



CANADA
4-H Nova Scotia

4-H Nova Scotia *Programming* *in 2021*



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Despite the challenges the COVID-19 pandemic has introduced, and the uncertainty that is to come, 4-H Nova Scotia wants to ensure that we're doing everything possible to ensure our members receive all the tools and resources possible to maintain member engagement.

The enclosed information isn't perfect, the year won't look the way we all want it to, and this document won't answer every question you have, but we hope it's a start! We encourage you to contact your Regional Program Coordinator (RPC), tell them what you need, offer ideas and suggestions, but most of all, continue to be the positive role model that you are for our members. They take cues from parents and leaders and we can show them that 4-H'ers can be positive and resourceful in challenging times.

Although some of our most beloved events won't look the same this year, we can still have some fun together and maybe we'll find a new activity that we like to do just as much! Our staff team joins you in pouring heart and soul into 4-H, and together we can make this a year to remember!

Yours in 4-H,

4-H Nova Scotia Staff

**All plans within this document are subject to change for compliance with current COVID-19 restrictions from the Province of Nova Scotia at the time of the event*

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CANADA
4-H Nova Scotia

YEAR AT A GLANCE

2021

MARCH

- Club public speaking and demonstration competitions

APRIL

- Woodsmen Competitions
- Atlantic Conference (virtual)
- County Rallies
- County Ambassador Competition

MAY/JUNE/JULY

- Club Judging Completion
- Regional Rallies
- Poster Competition
- Club Achievements Days
- 4-H Weekend
- Tug-of-War
- EastGen Atlantic Showcase
- County Exhibitions

AUGUST

- Club Achievements Days
- County Exhibitions
- Tug-of-War
- County Project Competitions

SEPTEMBER

- 4-H NS Theme Contest
- Tug-of-War
- Young Speakers for Agriculture
- County Exhibitions

OCTOBER

- End of Year Celebration
- Leader and Volunteer Registration and Screening
- Member Registration Opens
- Club General Meetings Start
- County Council Meetings Start

NOVEMBER

- National 4-H Month
- 4-H NS AGM
- Sr. National Award Applications
- Kevin Grant Tour Applications (intermediate)
- National Leader Awards Applications

DECEMBER

- Member & Leader Registration Due
- Project Meetings Start



NEW Opportunities to Engage Members

Our members have quickly adapted to the virtual learning environment and it's exciting to embrace the opportunities this presents for participation in provincial activities.

To take advantage of all the new opportunities this opens up to us, 4-H Nova Scotia will be offering new virtual programming and community service opportunities to help us learn to do by doing. These opportunities will be open to all registered members and more details will be provided in the coming weeks.

The Lunch Crew

Gather your groceries for fun and interactive meal preparation! Members will be sent a recipe, shopping list, and equipment list prior to a Saturday morning Zoom session. The host will guide members through preparing a delicious and nutritious lunch for the whole family. Monthly sessions will explore various cultural recipes and local ingredients. Supervision required.

The STEM Alliance

Intermediate and Senior members will enjoy the opportunity to explore science and technology with monthly Zoom meetings. Experiments and presentations will explore real-life applications for Science, Technology, Engineering and Math. Knowledgeable guest speakers will fuel your imagination and build your knowledge! Supervision required.

Animal Matters

This video series will highlight skills and information for traditional 4-H livestock projects. Tune in to learn about judging, fitting, training, animal husbandry, and showmanship from experienced guest speakers.

Seedling Planting

In association with the Canadian Institute of Forestry and funeral homes across the province, we will be seeking members to help plant seedlings in memory of loved ones who passed over the last year. Stay tuned for more information and a little video tutorial showing us how to give the seedlings the best start.

#GrowStronger

Our friends at Kubota are offering seed kits to us this year as part of their #GrowStronger social media campaign aimed at boosting morale and assisting with food supply. We'll be reaching out soon to ask if you'd like some of these great kits!

Watch your inbox for emails from 4-H Nova Scotia with more information on sessions and how to register. All presentations will be recorded and available for later viewing. For members who don't have internet service, digital copies can be provided by your RPC.



General 4-H Information Bulletin

This General 4-H Information Bulletin contains information that all 4-H members need to know for project completion regardless of the project. Please use it in conjunction with the specific Project Newsletter which outlines exact project requirements and rules.

Project Completion

- All 4-H members must complete a project to complete their 4-H year.
- Completion of your project qualifies you to move on to any further county, provincial, or national 4-H competition relating to that project in the current 4-H year.
- Achievement Day allows members to display their project work to the public and have their project work evaluated, non-competitively.

Project completion at Achievement Day is based on the following system:

Green	Silver	Gold
<p>A Green project completion sticker is given to a member who has completed:</p> <ul style="list-style-type: none"> • Record Sheet • Project Work <p>Plus, one of the following:</p> <ul style="list-style-type: none"> • Communications • Club Contribution • Judging 	<p>A Silver project completion sticker is given to a member who has completed:</p> <ul style="list-style-type: none"> • Record Sheet • Project Work <p>Plus, two of the following:</p> <ul style="list-style-type: none"> • Communications • Club Contribution • Judging 	<p>A Gold project completion sticker is given to a member who has completed:</p> <ul style="list-style-type: none"> • Record Sheet • Project Work <p>Plus, all three of the following:</p> <ul style="list-style-type: none"> • Communications • Club Contribution • Judging

PROJECT WORK – Project work requirements (as outlined in the specific project newsletter) are evaluated according to standards for the project, with consideration to age and level of experience. A 1st, 2nd, or 3rd place ribbon will be given based on that evaluation. At Achievement Day, project work will receive a written or verbal evaluation.

RECORD SHEET – Each member must complete a satisfactory record sheet. Record sheets may be handwritten or typed. For more useful information, refer to Record Sheet Guidelines. Record Sheets are evaluated at Achievement Day along with Project Work.

COMMUNICATIONS – Members who participate in speaking and/or demonstrations will receive recognition on their Achievement Day Certificate. Each club has its own standards for communications, so members should confirm with their club's general leader. Suggestions for club communications are available by contacting your Regional Program Coordinator.



CLUB CONTRIBUTION - The club contribution is an assessment of a member's attendance at meetings and events, attitude, effort, cooperation, and self-expression. Each club has its own standards for club contribution. Evaluation of this Achievement Day component is done by the Club General Leader and / or Project Leader(s). The standard for club contribution should be communicated clearly to all members by club leaders at the beginning of the 4-H year.

JUDGING - Members are asked to compare four (4) articles or livestock, evaluate them to place the class from first (closest to the ideal) to fourth (furthest from the ideal), and then give oral reasons on the class to an official judge. Regional Program Coordinators are available to assist with judging completion at club level using sample judging classes and photos.

General

Junior Members: 9 - 13 years of age as of January 1, as of the current year.

Senior Members: 14 - 21 years of age as of January 1, as of the current year.

Club: 4-H members may register in the club and county of their choice, but must only be registered in one club, in the province. Members may register in one club and access projects in a neighboring club if that club is willing to assist with leadership of a certain project.

Achievement Day: Regional Program Coordinators will work with clubs and/or independent members to facilitate achievement day evaluation.

Livestock: To complete, each member must have their own (not shared) project animal (exception is the "Basics" projects). The animal that a member shows, and completes with, at their Achievement Day cannot be changed or substituted following Achievement Day.

School projects: School projects are not permitted to be used as 4-H projects.

Resources: Each project member should ensure they have a project newsletter, record sheet and this general information sheet for each project they are enrolled in. Leader guides are available to project leaders by contacting the Regional Program Coordinator. Clubs are reminded that the Regional Program Coordinator can provide additional resources on topics such as judging, meeting management, recreation.

Additional Opportunities for Members

For more information about any "non-project specific" opportunities listed, please contact your Regional Program Coordinator

4-H POSTER CONTEST – Create a hand-drawn or computer-generated poster focused around the annual 4-H Theme. <https://4hnovascotia.ca/projects-4h/poster-competition/>

4-H THEME CONTEST – Put on your thinking cap and be the one to come up with next year's 4-H theme! Submissions are due to the Provincial 4-H Office by September 1st.



WOOL & RECYCLING COMPETITION - Open to all 4-H members. These articles must be made from 100% wool or a minimum of 75% recycled materials and members must exhibit a Competition Report Sheet with their entry. <https://4hnovascotia.ca/projects-4h/wool-competition/>

GIANT VEGETABLE COMPETITION - Each year a new vegetable is selected for the Giant Vegetable competition, and **2021 is LONGEST CARROT. No specific variety, and measured from the top to bottom not including stem or hair root.** <https://4hnovascotia.ca/projects-4h/giant-vegetable/>

RECORD KEEPING COMPETITION - An entry will be one record sheet for a project completed in the current year by that member, with a detailed analysis. Entries must include a one-four page analysis of the work and costs of the project for the given year in order to be eligible. Entries should be displayed in a binder or folder. <https://4hnovascotia.ca/projects-4h/record-keeping/>

AWARDS, VIRTUAL OPPORTUNITIES, AND SCHOLARSHIPS - 4-H Nova Scotia covers the registration fee for select 4-H Canada National and International virtual opportunities for members. Also, there are several scholarships available to 4-H members in Nova Scotia.

JUNIOR LEADER PROJECT - This project is designed to build leadership skills by providing members with the opportunity to lead any aspects of their club which interests them (e.g., projects, recreation, communication, etc.). <https://4hnovascotia.ca/projects-4h/junior-leader/>

GRADE 10 PERSONAL DEVELOPMENT CREDIT- Members must achieve GOLD completion and document at least 110 hours of 4-H leadership and skill development work to qualify. <https://4hnovascotia.ca/projects-4h/grade-10-credit/>

EXPLORING 4-H - Traditionally, exploring 4-H has been used by new and junior 4-H members to learn about the 4-H program by participating in various project meetings. In 2021, 4-H Nova Scotia encourages all members of clubs pursuing group activities over traditional project meetings to use the Exploring 4-H Newsletter and Record Sheet for Achievement Day Completion requirements. <https://4hnovascotia.ca/projects-4h/exploring-4h/>

SELF-DIRECTED PROJECT WORK - Members may pursue project work without the direct guidance of a project leader. Project completion requirements are consistent with recognized project newsletters.

NON-RECOGNIZED PROJECT WORK - Although 4-H Nova Scotia offers a variety of recognized projects, members may develop a project all their own! Plan, carry out, and develop evaluation criteria to fit your special interest. <https://4hnovascotia.ca/projects-4h/non-recognized/>

PLEASE NOTE: PARENTS/GUARDIANS ARE RESPONSIBLE FOR SUPERVISING THEIR MEMBER(S) WHILE ENGAGING IN PROJECT WORK OUTSIDE OF DESIGNATED 4-H MEETINGS AND EVENTS. INDEPENDENT PROJECT WORK IS NOT COVERED BY 4-H INSURANCE



4-H Sportsmanship – Be A Good Sport!

In 4-H, sportsmanship plays a key role in living by the motto of 'Learn to Do by Doing'. Please take the opportunity to consider good sportsmanship when attending 4-H events. Here are some key factors to good sportsmanship:

GOOD CONDUCT- Demonstrate and maintain high standards of personal behaviour and conduct. You are representing your family, your club, your community and the 4-H program.

FAIRNESS - Learn and follow the rules. Be objective and honest. No matter what the results, try your best by using your true skills without cheating. Treat others fairly.

HONESTY - Be a reliable person, do not lie or deceive. Be straightforward in everything you say and do. Understand your abilities and skills, accept the fact that you cannot do everything perfectly, but you still can do many things well.

COMPETITION - Competition experiences enhance positive youth development and prepare youth with competitive knowledge, skills and attitudes. Take pride in your accomplishments and in improving your skills - you are all winners, even if the ribbon color doesn't appear to reflect this.

COURTESY - Be well-mannered in your conduct. Be respectful, thoughtful, considerate, cooperative, friendly, and cheerful. When you have concerns, questions, or suggestions, be polite in expressing them. Be pleasant and nice toward other participants, spectators, program officials, judges, the media, your leaders, parents and others. Give others the benefit of the doubt. Treat people and animals kindly. Keep your emotions under control.

GRACEFUL ACCEPTANCE OF RESULTS - Accept results and suggestions with a positive attitude. The judge's decision is final. Regardless of the outcome, thank all that were involved in helping you put forth your best effort. Thank the organizers for their efforts; sponsors for their generous donations; Regional Program Coordinators for their wisdom and guidance; judges for their skilled eye and time given to the 4-H program; and anyone else who has helped you along the way.

The work in any 4-H project should always be done by the members. Hiring, or the use of professionals and/or adults to prepare projects for 4-H shows, is not acceptable. Using these people as resources instead, provides 4-H members with the information and skills to do the job on their own.

4-H Canada has a Code of Conduct in effect for all members and leaders. It is to be followed always, throughout the year.



What If My Club Isn't Registered This Year?

Some clubs and counties have decided not to run in the 2020-2021 4-H Nova Scotia year, and we miss you already! It's never too late to change your mind, but here are some guidelines to follow until you're ready to return.

- General Leaders, please return all documents containing personal information to your Regional Program Coordinator (RPC) for safe-keeping.
- The use of e-mails for members and leaders should discontinue (remember what we learned in our leader training) until it is time to be contacted for registration for the 2021-2022 4-H year.
- The use of club Facebook groups and other 4-H-labelled social media should be shut down until members, leaders, and general leaders have registered for the 2021-2022 year. This includes hosting unofficial events and challenges virtually, using the club's 4-H Facebook Group or contacting unregistered members to participate in challenges, photos, or virtual events while the club is not registered for the 2020-2021 4-H year.
- General Leaders and Leaders who have not completed the screening/training process should work with their RPC to ensure their training is complete before the 2021-2022 year starts. This includes submitting a Criminal Record/Vulnerable Sector Check, a Child Abuse Registry Check, Reference Check, an interview, and completing Commit to Kids and Youth Safety Training. Please work with other leaders in your club/county and your RPC to set up Youth Safety Training dates and times. Training sessions may be held in person, provided all COVID-19 guidelines are followed. Any member who would like to register for the 2020-2021 year but are without an active club/county can contact their RPC to discuss how they can proceed.
- Leaders interested in helping develop provincial resources, please contact your RPC.
- All questions or concerns regarding the 2020-2021 4-H year, should be directed to your RPC.



Self-Directed Project Work Tips

Self-directed project work is completing a recognized or non-recognized project independently. You can complete a self-directed project if you do not have a leader in your club offering a specific project, or if your club is not operating this year. To complete the project, you must register with 4-H Nova Scotia as a member and sign up for a recognized project.

- Self-directed projects are different than non-recognized projects, which are projects that are not recognized within 4-H Nova Scotia.
- Members may pursue project work without the direct guidance of a project leader.
- Project completion requirements are consistent with recognized project newsletters which can be found on the 4-H NS website or from your Regional Program Coordinator.
- Members should ensure they have an adult/parent/guardian who can help with project completion when there is no project leader available for chosen project. Given these circumstances, by signing up to complete a self-determined project, you can complete your projects on your own.
- You are still a part of the 4-H Family! We encourage you to engage with the 4-H Nova Scotia website and resources that are available. If at anytime you have questions, please don't hesitate to reach out to your Regional Program Coordinator.

Project Work

- Project work would follow and comply within the recognized project work requirements. Please see the project newsletters on the 4-H Nova Scotia website (4hnovascotia.ca) or contact your Regional Program Coordinator.

Record Sheet

- To follow and comply with the recognized project work sheet, please see the project record sheet on the 4-H Nova Scotia website (4hnovascotia.ca).

Insurance

- Parents are responsible for supervising all self-directed project work. When members are working on a project at home, at a farm, or in a workshop outside of a scheduled project meeting, parents must ensure there is adequate supervision. These activities are not covered by 4-H Nova Scotia insurance.



Livestock Basics in 2021

What can we do if we have members in our club that would like to participate in livestock projects, but they do not have access to an animal to utilize as a project?

Livestock Basics Project

This is an option for members to still learn and participate in a livestock project without owning/having access to an animal.

Whether the member is an experienced livestock member or new to the project, this project has a lot to offer. Livestock Basics is an opportunity for members to learn, explore and use innovative ideas to customize their project work. By removing the barrier of not having access to livestock, Livestock Basics makes exploring livestock species accessible to all members.

In this project, members must:

- select a species of livestock they would like to learn about.
- create and display three (3) projects by Achievement Day.
- These projects can include reports, research projects, posters, displays and specialty items.

If members have any questions or require help with ideas, they can ask a livestock leader or a Regional Program Coordinator.

Livestock Basics Project Showmanship

Showmanship will not be required from members. The Livestock Basics Project is for members who do not have access to animals to learn about their chosen livestock species.

Livestock Basics Project Judging

Members in this project will complete judging as they will learn about conformation, animal health, and conditioning within the project. If the livestock they chose for their project is not available at the time of judging, appropriate arrangements of a substitution can be discussed with a Regional Program Coordinator.

Livestock Basics Project Work

On Achievement Day, Livestock Basics members will be required to display three projects. Three projects are then eligible to move onto the next level of competition under the Livestock Basics class.



Scholarship Opportunities

4-H Nova Scotia Entrance Scholarships

4-H Nova Scotia is pleased to offer two entrance scholarships of \$1,000 each to current 4-H members, in good standing, who are enrolled in an accredited post-secondary institution. The scholarships will be awarded annually at 4-H Weekend. The money awarded will be transferred to the institution once proof of registration has been provided to the 4-H Nova Scotia office.

The application deadline is May 15, 2021. Members applying for this scholarship will find more details and application forms on our website 4hnovascotia.ca.

George MacNeil Scholarships

Cape Breton County 4-H Leaders' Council established the George MacNeil 4-H Scholarships, in memory of George MacNeil. There are several scholarships available and members are encouraged to visit our website to determine what opportunities they are suited to. The application deadline is April 1, 2021. Members applying for this scholarship will find more details and application forms on our website 4hnovascotia.ca.

Nova Scotia Department of Agriculture Scholarship

To recognize youth development, the Nova Scotia Department of Agriculture offers up to four \$1,000 scholarships to students enrolling in their first-year program in agriculture, veterinary science, or disciplines related to an agriculture related career.

More details will be available from the department in the coming weeks.

National Awards

It is an honour to win a 4-H National Award. Only the top members from the province are chosen to represent Nova Scotia at these prestigious travel awards. Registration fees for the members selected for these travel awards are paid by 4-H Nova Scotia. Members interested in applying for these awards will find more information on our website 4hnovascotia.ca



Communications Requirements

Public speaking competitions are an opportunity for members to gain the valuable skill of public speaking. In 2021, 4-H Nova Scotia believes this is an important component of our program to maintain, although it may not look the same as in the past.

Club Level

At this time, clubs have varying ability to meet in person to hold a traditional club rally. As a result, clubs can decide if they wish to pursue a competitive communications rally or provide an opportunity for completion only.

Clubs who wish to complete members communication requirements may choose to:

- Have a few members speak at each general meeting, which may be held in-person or virtually.
- Allow members to submit a recorded presentation to the General Leader.
- Discuss other creative ideas and options with your Regional Program Coordinator.

Clubs who wish to hold a competitive communications rally can do so in-person or virtually, depending on current COVID-19 restrictions. This may include speeches, demonstrations, and ambassador competitions.

In Person Guidelines

- Must meet current COVID-19 gathering protocols set by the province of Nova Scotia.
- Must submit a 4-H Nova Scotia COVID-19 meeting form.
- Must follow 4-H Nova Scotia COVID-19 Protocols including COVID-19 waivers (all members, parents, guests, and judges), sign-in declaration, social distancing, and attendees must wear masks.
- Demonstrations may include food, but no samples will be provided.
- No food can be shared at the event.
- 4-H Nova Scotia suggests family members be grouped together on the schedule and stagger time slots to meet gathering limits.

Virtual Guidelines

- All participants must have completed the virtual communications agreement (included on registration form).
- Members can join from their home at their scheduled time to present their speech or demonstration to judges.
- Evaluation will be on live presentations, not pre-recorded videos.

In the event a club chooses to pursue a virtual option and a member does not have a device or Internet availability at home, please contact your Regional Program Coordinator for assistance.



4-H Nova Scotia Members who are not part of an active 4-H club this year may participate in a virtual rally coordinated by 4-H Nova Scotia staff members. Contact your Regional Program Coordinator for information.

County Level

County Rallies may be held in person or virtually following the above guidelines for competitive competitions. County Rallies will be organized by County Councils with the support of the Regional Program Coordinator.

Regional Level

Regional Rallies will be held in person in order to provide members experience in presenting in the same format which will be used for Provincial Competition (4-H Weekend). Regional Rallies will be organized by Regional Committees supported by the Regional Program Coordinator.

Provincial Level

Provincial Communications Competitions will be held on June 5, 2021.

- In-person at regional locations.
- Organized by Regional Program Coordinators.
- Includes speeches, demonstrations, and ambassador competitions.
- Regional Program Coordinators will develop a schedule to meet provincial gathering limit guidelines, and arrange regional locations.
- 4-H Nova Scotia will provide high-quality video and sound recording to be streamed live to the judging panel and public audience.
- All presentations will also be recorded. Winners will be highlighted as part of the 4-H Night in Nova Scotia Virtual Event.

Further resources can be found on 4hnovascotia.ca or by contacting your RPC!



What About 4-H Weekend?

4-H Weekend will be coming to you this year from the comfort of your own regions!

Due to the current COVID-19 restrictions, we have decided to host our provincial competition in five regions across the province. We won't be able to gather on campus for a full weekend of dancing, frisbee, public speaking, cafeteria food, and woodsmen competitions but we can still showcase our talents, compete for scholarships, and participate in some brand-new challenges we'll be announcing soon!

This year, 4-H Weekend will be hosted in-person in each region on June 5, 2021. Provincial-level competitors will travel to a designated location in their region to present their speech to a live virtual audience of family, friends, and judges! That's right, we will be broadcasting the competition across the province just to make things a little more exciting - and to allow grandma and grandpa, cousins, friends, and family to watch as well!

Clubs and Counties can determine how members compete at those levels (virtual or in-person, but not recorded) in order to advance to the provincial competition, but all provincial competitors will be required to compete in the same way.

We know what you're probably thinking, what about woodsmen? Don't worry, we'll have something special lined up for all our woodsmen enthusiasts.

It wouldn't be 4-H Weekend without 4-H Night in Nova Scotia! We're planning a virtual event on June 6, 2021 this year to announce our public speaking winners, new ambassadors, scholarship winners, poster contest winners, and more!

Wondering what you can do to participate? Talk to your General Leader about your club's public speaking rally, select your speech or demonstration topic, and start practicing! 4-H Nova Scotia will release a full schedule of this provincial event closer to the date.

Event Details

Date: June 5 and 6, 2021

Competitions

- Public Speaking
- Demonstrations
- Ambassador
- Poster
- and more!

4-H Night in Nova Scotia

- Competition winners announced
- Scholarship/Award winners announced
- and more!

Woodsmen

- Something special to be announced!

Awards

- Scholarships
- Friends of 4-H



Woodsmen Guidelines 2021

We are happy to announce that even though there will be no competitive Woodsmen competition this year at a provincial level, there is still an opportunity for clubs and counties to host woodsmen activities. We encourage your clubs and counties to be participating and practicing Woodsmen activities while adhering to the COVID-19 guidelines.

It will be at the discretion of each club and county whether to participate in Woodsmen activities.

If you are uncomfortable with having your woodsmen team practice this year, that's okay! We want our 4-H members and leaders to feel empowered in their decisions to choose their comfort level in holding in-person events.

If you are participating, below are some guidelines and suggestions to follow to remain safe, happy, and healthy. Be up to date on the COVID-19 guidelines and please reference the 4-H NS website for up-to-date details regarding COVID-19 protocols.

- As of February 23, 2021, Nova Scotia COVID-19 guidelines allow the following in an **outdoor** setting:
 - Maximum of 150 people with social distancing
 - Cohorts/groups of 15 are allowed. You do not have to maintain a physical distance of two metres within your cohort, but masks must still be worn.
 - It is expected under Nova Scotia Health COVID-19 Guidelines that cohorts maintain a two-meter distance between other cohorts/group to ensure everyone's safety and comfort.
- If you are practicing in an **indoor** setting, please adhere to the current COVID-19 guidelines.
 - Cohorts of 15 are allowed inside. You can share the space with up to 50 percent of the venue's capacity, up to 100 people maximum, with social distancing and mask wearing.
- All other woodsmen safety guidelines should continue to be followed.

Practices

- Minimize the number of spectators.
- Have a sign-in sheet at each meeting for contact tracing.
- Everyone should bring their own water bottles and not share them with others.
- We ask that each woodsmen team leader ensures that proper cleaning materials and personal protective equipment are on hand and easily accessible to participants. If you require assistance acquiring proper cleaning materials, please contact your local Regional Program Coordinator.



Cleaning Tips

- Sanitize your hands at the beginning of the meeting.
- Wear work gloves at all times when possible.
- Sanitize high-touch surfaces such as saw handles, chain mail gloves, back tank, wrenches and other tools utilized for putting saws together, as well as axes and knife handles.
- We suggest using ratchet straps instead of members for weight-bearing on the saw bunks.
- Have hand sanitizer easily accessible.
- Given the time of year, watch out for those runny noses! Tissue on hand is encouraged.

Event Alternatives -Teams are encouraged to modify the events to reduce contact

- Modify double events to single person events:
 - Single water boil
 - Single pulp saw
 - Single back tank race
 - Two-person pulp toss (one person at each end)
- Members from the same family could participate in a double event

Fun Challenge Ideas

- Number of cuts completed in a set amount of time
- Fastest event times - challenge other teams to try and beat it



End-of-Year Celebration

Considering the uncertainty of COVID-19, this year 4-H Nova Scotia will be welcoming you to our virtual end-of-year celebration in lieu of our **Provincial Show**. While we can't provide you with your usual weekend jam packed with competitions and catching up with your 4-H family, we can provide an entertaining event with new competitions, awards, interactive activities, and prizes!

This year, our event will focus on the fun we were able to have throughout this year through video and photo submissions from our clubs and counties via a one-day event online! We will continue with our recycling competition, record keeping competition, giant vegetable competition, and theme contest via virtual submissions but we're also adding even more fun contests to this event to keep everyone on their toes! This year, we will add new awards, cool prizes, and a fun end-of-year bash with social distancing and at home parties-in-a-box!

Wondering what you can do to participate in this event throughout the year? Keep your camera handy! Record lots of videos, take lots of photos, and have lots of fun! Later this year, 4-H Nova Scotia will put out a call for various content and this is when you can submit your evidence that fun can be had in a COVID year! 4-H Nova Scotia will compile all received material into various components to be viewed during our event on October 2, 2021! Will we see you in the blooper reel?

Let's get this party started with our first competition of the event - Name this Event!

Similar to our theme contest, 4-H Nova Scotia will put out a call for names. You will receive this via email and through our social media channels. Submit your suggestion before the cut-off date and once we have compiled all entries, we will put them into a poll and distribute the poll via email and social media as well. The name with the highest number of votes is our winner! The creative genius who submitted the name will win a prize that will be awarded during 4-H Night in Nova Scotia (4-H Weekend - June 6, 2021).

Event Details

Date: October 2, 2021

Event Name: To be determined by contest

Competitions

- Recycling
- Giant Vegetable
- 4-H Nova Scotia 2022 Theme
- Record Keeping
- More to be announced!

Video Reel

- Member/Volunteer highlights
- Scholarship/Award winners
- Pro Show over the years
- Blooper Reel
- and more!

Awards and Virtual Activities

- Shh...it's a surprise for now!

End-of-Year Bash!

- Swag boxes
- Great music
- and more fun surprises!



Tug-of-War Guidelines

This year we are hopeful to offer Tug-of-War (TOW) pulls in a competitive manner. We encourage your teams to practice and compete, keeping COVID-19 health guidelines in mind.

It will be at the discretion of each team to decide if they are comfortable with the current situation and would like to participate. If you choose to not have a team, you will not be penalized! We want our 4-H Nova Scotia members, leaders, and families to be safe and comfortable while participating in in-person activities.

Guidelines and Suggestions

If you choose to have a TOW team, here are some guidelines and suggestions to follow to remain safe, happy, and healthy:

- Be up to date on the COVID-19 guidelines in your area – please reference the 4-H NS website for up-to-date details regarding **outside** COVID-19 protocols.
- As of February 23, 2021 – Nova Scotia COVID-19 guidelines would allow you to:
 - Host a maximum of 150 people – with social distancing.
 - Cohorts/teams of 15 are allowed – you do not have to maintain a physical distance of two meters within your cohort, but masks must still be worn.
- If you are practicing in an **indoor** setting, please adhere to the current COVID-19 guidelines.
 - Cohorts of 15 are allowed inside – you can share the space with up to 50% of the venue’s capacity, up to 100 people maximum, with social distancing and mask wearing.
- All other Tug-of-War Safety guidelines should continue to be followed.

Suggestions on Cleaning

- Sanitizing your hands at the beginning of the practice/meeting.
- Sanitizing high touch surfaces.
- Have hand sanitizer on hand.
- We ask that each TOW team leader ensures having proper cleaning materials on hand and PPE (Personal Protective Equipment). If you require assistance acquiring proper cleaning materials, please contact your local Regional Program Coordinator
- COVID-19 guidelines can be found on the 4-H Nova Scotia website at [COVID-19 Updates | 4-H Nova Scotia](#)



Team/Cohort

- Made up of 15 people maximum, keeping in mind this includes two screened leaders/volunteers.
- Cohorts should maintain a minimum of two meters (6ft) social distance between other cohorts when together.
- Cohort/team is to practice with members of their own cohort only. There can be no sharing of team members this year.

Practices

- Have a sign-in sheet at each meeting for contact tracing.
- Consist of members of your team/cohort including minimum two (2) screened leader/trained volunteers.
- Spectators allowed, abiding by the COVID-19 regulations. Spectators must socially distance from each other and the cohort/team.
- Do not share water/food.
- COVID-19 regulations must be followed, proper paperwork must be completed and submitted for approval prior to cohort/team meetings and practices.
- If your team exceeds 15 people (one cohort), teams should find an alternative solution such as splitting the team in half to make two smaller cohorts or alternating practice times to reduce the number of participants at each practice.

Competitions

- At a pull, cohort/teams must socially distance (6ft) from other cohorts at all times - even on the rope.
- When cohort/teams are not competing, they will remain at their designated spot on the grounds.
- Spectators are allowed, as long as they are abiding by the COVID-19 regulations at that time.
- Make sure to maintain two meters (6ft) social distance from other cohorts/teams at weigh-in.
- Masks must be worn at weigh-in.



Internet Solutions

How can we accommodate virtual work around poor internet service?

Use what is available in the community

If possible, go to a library or community center that has a good internet connection and have a smaller virtual meeting by sharing the screen with all the attendants in the room.

Have paper copies of the presentation and take advantage of our conference line

Print paper copies of the meeting or project and have your group call in on the conference line. If you need copies printed, please e-mail a copy to your RPC so they can assist in the printing process. The conference line can be booked through 4-H NS staff, so please contact your RPC for information and availability.



Meeting Space Challenges

What can you do if you are struggling to find meeting space in your community?

What options for meeting space are available?

Contact your Regional Program Coordinator to discuss what might work for the event you are hosting. If you were using a school that is no longer available, see if a local church or community hall is available. They may be able to host a variety of projects at the same time to make better use of the space and time used. Another option may be a library or service club buildings.

Does the meeting require a larger space that your current location cannot accommodate?

If the numbers for your meetings are larger than capacity allows, look for an alternative space or considering hosting the meeting at two different times to accommodate the location's capacity. For example, having last names A-L attend at 6:00pm and M-Z at 7:30pm with appropriate cleaning in between.

Think Outside the Box

Is it possible that your meeting or project could be hosted outside in order to allow additional people while following the COVID-19 guidelines? Having your meeting outside may allow for larger attendance. Think 'outside' the box to make it work!

Use the 4-H guidelines for COVID cleaning protocols as a tool to assure the facilities that you are respecting the guidelines

- Hand washing is considered the best practice. Have hand sanitizer accessible if hand-washing stations are unavailable.
- Use hand sanitizer upon entering and exiting events and facilities.
- When using a facility for 4-H events, please remember to leave the facility as it was found.
- All high-touch surfaces (light switches, door handles, chairs, tables, etc.) and restrooms should be cleaned with an approved cleaning agent regularly.
- TIP: Some clubs may find it useful to appoint a designated cleaning person to supervise cleaning and keep up-to-date with best practices.

Ask your RPC if you need additional information or guidelines for cleaning protocols.



The Rule of Two

What can we do to comply with the rule of two with limited leaders in our club?

Encourage parents to become screened volunteers

Once parents are screened volunteers, they are able to attend project meetings as a second supervisor to meet the rule of two requirement. The more parents who are screened, the more opportunity there is for them to take turns attending meetings when required!

Host multi-project meetings

Find a larger space such as a hall or church basement where you can have two or three project meetings at the same time. Following COVID-19 guidelines, each project group would need to remain together as one cohort, and there could be no interaction between groups or members of different groups without social distancing. Each cohort of 15 (including trained leaders) can participate without social distancing but masks must be worn at all times.

In this multi-project scenario, each project cohort could operate with one trained project leader and the club's general leader, or another available leader, would attend as a second supervisor to all groups. They would circulate through the room while maintaining social distance from all cohorts, but still be able to see and hear what is going on within each project group.

These numbers would vary depending on the adult to youth member ratio chart.

Pair up with another project leader in your club

Choose another project leader, or two, in your club to team up with to meet the rule of two ratio. For example, maybe the crafts leader and the woodworking leader are able to work out a schedule where they each hold their own individual meetings at their own homes, but they each attend one another's meetings as the second leader.

Please remember spouses cannot be each other's second leader. They are welcome to work together but a third trained leader or screened volunteer must be brought in to meet supervision ratios in this situation.

Reach Out to Local Community Groups

Reach out to local community groups to see if they would be interested in joining the program as a screened volunteer, or even better, a trained leader. For instance, many communities have a quilting group or knitting group that may have members who are willing to help and even share some expertise!

Please note Junior Leaders do not count toward the screening ratio requirements within the 4-H Nova Scotia program.



CANADA
4-H Nova Scotia

Contact Us!

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