

HEALTHY LIFESTYLES

(LIFETIME SPORTS, CYCLING & SAFETY)

See General Rules pg. 2 for additional information.

All static exhibits must receive a purple at the county fair to advance to the State Fair.

SAFETY exhibits are eligible for the PREMIER 4-H SCIENCE AWARD offered at State Fair. See pg. 5 for details.

LIFETIME SPORTS

DEPARTMENT E – DIVISION 460 – LIFETIME SPORTS ACTIVITIES

Division 460 Classes 901-909

Exhibitors may enter under each category the exhibit related to the lifetime sport project they carried.

CATEGORY A – 12" x 18" box diorama depicting some aspects of the project.

C)CLASS 901 **Bowling** – Rolling a strike ball.

C)CLASS 902 **Golf** – Golfer on the green. Show hole, flag, sand trap, etc.

C)CLASS 903 **Tennis** – Singles or doubles court diagrammed on "floor" of box and people playing a game.

CATEGORY B – 22" x 28" poster diagramming a skill or term

C)CLASS 904 **Bowling** – Show correct delivery.

C)CLASS 905 **Golf** – Diagram of an iron.

C)CLASS 906 **Tennis** – How to hit a backhand and court layout.

CATEGORY C – Scrapbook which might include newspaper clippings, magazine articles, accomplishments or experiences gained through taking the project. Photographs showing the youth demonstrating a skill, quotes or advice from famous players, etc.

C)CLASS 907 **Bowling**

C)CLASS 908 **Golf**

C)CLASS 909 **Tennis**

CYCLING

DEPARTMENT E - DIVISION 461 – BICYCLE ADVENTURES 1 – 3

Division 461 Classes 901–906

Pay Category L

C)CLASS 901 **Bicycle Project Poster** - 14" x 22"- Show what was learned in the Bicycle Project. (Examples-Plan a route, comparison shopping for a bike, etc.)

C)CLASS 902 **Bicycle Safety Poster** - 14" x 22", Pertaining to any aspect of bicycle safety.

C)CLASS 903 **Bicycle Parts Poster** - 14" x 22", Showing parts of a bicycle.

C)CLASS 904 **Bicycle Safety/Manners Poster** - Showing road safety and traffic manners.

C)CLASS 905 **Bike Restoration Report** - Exhibitors need to restore/overhaul/upgrade a bicycle to include current safety features. A report must include the following information: describing costs, repair costs, and what was done. "Before" and "after" photos should be included.

C)CLASS 906 **Bike Comparison Display** - Show your features checklist used when comparing three different bikes.

SAFETY

(SAFETY, FIRE SAFETY, ATV)

In this category 4-H'ers have the opportunity to create exhibits about safety, fire safety and all-terrain vehicle safety. In addition, participants can also create informational exhibits about basic safety strategies. Through involvement in this category, 4-H'ers will be better educated about personal safety and have the knowledge base to educate others about safety.

DEPARTMENT E - DIVISION 440 - SAFETY

Division 440 Classes 001–005

Pay Category L

- SF)CLASS 001** **First Aid Kit** - A first aid kit is a good way to organize supplies in an emergency. The kit should be assembled in a container appropriate for the kit's intended use. A description of where the kit will be stored and examples of specific emergencies for that situation should be included in the exhibit. The kit should include a written inventory and purpose statement for included items. Items should cover the following areas: airway and breathing, bleeding control, burn treatment, infectious disease protection, fracture care and miscellaneous supplies. Use Citizen Safety manual, 4-H 425, pages 6 & 7 for guidance. (SF110)
- Kits containing any of the following will be automatically disqualified:
- Prescription medications. (If the kit's purpose is to provide medication for someone with special needs, explain in the written description and inventory, but remove the medication).
 - Materials with expiration dates on or before the judging date. (This includes sterile items, non-prescription medications, ointments, salves, etc. Articles dated with month and year only are considered expired on the last day of that month).
 - Any controlled substance.
- SF)CLASS 002** **Disaster Kit (Emergency Preparedness)** – Disaster kits must contain the materials to prepare a person or family for emergency conditions caused by a natural or man-made incident. Selection of materials is left to the exhibitor. Family or group kits must have enough material or items for each person. A description of the kit's purpose, the number of people supported and a list of contents is required. Youth are encouraged to test their kit by challenging their family to try to survive using only the included materials for the designated time. If tested, share that experience in kit documentation. Please include an explanation of drinking water needs for your disaster kit. Do not bring actual water to the fair in the kit. (SF111)
- SF)CLASS 003** **Safety Scrapbook** - The scrapbook must contain 15 news articles from print and/or internet sources about various incident types. Mount each clipping on a separate page and accompanied by a description of events leading to the incident and any measures that might have prevented it. The scrapbook should be bound in a standard size hardcover binder or notebook for 8 ½" x 11" size paper. Correct sentence structure, readability and thorough explanations are an important part of judging. (SF292)
- SF)CLASS 004** **Safety Experience** - The exhibit should share a learning experience the youth had related to safety. Examples could be participating in a first aid or first responder training, a farm safety day camp, babysitting workshop or similar event; scientific experiment related to safety; or the youth's response to an emergency situation. The exhibit should include a detailed description of the experience, the youth's role, some evidence of the youth's leadership in the situation and a summary of the learning that took place. Exhibits may be presented in a poster with supplemental documentation, a notebook including up to ten pages of narrative and pictures, or a multimedia presentation on a CD lasting up to five minutes. (SF190)
- SF)CLASS 005** **Careers in Safety** - The exhibit should identify a specific career area in the safety field and include education and certification requirements for available positions, salary information, demand for the field and a summary of the youth's interest in the field. Examples of careers include firefighters, paramedics, emergency management personnel, some military assignments, law enforcement officers, emergency room medical personnel, fire investigator and more. It is recommended youth interview a professional in the field in their research. Additional research sources might include books, articles, career web sites, job-related government web sites or interviews with career placement or guidance counselors. Exhibits may be presented in a poster with supplemental documentation, a notebook including up to ten pages of narrative and pictures, or a multimedia presentation on a CD lasting up to five minutes. (SF191)

DEPARTMENT E - DIVISION 450 - FIRE SAFETY

Division 450 Class 001–003

Pay Category L

- SF)CLASS 001** **Fire Safety Poster** - This is a home floor plan drawn to scale showing primary and secondary escape routes and where fire extinguishers and smoke detectors are located. Draw every room, including all doors and windows. Use black or blue arrows showing primary escape routes from each room. Use red arrows showing secondary routes to use if the primary routes are blocked. Primary and secondary escape routes must lead outside to an assembly location. Documentation should include evidence the escape plan has been practiced at least four times. Posters must be constructed of commercial poster board at least 11" x 14" but not larger than 22" x 28". (SF269)
- SF)CLASS 002** **Fire Safety Scrapbook** - The scrapbook must contain 10 news articles from print and/or internet

sources about fires to residential or commercial properties or landscapes. Mount each clipping on a separate page accompanied by a description of events leading to the incident and any measures that might have prevented it. The Scrapbook should be bound in a standard size hardcover binder or notebook for 8 ½" X 11" size paper. Correct sentence structure, readability and thorough explanations are an important part of judging. (SF270)

SF)CLASS 003

Fire Prevention Poster - Posters should promote a fire prevention message and be appropriate to display during National Fire Prevention Week or to promote fire safety at specific times of the year (Halloween, 4th of July, etc.). Originality, clarity and artistic impression will all be judged. Do not include live fireworks, matches or other flammable/explosive/hazardous materials. Any entry containing this material will be disqualified. Posters must be constructed of commercial poster board at least 11" x 14" but not larger than 22" x 28". (SF268)

DEPARTMENT H - DIVISION 885 - ATV

Division 885 Classes 901-904

Pay Category L

C)CLASS 901

Poster ATV Anatomy - Show the anatomy (parts) of an ATV.

C)CLASS 902

Poster ATV Safety Checklist - Show the safety checklist that is done prior to riding.

C)CLASS 903

ATV Safety Poster - Six photos of yourself demonstrating safety measures necessary for ATV Safety.

C)CLASS 904

ATV Demonstration Display - Show some part or system of an ATV, worn or broken part, step by step repair procedure, steering procedure, etc. Include a brief description. Display on a board 24" high x 32" wide and 1/4" thick.