



University of Idaho Extension



HEAD



HEART



HANDS



HEALTH

March 2021

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LATAH COUNTY 4-H NEWSLETTER

“To Make the Best Better”

LATAH COUNTY 4-H OFFICE

Just a few short weeks left until spring officially arrives! This is an exciting season to be a 4-H'er. As we all look forward to welcoming the warmer weather and sunshine, project leaders are busy scheduling spring and summer project meetings as members settle into their chosen projects for the year.

Our office has received a number of questions about the 2021 Latah County Fair. At this time, plans are moving forward for a full, in-person fair. We are excited to be working alongside the Latah County Fair Board, Fair Office, FFA Advisors, and Latah Market Animal Sale to provide an engaging county fair for our community and for our youth exhibitors.

Best of luck to you as you get your projects underway in the coming weeks. Remember to have fun and enjoy the experience—and challenge yourself to take a step outside your comfort zone. That is where the best learning happens!

Wishing everyone a safe and happy spring break!

Sara Fluer
 Associate Extension Educator
 UI Extension, Latah County

COVID-19 & 4-H PROGRAM PROTOCOLS

ANNEX ACCESS

Access to the Latah County Annex building is currently by appointment only. If you need to visit us in-person, please call in advance to set an appointment at 208-883-2267. Building policy requires face coverings for entry.

CURRENT PROTOCOL ON GATHERING SIZE

Idaho has moved up to Stage 3 of the Idaho Rebounds Plan in response to COVID. Here is how this impacts 4-H in Idaho:

- Any 4-H club and/or project meeting is limited to a **maximum of 50 individuals** in any face-to-face setting. This count includes members, volunteers, parents, siblings, etc.
- Please continue taking precautionary measures, including utilizing face coverings/masks, practicing appropriate physical distancing, and proper sanitation procedures. Wash your hands regularly, cover coughs/sneezes, regularly clean high-touch surfaces. Anyone who feels sick should stay home.
- The emergency health order for the City of Moscow requiring face coverings and physical distancing of 6' remains in effect.

Thanks to each one of you for your dedication and continued efforts to keep your fellow 4-H members and communities healthy. We can always count on 4-H members to set a good example for others to follow—thank you!

GENERAL 4-H NEWS

ENROLLMENT

All new and returning 4-H members and leaders must be enrolled in the 2020-2021 4-H year. You are not considered a 4-H member until you complete enrollment through 4-H Online and pay your dues.

STEP 1:

- Go to <https://v2.4honline.com>. Bookmark this page for future access.
- Login to your 4-H Online account with your existing credentials. Do not create a new account if you are a returning member or leader.
- Complete the requested information.
- Please update your project list! We look at your project list each year so we can plan for fair. Be sure to drop any old projects you are no longer participating in and add any new projects.



STEP 2:

- **ACTIVATE your enrollment by paying your dues via check, cash, or by credit card over the phone:**

General Members: \$25

Horse Members: \$30

Leaders: \$5

Family Cap (3+ members): \$75

***Members are not covered by 4-H accident insurance until dues are paid!**

Need help? Stop by the Extension office and we will walk you through the process, or visit <https://www.uidaho.edu/extension/4h/4honline/help> for a step-by-step guide.



IMPORTANT 4-H RESOURCES

Check out the UI Extension 4-H Youth Development website for access to all sorts of 4-H resources!

<https://www.uidaho.edu/extension/4h/documents-records>

Be sure you have read and know where to find these important documents:

[Idaho 4-H Policies & Procedures](#)

It is the responsibility of all members, leaders, and parents/guardians to follow 4-H policies and procedures, which includes the 4-H Code of Conduct. You are asked to review and consent to this each year during enrollment in 4-H Online.

[Idaho 4-H Project Requirements Handbook](#)

Not sure what is required of your specific project? Need some project specific resources to get started? Use the project requirement handbook throughout the year to answer your questions!

RECORD BOOKS

Rolled out for the first time last year, ZSuite is Idaho's statewide 4-H record book system. We will be moving into year two of using ZSuite for project record books.

If you are a new 4-H family, or did not complete any projects last year using ZSuite, please plan to set up a family account by visiting <https://4h.zsuite.org/>.

You can find a step-by-step guide at the end of this newsletter. Members will always have the option to handwrite their record book if they prefer not to type their record book entries.

Leaders—if you would like a ZSuite training at your next club meeting, please contact Sara Fluer at sfluer@uidaho.edu or 208-883-2267 to schedule a training. Training can be provided in person or virtually. Plan for 1 hour. Certified 4-H leaders in attendance will automatically receive up to 1 hour toward their annual training!



GENERAL 4-H NEWS

COLLEGE SCHOLARSHIP

Graduating seniors, the application for the Latah County 4-H David Trail Green & Gold Scholarship is available. Must be current members of Latah County 4-H in good standing to apply.

Visit the [Latah County Extension website](#) for the application or contact our office for a copy. **Applications are due May 1.**



SCHOLARSHIP WORKSHOP

Join us on March 10 at 7:00 pm for a 1-hour webinar on scholarships. This session is specific to Latah County 4-H members grades 9-12. Pick up some helpful tips and tricks to successfully apply for general scholarships, 4-H scholarships, and county awards! Register here:

tinyurl.com/y6vrpm6

SHOOTING SPORTS



Sports Instructors plan to meet for .22, Rifle, Shotgun, and Archery this spring when the weather allows for meetings and practices to be held outdoors.

Prepare for the season by enrolling and paying your dues so you are ready when instructors contact you about meeting dates. **Members must**

be enrolled before participating so you are covered by 4-H accident insurance!

- State Shooting Sports is scheduled for June 11-12 in Boise.
- **Recruiting All Prospective Shooting Sports Instructors!** Rifle, Archery, and Pistol Level 1 training dates are set for North Idaho. Additional information on pg. 6.

CLOTHING & TEXTILES PROJECTS

Please put these important dates and deadlines on your calendars now if you have a sewing and/or textiles project:

- **Fashion Revue Orientation** - Monday, August 9, at 6:00 pm - Latah County Fairgrounds, Middle Room. *Learn the basics about modeling your garment for the judges, how to prepare to answer questions, submit your clothing commentaries, and schedule your appointment with the judges.*



- **Fashion Revue Judging** - Tuesday, August 17, appt. TBD at orientation - Latah County Fairgrounds, Middle Room
- All **SEWING and TEXTILES** projects will be due to the Extension office on Tuesday, September 7, by 5:00 pm. This includes all clothing, quilting, crochet, knitting PLUS your record books.
- **Style Review**—Thursday, September 16, at the Latah County Fair. Time TBA. *Model your garment at the fair. Ribbons are awarded based on the results from judging on 8/17.*



**To be considered for a Style Review County medal you must participate in both the judged event on August 17 and Style Review on September 16 at the Latah County Fair. **

4-H CAMP

Camp this summer remains tentative at this time. 4-H professionals in Clearwater, Lewis, Latah, Nez Perce, and Idaho counties are working hard to make our annual overnight camp possible in 2021. Traditional dates and location are subject to change. Updates will be shared as information becomes available.

2021 VANDAL GIVING DAY

Vandal Giving Day is April 6–7 and will last 2,021 minutes. This year, all county 4-H offices in Idaho will be represented on the giving page, including Latah County 4-H.

Donations will be directed to <https://vandalsgive.uidaho.edu/>

where each county will have their own donation link.

This is a great opportunity for our supporters to know their donations are going directly to Latah County.

Vandal Giving Day is a day of philanthropy to raise money for the CALS Excellence Fund, CALS Departments, U of I Extension, and Idaho 4-H. All outreach for this event is done primarily through social media to reach a wide variety of donors.



UPCOMING HORSE EVENTS

- **Model Horse Show** – Sunday, May 2 @ 1:00 PM
- **Horse Judging** – Saturday, April 10 @ 8:30 AM
- **County Horse Bowl** – Saturday, April 24 @ 1:00 PM
- **District Horse Bowl** – Saturday, May 15
- **State Horse Contest** – early July 2021. Dates TBA.
- **Latah County Family Horse Camp** – July 14-18
- **County Horse Show** – Saturday, July 24

NOTE: To complete your horse project—members must participate in at least one county activity, such as Model Horse Show, Horse Judging, or Horse Bowl **and** exhibit at the Latah County Horse Show or other Extension-approved public event.

HORSE IDENTIFICATION FORMS

Horse identification forms are due to Latah County Extension **April 15**. Every odd-numbered year, all members are required to turn in new/updated papers on their project animal(s). This year ALL horse members are expected to turn in new forms.

If your family has multiple horses that you may ride, we **strongly** encourage turning in identification papers for all horses by the above deadline. Minimum ownership/lease for horses is 90 days, so you need to have all possible project animals owned/leased and identified with our office by April 15.

GENERAL HORSE REMINDERS

Safety Reminder! 4-H members participating in any 4-H equestrian activity must wear an approved helmet whenever they are mounted on an equine or are in a vehicle (cart, wagon, buggy, etc.) being pulled by an equine. An approved helmet meets the minimum performance standards imposed by the American Society for Testing Materials (ASTM) F1163 and includes certification and labeling required by the Safety Equipment Institute (SEI).



PNW 4-H Horse Contest Guide—Idaho uses the PNW 4-H Horse Contest Guide. It is a good idea to review this guide every year so you are familiar with the rules and expectations of participating in 4-H Horse Contests. Hard copies are available at Latah County Extension or you can access it on UI Extension's [website](#).

Horse Project Resources—check out UI Extension's website for horse project resources, including project requirements, permanent identification and health record, project manual, and more! <https://www.uidaho.edu/extension/4h/projects/horse>.

2021 UI EXTENSION 4-H & BLM WILD HORSE PROGRAM

In 2020, Moscow Mustangs trained a weaning mustang and we are hopeful to see this project again in Latah County in 2021. This is an opportunity club-oriented project, so that multiple youth may benefit from the experience.

Prospective clubs must apply for this opportunity, and 4-H members must be at least 12 years old to be considered to train a weanling or 14 years old to train a yearling. Funds raised through the adoption go back to the club, less \$25, which goes to Bureau of Land Management (BLM).

Upcoming opportunity to apply in 2021:

Event: Western Idaho Fair*

- Application deadline — June 16, 2021
- Pick-up — June 26, 2021
- Trail Challenge — Aug. 27, 2021
- Western Idaho Fair display — Aug. 27-29, 2021
- Sale — Aug. 29, 2021

*Events will be modified as-needed to meet COVID-19 protocol.



Educational Opportunity for Livestock Youth!

LIVESTOCK FIELD DAYS

Annual Livestock Field Days 2021 will be held virtually. Youth and Leaders, whether you are new to livestock or are a seasoned pro, there will be a lot of valuable interactive content covered!

- **BEEF**—March 20; 9:00 am—12:00 pm
- **SWINE**—March 27; 9:00 am—12:00 pm
- **SHEEP**—April 3; 9:00 am—12:00 pm
- **GOAT**—April 10; 9:00 am—12:00 pm

Registration fee \$5/person. Latah County Livestock Leaders & Leader's Council has generously offered to cover the \$5 registration fee for currently enrolled Latah County 4-H members. Complete your enrollment now so are eligible for this opportunity.

How to request this scholarship:

Follow these instructions carefully - It is critical you indicate that you are with Latah County 4-H or you will not receive this scholarship!

1. Open the registration link <http://bit.ly/2021livestockfielddayregistration>
2. Fill out the requested information.
3. When you get to the payment section, check the boxes for 'Scholarship' AND 'Other'. In the 'Other' field, you must type 'Latah County 4-H'.

ANIMAL OWNERSHIP

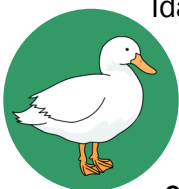
Reminder that as you select animal projects for the year that all animal projects, large livestock and small animals, require ownership and/or providing primary care for a specific number of days.

Plan ahead and make sure you are enrolled in 4-H **and** have your animals secured well in advance.

Days of possession are set at the state level and can be referenced in the [Idaho Project Requirements Handbook](#).

WATERFOWL AT 2021 FAIR

Idaho State Department of Agriculture has advised waterfowl not be housed or exhibited at county fairs to decrease transmission of Avian Influenza. Per this guidance, the Latah County Fair will **not be accepting waterfowl entries in 2021.**



MARKET LIVESTOCK TAGGING/WEIGH-IN

4-H and FFA members, mark your 2020 calendars! Tagging dates for Latah County market animal projects can be found below:

- **Beef**—Saturday, April 17, Monson Barn—UI Campus, 7:00 AM—9:30 AM.
- **Swine**—Ownership by Monday, June 1. Leaders must have animals tagged and records submitted to Extension office by June 7.
- **Sheep & Goat**—Monday, June 28, Latah County Fairgrounds, 3:00 PM—6:30 PM.

4-H members must have paid annual enrollment dues and be 'Active' in 4-H Online by their respective species tagging/weigh-in date.

To ensure consistency between programs, members should be prepared to designate their primary project animal and floater as either 4-H or FFA at designated county tagging/weigh-in events and deadlines. Postcards will be sent out closer to each tagging date with specific costs of vaccines.



CHIP GILLIAM MEMORIAL PROGRAM

In need of financial assistance for your market project? The Chip Gilliam Memorial Fund is a loan program through the Latah County Fair Office. Since 1997, the loan program has been available to help Latah County youth with financial assistance for their 4-H and FFA market animal projects.

Loan applications are due to the Fair Office March 31, but applications are reviewed on an ongoing basis as funds are available—when in doubt, apply! Applications may only be submitted by Latah County 4-H or FFA members, with approval of their 4-H leader or FFA Advisor.

Applications are found on the Latah County Fair & Events Center [website](#). Questions can be directed to the Latah County Fair Office at 208-883-5722.

LEADER'S CORNER

PROSPECTIVE LEADERS

Anyone interested in becoming a certified 4-H leader must complete the leader application, background check, and interview process required for certification; and have a profile set up in 4-H Online.

Contact Sara Fluer at sfluer@uidaho.edu or 208-883-2267 to request an application packet and have any questions answered about the process.

RETRUNING LEADERS

Returning leaders, to maintain your certification for the 2020-2021 4-H year, you must:

- Enroll in the new 4-H year in 4-H Online.
- Complete the 20-minute Protecting Minors Training in 4-H Online during enrollment.
- We recommend a minimum of 2 additional hours of continuing education related to 4-H, youth development, or your project area. Some ideas:
 - * CALS Speaker Series—[Temple Grandin](#) lecture.
 - * [Stewards of Children](#)—offered through Gritman Medical Center. We will reimburse you the cost of the class if you provide proof of attendance.
 - * Livestock Field Days 2021— Beef 3/20; Swine 3/27; Sheep 4/3; Goat 4/10. All sessions will be held virtually.

MEETING ATTENDANCE



This time of year, our office receives a lot of questions from leaders about club and project meeting attendance. Page 10 of [Idaho 4-H Policies and Procedures](#) specifies that members must attend the majority of scheduled club and project meetings.

- Establish your meeting schedule well in advance so members can put dates on their calendars.
- Knowing the total number of meetings in advance helps families plan ahead and assists you as a leader in holding members accountable for their attendance.

Per Policies and Procedures, regular 4-H clubs should be meeting 6 or more times per year. Project leaders can determine the total number of meetings they wish to schedule and whether they want to set more strict attendance requirements than the minimum required majority attendance.

ADDITIONAL TRAINING OPPORTUNITIES

Q.P.R. Suicide Prevention Training

Idaho 4-H & Idaho Dept. of Health and Welfare have partnered to provide Q.P.R. Gatekeeper training to 4-H Volunteers. Q.P.R. is designed to teach others the warnings signs of a suicide crisis and how to respond.

This is a no-cost, 1-hour online training that could help save a life. Register at: https://uidaho.co1.qualtrics.com/jfe/form/SV_6eRrE4ykkGbvUVT.

Send your completion certificate to sfluer@uidaho.edu for your leader file.

Shooting Sports Instructor Training

Interested in pursuing certification as a shooting sports instructor? Instructors must first be certified 4-H volunteers before participating in a Level 1 training.

- Rifle Level 1 Training—April 10, Post Falls
- Archery & Pistol Level 1 Training—April 17, Post Falls

Latah County 4-H will reimburse the registration fee to leaders who successfully complete a Level 1 training. Registration forms can be found at the end of this newsletter. Registration due dates are mid-March.

4-H ONLINE LEADER ACCESS

Currently, fully enrolled club organizational leaders can view their club's roster in 4-H Online 2.0. This does *not* include a project breakdown at this time.

If you are in need of a breakdown of members by project, please contact our office and we will provide you with a detailed list.

Upcoming meetings for Horse Leaders, Livestock Leaders, & Leader's Council:

- **March 22**
- **May 24**
- **July 26**
- **September 27**

Meetings will be held at the Latah County Fairgrounds unless otherwise noted. Groups meet as follows:

- Horse Leaders—5:30 pm
- Livestock Leaders—6:00 pm
- Leaders Council—6:30 pm



CALENDAR

MARCH

- 20—Beef Field Day
- 22—Leader's Council Meeting
- 27—Swine Field Day

APRIL

- 3—Sheep Field Day
- 10—Goat Field Day
- 10—Horse Judging
- 15—Horse Identification Sheets Due
- 17—Market Beef Tagging/Weigh-in
- 24—Horse Bowl

MAY

- 2—Model Horse Show
- 15—District Horse Bowl
- 24—Leader's Council Meeting
- 31—Holiday, Latah County Extension closed—Memorial Day

JUNE

- 1—Market Swine Possession Deadline
- 11-12—State Shooting Sports—Boise
- 15—UI Dairy Cattle lease forms due to Extension office
- 21-24—State Teen Association Convention (STAC)
- 28—Market Sheep and Meat Goat Weigh-in/Tagging

JULY

- 5—Holiday, Latah County Extension closed—Independence Day (observed)
- 9-12—CL2N 4-H Camp (*this event is tentative, dates subject to change*)
- 14-18—Horse Camp
- 24—Horse Show
- 26—Leader's Council Meeting

SEPTEMBER

- 6—Holiday, Latah County Extension closed—Labor Day
- 16-19—Latah County Fair

OCTOBER

- 22-24—Statewide Ambassador Summit—Camp Horsetheif, Cascade



April 17, 2021

Post Falls, ID

Training offered in the following disciplines:

Archery & Pistol

(A minimum of 5 participants in a discipline are needed for that discipline to be held)

This statewide leader training and certification will support the State 4-H Policy regarding the 4-H Shooting Sports instructors in Idaho. The policy states that Idaho 4-H Shooting Sports instructors on the county level must:

- Be at least 21 years of age (18 years for assistant instructors)
- Be screened, trained and appointed as a current 4-H volunteer through their local County Extension Office.
- Successfully complete instructor discipline training administered/sanctioned through the University of Idaho 4-H Youth Development Office.
- Be trained and certified in any discipline(s) that they are teaching at the county level.
- Participants must attend the entire training and successfully complete all aspects to receive their respective discipline certification.

Training Schedule

Location: Kootenai County Extension
UI Research Park / 958 S Lochsa St., Post Falls, Idaho

Schedule: (Archery & Pistol certification sessions -- see separate flyer for April 10th Rifle certification workshop)

Prior to April 17th: Complete **all four** Youth Development/Risk Management online modules / print & bring completion certificate
(You will receive an e-mail confirming your registration which includes the link and code for doing these modules)

Saturday, April 17, 2021

8:00 am – 12:00 Noon	Welcome; transition into Archery or Pistol discipline instruction
12:00 – 12:30 pm	Lunch (on your own)
12:30 – 5:00 pm	Continue discipline instruction, and practicum
5:00 pm – 5:15 pm	Wrap-up, evaluation and discipline recognition

Registration: (includes facilities, instructor travel costs, online module costs and printed materials)

Fee: \$90/participant (or \$70 if you attended the April 10th Rifle training)
Make checks payable to: Kootenai County 4-H

Deadline: Registration form, release forms and fees must be received by Friday, March 26th at 5:00 PM (see forms on next pages)

Send to: University of Idaho Extension – Kootenai County
958 S. Lochsa St.
Post Falls, ID 83854
Phone: (208) 292-2525 E-mail: teresagb@uidaho.edu

Directions to Kootenai County Extension:

From I-90:

Take Exit 2, turn south on Pleasant View Rd. Continue traveling south on Pleasant View Rd for approximately 0.4 mile. Turn right onto S. Lochsa St.. Follow S. Lochsa St for approximately 0.7 mile. The UI Research Park/Kootenai County Extension building is on your left.

University of Idaho 4-H Youth Development Shooting Sports Training
April 17, 2021 – Archery & Pistol
Post Falls, ID

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____

EMAIL: _____

COUNTY (where enrolled as a 4-H volunteer): _____

Please select which discipline you would like to participate in (check one): Archery or Pistol

If your first discipline choice above has filled, do you want to attend certification training for the other discipline? Yes, No

Note: Any certification requires completion of the four Youth Development/Risk Management online modules.

Registration Fee: **\$90.00**

(or \$70.00 if you attended the April 10th Rifle training)

Make checks payable to: **Kootenai County 4-H**

Make sure to return this registration form and the liability releases (on next two pages) by **March 26, 2021** to:

University of Idaho Extension – Kootenai County
958 S. Lochsa St.
Post Falls, ID 83854

Phone (208) 292-2525

Email: teresagb@uidaho.edu

For questions about training location, logistics, contact Teresa Balderrama at 208-292-2525.

*For questions about specific certification requirements, discipline questions, contact
Jim Wilson, University of Idaho Extension 4-H Shooting Sports Coordinator
208-292-1401*

jwilson@uidaho.edu

Persons with disabilities who require alternative means for communication or program information or reasonable accommodations need to contact Teresa Balderrama by March 26, 2021 at Kootenai County Extension, 958 S. Lochsa St., Post Falls, ID 83854, 208-292-2525, teresagb@uidaho.edu

**University of Idaho 4-H Shooting Sports
Registration / Permission Waiver**

Signatures on back of page are required prior to participation in the Activity.

Name:	(First)	(Last)	(Age)	(Gender)
Address:	(Street)	(City)	(State)	(Zip)
Phone:	(Home)	(Cell)	Email:	
Primary Emergency Contact:	(Name)		(Relationship)	
Phone:	(Work)	(Home)	(Cell)	
Back-up Emergency Contact:	(Name)		(Relationship)	
Phone:	(Work)	(Home)	(Cell)	
Medical Insurance:	(Company)		(Policy #)	
<p>PLEASE NOTE: Hospitals require proof of coverage before providing treatment unless a life threatening situation exists. It is suggested that participants bring a copy of their insurance card. Participants are covered by an American Income Life accident / illness policy while participating in activities sponsored by our Activity. In the event of injury or illness arising from participation in the Activity, American Income Life must be notified within 20 days of the date of the illness or injury. The Activity staff will have information on filing claims. Insurance provided through American Income Life provides only limited protection for injuries or illnesses that occur while participants are participating in the Activity, and the participant's family is responsible for all medical expenses not covered by Activity insurance.</p>				

**Acknowledgement of Risk and Waiver of Liability
Parent/Guardian Permission**

Both participants and parent(s) / guardians must read this Acknowledgement of Risk and Waiver of Liability carefully and in its entirety. It is a binding legal document. Please read both sides of this page. Sign and return this form to 4H Activity Advisors. If you are under the age of 18, this form must be signed by you as the participant AND by your parent or legal guardian.

I, the undersigned participant or parent/guardian, am aware that participation in 4H Shooting Sports ("Activity") may include activities that are risky and dangerous. Both participant and his/her parent(s) / guardian(s) ("I") acknowledge and accept the risks and give permission for my participation in the Activity. I acknowledge that participation in this Activity has the following non-exhaustive list of particular activities that **bear risk and danger and from which severe bodily injury to myself, or my child, including without limitation blindness, paralysis and death** from gunshots, may occur: shooting sport activities, including but not limited to use and/or operation, by myself or others with varying skill levels, of rifles, pistols, air guns, ammunition, and reloading equipment and supplies; physical activities, while on campus or off, that may involve strenuous exertion that could place stress on cardiovascular and/or musculo-skeletal systems including but not limited to assuming shooting positions and postures, lifting, and bending; exposure to inclement weather including, but not limited to rain, sun, wind, snow, ice, and extremes of heat or cold; activities supplemental to the Activity, such as walking or hiking to and from sites of interest; field trips; contact with dangerous animals, poisonous plants, insects and environmental or biological hazards; risks related to transit to or from the Activity locations including but not limited to travel by bus, van, private or rented auto; use of facilities, roads, sidewalks, parking lots, and trails that may or may not be properly maintained; exposure to contaminated food and untreated water; risk related to the rendering or receipt of emergency first aid, or other emergency treatment, and transport in medical emergencies; and other unknown and unanticipated activities and risks.

In consideration of the University of Idaho ("UI") permitting me/my dependent to participate in the Activity, **I and my dependent hereby voluntarily accept all risks associated with participation. To the extent permitted by law, I agree to indemnify, defend, save, hold harmless, discharge and release the State of Idaho, the Regents of the University of Idaho, their agents and employees from any and all liability, claims, causes of action or demands of any kind and nature whatsoever that may arise out of or in connection with my participation in any activities related to the above-named Activity.**

<i>This form continues on the back of this page.</i>	INITIAL PAGE 1 HERE:
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It is my express intent that this Acknowledgement of Risk and Waiver of Liability shall serve as a release, discharge and acceptance of risk for my heirs, estate, executor, administrator, assigns and all members of my family. The venue of any dispute that may arise out of my or my dependent's participation in the Activity, if the University is a party to the dispute, shall be in Latah County, Idaho.

I am aware that if I provide a vehicle not owned and operated by the University for transportation to, at, or from any Activity site, or if I am a passenger in such a vehicle, the University is not responsible for any damage or injury caused by or arising from my use of such transportation. Furthermore, I acknowledge that I am solely responsible for any action that I take that is outside the scope of the scheduled Activity, regardless if occurring before, during or after the period of the Activity. I acknowledge that the university makes no representation with respect to the safety of any personally owned vehicle in which I may travel, or with respect to the qualifications of the driver of any personally owned vehicle. I understand that if I choose to travel in a personally owned vehicle, it is my responsibility to determine the safety of the vehicle and qualifications of the driver.

I hereby certify that, with or without accommodation, I and/or my dependent is in good health and I know of no medical reason why I/he/she is not able to participate in this Activity. I hereby consent to first aid, emergency medical care and if necessary, admission to an accredited hospital when necessary for executing such care, for treatment for injuries or illness that I/he/she may sustain while participating in any activity associated with the above named Activity.

I understand that any insurance provided through this Activity provides only limited protection for injuries that occur while participating and that I am responsible for all medical expenses not covered by Activity insurance. Activity insurance is provided by an American Income Life camp accident policy.

If my dependent has a disability, food or drug allergy, dietary requirements, or any condition requiring accommodation, I will contact Disability Support Services (208) 885-6307 at least one week (7 days) prior to the start of the Activity.

Whether or not I am a student, I will abide by: the University of Idaho Student Code of Conduct, Articles II through IX at <http://www.webs.uidaho.edu/fsh/2300.html>; the behavioral expectations of the Activity; and all applicable city, state and federal laws. My failure to do so may be considered grounds for denying my/my dependent's participation in the Activity.

I agree that you may photograph or video me or my child during, and in connection with, the Activity. I agree that you shall be the exclusive owner of all images and all copyright and other rights in the images. I agree that you may use any image in any media you wish related to the University of Idaho. **If you DO NOT GIVE PERMISSION TO PRODUCE OR USE IMAGES YOU OR YOUR CHILD, CHECK HERE ().**

I () do () do not **(please check one)** authorize the University of Idaho to use my or my child's/dependent's contact information to inform me/him/her of upcoming university events and activities.

Note: If participant is under 18 years of age, a parent/legal guardian must also sign and accept responsibility for the participant's actions and terms of the above agreement.

PARTICIPANT'S SIGNATURE
Participant's Name (PLEASE PRINT):
Participant's Signature: X
Date:

PARENT(S) / GUARDIAN(S) SIGNATURE
Parent/ Guardian Name (PLEASE PRINT):
Parent/ Guardian Signature: X
Date:



April 10, 2021

Post Falls, ID

Training offered in the following disciplines:

Rifle

(A minimum of 5 participants in a discipline are needed for that discipline to be held)

This statewide leader training and certification will support the State 4-H Policy regarding the 4-H Shooting Sports instructors in Idaho. The policy states that Idaho 4-H Shooting Sports instructors on the county level must:

- Be at least 21 years of age (18 years for assistant instructors)
- Be screened, trained and appointed as a current 4-H volunteer through their local County Extension Office.
- Successfully complete instructor discipline training administered/sanctioned through the University of Idaho 4-H Youth Development Office.
- Be trained and certified in any discipline(s) that they are teaching at the county level.
- Participants must attend the entire training and successfully complete all aspects to receive their respective discipline certification.

Training Schedule

Location: Kootenai County Extension
UI Research Park / 958 S Lochsa St., Post Falls, Idaho

Schedule: (Rifle certification session -- see separate flyer for April 17th Archery & Pistol certification workshops)

Prior to April 10th: Complete all four Youth Development/Risk Management online modules / print & bring completion certificate
(You will receive an e-mail confirming your registration which includes the link and code for doing these modules)

Saturday, April 10, 2021

8:00 am – 12:00 Noon	Welcome; transition into Rifle discipline instruction
12:00 – 12:30 pm	Lunch (on your own)
12:30 – 5:00 pm	Continue discipline instruction, and practicum
5:00 pm – 5:15 pm	Wrap-up, evaluation and discipline recognition

Registration: (includes facilities, instructor travel costs, online module costs and printed materials)

Fee: \$90/participant

Make checks payable to: Kootenai County 4-H

Deadline: Registration form, release forms and fees must be received by Friday, March 19th at 5:00 PM (see forms on next pages)

Send to: University of Idaho Extension – Kootenai County

958 S. Lochsa St.

Post Falls, ID 83854

Phone: (208) 292-2525 E-mail: teresagb@uidaho.edu

Directions to Kootenai County Extension:

From I-90:

Take Exit 2, turn south on Pleasant View Rd. Continue traveling south on Pleasant View Rd for approximately 0.4 mile. Turn right onto S. Lochsa St.. Follow S. Lochsa St for approximately 0.7 mile. The UI Research Park/Kootenai County Extension building is on your left.

University of Idaho 4-H Youth Development Shooting Sports Training
April 10, 2021 -- Rifle
Post Falls, ID

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____

EMAIL: _____

COUNTY (where enrolled as a 4-H volunteer): _____

Note: Any certification requires completion of the four Youth Development/Risk Management online modules.

Registration Fee: \$90.00

Make checks payable to: **Kootenai County 4-H**

Make sure to return this registration form and the liability releases (on next two pages) by **March 19, 2021** to:

University of Idaho Extension – Kootenai County
958 S. Lochsa St.
Post Falls, ID 83854

Phone (208) 292-2525

Email: teresagb@uidaho.edu

For questions about training location, logistics, contact Teresa Balderrama at 208-292-2525.

*For questions about specific certification requirements, discipline questions, contact
Jim Wilson, University of Idaho Extension 4-H Shooting Sports Coordinator
208-292-1401
jwilson@uidaho.edu*

Persons with disabilities who require alternative means for communication or program information or reasonable accommodations need to contact Teresa Balderrama by March 19, 2021 at Kootenai County Extension, 958 S. Lochsa St., Post Falls, ID 83854, 208-292-2525, teresagb@uidaho.edu

University of Idaho 4-H Shooting Sports
Registration / Permission Waiver

Signatures on back of page are required prior to participation in the Activity.

Name:	(First)	(Last)	(Age)	(Gender)
Address:	(Street)	(City)	(State)	(Zip)
Phone:	(Home)	(Cell)	Email:	
Primary Emergency Contact:	(Name)		(Relationship)	
Phone:	(Work)	(Home)	(Cell)	
Back-up Emergency Contact:	(Name)		(Relationship)	
Phone:	(Work)	(Home)	(Cell)	
Medical Insurance:	(Company)		(Policy #)	
<p>PLEASE NOTE: Hospitals require proof of coverage before providing treatment unless a life threatening situation exists. It is suggested that participants bring a copy of their insurance card. Participants are covered by an American Income Life accident / illness policy while participating in activities sponsored by our Activity. In the event of injury or illness arising from participation in the Activity, American Income Life must be notified within 20 days of the date of the illness or injury. The Activity staff will have information on filing claims. Insurance provided through American Income Life provides only limited protection for injuries or illnesses that occur while participants are participating in the Activity, and the participant's family is responsible for all medical expenses not covered by Activity insurance.</p>				

**Acknowledgement of Risk and Waiver of Liability
Parent/Guardian Permission**

Both participants and parent(s) / guardians must read this Acknowledgement of Risk and Waiver of Liability carefully and in its entirety. It is a binding legal document. Please read both sides of this page. Sign and return this form to 4H Activity Advisors. If you are under the age of 18, this form must be signed by you as the participant AND by your parent or legal guardian.

I, the undersigned participant or parent/guardian, am aware that participation in 4H Shooting Sports ("Activity") may include activities that are risky and dangerous. Both participant and his/her parent(s) / guardian(s) ("I") acknowledge and accept the risks and give permission for my participation in the Activity. I acknowledge that participation in this Activity has the following non-exhaustive list of particular activities that **bear risk and danger and from which severe bodily injury to myself, or my child, including without limitation blindness, paralysis and death** from gunshots, may occur: shooting sport activities, including but not limited to use and/or operation, by myself or others with varying skill levels, of rifles, pistols, air guns, ammunition, and reloading equipment and supplies; physical activities, while on campus or off, that may involve strenuous exertion that could place stress on cardiovascular and/or musculo-skeletal systems including but not limited to assuming shooting positions and postures, lifting, and bending; exposure to inclement weather including, but not limited to rain, sun, wind, snow, ice, and extremes of heat or cold; activities supplemental to the Activity, such as walking or hiking to and from sites of interest; field trips; contact with dangerous animals, poisonous plants, insects and environmental or biological hazards; risks related to transit to or from the Activity locations including but not limited to travel by bus, van, private or rented auto; use of facilities, roads, sidewalks, parking lots, and trails that may or may not be properly maintained; exposure to contaminated food and untreated water; risk related to the rendering or receipt of emergency first aid, or other emergency treatment, and transport in medical emergencies; and other unknown and unanticipated activities and risks.

In consideration of the University of Idaho ("UI") permitting me/my dependent to participate in the Activity, **I and my dependent hereby voluntarily accept all risks associated with participation. To the extent permitted by law, I agree to indemnify, defend, save, hold harmless, discharge and release the State of Idaho, the Regents of the University of Idaho, their agents and employees from any and all liability, claims, causes of action or demands of any kind and nature whatsoever that may arise out of or in connection with my participation in any activities related to the above-named Activity.**

<i>This form continues on the back of this page.</i>	INITIAL PAGE 1 HERE:
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It is my express intent that this Acknowledgement of Risk and Waiver of Liability shall serve as a release, discharge and acceptance of risk for my heirs, estate, executor, administrator, assigns and all members of my family. The venue of any dispute that may arise out of my or my dependent's participation in the Activity, if the University is a party to the dispute, shall be in Latah County, Idaho.

I am aware that if I provide a vehicle not owned and operated by the University for transportation to, at, or from any Activity site, or if I am a passenger in such a vehicle, the University is not responsible for any damage or injury caused by or arising from my use of such transportation. Furthermore, I acknowledge that I am solely responsible for any action that I take that is outside the scope of the scheduled Activity, regardless if occurring before, during or after the period of the Activity. I acknowledge that the university makes no representation with respect to the safety of any personally owned vehicle in which I may travel, or with respect to the qualifications of the driver of any personally owned vehicle. I understand that if I choose to travel in a personally owned vehicle, it is my responsibility to determine the safety of the vehicle and qualifications of the driver.

I hereby certify that, with or without accommodation, I and/or my dependent is in good health and I know of no medical reason why I/he/she is not able to participate in this Activity. I hereby consent to first aid, emergency medical care and if necessary, admission to an accredited hospital when necessary for executing such care, for treatment for injuries or illness that I/he/she may sustain while participating in any activity associated with the above named Activity.

I understand that any insurance provided through this Activity provides only limited protection for injuries that occur while participating and that I am responsible for all medical expenses not covered by Activity insurance. Activity insurance is provided by an American Income Life camp accident policy.

If my dependent has a disability, food or drug allergy, dietary requirements, or any condition requiring accommodation, I will contact Disability Support Services (208) 885-6307 at least one week (7 days) prior to the start of the Activity.

Whether or not I am a student, I will abide by: the University of Idaho Student Code of Conduct, Articles II through IX at <http://www.webs.uidaho.edu/fsh/2300.html>; the behavioral expectations of the Activity; and all applicable city, state and federal laws. My failure to do so may be considered grounds for denying my/my dependent's participation in the Activity.

I agree that you may photograph or video me or my child during, and in connection with, the Activity. I agree that you shall be the exclusive owner of all images and all copyright and other rights in the images. I agree that you may use any image in any media you wish related to the University of Idaho. **If you DO NOT GIVE PERMISSION TO PRODUCE OR USE IMAGES YOU OR YOUR CHILD, CHECK HERE ().**

I () do () do not **(please check one)** authorize the University of Idaho to use my or my child's/dependent's contact information to inform me/him/her of upcoming university events and activities.

Note: If participant is under 18 years of age, a parent/legal guardian must also sign and accept responsibility for the participant's actions and terms of the above agreement.

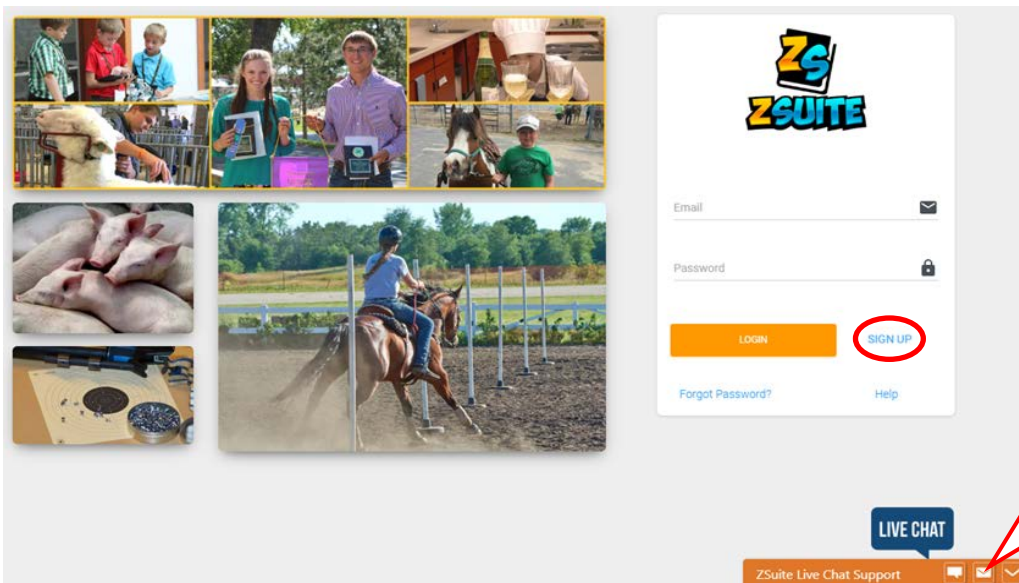
PARTICIPANT'S SIGNATURE
Participant's Name (PLEASE PRINT):
Participant's Signature: X
Date:

PARENT(S) / GUARDIAN(S) SIGNATURE
Parent/ Guardian Name (PLEASE PRINT):
Parent/ Guardian Signature: X
Date:

TIP SHEET FOR IDAHO 4-H FAMILIES

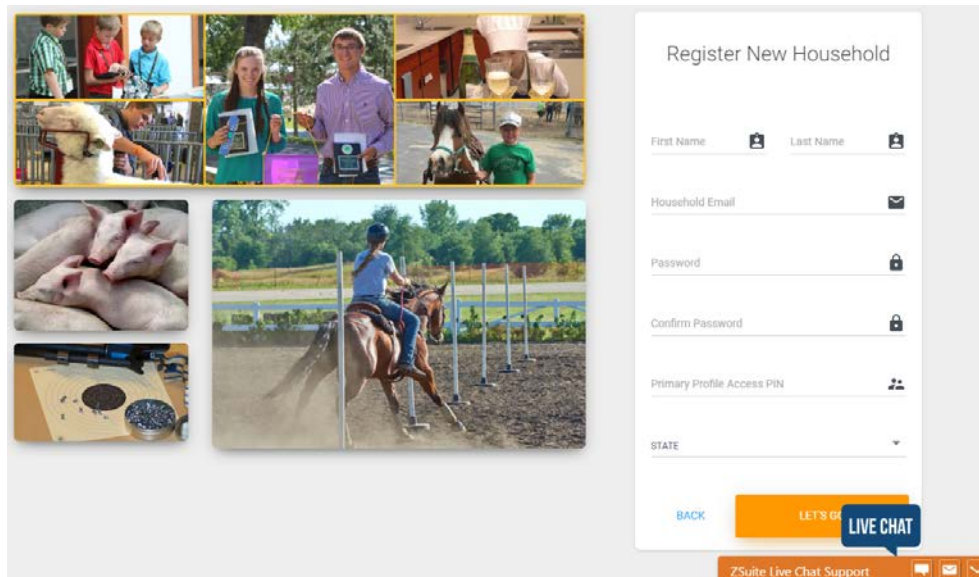
STEP 1: visit: <https://4h.zsuite.org/> *If you are a new ZSuite user: A parent or guardian must create your family account!* Follow steps 1 – 3 to do this. If you are a returning Zsuite user, please skip to **Step 4**.

STEP 2: Click the blue “Sign up” button

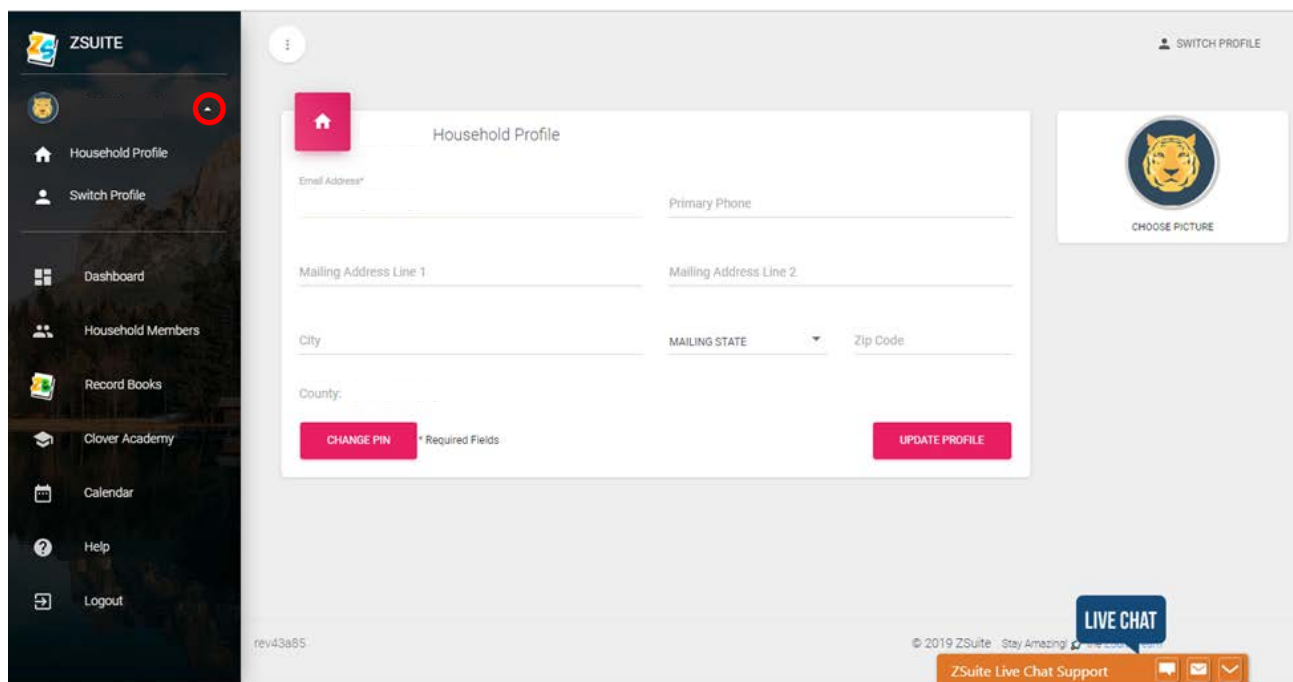


PRO TIP: Any time you have a question, click the orange “ZSuite Live Chat Support” to chat with a ZSuite Customer Service Representative!

STEP 3: Enter the requested information, click STATE, choose IDAHO. A drop box for COUNTY will pop up, choose your county. Then click the yellow “LET’S GO” button.



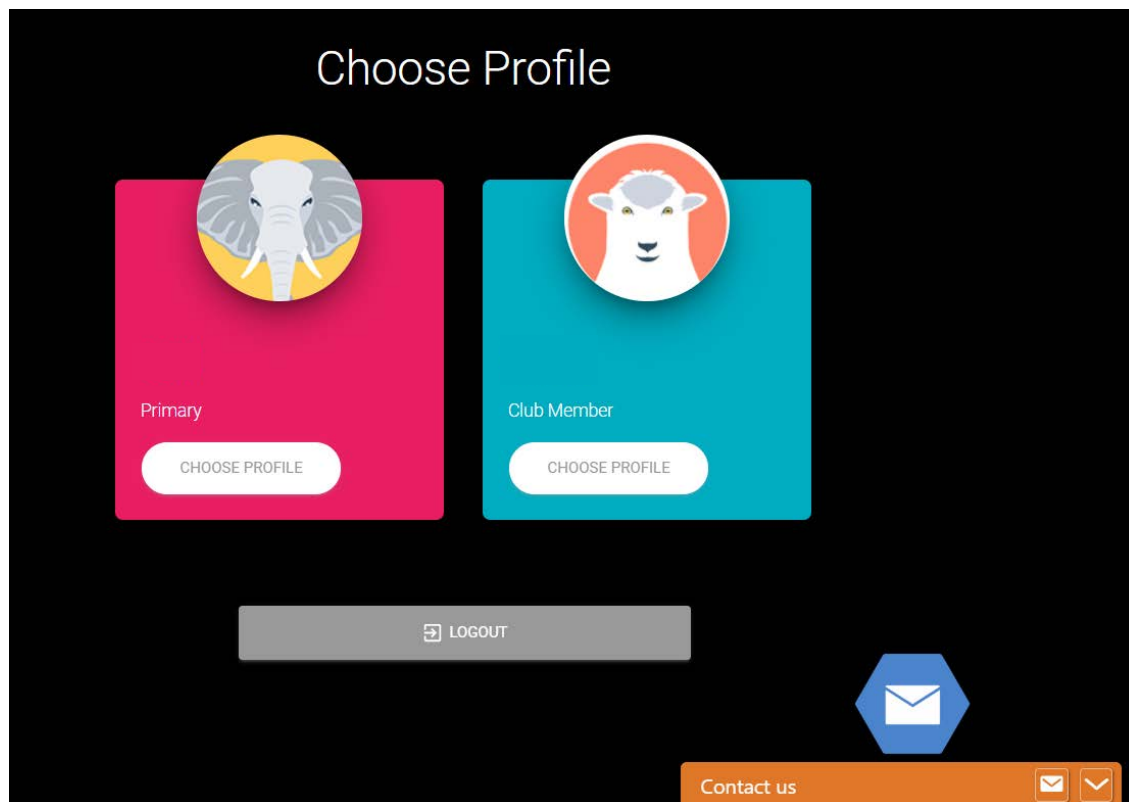
STEP 4: You are now at your family dashboard.



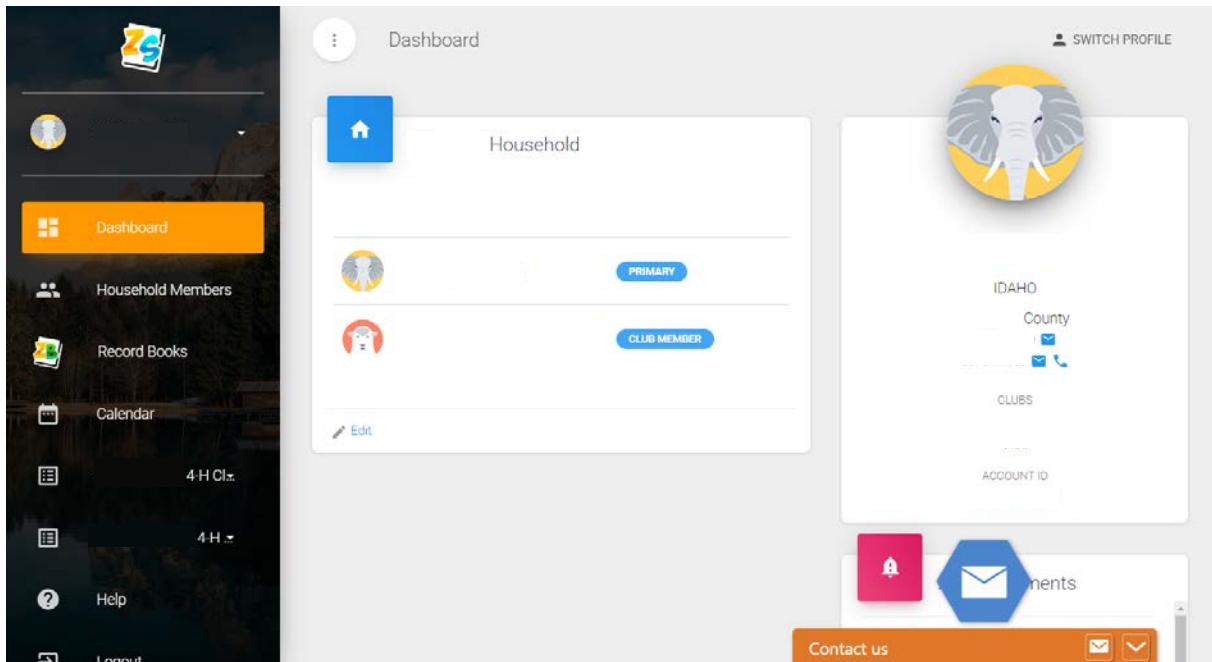
This is where you will access profiles:

- Click the drop-down arrow next to your name (circled in red in the above screenshot)
 - Household Profile: Change your contact information and profile picture
 - Switch Profile: Once you have built your family member profiles, you can switch between them in this screen.

Once you select “Switch Profile”, you will see this screen. Choose the profile you wish to access.



This is your primary household member dashboard:



On this screen you will be able to see:

- Your clubs (after you have joined them in ZSuites)
- Build your To Do List (only your family members can see this)
- Announcements from your club, county, state and ZSuite
- Shared Files from your club, county, state and ZSuite
- Upcoming Events from your club, county, state and ZSuite

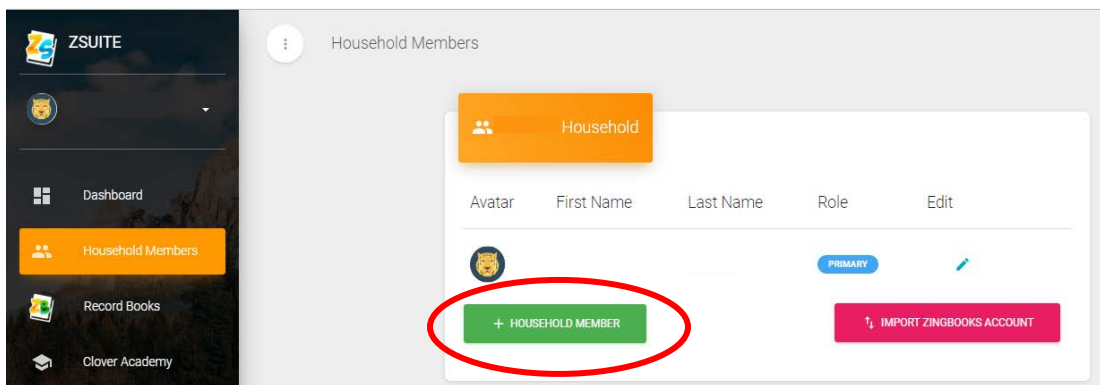
From this screen you will access all other features of your new ZSuite Account.

- Dashboard: will always take you back to your home screen
- Household Members: Where you manage your family member profiles.
- Record Books: As your child(ren) adds Record Books and Involvement Reports, you will be able to see them here.
- Clover Academy: This feature is not yet active, but as ZSuites adds training and classes to the program they will populate here.
- Calendar: As events are added to the upcoming events calendar, they will auto-populate here.
- Help: This is where you will find videos, tip sheets and other helpful information from ZSuites.
- Logout: Log all of your family profiles out of the system.

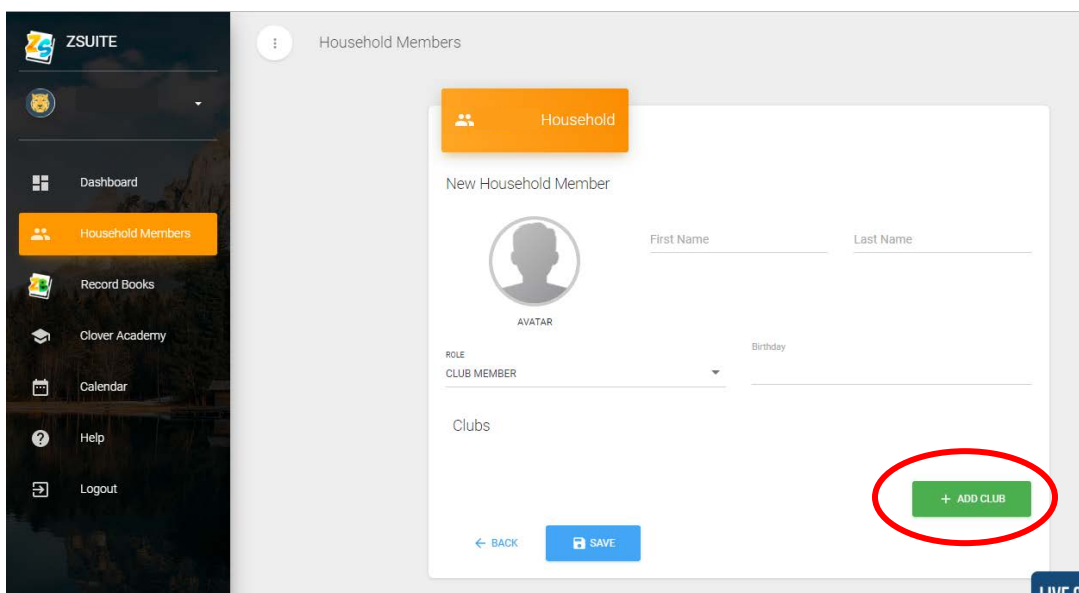
To access your child's profile from this screen. Click the drop down arrow next to your family name at the top, click "switch profile" and then select the profile you want to access.

STEP 5: Create your child(s) accounts.

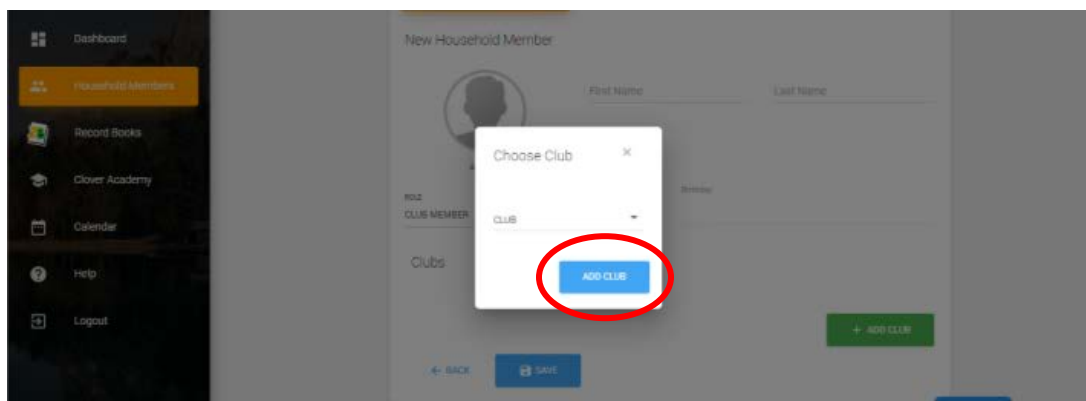
- From the Dashboard, click Household Members
 - Click the green “+ Household Member” button



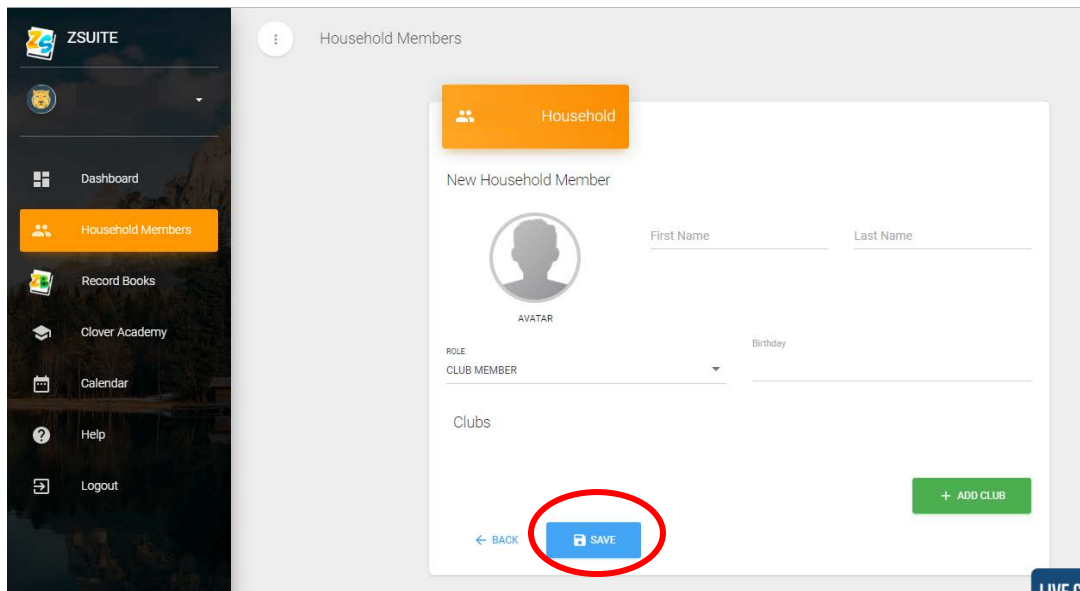
- Fill in first name, last name, mark Role as “Club Member”, add birthdate. Then click the green “+ADD CLUB” button. (after you click save, you can go back in and erase the birthdate and save again to leave that space blank)



- Choose your club from the drop-down menu, click the blue “ADD CLUB” Button

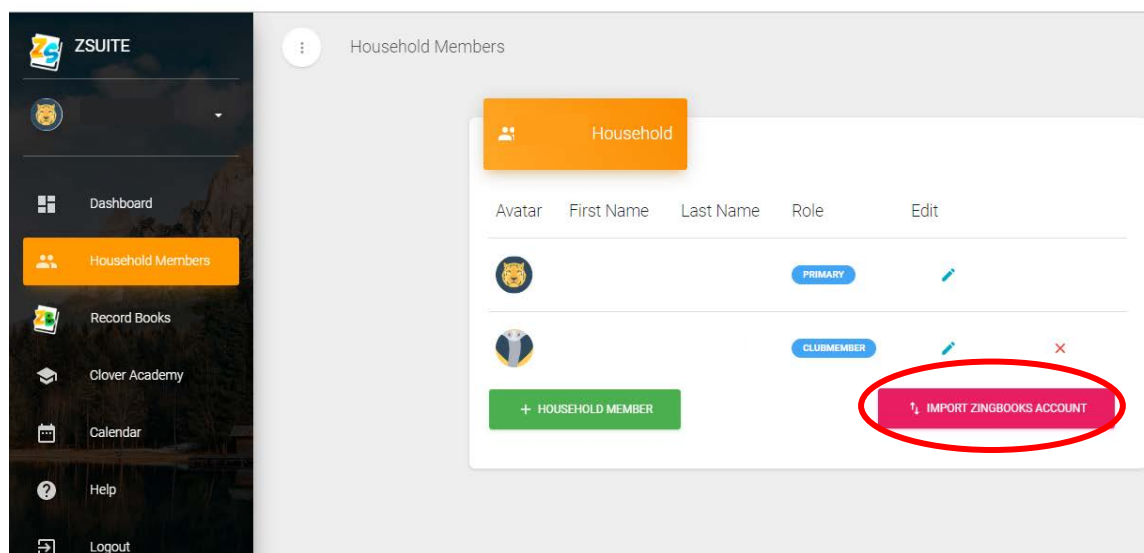


- If your child is active in multiple clubs, click the green “+ADD CLUB” button and repeat this step as many times as necessary to add all clubs to their profile.
- Once all clubs have been added to this child’s profile. Click the blue “SAVE” button on the New Household Member Screen.

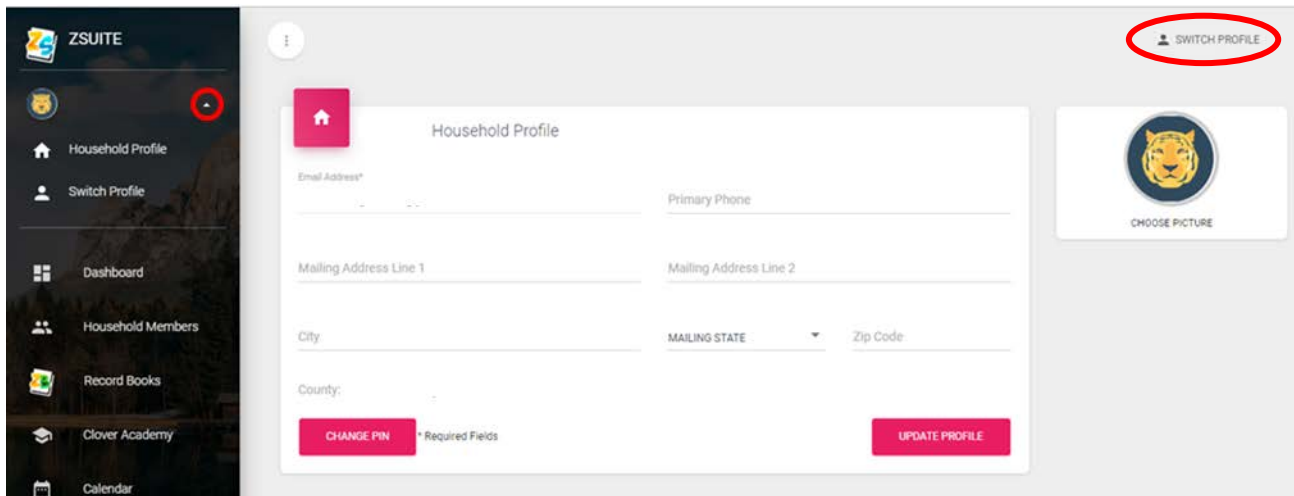


STEP 6: Repeat all of **STEP 5** until all children and adult club volunteers have been added to the Household Members Screen.

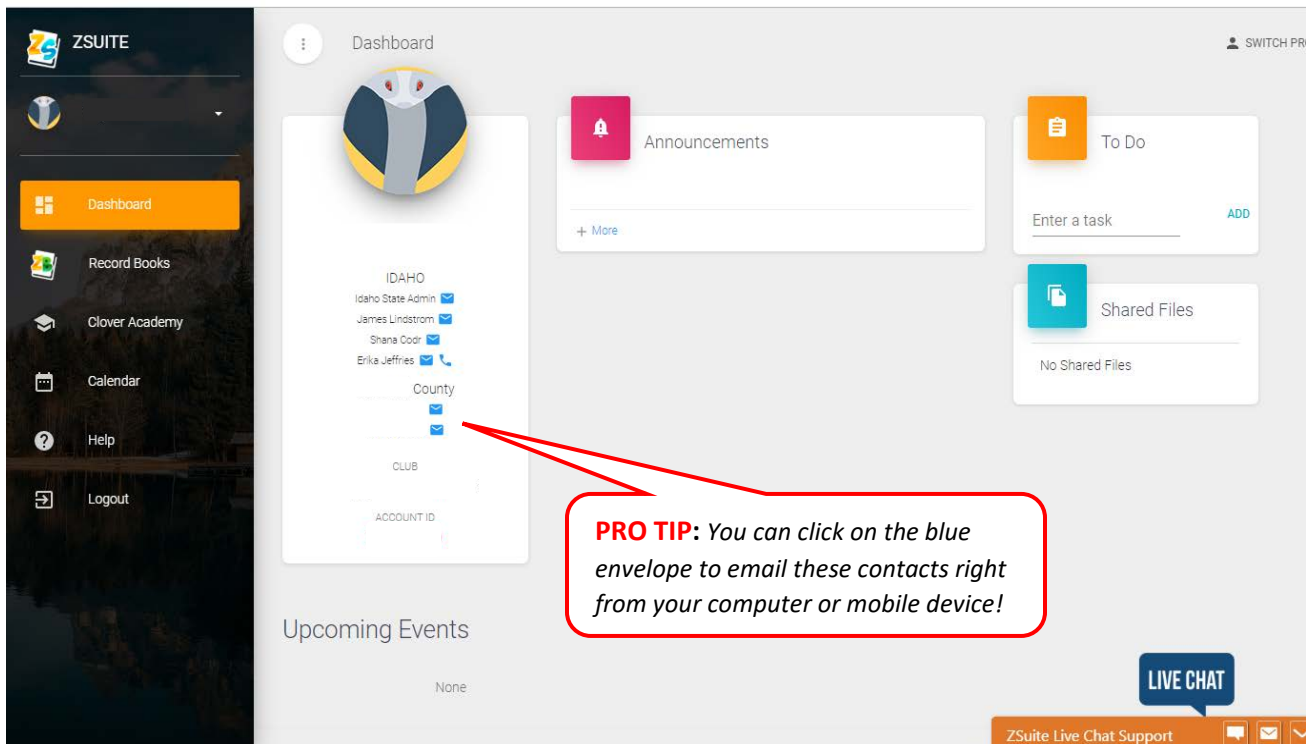
PRO TIP: If you were part of a pilot county in Idaho, you can import your 2019 records by clicking the pink “IMPORT ZINGBOOKS ACCOUNT” button here.



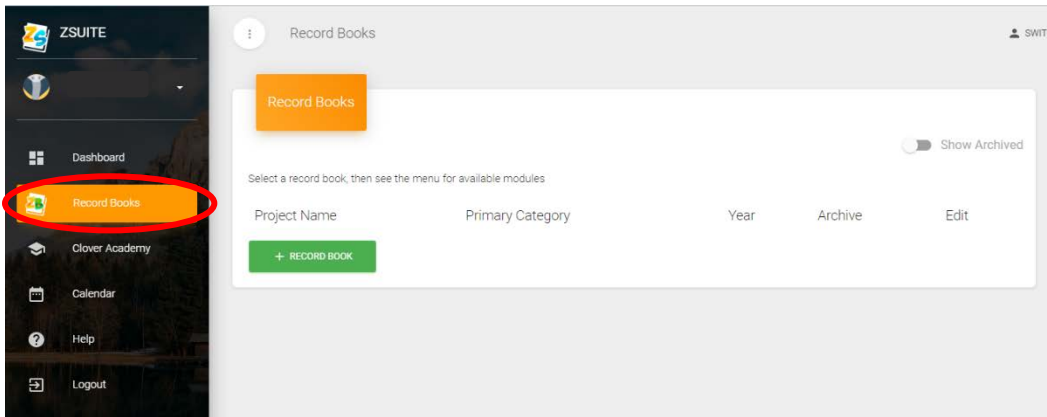
STEP 7: Switch profiles for your child to access their records. You can switch profiles by clicking the drop-down arrow next to your family name in the left side menu or click the [Switch Profile](#) link on the top right side of the screen.



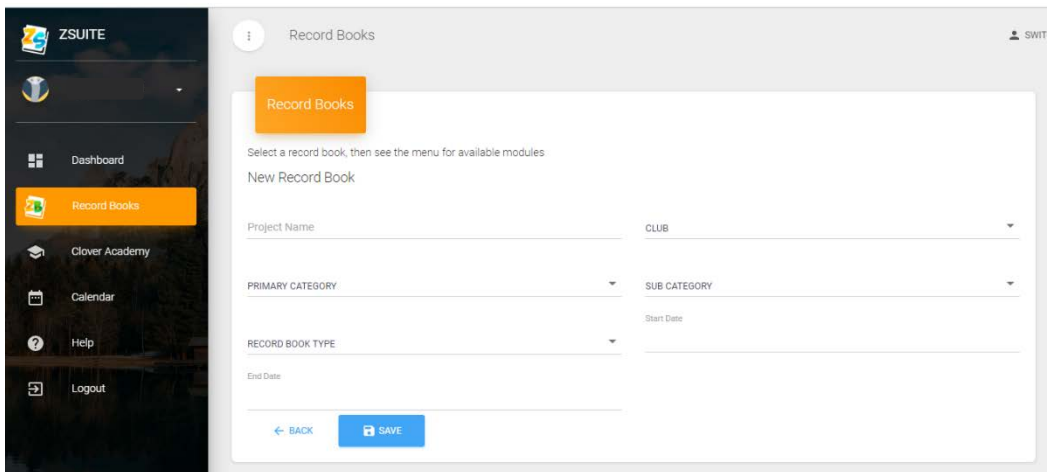
STEP 8: You are now at the [Youth Dashboard](#). Youth members can access this page to see their clubs, announcements, shared files upcoming events and build their to-do list just like on the [Family Dashboard](#).



STEP 9: Click Record Books on the left side menu.



STEP 10: Click the green “+ RECORD BOOK” button.



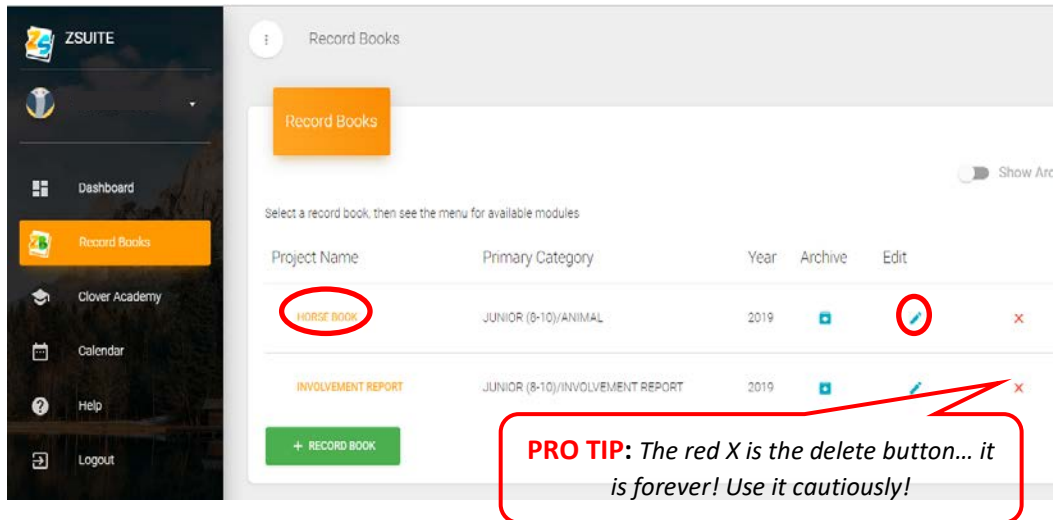
- **Project Name:** Use a name relevant to the project such as “Market Swine” or “Cake Decorating”.
- **Club:** Choose the club that you will be completing this project in.
- **Primary Category:** Select your age division, based on your age as of January 1, 2020.
- **Sub-Category:** Choose the book you need to complete for this project.
 - **Animal:** Any project that has a heartbeat uses this book.
 - **General/Non-Animal:** Any project that does not have a heartbeat.
 - **Involvement Report:** Your life-long 4-H record of activities and events.
 - **Secretary:** If you are a club secretary, use this record to keep track of your club meetings, attendance and events.
 - **Treasurer:** If you are a club treasurer, use this record to keep track of your club finances, auditing and reporting.
- **Record Book Type:** Only applies to Animal Record Books. Choose Breeding/Pet or Market Animal.
- **Start Date:** October 1 of each year.
- **End Date:** September 30 of each year.

PRO TIP: Per Idaho 4-H Requirement Handbook, every 4-H member in Idaho must maintain their *Involvement Report* for their entire 4-H experience.

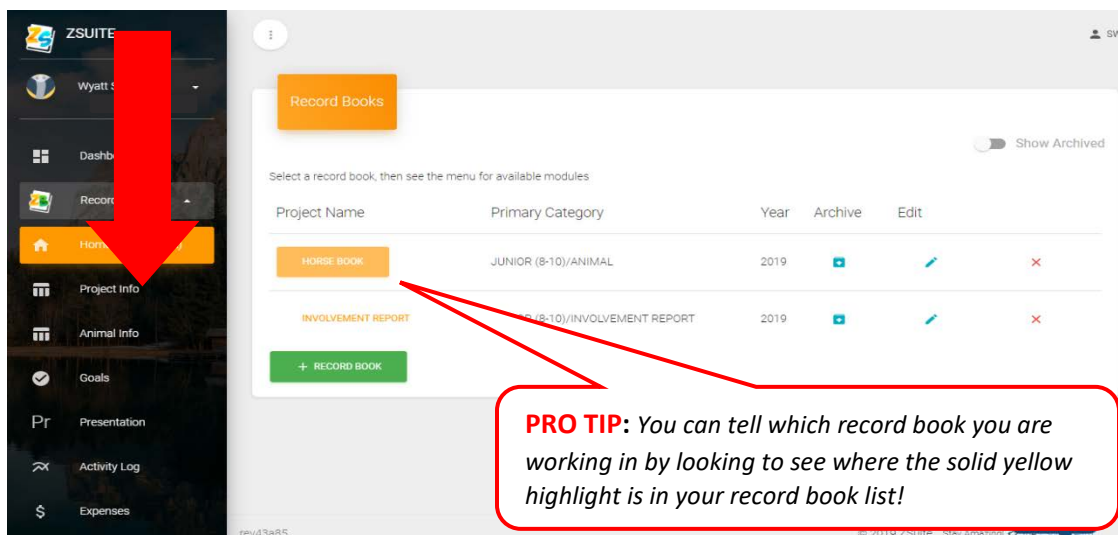
STEP 11: Click the blue “SAVE” button.

STEP 12: Repeat **STEP 10 and 11** as many times as necessary to add all record books and one (1) involvement report per child.

STEP 13: Click the yellow link under Project Name to access that record. Click the blue pencil under “Edit” if you wish to edit the name, type, or age division associated with that record.



STEP 14: You can now edit the tabs (pages) of your record book by clicking on the tabs located in the left menu.



STEP 15: Once you have completed entering all of your data. Click the “Record Book” tab at the bottom of the left-hand menu to download for printing or to submit your completed record book.

PRO TIP: Save your record book after each update by clicking “Record Book” then choose “Download” and save to your computer or device as a backup.

