

REHOBOTH CAMP MINISTRY

VOLUNTEER HANDBOOK



*Genesis 26:22 " Rehoboth: For now the Lord has made room
for us, and we shall FLOURISH in the land."*

Table of Contents

Volunteering for Rehoboth Camp Ministry.....	3
The Purpose of Camp.....	3
About Camp.....	4
Camp Organization Chart.....	4
We Value.....	5
What You Can Expect.....	6
First-time Applicant Q & A.....	8
Testimonials from Past Volunteers.....	10
Rehoboth’s Statement of Faith.....	11

Volunteering for Rehoboth Camp Ministry

Thank you for deciding to volunteer with Rehoboth Christian Ministries' Camp Ministry. Every year, volunteers contribute hundreds of hours of volunteer service to our camp programs held at Rehoboth Camp, Gull Lake. Your assistance and dedication, in our programs and events, helps ensuring greater success. We trust your time volunteering for Camp Rehoboth will be rewarding, full of opportunities to grow, show God's love to others, learn and contribute.

This manual has been designed as an outline of Rehoboth Camp's policies and expectations regarding our volunteers. It is also a source for our volunteers to know what to expect before arriving on site to volunteer. Additional training and expectations will be explained to you at camp.

The Purpose of Camp

- To teach, instruct, lead and help an individual with disabilities in a Christian atmosphere. Develop a special friendship; learn some Biblical truths and enjoy a fun filled week at camp. We are also providing a week off for their caregivers.
- To provide a week of Christian fellowship, growth and sharing for individuals with developmental disabilities of all ages while interacting with volunteer staff.
- To provide an environment in which campers interact socially with each other and volunteers.
- To learn to actively participate in all areas of the camp program.
- To make friends and enjoy yourself!



About Camp

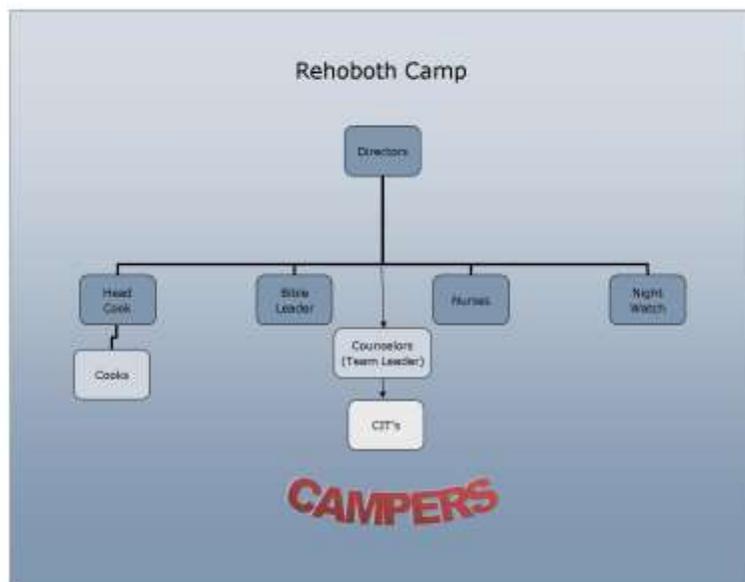
Five separate weeks of Camp allow up to 35 campers per week to enjoy nature, each other, and various activities. Each camper is assigned a volunteer counselor for the week.

Camp activities include such things as: swimming, bowling, hiking, crafts and sports.

Each day the Bible Leader/Pastor shares a Bible Lesson with the Campers and Volunteers. We currently are working through the "Friendship Series" Bible Study Lesson during the week.

The highlight of camp is Talent Night, where the campers and volunteers show their musical, acting or artistic talents to an audience of parents, community members and each other.

Camp Organizational Chart



We value...

Respect – for everyone, campers and volunteers

Integrity – honest and ethical behavior as the basis of trust and respect

Trust – that is earned and honored by all

Equity – ensuring that every person... camper and volunteer... is treated with dignity and respect

Diversity & Inclusion – we welcome and include everyone

Responsibility & Accountability – we are efficient and effective stewards of the resources with which we have been entrusted.

The most important thing to know when working with people with disabilities is that they are people. God created all of us in his own eyes. And just like all people, they are different including their disability. Just because one person with a disability prefers something one way doesn't mean that another person with the same disability also prefers it that way.

Ask before you help. Before you help someone, ask if he or she would like help. Follow the person's cues and ask if you are not sure what to do. Don't be offended if someone declines your offer of assistance.

What You Can Expect

Position Description

Your volunteer position description in this handbook will describe the qualifications and duties to be carried out during your week at camp.

Orientation

You will be given an orientation to the camp program on the day you arrive. You will or have already been given an email with details as to when and what day you should arrive at camp.

Supervision

There will be two Directors at camp for the entire week. They will provide leadership and guidance. All volunteers will be divided into teams, and there will be a Team Leader for each group who will provide support and mentor you as well.

Recognition

Rehoboth Christian Ministries acknowledges the contribution volunteers make in dedicating a week of their summer to volunteer at Rehoboth Camp. Volunteers will receive recognition.

Confidentiality

As a volunteer you have access to personal information about campers. All people have the right to have their confidentiality respected.

No information about campers or volunteers, including their identity, should be given without permission to any person outside of Rehoboth Camp unless there is legal requirement to do so.

Volunteers should not, whether during their week at camp or after leaving, use or disclose any confidential information about their camper or volunteers.

Electronic Devices

You can use your electronic devices during your breaks or away from events with your camper or other volunteers.

Appearance/Dress Code

As volunteers, we need to model examples of appropriate clothing. Mainly you will need summer clothes. For your safety and appropriate witness, we recommend that shorts be mid- thigh, tank tops are at least three fingers of strap, and that the midriff is covered. Swimsuits should be one piece or modest for girls and no Speedo's for boys. Clothing should be free of profanity and inappropriate content.

Smoking

Smoking is not permitted in any of the buildings. It should be restricted to, only around the fire pit (all butts should be thrown in the fire-pit). Smoking should be at appropriate times- rest time, bedtime- not during regular day activities- at the discretion of the Camp Director.

Alcohol

There is a "zero" tolerance to the use of and consumption of alcoholic beverages and anyone found having or using will be asked to leave.

What to bring

Sleeping bag & pillow (or bedding) - mattresses are provided

Flashlight

Towels

Swimsuit (no bikinis please)

Rain coat

Summer clothes (no spaghetti strap tops please)

Warm clothes (evenings can get cool)

Bible

Musical instrument (if you play)

Sun screen

Toiletries

Appropriate footwear

One dozen cookies or squares (no chocolate or nuts)

First-time Applicant Q & A

The following Q and A was developed for first-time volunteers but may be helpful to all volunteers.

Do I have to volunteer all summer long?

Each camp runs for one week in July. We require volunteers to make a commitment for one week starting on a Saturday and ending the following Friday.

What if I am a little nervous about working with People with Developmental Disabilities?

Everyone experiences a little fear when doing something different for the first time. Don't let nervousness hold you back from coming and experiencing what is for many people a life-changing week! Many campers have been coming for years and are very familiar with the routines and expectations. They are excited and looking forward to making new friends each year. Like you and me they are happy and looking forward to their vacation.

Will I be looking after a Camper all by myself?

As a first time volunteer you will be matched with a camper who is more capable. All counselors are divided into teams to provide support and help whenever necessary. If you are under 16, you will be working side by side with an experienced volunteer who will assist you throughout the week. The camps are run by Directors who have been with our programs for at least five years and who are very familiar with first-time volunteers.

What if I have no experience working with People with Developmental Disabilities?

No previous experience with people with disabilities is necessary to be a volunteer at Camp Rehoboth.

Is any training provided?

The first day of Camp (Saturday) is spent in training sessions and team building exercises. You will meet all the other volunteers and Camp Program staff who will make your stay at Camp very comfortable. You also get to meet your camper by reviewing their file and will have a pretty good understanding of your Camper before he/she arrives on Sunday afternoon.

What will I be doing with my Camper?

Camp is filled with many activities and events, as well as relaxation time. You will accompany your Camper to the swimming pool, bowling alley, and horseback riding. You will ensure that your camper is ready to participate in these events. You will also make sure they have all of the supplies they need for the activities. On the camp site you also will accompany your camper to mealtimes, chapel time, and will be a support and companion for the week.

Am I always with my Camper?

Although you are assigned a camper to spend the week with, you will have some down time. Campers have a rest-time during the day and go to bed between 9:30 and 10. You have these times to relax and enjoy the company of other volunteers or you can read a book, go for a walk, or listen to music. If you are feeling overwhelmed and need a break you should talk to the Counselor you are partnered with or your team leader so you can have a break.

Do I need to bring anything to Camp?

You should bring the items on the “what to bring” list, which is on page 7 of this handbook. You will be assigned a bunk and have access to shower facilities. You do not need to bring food or snacks as we have Cooks preparing 3 meals a day and a fridge full of snacks. You may want to bring some spending money for our Tuck Shop. You can use your cell phone or mp3 player at times when it does not interfere with the care of your Camper or participation in meetings or other camp events.

What if I have medication that I take on a regular basis?

Each week of Camp is staffed by two nurses. You will meet with the nurses who will become familiar with your meds and will dispense them. Nurses also will dispense pain and allergy medications as required.

Which Camp should I apply for?

All of our camps follow the same basic schedule of activities and events. Each week of camp serves a different type of Camper. You are welcome to apply for any of our weeks listed with some exceptions in our Independent Camp week.

Where is Camp located?

Our beautiful facility is located near Lacombe in Central Alberta. We have volunteers coming from all over Alberta, and from as far away as Ontario and the United States.

Testimonials From Past Volunteers

"This summer I had the opportunity to serve at Rehoboth as a first time volunteer in helping the campers. The experience was a positive one and better in many ways than I had originally expected. One of the many blessings I came away with was to see life through a different perspective and be reminded of lessons that we all tend to forget in the busy schedules of life. Volunteering at Rehoboth was a fulfilling and enjoyable opportunity to serve the Lord by serving others and certainly one that I would volunteer for again."

~Hannah E., first-time volunteer

"I thought Rehoboth was a great learning experience. I met a lot of people and it was really neat to see people working together, helping each other and have lots of fun doing it. It was really encouraging and a fun change; I wouldn't want to miss it!"

~Elisabeth B., first-time volunteer

"Camp Rehoboth is the highlight of my year. I was apprehensive when I went the first time, but it turned out to be one of the best experiences of my life, and I knew before the end of the week that I would be back. I have returned every year since."

~Jason V., age 19, volunteer since 2001



Rehoboth's Statement of Faith

- 1) We believe that our God is the One True God who is made known to us in the Bible; who is our Creator; who, through His Son Jesus Christ, is our Savior; and who gives us His Spirit to live in us.
- 2) We believe all individuals are unique and are images of the Creator. Therefore, we believe we are all inter-dependent; in need of relationships that are mutually supportive and encourage growth in each other. Our God is the Centre of our connection to each other and is the reason we treat each other with respect and appreciation.
- 3) We believe our natural inclination is to be self-centered, selfish, and judgmental, resulting in disrespect, abuse, and exclusion of one another contrary to the will of our Creator. We depend on God the Father, His Son, and His Spirit to provide us with the desire and ability to be compassionate, caring, and supportive of one another.
- 4) With the help of, and responding to the mandate we receive from the Creator, we work with and for persons who live with disabilities and their families by "making room" in our personal lives and in our society for individuals who require additional support to contribute meaningfully to society. We invite all Christians to join us in this work.