



FIRM FOUNDATION
SPRING BARNABREAK 24

VOLUNTEER BARNABAS BOUND PACKET



SCHEDULE

FRIDAY, MARCH 15

- 2:30 pm Staff & Med Team Arrival
- 4:00 pm Missionary Arrival: Counselors, Barnstormers, Cabin Parents
- 4:30 pm Missionary Training
- 5:30 pm Meet for Camper Arrival
- 5:30-6:30 pm Camper Arrival
- 7:00 pm Dinner
- 8:00 pm Rockin' & Rollin' Dance Party
- 8:30 pm Wrap Up
- 9:30 pm Camper Bed Time

SATURDAY, MARCH 16

- 8:00 am Breakfast
- 9:00 am Devotions & Cabin Clean Up
- 10:00 am First Activity
- 11:00 am Second Activity
- 12:00 pm Lunch
- 12:30 pm Rally
- 1:30 pm F.O.B. (Rest Time)
- 3:00 pm Third Activity
- 4:30 pm Shower
- 5:30 pm Dinner
- 6:30 pm Barnabreak's Got Talent
- 8:00 pm Wrap Up
- 9:00 pm Camper Bed Time

SUNDAY, MARCH 17

- 7:30 am Wake Up
- 8:30 am Breakfast in Cabins
- 9:00 am Cabin Awards
- 10:00 am Camper Pickup
- 10:30 am Missionary Pickup/Dismissal

THEME



"The LORD is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge, my shield and the horn of my salvation, my stronghold." Psalm 18:2 ESV

PARTY THEMES

ROCKIN' & ROLLIN' DANCE PARTY

Are you ready to dance the night away? Channel your inner Rock Star with this Rockin' & Rollin' Dance Party!

Costume Suggestions:

- Favorite Band T-shirt
- Artist of all Eras (Elvis, The Rolling Stones, Taylor Swift, Tina Turner, etc.)
- Musician

BARNABREAK'S GOT TALENT

Tell a joke, sing a song, or show us your moves. Whatever your talent, we want to cheer you on!

Costume Suggestions:

- Magician
- Singer
- Stand-Up Comedian

DON'T FORGET

- ☑ **Complete all Online Training prior to arrival.** See Online Training page for more information.
- ☑ **Bring medications.** Please keep medication in original pharmacy packaging and place all bottles in a ziploc bag. Please do not place medications in daily boxes or little envelopes.
- ☑ **It is imperative that the forms included in your online registration are up to date.** Please [confirm in Circuitree](#) that the medical information matches any medicines brought to camp and emergency contacts are current.
- ☑ To help prevent lost items at camp, please label each item with first and last name.
- ☑ Although we do not require proof of a negative COVID test or vaccination, we ask that you not attend Barnabreak if you have been exposed to someone who has recently tested positive for COVID or if you are experiencing flu-like symptoms. We hope you will be able to join us but understand if based on risk, now is not the right time and we look forward to having you attend future Barnabas events.

ARRIVAL

CAMP BARNABAS AT TEAS TRAIL | 901 TEAS TRAIL | PURDY, MISSOURI 65734

2:30 PM

MED TEAM ARRIVAL: Check in at the Well House

2:30 PM

STAFF ARRIVAL: Check in at the Game Room

4:00 PM

MISSIONARY ARRIVAL (COUNSELORS, BARNSTORMERS, AND CABIN PARENTS)

If you are being dropped off, our Staff will direct you through check in, give you your cabin assignment, and unload your luggage.

If you are driving, you will complete check in and then be directed where to park.



PACKING LIST



Each bag must have an attached luggage tag found in back of this packet. To help prevent lost items at camp, please label each item, including medical equipment and chargers, with first and last name.

- | | |
|---|---|
| <input type="checkbox"/> Bible | <input type="checkbox"/> Sleepwear |
| <input type="checkbox"/> Flashlight | <input type="checkbox"/> Costumes for Parties (see Party Themes) |
| <input type="checkbox"/> Bug Spray and Sunscreen | <input type="checkbox"/> Towels and Washcloths |
| <input type="checkbox"/> Water Bottle | <input type="checkbox"/> Toiletries: Hairbrush, Deodorant, Shampoo, Body Soap, Toothbrush, Toothpaste, etc. |
| <input type="checkbox"/> T-Shirt/Shirts** | <input type="checkbox"/> Bedding: Sleeping Bag or Twin Sheets with Blanket and Pillow |
| <input type="checkbox"/> Pants/Shorts** | <input type="checkbox"/> Medications and Medical Equipment: All medications must be in the original, pharmacy-labeled containers. |
| <input type="checkbox"/> Jacket or Sweatshirt | <input type="checkbox"/> Watch |
| <input type="checkbox"/> Rain Jacket | <input type="checkbox"/> Luggage Tags (see page in packet) |
| <input type="checkbox"/> Closed-toe shoes (or shoes with a strap going around the top of the foot and the heel) | <input type="checkbox"/> <i>Optional Items: Alarm Clock, Money for Barnabas Outfitters</i> |
| <input type="checkbox"/> Shower Shoes | |
| <input type="checkbox"/> Socks and Underwear | |

Please label ALL items with first and last name

Please wash and dry all items you plan to bring to Camp on the highest heat setting BEFORE and AFTER your weekend (this includes clothing, pillows, sheets, towels, etc.). This will help prevent the spread of any lice, bed bugs, fleas, and any other transferable pests. For more information on preventing, identifying, and treating bugs, visit the CDC website.

***DO NOT BRING:** Weapons (including concealed firearms, knives of any kind, scissors, or sharp objects, etc) expensive jewelry, large sums of money, cell phones, music players, snacks (including gum, soda, candy, etc) alcohol, illegal drugs or tobacco products (including cigarettes, vaping devices), or products with explicit content. Barnabas is not responsible for lost or stolen items.*

***BAG CHECK NOTICE:** We will be inspecting your luggage with you when you arrive at camp. This check is a preventative measure and we want to make sure you have plenty of notice prior to coming to camp. Please read over your packing list and let us know if you have any questions about what to/or what not to bring. If a questionable item is found during bag check, it will be held in the office until the end of the camp session. Tobacco products, alcohol, e-cigarettes, and vaping devices will not be returned.*

***Please reference our Camp Barnabas Policies.*



BARNABAS OUTFITTERS CARD

Barnabas Outfitters has everything from sweatshirts and tees, to hats, water bottles, and more! Add a Barnabas Outfitters store card to your account by logging in, clicking “Registrations” and “Store Card”. The store card option will disappear from online registration two days before camp. If you would like to add one at this time, please contact us. Missionaries will have a chance to visit the store during the weekend. **All store card funds not used will be considered a donation to Camp Barnabas.** We accept cash, credit cards, and store cards. Check out our online store to see what is available for purchase. Shop barnabasoutfitters.com.



**SNACKS, DECALS, &
SMALL ACCESSORIES**



T-SHIRTS



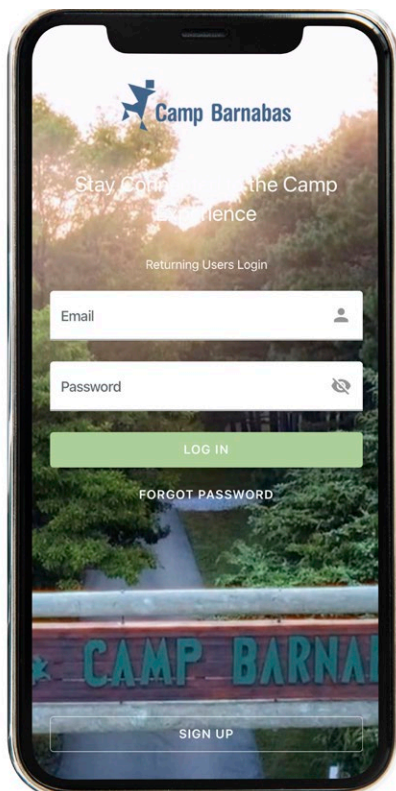
HATS



**LONG-SLEEVES &
SWEATSHIRTS**

CAMP BARNABAS APP

EXPLORE PHOTOS FROM BARNABREAK WEEKEND!



GET STARTED

- Search "Camp Barnabas" in the Apple App Store or Google Play Store and download the free app.
- Use the invitation code "TEASTRAIL".
- Create your profile and let the fun begin.

GALLERY

- Upload a photo of your Camper to utilize facial recognition technology.
- Download low resolution photos from the weekend for free or high resolution photos for a fee.





POLICIES & RESOURCES

REQUIRED ONLINE TRAINING BEFORE BARNABREAK

All Volunteers are required to complete Online Training prior to serving at Barnabreak. This training is critical to maintaining safety at camp and is a part of our Child Protection Plan at Camp Barnabas. It will take approximately 120 minutes to complete all courses. These courses can be taken all at once or broken out into multiple sessions. It is important that you are comfortable with our expectations and Child Protection Plan.

Volunteers will need to visit campbarnabas.org/springtraining to register for an account. Online Training courses will be assigned automatically. **All Volunteers are required to complete the updated 2024 Online Training courses.** Users will need to register even if you have previously attended Camp Barnabas.

The following courses are mandatory and must be completed
BEFORE YOU ARRIVE AT BARNABREAK:

TOTAL COURSE TIME ABOUT TWO HOURS

1. CHILD PROTECTION PLAN
2. WELLHOUSE & MEDICAL ORIENTATION
3. EMERGENCY & ESSENTIAL BAG TRAINING
4. TAKING CARE OF YOUR CAMPER
5. J.E.F.F.: IT'S A CAMP THING
6. INTRODUCTION TO BEHAVIORS
7. THE FIRST 24 HOURS
8. GOSPEL AND TESTIMONY TRAINING

*Content Warning: Parents, this training includes mature content.
We recommend you sit down and take it with your child to help discuss these big topics.*



POLICIES

We strive to glorify Jesus Christ in everything we do. We have specific policies designed to allow you to understand what we believe is right and true in the eyes of our Lord. These policies are also designed for your safety and wellness during camp.

Alcohol, Illegal Drugs & Tobacco: Camp Barnabas leadership does not condone or personally use illegal drugs or tobacco. We do not condone the abuse of alcohol or allow for drunkenness. No alcohol, illegal drugs, recreational drugs, or tobacco products are allowed at camp.

Sexual Behavior: There should be no discussions or acts of a sexual nature while at Camp. We view sexual relations as being between a married man and woman and does not need to be a conversation among our Staff, Missionaries, or Campers.

General Appearance: Everyone should keep a neat appearance. If you have long hair, it's recommended to keep it in a ponytail for your safety.

Shirts: T-shirts should not have inappropriate designs or advertising for questionable products (i.e., beer products or inappropriate language). No spaghetti-strap, tight-fitting, or low-cut shirts. Straps on shirts must be at least the width of two fingers and completely cover bra straps. Shirts must cover the abdomen, even when hands are lifted in the air.

Shorts/Pants: Our standard length for shorts is finger-tip length. Shorts must also be loose-fitting. No shorts or pants with words across the seat are to be worn at any time. Shorts must be visible under longer shirts. Leggings are only appropriate when front and back areas are completely covered.

Shoes: Shoes must be worn at all times unless at the pool. Closed-toe shoes or shoes with a strap going across the top of the foot and around the heel (i.e., Chacos or Tevas) are required during all activities, with the exception of to and from the pool.

Swimsuits: Men must wear swim trunks (no Speedos). Women must wear modest one-piece swimsuits. Two-piece swimsuits will be permitted, provided they cover the abdomen completely, even with hands in the air. No low-cut swimsuits are to be worn. If necessary, girls may wear shirts over their swimsuits as long as the shirts are not white. It is highly recommended that girls wear shorts over their swimsuits. Some Campers make quick transitions, and chasing after a Camper while wearing shorts is much easier than in swimsuit bottoms.

Tattoos & Body Piercings: At camp, it is suggested that all piercings be removed for safety reasons. Some Campers love shiny objects and may grab or pull at them. If you do not choose to remove them, please only use studs. Navel, eyebrow, or tongue jewelry is not allowed at camp (this is a safety issue). At the discretion of the Senior Camp Staff, any tattoo that may be viewed as inappropriate will need to be covered at all times.

Cell Phones & Laptop: To avoid distraction and fully immerse yourself in the Barnabas experience, laptops are not to be brought to camp. We do not allow the use of cell phones at camp. If a cell phone is brought, Staff will collect it on the first night of camp. If you need to make an emergency call, there are phones available. (Exceptions are made to this policy for Group Leaders and adult leaders - 30 and over).

If you have any questions about these policies, please call or email us.



CODE OF CONDUCT

Everyone at Camp Barnabas is expected to follow our Code of Conduct explicitly - it's comprehensive and falls into three main categories:

Physical Safety & Security: *Always* respect the other person's physical boundaries. Camp is not the place for physical relationships of any kind.

Verbal Communication: *Always* use appropriate verbal communication. There are no exceptions.

Staff Specific: While everyone on camp property is expected to follow the Code of Conduct outlined regarding physical boundaries and verbal communication, there are additional stated exceptions specifically for Staff.

PHYSICAL SAFETY & SECURITY

- No kissing
- No sharing of shower or bathroom stalls
- Everyone sleeps in their own bed
- No hitting, kicking, slapping, or punching
- No tickling or touching of private areas (this includes slapping someone on the rear)
- No physically demeaning humor (noogies/wedgies, etc.)
- No walking around camp or in the cabin without covering private areas (not even while around the same sex)

VERBAL COMMUNICATION

- No lying
- No gossiping
- No name-calling of any kind (even jokingly)
- No talking about another's body
- No profane, sexist, or racist language
- No discussions of a sexual nature

STAFF SPECIFIC

- No Camper or Missionary is to be taken off alone.
- Do not give individual gifts of a personal nature to Campers.
- Do not show favoritism to a particular Camper.
- One-on-one counseling or private conversations are to be in a public setting (seen but not necessarily heard).
- Summer Staff should always hold other Staff accountable.
- Summer Staff should be above reproach at all times.
- Open Door Meeting Policy: No Summer Staff should be with a member of the opposite gender behind a closed door or private area at any time. If a one-on-one meeting is required, it should be done in a clear, visible place where others are present.

CONSEQUENCES

Any infraction of the above policy will be immediate grounds for dismissal with no chance for re-hire or return to Camp Barnabas. A violation of one of these policies might not only be misunderstood by youth/Staff but could result in legal consequences.



3 T'S: GUIDELINES FOR APPROPRIATE CONDUCT WITH CAMPERS

TALK

Appropriate:

- Verbal praise for achievement or behavior
- Verbal encouragement
- Scripturally-based teaching (non-sexual)

Not Appropriate:

- Compliments or questions relating to physique or body development
- Sexual jokes, sexual innuendos, or bathroom humor
- Swearing or vulgar language
- Verbal harassment or abuse
- Individual secrets or special gifts
- Sexual coaching or conversation

TOUCH

Appropriate:

- Handshakes and high fives
- Walking hand in hand
- Short, congratulatory or greeting hugs
- Arm around the shoulders
- Piggybacks with young campers

Not Appropriate:

- Intimate wrestling or tickling
- Private back rubs, arm tickles, massages, etc.
- Touching of private parts
- Touching a child in anger, disgust, or frustration
- Frontal hugs
- Sexual embraces
- Lap sitting
- Kissing

As a ministry caring for individuals with special needs, we know that some of our Campers will require an additional level of personal care assistance with hygiene during their time at Barnabas. We take this responsibility very seriously. We are very careful in how we train our Staff and Missionaries to modestly administer personal care if needed. Two caregivers are required to be present at all times for safety, this includes during hygiene administration. If a Camper requires additional assistance in their daily living activities and you would like more information on how we train or administer this care, we would be more than happy to speak with you. Please call 417-476-2565.

TERRITORY

Appropriate:

- Public one-on-one interaction
- Group or public environment

Not Appropriate:

- Sitting or lying on a bed with a minor
- Private one-on-one interactions

Additional Guidelines: Modesty dictates that Campers, Missionaries, and Staff never sit around or walk without a towel or clothing covering private areas. Towels must be worn at all times when going to or from the shower. **NO EXCEPTIONS!** It is against policy to display sexual body parts intentionally—even if it's a joke.



3-6-0 SAFE & SECURE POLICY

Based on our Code of Conduct, the following rules and boundaries have been established in order for our Campers, Missionaries, and Staff to have a safe, secure, and enjoyable experience at Camp Barnabas. Understanding and following these rules/boundaries will help everyone have the time of their life at camp!

“3” RULES

- **Recognize** unacceptable behavior. You must know and understand the Code of Conduct so you can easily recognize what is acceptable and unacceptable behavior. The 6 Boundaries outlined below will help too.
- **Resist** unacceptable behavior. No Camper, Missionary, or Staff should ever feel uncomfortable or unsafe at camp. Everyone has the right to say NO and remove themselves from the situation or distance themselves from the person making them feel uncomfortable or unsafe.
- **Report** what makes you feel uncomfortable or if a rule has been broken.
 1. Tell cabin Staff or the Camp Director.
 2. Write a note and put it in the Comment Box (at the Well House).
 3. Tell a member of the Med Team in the Well House.
 4. Call 1-800-4-A-CHILD.

“6” BOUNDARIES

1. **Modesty:** Private body parts should be covered at ALL times (swimming, to/from shower, dressing, etc.) NO EXCEPTIONS. Never display your private body parts or touch someone else's.
2. **Rule of Three:** You should NEVER be alone with a Camper or youth where others are not present. There should always be a third person present or in view. Never tell a Camper a secret or tell them “not to tell”. We have no secrets at Camp Barnabas. NONE.
3. **Good Touch vs. Bad Touch:** Appropriate touch includes high-fives, short side hugs, arm around the shoulders, etc. and makes your Camper or peer feel safe and encouraged. Inappropriate touch is any touch that makes anyone feel uncomfortable (touching private parts, hitting, pushing, lap sitting, etc.) Refer to the Code of Conduct for additional examples.
4. **Good Talk vs. Bad Talk:** Always encourage one another with positive, pure, uplifting speech. Negative, disrespectful, sexual, and/or profane language will not be tolerated.
5. **Bullying:** Camp Barnabas has zero tolerance for bullying. If you are bullying someone (or they perceive you to be) and they ask you to stop, you MUST stop. If you observe or are the target of bullying, report it immediately.
6. **Your Territory:** Your body, your space, your stuff, your bed are off-limits to everyone else. No one should be in your territory without your permission and you should not be in their territory without theirs.

“0” (ZERO) TOLERANCE

If you decide not to abide by these rules and boundaries, you may be immediately dismissed from camp.



LUGGAGE TAGS

Wrap around handle and staple to opposite end here.

(Filled Out at Arrival)

CABIN:

BOY

Name

Fold Here

Fold Here

Name

BOY

CABIN:

(Filled Out at Arrival)

Wrap around handle and staple to opposite end here.



Wrap around handle and staple to opposite end here.

(Filled Out at Arrival)

CABIN:

BOY

Name

Fold Here

Fold Here

Name

BOY

CABIN:

(Filled Out at Arrival)

Wrap around handle and staple to opposite end here.



Wrap around handle and staple to opposite end here.

(Filled Out at Arrival)

CABIN:

GIRL

Name

Fold Here

Fold Here

Name

GIRL

CABIN:

(Filled Out at Arrival)

Wrap around handle and staple to opposite end here.



Wrap around handle and staple to opposite end here.

(Filled Out at Arrival)

CABIN:

GIRL

Name

Fold Here

Fold Here

Name

GIRL

CABIN:

(Filled Out at Arrival)

Wrap around handle and staple to opposite end here.