



# Sierra Service Project Preparation Packet 2016



Important Information for  
Trip Liaisons, Youth Participants,  
Parents, and Adult Counselors



# Letter to Youth & Parents

**Dear Youth and Parents,**

We are excited you have decided to spend a week at Sierra Service Project this summer! We are busy finalizing site plans and gathering work projects as we prepare. There are a few things we also ask of you prior to attending SSP.

## **Prior to Attending**

- Complete the Youth Medical History & Release Form, Youth Covenant, and Parental Agreement Form.
- Pack appropriate clothing for SSP. Be sure to have closed-toed shoes for the worksite.
- Be ready for a challenge, and be ready to have fun!

## **While Attending SSP**

- Have a positive attitude, and help out where needed.
- Take photographs – lots of them!
- Be adventurous. Try something new every day. Make new friends.

## **Ways Parents Can Support**

- Send letters and care packages! Site mailing addresses will be available on our website by June 1<sup>st</sup>. If you do send a package, be sure to mail it USPS, as some of our sites are General Delivery and FedEx and UPS cannot deliver to a non-physical address.
- Be ready for change and transformation! Hopefully your youth will return home energized after a week of serving others!

A great way to stay current with what's going on at SSP is to like us on Facebook ([Sierra Service Project](#)), and follow us on Twitter ([@SierraServProj](#)) and Instagram ([@SierraServiceProject](#)). Parents, you can also follow [each site's](#) summer Twitter to keep up to date with your youth's activities while they are at SSP!

Many blessings,

*Veronica Russell*

## **Veronica Russell**

Volunteer Coordinator

Sierra Service Project

Phone: (916) 488-6441

Fax: (916) 484-0917

[veronica.russell@sierraserviceproject.org](mailto:veronica.russell@sierraserviceproject.org)

[www.sierraserviceproject.org](http://www.sierraserviceproject.org)



# Frequently Asked Questions

## Who can attend?

Sierra Service Project is an interdenominational Christian service program. While we have our roots with the United Methodist Church, members of ALL Christian youth groups are encouraged to attend SSP, as well as those not affiliated with a local youth group.

***The only requirements for attending SSP are that you are willing and ready to serve and be open to new experiences.***

## What does it cost?

If all deadlines are met, the costs for an SSP trip can run between \$305-\$415 per person. This fee is all-inclusive, covering food, lodging, building materials, and a team of young adult staff for a week. All meals are covered from Sunday dinner to Saturday breakfast. Our middle school programs run a day shorter, and cost \$335 or less. See the [program costs](#) on our website for details.

## What are the facilities like?

SSP will be operating in six separate sites across the Western United States, each of which offer a unique setting and facility. Sleeping arrangements and other accommodations vary by location, but each site has separate sleeping areas by gender. Learn more about each [location](#) on our website.

## Do I have to have construction experience?

No! It's always helpful when participants have experience in construction, but we are eager to have people who are new to such skills! Our staff does a great job drawing up plans, teaching teams how to do projects, and ensuring projects are going well.

## Can I leave SSP early, arrive late, or leave and then return during the week?

We require **all** participants, youth and adults, to remain at SSP for the entire session! The experience is based on a tight-knit community that serves, plays, and worships together. Arriving late, leaving early, and going to and fro is disruptive and can interrupt the valuable experiences gained at SSP. If your group has extenuating circumstances, please call our office.

## How are we divided into work teams?

Each participant is placed on a work team of about six to eight people. Each team will have one or two adult counselors. We will do our best to pair first-time adults with an SSP-experienced adult on work teams. We form teams by mixing groups, ages, and gender. You will be in a work team with people from a variety of groups. We want you and your other team members to get to know new folks, ***so you might not be with other members of your own group in the same work team.***

## Will my work team complete our project?

On average, an SSP project takes three weeks. Your team may see the beginning, middle, or end of a project. We will not leave a summer site without completing **all** projects we begin.

## Are the worksites safe?

All of our worksites are visited and overseen by our trained staff ahead of time and during the week. All of our volunteers are taught basic safety precautions and how to use tools safely on the first day. All work teams will have at least one adult leader.

## Where does SSP find people to serve?

We work closely with local community organizations who are most aware of people's needs in the area. Some tribes and churches help us locate people who are potentially in need of our types of service.

## Who is in charge of SSP?

SSP is a non-profit organization that is ultimately run by a Board of Directors and a full-time office staff. During the summer, SSP is operated by our summer staff at each site. Summer staff are teams of 7-8 energetic young adults that are looking forward to getting to know, lead, and serve alongside you!

## Will my group interact directly with the community where we serve?

Yes! Many homeowners enjoy spending time with the teams working on their homes. Each site also has at least one cultural speaker, and varied activities with local organizations or community centers.

## I have a question that hasn't been answered...

Feel free to contact the SSP office if you have further questions or concerns. Call us at 916-488-6441, or email [veronica.russell@sierraserviceproject.org](mailto:veronica.russell@sierraserviceproject.org).



# High School & Combined Typical Schedule

## Daily Schedule

7:00 AM	Wake up and get ready.
7:15 AM	Spiritual Awakening (voluntary) to get centered for the day.
7:45 AM	Morning Program
8:00 AM	Breakfast
8:30 AM	Community service opportunities, lunch crew packs sandwiches, teams head out to work site.
9:00 AM	Arrive at work site, begin service work.
Noon	Lunch and Spiritual Sandwiches (group discussion) at work site.
1:00 PM	Resume service work.
4:00 PM	Return to site, 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 friends!
5:45 PM	Dinner
6:30 PM	Community service opportunities
7:00 PM	Song time and Evening Program, which consists of team building activities, mail, sharing work site reports and spiritual programs related to our summer theme. At least one evening is always devoted to learning about the local community, including tribal culture, traditions, history and future.
9:00 PM	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.
9:45 PM	Evening worship led by a work team
10:00 PM	Lights out, activity ends, sleep. We have separate sleeping areas for the males and females. The work we do is hard labor and everyone needs to get a good night's sleep.

## Weekly Schedule

Sunday:	Arrive between 2:00-4:00 PM, orientation, staff / adult counselor meeting, assign work teams.
Monday:	Safety presentation and hands-on tool training, half day service at work site, Evening Program.
Tuesday:	Service at work site all day, cross-cultural Evening Program.
Wednesday:	Adventure Wednesday: community service activity as a full group or activities to learn about the site location, recreation in the afternoon, BBQ dinner, Evening Program.
Thursday:	Service at work site all day, off-site Evening Program.
Friday:	Service at work site all day, closing celebrations.
Saturday:	Pack up, clean site, pass out online evaluation cards, breakfast, closing circle, then depart.

**Note:** There will be several opportunities during your week at SSP to reconnect with everyone from the church or youth group attending with you, even if they are not on your work team. The time this takes place will vary by location due to program and community limitations at each site.



# Middle School Typical Schedule

## Daily Schedule

7:00 AM	Wake up and get ready.
7:30 AM	Energizers and Morning Program, which includes reflections by staff, energizing singing, and group building activities.
8:00 AM	Breakfast
8:30 AM	Community service opportunities, lunch crew packs sandwiches, teams head out to work site.
9:30 AM	Arrive at work site, begin service work.
Noon	Lunch and Spiritual Sandwiches (group discussion) at work site.
1:00 PM	Resume service work.
3:00 PM	Return to site, 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 friends!
5:00 PM	Song time, work site reports, and handing out mail.
5:45 PM	Dinner
6:00 PM	Community service opportunities
7:00 PM	Evening Program, which consists of team building activities and spiritual programs related to our summer theme. At least one evening is always devoted to learning about the local community, including tribal culture, traditions, history and future.
8:00 PM	Youth prepare for bed. Adult counselors have a nightly meeting with members of the staff to share joys, concerns, and information about the plans for the next day.
9:00 PM	Evening worship led by a work team
9:30 PM	Lights out, activity ends, sleep. We have separate sleeping areas for the males and females. The work we do is hard labor and everyone needs to get a good night's sleep.

## Weekly Schedule

Sunday:	Arrive between 2:00-4:00 PM, orientation, staff / adult counselor meeting, assign work teams.
Monday:	Safety presentation and hands-on tool training, half day service at work site, Evening Program.
Tuesday:	Service at work site all day, cross-cultural Evening Program.
Wednesday:	Service at work site all day, Evening Program
Thursday:	Adventure Thursday: half day of service, afternoon water games, BBQ dinner, slide show.
Friday:	Pack up, clean site, pass out online evaluation cards, breakfast, closing circle, then depart.

**Note:** *There will be several opportunities during your week at SSP to reconnect with everyone from the church or youth group attending with you, even if they are not on your work team. The time this takes place will vary by location due to program and community limitations at each site.*



## 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 on a budget, this is sometimes hard to do. It is essential volunteers notify the group liaison of any **special dietary needs** in advance so we can do our best to accommodate them. There is a place on the MySSP roster to indicate each participant's dietary needs. Your group liaison will confirm dietary needs with the site director the week prior to your arrival. It can be difficult for the SSP food service coordinators to accommodate special dietary needs on short notice. They are trained to prepare vegetarian, vegan, dairy free, gluten free, and other allergy free meals with enough notice to purchase the ingredients.

SSP food service coordinators 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 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 to PB&J 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, veggie sticks, oat balls, popcorn, and other snacks.

During your week at SSP, you will be strongly encouraged to **avoid junk food** and celebrate the opportunity to eat simple and healthy food. Adult counselors 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 vehicles. Groups that arrive with junk food will be encouraged to box it up for the trip home.

Parents are encouraged to send care packages containing *healthy snacks* like granola bars, mixed nuts, and dried fruit. Groups will be able to eat these snacks during afternoon snack time. Keep in mind 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 powdered sports drink mix for the hot days on the worksite. Please bring powdered drink supplements (like Gatorade) rather than individual bottles, which create a lot of waste and are hard to dispose of as recycling is not always available. Most water coolers used at SSP are 5 gallons and the standard 1 pound canister of powder works great.

## Disabilities & Other Accommodations

SSP is committed to making its programs accessible for any youth who wants to attend. To that end, we do our best to accommodate all disabilities on site. In order to do so, we ask that liaisons notify SSP in advance of any disabilities or physical restrictions in their group by entering the pertinent information for each individual on the [MySSP](#) roster. Your group liaison should confirm any dietary, physical, emotional, or other relevant needs with the site director the week prior to your arrival.



# Work Teams & Typical Repair Projects

## Work Teams

On Sunday afternoon after all groups have arrived, the SSP construction staff will divide all participants into work teams of six to eight people and assign them to a project for the week. They will consult with the adult counselors to ensure all special needs are met, and those with special construction skills are put to use the best they can.

- We intentionally mix groups into different work teams, combining your youth into teams with youth from other groups. This helps everyone get to know each other, enhances the overall community of the site, and discourages exclusivity, instead encouraging youth to get to know people from many groups.
- Work teams meet on Sunday evening for the first time.
- Adult counselors serve as the onsite leaders of these work teams.

SSP construction staff will provide plans and instructions for every team and every job. The construction staff rotate between work sites and will not be present for the entirety of the day. You can expect a staff member to be present two to three times per day, and to check in before and after the work day.

## Typical Work Projects

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

- Building stairs, porches, awnings and wheelchair ramps
- Installing (or repairing) drywall and insulation
- Painting, both interior and exterior
- Repairing flooring
- Repairing roofs

On average, an SSP project takes three weeks. Your team may see the beginning, middle, or end of a project. We will not leave a summer without completing all projects we begin. Your team most likely will not start and finish a project.

Most SSP projects are on homes, but some projects are for community organizations. These community projects allow SSP to serve the entire community and not just one family. Examples of these projects range from lot clean-up, to working in community gardens, to painting schools and churches.



# Expectations & Rules for Living in Community

Each week, SSP becomes an intentional Christian community comprising of all volunteer participants, our staff, and the community we serve. Remember we are guests of the local tribe or community, and the facility where we stay. The following rules and guidelines help us support one another so 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 approved in advance by the SSP office.
- The SSP young adult staff has overall responsibility for all activities of the site. Please show respect and cooperate with all instructions and requests from staff.
- Adult counselors are responsible at all times for the physical, emotional, and spiritual safety of the youth placed under their care.
- We expect everyone at SSP, including counselors, to participate in all activities during the week. Adult counselors will be assigned to guide their teams in various activities to keep the facilities clean and functioning smoothly.
- **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.
- 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. Dietary needs should be told to your group liaison in advance to enter on the MySSP roster. There is also a place on the medical forms to indicate dietary needs. Please make sure you relay any information we might need to your group liaison at least **two weeks prior** to your arrival on site, so our food service coordinators can prepare an alternative for you.
- 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 or community representatives may be done only with their permission. Staff will inform you of local customs.
- General work hours for high school and combined sessions are from 9:00 AM to 4:00 PM, and 9:30 AM to 3:00 PM for middle school with breaks for safety and rest, as well as for lunch. If one member leaves a work site for any reason, all members must also leave.
- Visitors are not common during the week. All visitors must be approved in advance by the SSP office at: (916) 488-6441.
- SSP has the right to send any youth home that 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.





# Immunizations

**Sierra Service Project strongly encourages youth and staff to come to SSP with up-to-date immunizations.**

Adolescent and Adult immunization schedules are available at: <http://www.cdc.gov/vaccines/schedules/index.html>

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 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 ensure our youth and staff does not expose vulnerable populations to preventable disease.

## The Dress Code

SSP seeks to maintain a somewhat modest and conservative dress code in order to be respectful of the homeowners and community organizations we work with, and to create a comfortable, affirming environment where all youth feel welcome, regardless of how they look or the type of clothing they own.

### **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 swimsuits.

### **Ways to make the dress code more fun:**

- Use permanent markers to write on new or used inexpensive T-shirts. Decorate one for each work day.
- Design youth group logos to put on white T-shirts and then tie-dyed the shirts at a pre-trip gathering.
- Draw on or tie-dye cut-off jean shorts.

At our sites, we empower youth and adult counselors to promote opportunities for young people to make good decisions, and minimize the amount of policing that our staff has to do, which can detract from community building. In the event of distracting dress, our staff will ask an adult counselor to speak with the youth privately.



## Packing List

- Sleeping bag and pillow
- Air mattress, pad or cot for sleeping on the floor
- Towel for showers
- Swimsuit (for showering and water day)
- Toiletries
- Sunscreen
- Mosquito repellent (for evening outdoor activities)
- Long pants, multiple pairs in case they get dirty
- Socks, multiple pairs
- Work boots or tennis shoes (for the work site)
- Second pair of shoes (for wearing at home site)
- Long-sleeve shirts & sweatshirts (nights can be cool)
- Hat
- Work gloves that fit the user
- Backpack for personal items
- Water bottle

### Optional:

- Musical instruments are encouraged!
- Camera (youth phones are not allowed at SSP)
- Journal & writing instrument
- Bible
- Camp chair for adult counselors (we sit on the ground a lot!)

### **Garments at the Work Site**

- Be sure to bring layers of clothing and gloves. 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.
- Closed-toe shoes (work boots or tennis shoes) must be worn at the work site – no sandals or open-toed shoes.

### **Note for Smith River:**

Located on the North coast, Smith River is very cold, especially compared to other SSP sites. This is not your typical California summer weather! Please bring lots of layers and a rain coat. Knit hats and scarves provide extra warmth.

## Electronics

We ask that the week is electronics free (other than digital cameras) for youth participants. This helps build community and helps us focus on the service work. Adults, please collect your youth's electronics once you have arrived at site, or discourage them from bringing them at all. The staff will keep them secure for the week. Adults, please keep your cell phones for emergency use.



## Medical & Insurance Information

We are pleased that in our forty years of operation, there have been few participant injuries. Our staff is CPR and First Aid trained, and safety and health conscious. 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 and volunteers all have responsibilities to keep everyone safe and in good health. Once the groups arrive at site, directions and phone numbers to nearby medical facilities will be distributed to counselors.

- In spite of these precautions, we need to be prepared in case of an emergency. Your answers and signature on the Medical History & Release Form will help us deal with an emergency appropriately. ***This is crucial – any participant arriving at site without a signed medical release will not be allowed to work until a form is received.***
- In the event that medical treatment is necessary, you or your 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 you or your child's treatment. SSP volunteers are not covered by Worker's Compensation.

### **If the volunteer is not covered by insurance:**

Sierra Service Project purchases supplemental **accident** insurance coverage for all participants. 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 applied in excess of benefits provided by any other plan.

### **Volunteers will be covered while:**

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



# Youth Medical History & Release Form

*Liaison: Bring original and one copy of this form with you **to site** for each youth participant.*

Church/Group Name: \_\_\_\_\_

Youth Name: \_\_\_\_\_ Gender: \_\_\_\_\_ Grade: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Home Phone: (        ) \_\_\_\_\_

Home Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Parent/Guardian's Name: \_\_\_\_\_ Work Phone: (        ) \_\_\_\_\_

Parent/Guardian's Name: \_\_\_\_\_ Work Phone: (        ) \_\_\_\_\_

Parent/Guardian'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/guardians can't be reached in an emergency, please contact:

Name: \_\_\_\_\_ Relationship to Volunteer: \_\_\_\_\_

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 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 & Release Form Cont.

*Liaison: Bring original and one copy of this form with you **to site** for each youth participant.*

Does your youth have any of the following dietary restrictions? Please let your group’s leader know to input it on the roster so our staff can purchase and prepare the proper food. They can accommodate vegetarian, vegan, dairy-free, gluten-free food, and other allergies.

- Peanut allergy
- Other nut allergy (Please list): \_\_\_\_\_
- Gluten intolerance
- Vegetarian
- Lactose intolerance
- Vegan
- Other allergy or dietary restrictions  
(Please list): \_\_\_\_\_

Is your youth allergic to any medication or insect bites?  Yes  No

If yes, please list particular allergy and probable reaction: \_\_\_\_\_

Is your youth currently taking any medication?  Yes  No

If yes, please list all medications that your youth will be bringing, including complete instructions for administering: \_\_\_\_\_

Unless absolutely necessary, do not change your youth’s prescription before their time at SSP. Since we don’t know his/her normal behavior, we are less likely than you to detect negative reactions to changes in medication.

**May the staff/adult counselor administer to your youth:**

- |   |  |
|---|--|
| Aspirin: <input type="checkbox"/> Yes <input type="checkbox"/> No                       | Motion sickness medication: <input type="checkbox"/> Yes <input type="checkbox"/> No           |
| Aspirin substitutes: <input type="checkbox"/> Yes <input type="checkbox"/> No           | Laxative or anti-diarrhea medication: <input type="checkbox"/> Yes <input type="checkbox"/> No |
| Eye ointments: <input type="checkbox"/> Yes <input type="checkbox"/> No                 | Antibacterial or antibiotic ointment: <input type="checkbox"/> Yes <input type="checkbox"/> No |
| Antihistamine or decongestant: <input type="checkbox"/> Yes <input type="checkbox"/> No | Insect bite or poison oak ointment: <input type="checkbox"/> Yes <input type="checkbox"/> No   |

Specific directions: \_\_\_\_\_

Note: If your youth requires special care or you would like to expand on any of your explanations here, please contact us as soon as possible **prior to arrival** so that necessary arrangements can be made (916)488-6441.

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 page 17 entitled “Medical & Insurance Information” and the foregoing paragraph.

\_\_\_\_\_  
Parent/Guardian’s signature

\_\_\_\_\_  
Date



# Youth Covenant

*Liaison: Bring original signed copy of this form with you **to site** for each youth participant.*

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 myself.
- 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 (tobacco, alcohol, firearms, pets, pyrotechnics, and illegal drugs).

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.

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Youth Signature

Date

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Youth Printed Name

Church/Group Name





# Adult Medical History & Release Form Cont.

*Liaison: Bring original and one copy of this form with you to site for each adult participant.*

Do you have any of the following dietary restrictions? Please let your group leader know to input it on the roster so our staff can purchase and prepare the proper food. They can accommodate vegetarian, vegan, dairy-free, gluten-free food, and other allergies.

- Peanut allergy
- Other nut allergy (Please list): \_\_\_\_\_
- Gluten intolerance
- Vegetarian
- Lactose intolerance
- Vegan
- Other allergy or dietary restrictions
- (Please list): \_\_\_\_\_

Are you allergic to any medication or insect bites?  Yes  No

If yes, please list particular allergy and probable reaction:

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Are you currently taking any medication?  Yes  No

If yes, please list all medications:

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If you need to further explain your needs, please call the SSP Office at (916)488-6441.

### Medical Release:

I understand that the SSP program involves construction and recreational activities, and I acknowledge that reasonable measures will be taken to safeguard the health and safety of all participants. 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 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.

\_\_\_\_\_  
Adult Counselor Signature

\_\_\_\_\_  
Date

Information contained herein is confidential and will be made available only to staff and medical professionals as necessary.

## Adult Photo Release

SSP has my permission to use photographs, slides or videos in which I, \_\_\_\_\_, appear for Sierra Service Project publicity purposes.

\_\_\_\_\_  
Adult Counselor's Signature

\_\_\_\_\_  
Date

- OR -

I, \_\_\_\_\_, plan to withhold from group pictures or videos that may be taken over the week.

\_\_\_\_\_  
Adult Counselor's Signature

\_\_\_\_\_  
Date