



Camp Counselor / Staff Guidelines and Responsibilities

(must be read, signed and returned)

- **PRAY:** for yourself and the young people who will be in your cabin, as well as all the youth attending our camp. You will be interacting with all of them, and are there to make sure their physical, spiritual and emotional needs are met. Campers really look up to their counselors and other staff members. You are that important link between the supervising adults and speakers to allow the spirit of Yah to work in the hearts of our youth. **OUR GOAL** is to encourage spiritual growth. Anything that distracts from what Yahweh is trying to teach them should be avoided.
- There is no special “Spiritual Time.” All day long, every activity is a spiritual or building time. Use every opportunity to build or reflect back on what is being taught. Don’t force it! Allow the spirit of Yah to work in the kids; just be ready and willing to talk.
- **ENCOURAGE** team work and building relationships. You have many different personalities with different maturity and needs. Some campers will be shy and need much encouragement to participate. If you notice this, be that special friend to help the camper adjust. If you see that they are being outsiders in the group, go to one of the campers you feel is best suited, and ask them to help make the camper included and bring them along. Some kids need more personal space than others, while some just need encouragement. Always **LISTEN** to what they are saying. Don’t dismiss or ignore it. We don’t want to force them into something they really are not comfortable with. Come see the Camp Director if you don’t know what to do.
- **MEDICAL** attention: You are to notice and tend to any minor medical care they may need. We have a first aid kit for our group to use. Be on the lookout for anything that might need attention. Sunburns need attention. It will only get worse as we will be out all week. Sun block is very important, so make sure noses, cheeks, shoulders, backs of necks, etc. are covered. Aloe Vera is for after the fact. **INSIST ON IT!** Also, bug spray! Help them if need be. For anything not so minor (headaches) or questionable, send them to the Camp Director. We do also have a certified first aid attendant/medic in our group.
- **MEAL** time: Try to sit with your campers. Encourage them to be early or on time for meals. They may not skip attending. You are in charge of making sure they help clean up the table after meals. (Team work)
- **CABINS:** The Clean Cabin award is almost “coveted” at our camp, so they will want to make a good show of it. You may want to bring “stuff” to help with it. The rest of the time, encourage them to pick up after themselves. They share a cabin, and **MUST** respect each other’s property at all times, no matter what. Encourage nightly discussions on the speaker’s topics. Pray with campers, allowing them freedom to share. This must be encouraged to be kept within the cabin and not gossiped about. Anything you think is too big for you, just pray with them about it. Ask if you can share it with the speaker or the Camp Director. We would love to pray with them and help if we can.
- Know where your campers are at all times!!! Use the buddy system for bathroom runs. You may want to take the last one of the day all together, getting teeth brushed, hands and faces washed, etc., then getting everyone back to the cabin for bedtime talks.
- **TEACHING SESSIONS:** Get your campers to meetings on time. Bring extra bug spray, Bibles, pens, and notebooks. Make sure they are respectful of the speaker and worship leaders. Encourage them to participate. Have everyone take their belongings back to the cabin, and clean up after themselves. ****If they sometimes look out of it, I give out tic-tacs or mints. NO GUM IS ALLOWED ALL WEEK.** If they need to go to the restroom during a teaching session, go with them.



What is expected of you as a Counselor-in-Training (CIT):

- Please read and **initial** each point.
- Sign and date the bottom of the contract. Have a parent review, sign, and date the bottom of the contract.

_____ Arrive at your scheduled time on time each day, unless special arrangements have been made with the Camp Director in advance.

_____ Unexcused lateness and absences are not acceptable. If you have an emergency or need to be excused early for any reason, notify the Camp Director prior to absence.

_____ Dress in clean, neat clothes that are appropriate for the daily activities.

_____ Fully participate in all areas of camp. Act as a leader and take initiative to complete all daily tasks without being asked. As a leader, we expect you to engage and encourage campers at all times, including, each morning as everyone arrives and during lunch.

_____ Work with camp staff daily with set-up, clean-up, and keeping MWC clean.

_____ Be respectful.

_____ Take steps to ensure camper safety during all activities.

_____ Promptly inform the Camp Director of any serious problems that may arise.

_____ You were selected because we think you will be a great role model for younger campers. Inappropriate language, behavior, or attitude will result in a warning or possible dismissal.

- Follow all guidelines as outlined above
- Do my best to pay for my expense (\$380) before July 1
- Follow all the rules that are also applicable to campers including, but not limited to, the dress code
- Focus on what unites us and not on what divides us (focus on loving Yahweh and each other)
- I commit to keeping myself in check emotionally by not allowing my actions or thoughts to encourage any intimate relationship, either emotional or physical, with anyone while at MWC. I understand that the standard of MWC is to keep oneself pure before marriage, thus no dating, flirting, or excessive physical contact allowed. *Any appearance or report of "crossing the line" by any member of the MWC team will be dealt with immediately. "The line" will be completely discerned and determined by the leadership of the MWC team. This is not to say that you will not develop an interest with others while at MWC, but that if you do, you will pursue your interest through your parents and leadership of MWC and not directly with the person of interest. I will not engage in any lengthy private conversations with those to whom I may be attracted. All actions must be totally above board so as to refrain from the appearance of evil. This applies to all staff members, campers, adults, counselors, etc. The spiritual climate we are creating is quite intense, so what you would normally give little thought to can be an intense battle. This may be unnecessary, but please be advised and guarded.*

I hereby grant Messiah West Coast permission to use my likeness in photograph(s)/video in any and all of its publications and in any and all other media, whether now known or hereafter existing, controlled by Messiah West Coast, in perpetuity, and for other use by all programs of Safe Haven Sustainable Farms Inc. I will make no monetary or other claim (whether for breach of privacy or otherwise) against Messiah West Coast, SHSF Inc. or Growing In Torah for the use of the photograph(s)/video for educational or marketing purposes.

I, _____, agree to abide by the above terms of the CIT Contract.

CIT's signature

Date

_____ Parent/Legal Guardian Signature / Date



- PERSONAL HYGIENE: Encourage this! Insist on it! Make sure campers hang out their towels to dry!
- Additional info:
 - Leave your electronic devices at home.
 - Do not leave your campers unattended at night.

I _____ am applying for a counselor/staff position with Messiah West Coast. In doing so, I agree to:

- Follow all guidelines as outlined above
- Do my best to pay for my expense of \$380.00 before July 1
- Follow all the rules that are also applicable to campers including, but not limited to, the dress code
- Be present throughout the entire week of camp – July 21-26, 2024
- Focus on what unites us and not on what divides us (focus on loving Yahweh and each other)
- I commit to keeping myself in check emotionally by not allowing my actions or thoughts to encourage any intimate relationship, either emotional or physical, with anyone while at MWC. I understand that the standard of MWC is to keep oneself pure before marriage, thus no dating, flirting, or excessive physical contact allowed. *Any appearance or report of “crossing the line” by any member of the MWC team will be dealt with immediately. “The line” will be completely discerned and determined by the leadership of the MWC team. This is not to say that you will not develop an interest with others while at MWC, but that if you do, you will pursue your interest through your parents and leadership of MWC and not directly with the person of interest. I will not engage in any lengthy private conversations with those to whom I may be attracted. All actions must be totally above board so as to refrain from the appearance of evil. This applies to all staff members, campers, adults, counselors, etc. The spiritual climate we are creating is quite intense, so what you would normally give little thought to can be an intense battle. This may be unnecessary, but please be advised and guarded.*

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Your Statement: I hereby attest that all the information in my application is true to the farthest of my understanding. I understand and agree to obey the rules of camp and conduct myself in a manner that is moral and upright before Yahweh. I will follow the camp schedule and participate in all camp activities to the best of my ability. I will do my best to be a blessing to everyone at camp.

Signature: _____ Date: _____

Parent Signature if Applicant is living at home: _____ Date: _____

Please return this signed form to your online application or email to MessiahWestCoast@gmail.com or snail-mail to MWC, Attn: Chrissy Lopez, 41781 Rd. 142, Orosi, CA 93647.

FOOD ALLERGY FORM

Due by 3 weeks before arrival

Group Name _____ Dates of Stay _____
Camper Name _____ Camper Age _____
Guardian if under 18 years old _____
Phone Number _____ Email _____

Special Diets

Food allergies are a special concern for our staff. Because we must place our food order in advance, it is vital that we have a list of your special requests 3 weeks prior to arrival.

Our kitchen can accommodate vegetarians and gluten free. If you require a vegan or 100% organic meal or you have allergies that require special cooking needs where cross contamination could be a factor, we ask you to bring your own pre-made entrees. Our kitchen staff can then heat your food and serve it during the normal meal times.

Our breakfast includes oatmeal, toast, yogurt, fruit, cold cereals and usually a breakfast meat and eggs. Both lunch and dinner have a fresh salad bar along with the entree.

For those wishing not to bring their own food, we can shop and prepare gluten free meals for an additional charge of \$6 per meal. There is no additional charge for vegetarian meals.

Please complete the following using a scale of 1 – 5 with 5 being the most allergic.

You can add a note under each section, especially if the camper carries an Epi-pen for these allergies.

| | | | | | | | | | | | |
|----------------|---|---|---|---|---|--------|---|---|---|---|---|
| Milk (lactose) | 1 | 2 | 3 | 4 | 5 | Nuts | 1 | 2 | 3 | 4 | 5 |
| _____ | | | | | | _____ | | | | | |
| Eggs | 1 | 2 | 3 | 4 | 5 | Gluten | 1 | 2 | 3 | 4 | 5 |
| _____ | | | | | | _____ | | | | | |
| Soy | 1 | 2 | 3 | 4 | 5 | Other | 1 | 2 | 3 | 4 | 5 |
| _____ | | | | | | _____ | | | | | |

Additional notes _____

I am bringing my own pre-made entrees that can be stored and heated by the kitchen Yes ___ No ___

Camp Oakhurst Kitchen to provide these meals

Vegetarian Meals Yes ___ No ___
No extra charge

Gluten Free Meals Yes ___ No ___
Breakfasts ___ Lunches ___ Dinners ___
Total meals ___ x \$6 = ___

Camper or Guardian signature

Date

WHAT TO BRING TO CAMP

Here's a list for you to get your bags ready!

- Bible/pen/notebook
- Bedding: sleeping bag, pillow, and extra blanket (optional)
- Clothing: t-shirts, light jacket, jeans or sturdy pants, long shorts, tennis shoes, hiking shoes, socks, underwear, swimsuit (Make sure you review the dress code!), pajamas, flip-flops for shower (optional)
- Toiletries: toothbrush/paste, soap, shampoo/conditioner, deodorant, and any other items needed
- Other: towels (1 for shower, 1 for swimming), snack bar money for snacks (soda, candy, nachos, popcorn), \$10-\$25 for free-time activities (paintball, rock wall, etc.), insect repellent, sunscreen, hat, flashlight
- Camera: besides a phone, as phones will not be permitted at camp**
- Cabin decorations/skit props (some will be provided, of course)
- a mask

Masks are not required to be worn, but it is required that they have one in their belongings as a “just in case” measure.

What NOT to bring:

Knives/guns, matches, lighters, electronic games, TV's, CD/cassette players, sunflower seeds, comic books, radios, alcohol, tobacco/cigarettes, unsuitable novels, paintball equipment, fireworks, drugs, gum, food, cell phones.

****Cell phones** – To encourage campers to actually be present, cell phones are not to be used during camp. We will have a basket present at the registration table to collect cell phones. Cell phones that are found during camp will be held onto by administration until camp is over. (There are phones available in the office, so campers are allowed to use them to call parents while at camp, when necessary.)

Camp Oakhurst/Messiah West Coast cannot be responsible for lost or stolen belongings. It is important that you mark your name on all personal items.

GENERAL RULES & ADDITIONAL INFORMATION

DRESS CODE REQUIREMENTS***

Camp Dress Code for Girls:

Shirts: Loose-fitting t-shirts/blouses with high collar that cover midriff. No v-necks, strapless, spaghetti straps, tank tops, backless shirts/blouses allowed. Bra straps, cleavage, midriff should be completely covered. No questionable/controversial slogans or graphics allowed.

Shorts: Length should be mid-thigh or longer. Not too tight nor too baggy. For activities, you may be sitting “Indian style,” so make sure you are appropriately covered. No biking shorts (spandex/yoga) allowed.

Skirts/Dresses: Loose-fitting skirts/dresses only. Should be knee-length or longer, even when wearing leggings. For dresses: no v-necks, strapless, spaghetti straps, or backless. Bra straps and cleavage should be completely covered.

Pants: Loose-fitting jeans/pants. No yoga-style pants. Undergarments should be completely covered.

Swimsuits: One-piece swimsuits only, with mid-thigh length (or longer) board shorts and **dark** t-shirt. Cleavage, midriff, upper thigh should be completely covered.

Camp Dress Code for Guys:

Shirts: Loose-fitting t-shirts, or button-down shirts that completely cover midriff. No tank tops. No questionable/controversial slogans or graphics allowed.

Shorts: Length should be mid-thigh or longer. Not too tight nor too baggy. For activities, you may be sitting “Indian style,” so make sure you are appropriately covered. No biking shorts (spandex/yoga) allowed.

Pants: Loose-fitting jeans/pants. No yoga-style pants. Undergarments should be completely covered.

Swimsuits: Mid-thigh length (or longer) swim trunks only, and **dark** t-shirt.

*****Counselors will check each morning, before you leave the cabin, to make sure everyone is dressed appropriately. As we may all have differing opinions about what is modest, please don't be offended if you are asked to change or cover up more.**

ARRIVAL/DEPARTURE

Arriving at Camp

Most of you will be driving up to camp. Please plan to arrive at Camp Oakhurst, 36611 Mudge Ranch Rd., Coarsegold, CA 93614, between 4-5 p.m. on Sunday, Aug. 7.

If you are flying in, you MUST email your child's travel itinerary to messiahwestcoast@gmail.com as soon as possible, so that transportation can be arranged. It is best if flights can be arranged to arrive in Fresno (FAT/FYI) as close to 12:00 noon on Sunday, Aug. 7.

Once we receive your itinerary, there will be AT LEAST one more conversation (either by email or phone) with MWC staff to firm up details with the parents.

Leaving Camp

Most of you will be picking up your camper at Camp Oakhurst. Plan to arrive by 9 a.m. at the latest to pick up your child from camp on Friday, Aug. 12. We will only have breakfast (at 8 a.m.) on Friday morning, and then it's clean-up and SCOOT, so Camp Oakhurst can get ready for the next camp.

If your child will be flying out of FAT/FYI, please schedule a flight in the early afternoon (3-4 p.m.-ish). Again, this itinerary MUST be emailed to messiahwestcoast@gmail.com ASAP and *before camp begins*. If there are any changes to your child's itinerary during the week of camp, you will need to call Camp Oakhurst directly (559) 683-6563, as there may be no cell service. Leave a message for Chrissy Lopez in the office, and Camp Oakhurst will let us know to give you a call back.

In Case of an Emergency

If you need to get a hold of your camper and/or staff member during camp, you will need to call Camp Oakhurst directly (559) 683-6563 or (559) 760-1817 (after hours) as there is limited cell service. Leave a message for Chrissy Lopez in the office, and Camp Oakhurst will let us know as soon as possible to give you a call back. You can also try to TEXT Chrissy Lopez at (559) 827-8308.

You can also (in addition to calling Camp Oakhurst) call Safe Haven Sustainable Farms. Many staff members from Safe Haven/GIT will be at Camp Oakhurst during camp, but you can try each of the following numbers:

Mary Yoder: (717) 348-4826 (GIT Staff)

Joseph Williams: (970) 481-1787 (GIT Staff)

Health & Medical Release Form

ADULT FORM (OVER 18)



36611 Mudge Ranch Road, Coarsegold, CA. 93614
Fax (855) 683-2207 Phone (559) 683-6563
www.CampOakhurst.org
GuestServices@CampOakhurst.org

What to do with this form?

- Return the form to your Group Leader.
- Camper will be RESTRICTED from all physical activities until completed Health History with insurance information is on file at camp.

Group _____ Camp Dates _____

Please print clearly or type.

Name _____ Male Female

Email _____

Home Phone () _____ Work Phone () _____ Cell () _____

Home address _____

Emergency Contact _____ Phone _____ Relationship _____

Allergies

Please list all medications, dietary, and environmental allergies, along with treatment plan. If Epi-Pin is required please send bring your own prescription to camp.

Camper has no known allergies Camper has known allergies and they are listed below

| Allergy | Reaction | Treatment |
|---------|----------|-----------|
| | | |

Dietary Needs

Please check this box if you have food related allergies or dietary needs & have filled out the [Food Allergy Form](#) that has been provided. *In some cases, an additional fee will be charged for special meals.*

Photography & Email Release Waiver

Yes No I give permission to Camp Oakhurst to use quotes, photos, & video footage of the above mentioned person for future promotional materials, including but not limited to, brochures and website postings, without expectation of compensation.
Yes No I also give permission to Camp Oakhurst to use my mailing and e-mail addresses for Camp Oakhurst Mailings and information only.

Signature _____ Date _____

Medical & Liability Release

MEDICAL RELEASE: This health history is correct so far as I know. I realize that by engaging in camp activities injuries can occur without any fault on the part of Camp Oakhurst personnel. I agree to hold harmless and indemnify Camp Oakhurst, its officers, agents, and employees from and against every expense, including attorney's fees, liability, or payment by reason of any damages or injury to person (including death) or property as arises out of or in connection with the camp or conference including the use of Camp Oakhurst property, facilities or equipment.

LIABILITY RELEASE: I, The undersigned, agree for myself, my heirs, and my personal representative to defend, hold harmless, indemnify, release and forever discharge, to the broadest extent allowed by law, Camp Oakhurst, their owners, directors, trustees, agents, successors, insurers, or any employee, (herein after referred to as Releasees,) from and against all claims, demands, actions and liability for loss, damage, injury, death, or any other claim whatever to the person or property of any guest or participant whether caused by negligence of Releasees or any other person or thing while participating in activities sponsored by or associated with Camp Oakhurst. The undersigned elects to participate voluntarily and assumes all risk of loss, damage, injury or death, known or unknown, foreseen or unforeseen, that may be sustained.

YOU HAVE THE OPTION NOT TO PARTICIPATE IN ANY ACTIVITY WHERE YOU DO NOT WISH TO WAIVE LIABILITY. IT SHALL BE YOUR OWN RESPONSIBILITY TO OPT OUT OF ALL ACTIVITIES, & RECREATIONAL COMPONENTS OF THE CONFERENCE FOR WHICH YOU CHOOSE NOT TO BEAR LIABILITY.

The undersigned has read and voluntarily signs this medical release and waiver of all liability.

Signature _____ Date _____