



Section 2: Information for All Participants

This section contains information that is pertinent to all youth, their parents and adult counselors. It includes the following topics:

- Daily and Weekly Schedule: Senior High
- Daily and Weekly Schedule: Junior High
- Meals at SSP
- Work Teams and Typical Repair Projects
- Individual Packing List: What To Bring and What Not To Bring
- The SSP Dress Code

Senior High Daily and Weekly Schedule

Typical Senior High Daily Schedule

7:00am	Wake up and get ready.
7:15am	Spiritual Awakening (voluntary) to get centered for the day.
7:45am	Breakfast
8:30am	Lunch crew makes sandwiches and head out to work site.
9:00am	Arrive at work site, begin service work.
Noon	Lunch and spiritual sandwiches (group discussion) at work site.
1:00pm	Resume service work.
4:00pm	Return to home base, clean and store tools, shower, free time. Free time is spent at the location where we are housed and includes sports, crafts, cards, snacks and hanging out with new people!
5:45pm	Dinner
6:30pm	Community service opportunities
7:00pm	Singing and Evening Program which consists of team building activities, mail, work-site reports and spiritual programming related to our summer theme. One evening is always devoted to learning about the local community, including tribal culture, traditions, history and future.
9:00pm	Youth prepare for bed. The adult counselors have a nightly meeting with members of the staff to share joys, concerns, and information about the plans for the next day.
9:30pm	Evening worship
9:45pm	Story Time
10:00pm	Lights out; activity ends; sleep. We typically sleep in a school gym with boys and girls on separate sides. The work we do is hard labor and everyone needs to get a good night's sleep.

Typical Senior High Weekly Schedule

Sunday:	Arrive 2-4p.m.; orientation; staff/counselor meeting; assign work teams
Monday:	Safety presentation; service at work site; evening program
Tuesday:	Service at work site all day; cross-cultural evening program
Wednesday:	Service at work site in morning; BBQ & recreation in the afternoon; evening program
Thursday:	Service at work site all day; evening program
Friday:	Service at work site; evening "candling" program
Saturday:	Evaluation completion and depart after breakfast and cleaning of site
Wednesdays in South Los Angeles are usually spent visiting community organizations and end with an afternoon at the beach.	

Junior High Daily and Weekly Schedule

Typical Junior High Daily Schedule

7:00am	Wake up and get ready.
7:30am	Energizers & Morning Program which includes reflections by the staff, energizing singing and group building activities.
8:00am	Breakfast
8:30am	Lunch crew makes sandwiches and head out to work site.
9:30am	Arrive at work site, begin service work.
Noon	Lunch and spiritual sandwiches (group discussions) at work site.
1:00pm	Resume service work
3:00pm	Return to home base, clean and store tools, shower, free time. Free time is spent at the location where we are housed and includes sports, crafts, cards, snacks and hanging out with new people!
5:15pm	Dinner
6:00pm	Community service opportunities
6:30pm	Singing and Evening Program which consists of team building activities, mail, work-site reports and spiritual programming related to our summer theme. One evening is always devoted to learning about the local community, including tribal culture, traditions, history and future.
8:00pm	Youth prepare for bed. The adult counselors have a nightly meeting with members of the staff to share joys, concerns, and information about the plans for the next day.
9:00pm	Evening worship
9:15pm	Story Time
9:30pm	Lights out; activity ends; we typically sleep in a school gym with boys and girls on separate sides. The work we do is hard labor and everyone needs to get a good night's sleep.

Typical Junior High Weekly Schedule

Sunday:	Arrive 2-4p.m.; orientation; staff/counselor meeting; assign work teams
Monday:	Safety presentation; service at work site; evening program
Tuesday:	Service at work site all day; cross-cultural evening program
Wednesday:	Service at work site in morning; Special event and BBQ in the afternoon; evening program
Thursday:	Service at work site; evening program
Friday:	Evaluation completion and depart after breakfast

Meals at SSP

SSP makes a real effort to provide balanced, nutritious and appealing meals throughout the week. When cooking for 60 or so people in a small kitchen and on a tight budget, this is sometimes hard to do. It is essential that you notify your group liaison and the SSP office so that we can do our best to accommodate special dietary needs. Your group liaison will communicate dietary needs with the site director the week prior to your arrival. It is hard for the SSP chefs to accommodate special dietary needs on short notice.

During your week at SSP, you will be strongly encouraged to avoid junk food and to celebrate the opportunity to eat simple and healthy food.

SSP chefs will provide good food in ample quantities for both breakfast and dinner and will be happy to make more if people are still hungry. Traditional SSP lunches consist of peanut butter and jelly sandwiches, augmented with fresh fruit where it is available and some salty snacks to help replace sodium lost through sweating. Lunch time may be a good time to reflect on how blessed we are to be eating a meal with friends. An alternative will be available for people with peanut allergies.

Each afternoon during free time, the SSP staff provides a healthy snack for all counselors and youth. This consists of things like fresh fruit, tortilla chips and salsa, crackers, trail mix, carrots with ranch dressing, and others.

Leaders are asked not to make stops to purchase snacks at local markets during their trips to and from worksites and showers. Rewarding youth with junk food for hard work or reaching a goal sets up a habit that is hard to break, and creates bad feelings when one work team does it and others don't.

For hygiene reasons and for rodent control, food is not allowed in the sleeping areas. Church groups will be asked not to arrive at SSP with large quantities of food in their vans. Groups that arrive with junk food will be encouraged to box it up for the trip home.

We request that SSP liaisons encourage parents to send "care packages" containing healthy snacks like granola bars, mixed nuts and fruit snacks. Groups will be able to eat these snacks during afternoon snack time. Keep in mind that most sites can only receive US Postal mail service, not FedEx or UPS, so be sure to plan enough time for it to arrive at site while they are still participating at SSP.

We also encourage churches to bring sports drink mix for the hot days on the worksite. Please bring powdered drinks (like Gatorade) rather than individual bottles, which create a lot of trash and are hard to dispose of as recycling is not always available. Most jugs are 5 gallons and the standard 1-lb canister of powder works great.

The Work Teams and Typical Home Repairs

Creating Work Teams

On Sunday afternoon, after all groups have arrived, the Site Director and the SSP Construction staff meet to divide youth into work teams of 6-8 people each and assign them to a project for the week.

- Work teams get together on Sunday evening for the first time.
- We intentionally break up church groups into different work teams, combining your youth into teams with youth from other churches. This helps everyone get to know each other, enhance the overall community of the camp, and to discourage youth from each church “sticking” together and not getting to know youth from other churches.
- SSP Construction staff will provide instructions for every team and every job.
- Adult counselors serve as the leaders of these work teams.

Typical Work Projects

Although SSP can't tell you in advance what specific home repairs your youth will be doing, the repair work most often falls under these categories:

- Roofing projects
- Building stairs, porches, awnings and wheelchair ramps
- Installing (or repairing) drywall and insulation
- Painting, both interior and exterior
- Flooring

Projects vary in size and a work team may be able to complete a project during their week or they may work on a part of a project that takes three weeks to complete. Most projects take multiple weeks to complete.

Expectations and Rules for Living in Community

Each week, SSP becomes an intentional Christian community of all the volunteers, our staff and the community we serve. Remember that we are guests of the local tribe, community, and facility where we stay. The following rules and guidelines help us support one another so that all SSP participants can focus more on God and service and less on our individual needs.

- All participants are expected to be present for the entire week. Because late arrivals or early departures are very disruptive, exceptions to this rule are very rare and must be discussed with the SSP office.
- The SSP staff has overall responsibility for all activities of the camp. Please show respect and cooperate with all instructions and requests.
- Adult counselors are responsible at all times for the safety of the youth under their care.
- Only adult counselors are allowed to drive vehicles at SSP and are expected to follow all traffic laws, including speed limits. Seatbelts are REQUIRED for all passengers at all times.
- We expect everyone at SSP, including counselors, to participate in all activities. Adult counselors will be assigned to guide youth in various activities and to aid in keeping the facilities clean and functioning smoothly.
- All participants are expected to eat the three daily meals that SSP provides. Hard work requires well fueled bodies; SSP is not a time for dieting. There is a place on the medical forms to indicate special dietary needs and you must notify your group liaison prior to your departure for SSP.
- Sierra Service Project does not tolerate sexual harassment, abusive language or behavior, or discrimination of any type.
- Males and females will sleep in separate groups. No activity is allowed after “lights out.”
- Taking pictures or recording video or audio of the host family may be done only with their permission. Staff will inform you of local customs.
- General work hours for senior high are from 9a.m. - 4p.m. and 9:30a.m. - 3p.m. for junior high with a breaks for safety and rest as well as a break for lunch. If one member leaves a work site for any reason, all members must also leave.
- Visitors are not allowed during the week.
- We have the option of sending any youth home who does not adhere to the SSP rules. Adult counselors and parents are responsible for working out transportation home for anyone who is asked to leave before the end of the week, at the expense of the parent.

- **The Sierra Service Project strongly encourages campers and staff to come to SSP with up-to-date immunizations.**
 - Adolescent and Adult immunization schedules are available at:
<http://www.cdc.gov/vaccines/recs/schedules/default.htm>
 - Vaccines protect more than just you or your child. They protect the entire community. Having up-to-date immunizations helps protect those who are too young to be vaccinated, and those who cannot be vaccinated for medical reasons. Many of the communities that SSP works in are particularly susceptible to infectious diseases and are impacted by inadequate health services. Coming to SSP with complete and up-to-date immunizations will protect participants, and will help ensure our campers and staff does not expose vulnerable populations to preventable disease.

The SSP Dress Code

SSP has a modest dress code for several reasons:

- Reservation communities and the elderly people that we serve often have more conservative dress standards than is common.
- We want to create a comfortable, affirming environment where all youth feel welcome, regardless of how they look or the type of clothing that they can afford.

The following are **not allowed**: sleeveless tops, tank tops, halter tops, half or crop tops. Bare midriffs are not acceptable. This includes tying up t-shirts in the back. Please leave sleeveless shirts at home. Skirts are also not a good idea at SSP, since we spend a lot of time sitting on the floor.

T-shirts must not be offensive or display any slogan or artwork which includes alcohol, tobacco, or obscenities.

NO SHORT SHORTS. Thrift store jeans cut off at mid-thigh work great and are more protective when sitting on hot roofs and the ground. Shorts must not “sag” either.

Please remember to have your youth bring swimsuits for water day and showers. At many sites we use group locker room showers and many youth feel more comfortable wearing swim suits.

Garments at the Work Site

- Closed shoes (work boots or tennis shoes) must be worn at the work site - no sandals or open-toed shoes are allowed.
- Long pants are not required at the work site but will be more comfortable and protective for many jobs that may require sitting on a hot roof or on the ground.
- Hats and bandanas are a great idea for keeping cool and avoiding sunburn.

Ways to make the dress code more fun!

Some churches have used permanent markers to write on new or used inexpensive t-shirts. They decorate one for each work day.

Others have designed church youth group logos to put on white t-shirts and then tie-dyed the shirts at a pre-trip gathering.

Drawing on or tie-dyeing cut-off jean shorts is also fun.

Individual Packing List

Each youth and counselor should bring the following items:

<input type="checkbox"/> Sleeping bag or blankets <input type="checkbox"/> Pillow <input type="checkbox"/> Sleeping mattress <input type="checkbox"/> Beach towel for Wed. outing <input type="checkbox"/> Towel for showers <input type="checkbox"/> Wash cloth <input type="checkbox"/> Toothbrush <input type="checkbox"/> Toothpaste <input type="checkbox"/> Shampoo <input type="checkbox"/> Other personal care items <input type="checkbox"/> Sunglasses <input type="checkbox"/> Sunscreen <input type="checkbox"/> Wide brim hat <input type="checkbox"/> Mosquito repellent <input type="checkbox"/> Water bottle <input type="checkbox"/> Any prescription medication you are taking (please check these in with your church counselors)	<input type="checkbox"/> Bible and devotional materials <input type="checkbox"/> Musical instruments <input type="checkbox"/> Camera <input type="checkbox"/> Swimsuit (for water day & showers) <input type="checkbox"/> Sandals <input type="checkbox"/> Close-toed shoes (mandatory on work site) <input type="checkbox"/> T-shirts <input type="checkbox"/> Sweatshirt or jacket (nights can be cool) <input type="checkbox"/> Long pants and shorts <input type="checkbox"/> Work gloves <input type="checkbox"/> Safety Glasses/ Goggles <input type="checkbox"/> Bandana <input type="checkbox"/> Backpack for taking personal items to the worksite each day and for water day <input type="checkbox"/> Flashlight <input type="checkbox"/> An open spirit <input type="checkbox"/> Sense of humor <input type="checkbox"/> Sense of adventure
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What NOT to Bring: These items are not allowed at SSP!

**Tobacco
Pets**

**Alcohol
Pyrotechnics**

Firearms

Illegal Drugs

Electronic gadgets (other than cameras) detract from the community we attempt to build at SSP. **If you bring these items the Site Director will collect them on Sunday for safe keeping during the week so it is best not to bring them at all:**

**Cell phones*
Computers**

**Camera phones
2-way radios**

**Hand-held computer games
TV's**

We request that DVD players in vans not be used during the week!

*Counselors will keep their cell phones for emergency use.

SSP MUSIC POLICY

At the request of several groups, we have changed our electronics policy to allow youth and counselors to listen to music in bed after lights out. The rationale for this is that, for some, it is very beneficial to be able to relax in this way while falling asleep.

This is how we plan to implement this new practice:

1. At bedtime, youth may retrieve music devices from their counselors and turn them in in the morning.
2. These devices may not be used at any other times. Breaking this rule will result in a youth losing this privilege.
3. Only non-internet-enabled devices will be permitted: no cell phones or web-enabled iPods.
4. Obviously, listening must be done using headphones and in a way that doesn't disturb others.

Medical and Insurance Information for All Participants

We are pleased to say that in the 37 years that SSP has been operating, there have been few injuries. Our staff is CPR and First Aid trained and the safety and health of our participants is our top concern. A number of measures are in place to preserve the health and safety of all participants. Sierra Service Project has an Accident and Illness Prevention Plan which includes procedures in case of an emergency. Staff, youth and adult counselors will all have responsibilities (which will be explained on site) to keep us all safe and in good health. Once the groups arrive at camp, all adult counselors are given directions and phone numbers to nearby medical facilities.

- In spite of these precautions, we need to be prepared in case of an emergency. Your answers and signature on the medical release form will help us care for your child appropriately. *This is crucial - any participant arriving on-site without a signed medical release will not be allowed to work with his or her work team until a form is received.*
- In the event that medical treatment is necessary, you as parents or guardians will be financially responsible.
- The assisting Sierra Service Project staffer or adult counselor will use the insurance information provided by you to pay for your child's treatment. SSP participants are not covered by Worker's Compensation.

If a participant is not covered by insurance. . .

Each year Sierra Service Project purchases supplemental accident insurance coverage for all participants. For those who have personal insurance, this coverage is "excess" over that coverage. The maximum accidental medical expense benefit is \$3,000 for approved claims. For those individuals who have personal insurance, Sierra Service Project's coverage will be "excess" of benefits provided by any other plan.

Participants will be covered while:

- In regular attendance at camp
- Taking part in regularly scheduled, approved camp activities
- Traveling to/from camp activities in properly scheduled supervised groups
- Traveling directly between home and camp, as long as that travel does not extend beyond 48 hours prior to or after the campers are in regular attendance at the camp.



Section 3: Youth Participant Forms

The following forms pertaining to youth participants must be filled out and signed:

1. Youth Medical History and Release Form:
 - Filled out and signed by parent or guardian
 - Bring original and one copy with you to SSP
2. Youth Volunteer Covenant
 - Each youth must read and sign
 - Bring original with you to site
3. Parental Agreement Form
 - Filled out and signed by parent or guardian
 - Bring original with you to site

Liaison: Bring original and 1 copy form with you (front and back) for each youth participant

SIERRA SERVICE PROJECT
Youth Medical History & Release Form

Church Name _____

Name _____ Male/Female Grade in Fall _____

Date of birth _____ Home Phone () _____

Home Address _____

City _____ State _____ Zip _____

Parent's Name _____ Work Phone () _____

Parent's Name _____ Work Phone () _____

Father'/Mother's Employer _____

Health Insurance Co. _____ Policy No. _____

Family Physician _____ Phone() _____

Does your insurance carrier require a second opinion before emergency procedures are undertaken? (Yes/No)

If parents can't be reached in an emergency, please contact:

Name _____

Home phone () _____ Work Phone () _____

The following information is required to ensure that your youth's individual needs are met while attending SSP. Information is confidential and will be made available only to staff, adult counselors, and medical professionals, i.e., those people who are directly responsible for your child's well being. In the event of an emergency, every effort will be made to contact the parents or designated individual. For their safety and well-being, no child will be allowed to attend without a completed and signed Consent/Medical Authorization.

Date of youth's last tetanus shot _____

Please list any physical or behavioral conditions that the program staff and adult counselors should be aware of (sleepwalking, epilepsy, diabetes, fainting, depression, eating disorders, asthma, etc.)

Please be specific so that we can provide the best care for your child: _____

Youth Medical History Form - continued

Is your youth allergic to any food, medication or insect bites? (Yes/No) If yes, please list particular allergy and probable reaction: _____

(If you need to further explain your child's special needs, please call the SSP office.)

Is your youth currently taking any medication? Yes___ No___

If yes, please list all medications that your child will be bringing including complete instructions for administering: _____

Unless absolutely necessary, do not change your youth's prescription before their SSP week. Since we don't know what normal behavior is for your child, we will be less likely than you to detect negative reactions to medication changes.

May the staff/adult counselor administer to your youth: aspirin (yes/no), aspirin substitutes (yes/no), eye ointments (yes/no), antihistamine or decongestant (yes/no), motion sickness medication (yes/no), laxative or anti-diarrhea medication (yes/no), antibacterial or antibiotic ointment (yes/no), insect bite or poison oak ointment (yes/no).

Specific directions: _____

Note: If your child requires special care or diet, please contact us as soon as possible prior to arrival so that necessary arrangements can be made (916) 488-6441. Our cooks most likely will have done all their shopping before the participants arrive. We are always prepared for vegetarian diets.

Your signature here confirms that the information on these two pages is complete and correct as far as you know, and that you are giving permission to staff and adult counselors as noted.

Parent/Guardian's signature

Date

Medical Release and Permission Paragraph

(Youth's name) _____ has my permission to attend Sierra Service Project. I understand that the program involves construction and recreational activities, and I acknowledge that reasonable measures will be taken to safeguard the health and safety of all participants. In case of a medical emergency, I hereby authorize calling a physician at my expense to provide whatever medical or surgical treatment is necessary. I understand that I will be notified as soon as possible in case of any emergency affecting my child.

I have read and understand the page entitled "Medical and Insurance Information for Parents/Guardians and the foregoing paragraph.

Parent/Guardian's signature

Date

Church Liaison: Bring one original signed copy of this with you to SSP for each youth participant.



Youth Covenant

As a youth with the Sierra Service Project, I agree that I will:

- Conduct myself in a way that brings credit to God, my church, my youth group, Sierra Service Project, and to me.
- Sacrifice, at times, my own needs for the greater needs of the community of which I am a member.
- Fully participate in all activities of the week.
- Adhere to all the rules and regulations of SSP presented in this packet and by the SSP staff upon arrival on Sunday, including dress codes, safety measures, and prohibited items.

I understand that willful failure to follow the policies of SSP could result in the termination of my SSP experience and departure from the site.

If I am asked to leave the site, either my parents or church will assume responsibility for me and the arrangement and cost of transportation back to my place of departure. I understand that SSP will not refund my fee under these circumstances.

Youth Signature

Date

Church Liaison: Bring one original signed copy of this with you to SSP for each youth participant.

Parental Agreement Form

I agree to indemnify and hold harmless the Sierra Service Project, its officers, agents and employees from any and all claims, damages, expenses or injuries arising out of or incident to my child's participation in this Project, unless such loss or injury results directly from the neglect or willful act of an officer, agent or employee of Sierra Service Project acting within the scope of his/her employment.

Youth's Name

Parent/Guardian's Signature

Date

.....

You have my permission to use photographs, slides or videos in which my child _____
_____ appears for Sierra Service Project publicity purposes.

Parent/Guardian's Signature

Date

Or

I have notified my child _____ to withhold from group pictures or videos that may be used.

Parent/Guardian's Signature

Date