth and adult sizes available)
Are you enrolled in 4-H?	What County are you enrolled in?
Do you have the following permissions on file with your county office? - Photo Release on File - Code of Conduct - Health Permission Form - COVID AOR	Please list any Dietary Restrictions
Do you have other health concerns?	
Chaperone Name	Are you registering for a family cabin?
Emergency Contact (name and phone number)	
Program Choices- no need to sign up for Outdoor Cooking – all participants are automatically registered	
Workshop Choice #1	Workshop Choice #2
Workshop Choice #3	Workshop Choice #4
Workshop Choice (alternate)	
Would you like to purchase the 4-H Outdoor Cooking guide for an additional \$6?	Would you like to purchase the Pond & Stream Safari Curriculum for an additional \$13.40?

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