

Rules to Live By



Necessary to civilization, not too strict, just enough to keep peace.

- ★ No girls in or near the doors of guys cabins and vice versa.
- ★ No Swimming in the lake, outside of designated areas.
- ★ Attendance and participation in all activities is required.
- ★ **No shorts in Evening Worship** only, shorts are allowed and recommended all other times.
- ★ Make sure shorts & swimsuits are appropriate for a Christian camp. This means that a one-piece swimsuit is preferred (girls and boys!). A person who does not own, or could not afford a one-piece would be allowed to swim with a t-shirt.
- ★ Cover-ups must be worn to and from the pool area. Guys included.
- ★ No fireworks, firearms (duh), any form of tobacco, drugs, alcohol, electronics, gameboys, stereos, televisions, CD players, DVD players, iPods, cassette or 8 track tape players, Mp3 players, Ps3' Ps2's, Ps1's, Atari, Game Cube, Wii, Xbox, Ybox, or Zbox, Two way radios, Palm Pilots, Laptops, Notebooks, or anything else that contains a transistor except watches, pacemakers and Homeland Security Tracking Devices. **Note: this includes cell phones.** There is much wisdom in this prohibition, as you can imagine. Make them leave it at home or at the church. Counselors however, may possess a cell phone. There is not a payphone at the camp any longer, so some provision will need to be made by each church for students to call home when necessary.
- ★ Lights out at 12 Midnight! This is a camp rule!
- ★ No PDA No kissing, holding hands, Anywhere, anytime anyhow.
- ★ Damage to cabin is the responsibility of the individual churches

Necessary Gear

Just a suggested list, obviously not exhaustive, hopefully helpful!

- ★ Bible, Pen & Clothes suitable for worship services. No shorts, sweats, etc. will be worn during the evening worship services. Jeans, pants, dresses are fine. Dresses should be modest, and not revealing, neither too short or too low cut. If they can't sit on the front row or bend over without being a distraction, they should wear something else. Boys will be required to keep their pants on their waists, we don't care what kind of boxers they wear!
- ★ Clothes for Recreation. Swimsuits will be needed. Remember to bring your grungies!
- ★ Towels, wash cloths, soap, deodorant (please), shampoo, etc.
- ★ Bedding, a pillow and sheets or blankets, or sleeping bag.
- ★ A fan is permitted, however, all cabins have A/C.
- ★ Sun screen, Off, etc. All medication is to be turned in to the camp nurse with instructions. Medication will be kept in the Nurse's Station only. This is a camp requirement. The only exception is inhalers.
- ★ Money for concession stand goodies, and for Lunch on Monday, and Lunch on the way back.

Preliminary Registration Form

Enclosed:

1. Information Page

2. Medical Release/Assumption of Risk/Mission Release Form

Each Student MUST have all forms completed and turned in with their registration packet. For questions or concerns contact the church office.

3. Final Registration Form

To be completed and turned in upon with completed Medical and Release forms.

4. Rules & More!

Notes:

- Leave: Monday, July 11 at 9:00am from the church.
- Return: Friday, July 15 at 3:00pm
- All medication will be kept in the nurses cabin except asthma inhalers
- Heart of Texas phone number 325.784.5821

INTENSITY 2011 REGISTRATION FORM

NORTH SIDE BAPTIST STUDENT MINISTRY



Name: _____

Phone: _____

Email: _____

Parent/Guardian Name: _____

Phone: _____

Email: _____

Grade Completed: 7 8 9 10 11 12 Graduate (Circle One)

Gender: Male Female (Circle One)

T-Shirt Size (Adult Sizes): XS SM MD LG XL XXL XXXL (Circle One)

**MEDICAL PERMISSION SLIP FOR
NORTH SIDE BAPTIST CHURCH ACTIVITIES**

Name _____ Home # _____

Mailing Address _____

Student's Cell # _____ Parent's Cell # _____

In case of emergency contact:

Name _____ Cell # _____

Name _____ Cell # _____

Date of last tetanus shot _____ Known allergies _____

Any illness or injury at the present time? _____ If so, please specify.

Presently taking any medications? _____ If so, please list and give dosing instructions:

Any limitations on physical exercise? _____ If so, please specify.

To be filled out by parents:

As the legal guardian/parent of _____

I hereby give permission for him/her to accompany a group sponsored by the North Side Baptist Church to any event in 2011.

By signing this, I acknowledge that:

In the event of illness or emergency involving my child, I grant my permission for staff or members of the North Side Baptist Church to administer or provide first aid treatment and to pay on my behalf any necessary medical expenses incurred in the treatment of my child. I will not hold the staff or members of North Side Baptist Church liable for any injury/illness that might occur to my child while he/she is participating in any church program. I understand that my child will be expected at all times to conduct himself/herself in a responsible and safe manner as directed by those members or staff who sponsor the church activity or program.

SIGNED (Parent or Guardian)

Date _____

Liability Release Form

Heart of Texas Baptist Camp and Conference Center

8025 N FM 2125, Brownwood, TX 76801 • (phone) 325-784-5821 • (fax) 325-784-6293 • info@heartoftexascamp.com

INSTRUCTIONS: Complete the **Liability Release Form** and **Health Statement Form** in their entirety. Both forms are mandatory for attendance/participation. Type or print legibly in Dark Ink. Send in with registration.

INDICATE: Name and date of the Retreat/Camp you are attending at Heart of Texas Baptist Camp.
Name of Retreat/Camp: _____
Date of Retreat/Camp: ___/___/___ through ___/___/___

LEGAL NOTICE: All adults attending a youth or children's camp must have a **Criminal Background Check and a Sex Offender Background Check performed** prior to arrival on campgrounds. Results must be presented upon arrival. It is the responsibility of each participating church to perform & submit the necessary checks. New State Law requires **all adults having any contact with minors at camp must attend a training program & exam on recognizing and preventing sexual abuse and child molestation.** This training and examination material may be provided by Heart of Texas Baptist Camp. If training occurs prior to arrival proof must be presented.

Heart of Texas Baptist Camp & Conference Center, hereinafter referred to as the "Camp," requires that all attendees of the Camp and all participants of any Camp activity have a signed release form on file. Camp activities include (but are not limited to), Challenge/Ropes Course (highs and lows), Paintball, Water Crafts, Water Toys, Lake Inflatables, Slip-N-Slide, Swimming Pool, Bicycles, Camping, Basketball, Football, Baseball, Softball, Volleyball, and any and all other camp and recreational sports and activities. Furthermore, this form releases the Camp to photograph and/or use photographs of myself or my child for use in it's publications, advertising, promotional purposes, internet, and/or visual presentations which inform people of the services and activities of the Camp. The signature provided confirms this Agreement to Attend and Participate in Camp activities. The signature provided also confirms the Assumption of Risk and Releases the camp from Responsibility in any and all claims.

Attendance and Activities at Camp may include warm-ups, games, group activities, high and/or low challenge course elements, and/or other rigorous physical activities as well as exposure to animals, snakes, local flora and insects. Camp takes all reasonable precautions to ensure you a safe and enjoyable experience. Parts of the experience, by their nature, can be physically demanding and include varying levels of stress and anxiety, not all of which can be foreseen. The decision to attend the Camp and the decision to participate in any Camp activity at any level **IS AT ALL TIMES COMPLETELY UP TO THE INDIVIDUAL'S CHOICE** and, if there is attendance at the Camp and participation at any level of any Camp activity, there is risk, which must be assumed by each attendee and by each participant. Although it is the Camp's goal to maintain the utmost physical safety in any activity; the physical, emotional and social risk must be assumed by each attendee and participant.

"I understand that attendance at the Camp and participation in any Camp activity may be physically and emotionally demanding. I recognize the inherent risk of physical and/or emotional injury of attending Camp and participating in any/or all Camp activities. I understand that each participant must assume the risk of any injury and/or emotional and any financial responsibility that could result from attending Camp and participating in any Camp Activity. **"I agree to assume such risks and such responsibility. I, on my behalf, and on behalf of my heirs and assigns, hereby release, indemnify and hold harmless Heart of Texas Baptist Camp and Conference Center from any and all claims, physical and emotional, including bodily injury, that I may have that may be sustained in connection with my attending Camp and with my participation in any and/or all Camp activities."**

If you feel that there are any activities in which you or your child should not be involved in, please describe for us on an attached sheet the activities (include name and church/group name on the sheet). I have read (or had read to me) this complete document and I understand the information contained herein. I have freely and voluntarily signed this document.

Date: ___/___/___
Signature of Attendee/Participant

Date: ___/___/___
Signature of Parent or Guardian (if Attendee/Participant is under 18)

CAMP RULES

1. All camper medications are to be listed on the Health Statement Form and taken to the Medical Station to be registered with the Medical Staff. All medications **MUST** be in original bottle and/or container. Medications will be administered as per RX label instructions and dosage by the Camp Medical Staff unless written, signed and dated parental instructions state otherwise. Students are not to share any medications, including over-the-counter medications.
2. ALL illness and/or injury **MUST** be reported to the Camp Medical Staff. Campers who are ill or injured must be either in the Camp Office, Medical Station or hospital. In the event of illness or injury, campers will not be permitted to remain in their dorms.
3. Prank supplies are not allowed in the dorms. (i.e. shaving cream, body paint, water balloons, water guns/blasters). There are no exceptions.
4. Pool and Waterfront swimming must be scheduled through the Camp Office prior to arrival. Designated Camp Lifeguards must be on duty for any pool or waterfront use. No "free swimming" is allowed in the lake or pool. Lifejackets are required for lakefront activities, regardless of the person's age or water safety ability.
5. The Challenge Course must be scheduled through the Camp Office prior to arrival. The Challenge Course is not available for unsupervised use; a ropes certified member of the HOTBC staff must be present.
6. The Paintball Course must be scheduled through the Camp Office prior to arrival. The Paintball Course is not available for unsupervised use; a member of the HOTBC staff must be present.
7. Drugs, alcohol, any form of tobacco, firearms, knives or any kind of weapon or fireworks are **NOT** allowed.
8. Campers are not allowed to cross any camp fence boundaries or gain entrance through any locked door or gate without Camp Staff authorization and supervision. Any camper taking part in such activity will be considered trespassing.
9. Campers are expected to reflect a Christian example by their dress. Shorts must be longer than the arm and hand when extended down the side of the person. Modest skirts and dresses are acceptable and jeans are always acceptable. Immodest shorts or tops, spaghetti strap tops, distasteful designs or messages, cheer shorts and other extreme cloths are not acceptable at any time. Only one-piece swimsuits, or tankinis that cover more than 80% or the stomach, are allowed. Bikinis, French cut or one piece resembling two-piece swimwear will require a dark colored t-shirt to be worn over them. Campers will be asked to change their attire if an adult feels their dress is inappropriate.
10. Refrain from Public Display of Affection (PDA) with others.
11. Campers are not allowed to bring electronic equipment to camp. This includes (but is not limited to) Computers, Game Systems, CD Players, Tape Players, Radios, Televisions, DVD players, and VCRs.
12. Under **NO** circumstances are girls to be in guys rooms/dorms or guys in girls rooms/dorms.
13. There is zero tolerance for fighting. Those caught fighting will be sent home immediately.
14. No Personal Recreational Vehicles are allowed on campgrounds without prior approval by HOTBC administration. This includes (but is not limited to) motorcycles, scooters and 4 wheelers.
15. Students are to respect all adult leaders and follow their instructions. All adults (including HOTBC staff, attending camp staff, counselors and leadership) are in places of authority over all campers. They have been trained in how to guide students for each particular event.
16. Campers **MUST** be in the dorm by designated camp curfew. Your curfew is for your security and for your mental and physical well-being.
17. Guests are not allowed to bring pets on campus. No pets in the dorms, motels or meeting rooms.
18. No graffiti and/or vandalism toward camp property will be tolerated. This includes (but is not limited to) writing, marking, carving, devaluing in any way, and/or destroying bunks, bathroom stalls, walls, windows, furniture, buildings, equipment and/or foliage. Each camp will be charged an additional fee for any graffiti, vandalism and/or destruction of property.

Health Statement Form

Heart of Texas Baptist Camp and Conference Center

8025 N FM 2125, Brownwood, TX 76801 • (phone) 325-784-5821 • (fax) 325-784-6293 • info@heartoftexascamp.com

The proposed activity provided by **Heart of Texas Baptist Camp and Conference Center** requires participation in physical exercises that are, by their nature, physically demanding. Many of the activities will challenge you, and cause surges in blood pressure and pulse rates. Therefore, all participants must be free of medical or physical conditions, and heart related or other diseases, which might create undue risk to themselves or any others that depend on them. Good physical condition will increase your enjoyment of the outdoor activities. If there is any doubt about your ability to safely participate in this exercise, you should have a physical examination and get a release signed by your physician. Your instructor reserves the right to deny participation to anyone for any reason.

Name: _____ Date of Birth: _____

Address: _____ Gender: _____

City/State/Zip: _____ Age: _____

Work Phone: _____ Home Phone: _____ Cell Phone: _____

Name of Physician: _____ Physician Phone: _____

Date of last physical examination: _____

EMERGENCY CONTACT: *In case of emergency, notify* _____ *Relation:* _____

Home Address: _____ City/State/Zip: _____

Work Phone: _____ Home Phone: _____ Cell Phone: _____

MEDICATIONS: List all current medications taken, prescribed dosage, and the frequency of dosage. Attach a separate sheet if necessary. *According to Texas law, all medications, prescription & non-prescription, MUST be held & dispensed by the camp nurse. The only exceptions are asthma inhalers or emergency meds that must be carried at all times, however they must be reported and listed on this form.*

Current medication: 1) _____ Prescribed Dosage: _____ Frequency: _____

Current medication: 2) _____ Prescribed Dosage: _____ Frequency: _____

Current medication: 3) _____ Prescribed Dosage: _____ Frequency: _____

HEALTH HISTORY: Check any and all conditions that apply **and explain in detail**. Attach a separate sheet if necessary.

- Allergies (*please specify any and all below*), Diabetes, Arthritis/Joint Problems, Heart Problems,
 High Blood Pressure, Asthma, Seizures, Hypertension, Bleeding Disorder, Thyroid, Kidney, Epilepsy,
 Recent Operations/Injuries, Disability/Chronic Recurring Illness, Dietary Restrictions, Other: _____

Please explain condition(s) in detail: _____

IMMUNIZATION RECORDS: Texas state law requires this form to have a *current & correct* immunization record for anyone under the age of 18 attending camp. Please check and fill in the exact dates for each of the following immunizations or attach a current shot record.

DPT/DT Date: ___/___/___ Polio Date: ___/___/___ MMR Date: ___/___/___ TB Date: ___/___/___ Other Date: ___/___/___
(Only if applicable) I have chosen to not have my child immunized: (Parent/Guardian Signature) _____

PERSONAL INSURANCE INFORMATION: Please provide a photocopy of your insurance card. *In case of emergency, personal insurance would cover as primary and camp insurance would cover as secondary.*

Insurance Carrier: _____ Policy #: _____ Group #: _____

Suggestions or other health-related information: _____

General Health Statement: _____

REPRESENTATION AND EMERGENCY AUTHORIZATION:

I _____ acknowledge the above information is correct to the best of my knowledge. And I believe my health is satisfactory to participate in all Camp activities including, but not limited to, Challenge/Ropes Course (highs and lows), Paintball, Water Crafts, Water Toys, Lake Inflatables, Slip-N-Slide, Swimming Pool, Bicycles, Basketball, Softball, Soccer, Volleyball or any and all other recreational sports activities. Furthermore, I give permission to the Heart of Texas Baptist Camp and Conference Center's management, trained CPR/First-aid activity facilitators, medical staff, and/or the group director to provide medical treatment that may be deemed necessary to insure the well-being of the named attendee/participant.

Signature of Attendee/Participant _____ Date _____

Signature of Parent or Guardian (if Attendee/Participant is under 18) _____ Date _____

INTENSITY 201%MISSION TRACT
PARENT/GUARDIAN CONSENT & RELEASE FORM

I, _____, am the parent or legal guardian of _____, and I am informed of the activities, an off campus mission tract including transportation to and from, offered by Intensity Youth Camp located in the city of Brownwood, Texas, taking place on the day(s) of July 12th, 13th, 14th, 19th, 20th or 21st, 2011.

Intensity Youth Camp takes all reasonable precautions to ensure a safe and enjoyable experience. Parts of the experience, by their nature, can be physically demanding and include varying levels of stress and anxiety, not all of which can be foreseen. The decision to attend and the decision to participate in the mission trek at any level IS AT ALL TIMES COMPLETELY UP TO THE INDIVIDUAL'S CHOICE WITH THE CONSENT OF HIS/HER PARENT/GUARDIAN and, if there is attendance and participation at any level of the mission trek, there is risk, which must be assumed by each attendee and their parent/guardian. Although it is the goal of Intensity Youth Camp to maintain the physical, emotional, and social risk, any risk must be assumed by each attendee and their parent/guardian.

"I understand that attendance and participation in the mission trek of Intensity Youth Camp may be physically and emotionally demanding. I recognize the inherent risk of physical and/or emotional injury of attending and participating in the mission tract activities. I understand that each participant must assume the risk of any injury and/or emotional and any financial responsibility that could result from attending and participating in any of the mission trek activities. "I agree to assume such risks and such responsibility. I, on my behalf, and on behalf of my child, hereby release, indemnify and hold harmless Intensity Youth Camp, any and all churches involved with Intensity Youth Camp, Heart of Texas Baptist Camp and Conference Center, and Parker Baptist Association and any employees, officers, agents, or volunteers of any of the previously stated organizations from any and all claims, physical and emotional, including bodily injury, that may be sustained in connection with my child's attending and participating in any and/or all mission trek activities."

As the parent or legal guardian of my child, I hereby consent for my child to attend and participate in all activities, including the off campus mission tract, provided by Intensity Youth Camp. I also consent for my child to be transported to and from the mission trek destination by the transportation provided by Intensity Youth Camp.

(Parent's Signature)

Additional Information:

My child is to be **excluded** from the following activities:_____
