



## CALLING ALL Middle School 'XTREME SUMMER CAMPERS

**Summer camp is almost here** It is the event you've all been waiting for! It's a time away... At 'Xtreme 2018 you'll hear Brian Berry speak, The Way West lead us in worship and laugh as Patrick Weber entertains us. Here's what you need to know and do. **Please read this completely**, some things have changed.

**CALIFORNIA REGULATIONS:** California has regulations that affect all camps, one of which requires us to do **LICE CHECKS on EVERYONE before** we leave for camp. We suggest you check your kids head for lice yourself the week before, so in case you find any lice you can take care of it before camp. If we find lice your child will not be allowed to go to camp. Please arrive at church at **12:30P** with your **HAIR WASHED and DRIED that morning. NO HAIR PRODUCTS!!!!** **Lice checks will be done first beginning at 12:30P.** Go directly to the chairs for HAIR checks, then once you have been cleared you will need to get 'checked-off' as having a LICE check, then check in at registration table and get your room and bus assignment.

**SONOMA CANOPY TOURS:** Alliance Redwoods Conference Grounds (ARCG) offers [Sonoma Canopy Tours](#). The discounted cost for students while at 'Xtreme Camp is \$69 (Great Deal). You must fill out the [Participant Agreement](#) for Sonoma Canopy Tours and send the signed form with your student with the \$69 CASH to be turned in upon arrival at camp.

### FORMS:

**WHITE half sheet Medication:** **ALL MEDICATION MUST BE TURNED IN** with the form below and medications in original containers in a Ziploc bag at the registration table.

**Paintball Waiver Form:** For **Reference only**-No need to sign—signed during registration.

**Sonoma Canopy Tours Participant Agreement:** If you want to zipline. See above.

**ROOMING ASSIGNMENTS:** **Will NOT be changed** the week we leave. If you have **NOT** made any requests they need to be made now. Please contact us **ONLY if you have NOT already made requests**. Email Laura at [LauraR@vc.church](mailto:LauraR@vc.church) or call 925-474-9413 and leave your request.

### WHEN & WHERE:

**Departure: Saturday, June 23<sup>rd</sup>.** Come to church at **12:30P**. **Check in at LICE check first**, get cleared, then check-in at registration table and get your bus and cabin assignments. Load on the bus at **1:00P**. Buses will roll by 1:15P.

**Eat before you come or Pack a lunch**, we're not stopping. Dinner's at 6:00P.

**Return: Thursday, June 28<sup>th</sup> between 3:00-4:00pm** (We've been very consistent...we can't estimate closer d/t traffic)

**WHO:** Everyone who has already signed up & wants to experience all that God has for them this week.

### WHAT TO BRING:

- **Clothing** for a week of fun, nighttime, messy games, & swimming. **MODESTY** is the policy.
  - **Girls** must bring a **1 (ONE) PIECE BATHING SUIT** or plan to wear a **NON WHITE** shirt. **No spaghetti straps and no skin showing on tummies, no SHORT shorts.**
  - **Boys** no Speedos & no boxers hanging out.
  - **Plain White T-shirt** that will come home dyed after REC. Buy a package with a friend.
- **Money** for kayaking \$20 (if offered), snacks and drinks, merchandise from talent & also for the gift shop. They can spend a wad or no money at all. \$69 for Sonoma Canopy Tours plus the signed Participant Agreement. Paintball will only be done during REC activity. NO longer a paintball course at camp.

- **A Refillable WATER BOTTLE with their name on it.**
- A **Bible** & pen! If you don't have one, then let us know and we'll hook you up!
- **ONE** bag!! That is 1, not 2, not a suitcase & a bag, not two bags & a backpack, **ONE** bag! You may bring a SMALL carry on backpack. Space is limited.
- **A sleeping bag, pillow, & flashlight** (optional). Most likely the pillow will go with you to your seat on the bus. Your bag/sleeping bag will go under the bus. To protect your sleeping bag you may want to put it in a plastic bag clearly marked with your name.
- **2 towels**, one for bathing and one for swimming.
- **Soap, shampoo, toothpaste and brush, deodorant**, and anything else you need 2 B clean.
- **Any medication** that you will need for the week. It will need to be turned in when you check in **with the enclosed WHITE form filled out.**

**WHAT NOT TO BRING:**

- **Paintball Equipment...**There is NO longer a paintball course at ARCG.
- **Skateboards...**They are not allowed. No skateboard park.
- **Electronic devices...video games**
- **SPEAKERS for iPhones or other music devices are not allowed. Your phone with headphones will only be allowed in your cabin or on the bus.** They will be confiscated if we see them. We're going up to experience something outside our normal lives. Let's leave "normal stuff" here.
- **Anything illegal.** Substances or weapons of any type. Enough said.
- **Bad attitudes.** We're gonna have a blast! So start out on the right foot.
- **Valuables, nice clothes, more than 1 bag.**

JAKE and LAURA

**P.S.** If you get **motion sickness** take something on Saturday before we leave and bring an additional dose for the trip home.

You may send a letter or care package to your child to the address below...remember it takes several days to get there. Plan ahead.

**CAMP ADDRESS:** A.R.C.G. MS 'Xtreme Camp, 6250 Bohemian Hwy, Occidental, CA 95465-9107  
Phone #: 707-874-3507

**Students**

**ALLIANCE REDWOODS SUMMER CAMP  
MEDICAL PROCEDURES**

The camp works under the National guidelines of ACA (American Camping Association)  
Please follow these directions:

1. Parents of attending students will need to fill out Alliance Redwoods' medical form.
  - a. All medical forms must be copied back to front on ONE sheet of paper.
  - b. All medical forms must be signed in BOTH places by a legal guardian.

**NO FAXES OF THE MEDICAL FORM ARE PERMITTED.**

2. Medicines should be in plastic Ziploc bag.
  - a. All bags should be labeled with CHURCH and STUDENT'S name.
  - b. MEDICATION FORM with directions regarding medicine in bag. (Below)
  - c. All medicine in original prescription bottle or original labeled box (for non prescription).
  - d. **NO LOOSE PILLS OR MIXED PILLS IN SINGLE CONTAINER.**
3. Do NOT send Tylenol, Advil, cough drops or any first aid supplies as the Medic has all these supplies. See next page for list of O.T.C. meds available at ARCG.
4. Put all of student's Ziploc plastic bags into ONE box labeled with church's name.

Cut along line and put in Ziploc bag with medication

**ALLIANCE REDWOODS SUMMER CAMP  
MEDICATION FORM**

CAMPER'S NAME: \_\_\_\_\_ CHURCH: \_\_\_\_\_

CABIN NAME/#: \_\_\_\_\_

AS NEEDED	TAKEN DAILY	NAME of MEDICATION	DOSAGE/TIME	REASON FOR MEDICATION

**PLEASE:** Place camper's medicine in original prescription bottle or original over-the counter labeled bottle (for non-prescription) together with this form in a Ziploc Bag.

NO LOOSE PILLS WILL BE ACCEPTED OR GIVEN TO CAMPERS.

**Alliance Redwoods Conference Grounds**  
**O.T.C. Medication List**

- IBUPROFEN 200MG TABLETS
- ACETAMINOPHEN 80mg, 325mg, 500mg TABLETS
- ACETAMINOPHEN LIQUID 160mg/5ml
- ACETAMINOPHEN CHEWABLE 80MG
- MIDOL
- COLD RELIEF TABLETS (Multi-symptom)
- MEDI-SELTZER
- MILK OF MAGNESIA
- COUGH DROPS
- COUGH SYRUP
- CLARITIN 10mg
- BENADRYL 25mg & 50mg
- PEPTO-BISMOL
- BISMUTH TABLETS
- ANTACID TABLETS
- ORASOL GEL
- LIP OINTMENT
- CALAGEL (Itch Relief)
- HYDROCORTISONE CREAM
- TECHNU POISON OAK WASH
- TRIPLE ANTIBIOTIC OINTMENT
- ICY HOT CREAM

# ARCG Paintball Rule Agreement

**(For reference only-do not sign -agreed to during registration process)**

These rules were designed with the intent of creating a fun and safety minded environment in which the guests (will be referred to as “players” for the remainder of the document of Alliance Redwoods Conference Grounds) may participate in the game of Paintball (will be referred to as “the game” for the remainder of the document). It is the duty of the Referees to enforce these rules and promote a fair, unbiased, minimized risk game in order to encourage teamwork and good sportsmanship.

These rules have been reviewed by Alliance Redwoods Conference Grounds (ARCG) Leadership, including the Paintball Manager, Program Coordinator, and Program Director. The previously listed parties are the final authorities on these rules and may change at their discretion. Modifications to these rules may be required based on specific situations and will be addressed on a case by case basis. The players will be notified of any changes before the game begins. All decisions made by the Head Referee during the game are final and unarguable.

All players must read and sign a copy of the rules before playing Paintball, agreeing that they understand and will follow all of the rules. Any player who fails to comply with the rules is subject to be ejected from the game and/or disqualified from further participation in paintball at the discretion of the Head Referee. Players who fail to comply with the rules will not be refunded any of the money they paid to participate in the game or for any additional charges (extra paint, gear rental, etc.).

All players are expected to be aware of what time their session of paintball begins and are expected to be on time. Any player who fails to arrive on time is subject to being disqualified from the game at the discretion of the Head Referee for missing the mandatory safety briefing.

The age limit at ARCG has been determined based on the difficulty level of our course and the average skill level of our players. Players must be 13 years of age or older to participate in high velocity paintball. Players must be 10 years of age or older to participate in low velocity paintball. All players should consult a physician prior to arrival if they have any conditions that might prevent them from safely playing the game.

Players and spectators will maintain a positive and encouraging atmosphere while at Paintball. Any player or spectator who fails to demonstrate good sportsmanship in their conduct will be ejected from Paintball for the remainder of the game

All players are expected to wear appropriate attire. Dresses, skirts, and/or open toed shoes are prohibited.

## *Staging Area (Off-Course)*

1. Keep barrel sheath (cover) on
2. Keep safety on (The safety is a device on the marker that prevents or allows it to fire. The Referees will demonstrate how to properly use the safety when you arrive at Paintball.)
3. Keep the gun (will be referred to as “marker” for the remainder of the document) pointed at the ground

*On-Course*

1. Wear mask properly at all times, this includes while exiting the course
2. Remove barrel sheath and place in bucket on course
3. Do not fire until horn blows and do not fire after game is finished
4. Stay within boundaries
5. Do not pick up paint off the ground
6. Do not climb trees
7. Call for a Referee if you need assistance during game play
8. Acknowledge that you are hit if the paintball breaks on your body, mask, or marker
9. When you are out yell "I'm out. I'm out.", put your marker over your head, and quickly return to the staging area
10. Put the barrel sheath back on the marker before entering the staging area
11. Any additional paint that has been purchased will be taken to the front office for you to pick up as you leave ARCG

*Do Not Fire*

1. At anyone within 10 feet (surrender rule)
2. At Referees

*Equipment*

1. Players must wear a mask beyond the sign marked "Mask On" at all times
2. Only equipment provided by ARCG will be used

***By signing below I acknowledge that I understand the rules and requirements of ARCG's Paintball Course. I agree to follow the aforementioned rules. If player is under the age of 18 a parent or guardian must sign below stating that they have reviewed this document with the minor they are signing for.***

*Please print*

Name of group \_\_\_\_\_

Player name (please print) \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

**(For reference only-do not sign -agreed to during registration process)**