



The Christian Outreach Project Youth Volunteer Information



WHAT TO BRING

- Old clothes to work in (bring a few changes, at least two sets, should be long sleeved shirts and long pants)
- Two pairs of shoes (one pair sturdy work type)
- Work Gloves
- Casual after work clothes— jeans, T's and shorts
- Bathing Suit
- Sweater/jacket
- Hat or cap with a broad brim
- Sun glasses
- Toiletries (soap, shampoo, etc...)
- Bedding or sleeping bag
- Extra blanket
- Pillow
- Towels & face cloth
- Suntan lotion
- Insect Spray
- Alarm Clock
- Bible
- Completed health form
- *RAIN GEAR (we will have to walk outside to the cabins)
- * Flash light (we will be walking in the dark to the cabins)

***THESE ITEMS ARE NECESSARY THIS YEAR**

OPTIONAL

- Camera and film
- Musical Instrument
- Sports Equipment

DO NOT BRING

- **Fan (we have limited electric accessibility, COP will supply fans in each cabin)**
- **Electronic music devices with out headphones (I.e boom boxes, etc...)**

IMPORTANT: All COP participants must bring health forms signed by a parent or guardian.

Personal Tools (well marked)

- Hammer
- Nail Apron
- 2" & 4" paint brushes
- Putty Knife
- Paint Scraper
- Tape Measure
- Safety glasses/goggles
- Three to five gallon bucket (makes a good tool holder)
- Other small hand tools (screw drivers, utility knife, pencil, etc.)

COP RULES & REGULATIONS

The following will constitute serious violations of camp rules and regulations established for those attending the Christian Outreach Project.

1. The possession or use of alcoholic beverages or illegal drugs
2. Possession of explosives, fireworks, or weapons
3. Unnecessary noise disturbances
4. Tampering with firefighting equipment or fire alarm systems
5. Destruction of facilities or personal property
6. Failure to comply with staff acting within the cope of their responsibilities.
7. Youth may not drive personal vehicles during the Project week

In respect of others, your activities should be restricted to areas in which you are assigned. Other areas will be off limits.

VOLUNTEER OPPORTUNITIES

There are many opportunities available during the week of COP . Youth leadership is needed in the planning of daily worship services. Persons can help out by volunteering to read Bible passages, speaking to the group, singing or playing musical instruments. New ideas are always welcome!

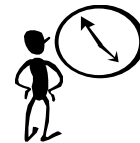
QUIET HOURS / BED TIMES

In the interest of guaranteeing proper sleep and rest for all, participants will be required to be in their cabins and quiet by 10:45 PM. "Lights out" will be promptly at 11:00 PM. The quiet hours will remain in affect until 7:00 AM youth wishing to shower at night must do so during free time and not after 10:45 PM.

These rules and regulations are not all-inclusive. In all situations, we ask that good common sense is used and proper respect and consideration be given to all individuals.

Violations of the above rules may result in immediate suspension from the Christian Outreach Project.

A TYPICAL DAY AT COP...



6:30 AM	Arise & Prepare for the day
7:00 AM	Morning Watch
7:30 AM	Breakfast & Lunch Preparation
8:15 AM	Travel to worksites
12:00 PM	Lunch @ Worksites
4:00 PM	Complete daily worksite activities and return to camp
5:30 PM	Depart for dinner at local church
7:00 PM	Free Time
8:00 PM	Evening Activities & Worship
9:45 PM	Free Time & Snack
10:45 PM	Return to Cabins
11:00 PM	Lights Out