



### Trip Information

**Dates:**

July 19, 2020 - July 25, 2020

**Age Group:**

Middle School Students and Members of Student Leadership Team

**Host Organization:**

City Service Mission

CSM.org

**Cost Per Student:**

\$900

### About Washington DC

Washington, DC is a city of great contrast. It is both our nation's capitol and a city with great poverty and crime. Its 67 square-mile area contains rich and poor, black and white, young and old, native and alien, homeless and landed-gentry, the powerful and powerless, lawmakers and lawbreakers. Impoverished public housing projects are within blocks of lush neighborhoods where nations of the world house their embassies and consulates.

Washington, DC has struggled with the issue of homelessness since the 1880's. Between 1860 and 1880, D.C.'s population soared from 40,000 to 120,000. Completely overwhelming the city's infrastructure, these new arrivals, mostly freed slaves from the former Confederacy, subsisted in severely overcrowded, disease-ridden, and impoverished conditions. D.C.'s first building and health codes were written in 1880 to cope with this crisis.

Because D.C. is a federal district and not a state, it has no voting representation in Congress.

In recent years, D.C. has gone through significant change due to gentrification. It is one of the most gentrified cities in the US with over 40% of The District's neighborhoods experiencing it since 2000, making it consistently one of the most expensive cities to live in the United States in recent years. During this transition, neighborhoods that have been affected by gentrification have seen their low-income populations decrease by almost 30%. In these same areas the black population has decreased by 23% while the white population increased by 202%.

At CSM DC you get to learn about our country's rich history and also serve those in need. One morning you might be getting up early to prepare and serve breakfast for those needing a meal. In the afternoon, you might be working along side of church leader running a VBS. Our ultimate goal is be the hands and feet of Christ.

### Trip Logistic Information

**Housing:**

Groups are housed at Douglas Memorial UMC, an inner-city congregation in Northeast Washington D.C. The church has many great ministry programs that help the community, such as food and clothing distribution ministries, prayer, worship, and Bible study activities. We will also be using an additional housing site for many summer months when we have large group sizes.

The girls are all in one room and the guys are all in another. We have about 15 sets of bunkbeds in each room! There's one bathroom for guys with a toilet a urinal and a shower. And one bathroom for girls with 2 toilets and a shower. Unfortunately this means that showers are every other day. The fellowship hall on the first floor is where we eat breakfast and make lunch and hang out, and the sanctuary on the second floor is where we do devotions and worship night.

There is air conditioning!

**Health and Safety:**

CSM will operate with your safety as a high priority but this will require the cooperation of your group. Our housing site and the service sites that we work with are highly respected safe havens in their communities.

Following evening activities, groups will remain inside the housing site and the door will be locked.

All CSM staff are certified in First Aid and CPR and are equipped with First Aid kits. Please advise CSM staff of any allergies/medical conditions of your group members prior to arrival and report all injuries (minor and major) to your CSM host (if injury occurred while with CSM).

## SAMPLE SCHEDULE

<b>SUNDAY</b>	5:00 pm Arrive at CSM housing, Orientation 6:30 pm Dinner at Indian Restaurant 7:30 pm Prayer Tour 9:30 pm Debrief 11:00 pm Lights Out
<b>MONDAY (day 1)</b>	7:30 am Breakfast and Devotions 9:00 am Serve at Men's Shelter 1:30 pm Serve at Kid's Summer Camp 6:00 pm Dinner at Puerto Rican Restaurant 8:00 pm Debrief 11:00 pm Lights Out
<b>TUESDAY (day 2)</b>	7:30 am Breakfast and Devotions 8:30 am Serve at Food Pantry 1:30 pm Serve at Kid's Summer Camp 6:00 pm Dinner at Middle Eastern Restaurant 7:00 pm Hand out sack lunches to homeless community 9:00 pm Debrief 11:00 pm Lights Out
<b>WEDNESDAY (day 3)</b>	7:30 am Breakfast and Devotions 9:00 am Serve meal at Soup Kitchen 1:30 pm Serve at Kid's Summer Camp 6:00 pm Dinner & Worship Night (available in most cities) 11:00 pm Lights Out
<b>THURSDAY (day 4)</b>	7:30 am Breakfast and Devotions 8:30 am Serve at Block Clean-up Ministry 1:30 pm Serve at Kid's Summer Camp 6:00 pm Dinner at Thai Restaurant 8:00 pm Debrief 11:00 pm Lights Out
<b>FRIDAY (day 5)</b>	7:30 am Breakfast and Devotions 9:00 am Depart for Free Day 5:30 pm Dinner at Spanish Restaurant 7:00 pm Depart for Housing Site 8:00 pm Debrief 11:00 pm Lights Out
<b>SATURDAY</b>	8:30 am Breakfast and Devotions 9:00 am Evaluations, cleaning, pack, load vans 10:00 am Depart for home!

**Travel Information**

**Departure Info:**

Meeting at Shelter Rock Church, Syosset Campus on Sunday, July 19th at 9:30am. We will attend the 9:30am service as a team and then leave promptly at 11am. Please note; attending this service is a part of the trip so your attendance for the service itself is required!

**Luggage:**

Please limit yourself to one small piece of luggage so we do not have space issues for the drive to DC. An in depth packing list will be included in this packet.

**Travel Day Attire:**

We will be wearing our team shirts for departure day.

**Return Info:**

We will be returning to Shelter Rock Church, Syosset Campus on Saturday, July 25th at approximately 5pm. We will have students call their parents when close to give an exact time of arrival.

**Trip Requirements**

**Requirements:**

- 1) Review entire Information Packet.
- 2) Sign and return a copy of this packet, the accompanying Medical Release Waiver along with the \$250 deposit for this trip.
- 3) Mark in your calendar and attend all Important Dates scheduled (listed below).
- 4) Fundraise and pay in a timely manor according to the Important Dates schedule (listed below).
- 5) Maintain spiritual disciplines and requirements during the process leading up to the trip. Details for this will be given at Missions Team Meetings.
- 6) Students will be a representative of Christ and of Shelter Rock Church during this trip. They are expected to act and behave as such. If students act or behave in a manor that does not reflect Christ or the values of Shelter Rock Church will be liable to be removed from the trip or sent home at the parent's expense. Students must abide by the rules of the trip, our church, our hosts (CSM), and the leaders who will be in charge over the trip.

**Important Dates:**

It is expected that all students that are a part of this trip will be at all of the team meetings as well as any group projects (bake sales and things of that nature) that are on this list. Students are also expected to meet all financial deadlines listed here.

**March 8th** - Last day to register

**March 8th** - First Financial Deadline (\$250 total due)

**March 15th** - First Team Meeting (2:30-4:30pm @Syosset)

**March 22nd** - Missions Bake Sale (All Services @All Campuses)

**April 19th** - Second Financial Deadline (\$400 total due)

**April 19th** - Team Meeting (2:30-4:30pm @Manhasset)

**May 17th** - Third Financial Deadline (\$700 total due)

**May 17th** - Team Meeting (2:30-4:30pm @Syosset)

**May 24th** - Missions Bake Sale (All Services @All Campuses)

**June 7th** - Fourth Financial Deadline (\$800 total due)

**June 7th** - Team Meeting (2:30-4:30pm @Manhasset)

**July 10th** - Final Financial Deadline (\$900 total due)

**July 10th** - Team Meeting and Dinner (7-9pm @Syosset)

**July 19th-25th** - Washington DC Missions Trip

If any of these dates are an issue, please contact Peter at [Peter@ShelterRockChurch.Com](mailto:Peter@ShelterRockChurch.Com) right away to make him aware and discuss the next steps!

**I understand and agree to abide by all of the requirements stated in this packet**

Parent's Name \_\_\_\_\_ Student's Name \_\_\_\_\_

Parent's Signature \_\_\_\_\_ Student's Signature \_\_\_\_\_



## WASHINGTON DC PACKING LIST

- Bedding (sheets or sleeping bag, blanket, pillow)
- Personal toiletries (towels, soap, shampoo...)
- Bible, Pen, Journal
- Work clothes – modest things that can get dirty and are comfortable to work in.
- Long pants are required at many sites (leggings = not pants). Please pack at least one pair of long pants. Shorts are okay at some sites, but they must be knee length.
- No tank tops or sleeveless tops
- We also recommend one long sleeved shirt for sites where you are doing yard work (protects against poison ivy & mosquitoes).
- Closed-toed shoes
- Reusable water bottle
- One-piece bathing suit, if you are serving at a summer camp or is indicated on your schedule
- Backpacks, day pack (optional)
- Games or activities to play with kids at camp (if scheduled)
- Money for CSM t-shirts (\$10 - \$15) and/or ice cream

### **DO NOT BRING**

- Anything that is not replaceable or has significant value (jewelry, etc).
- A lot of money. We recommend about \$30 as spending money for students.
- Short shorts or shirts, tank tops, tight clothing, leggings as pants
- Hair-dryers, curling irons, straighteners, etc.

### **CELL PHONE POLICY**

Students are not permitted to use their cell phones at ministry sites and phones should be left at the housing site each day. Locked cabinets are available. At the housing site, cell phone usage is up to the group leader. Leaders should keep their phones with them.

# Shelter Rock Church Permission Slip/Waiver & Indemnity Agreement & Authorization for Medical Treatment Form

Name of Participant: \_\_\_\_\_

*(Please print)*

For (Name of Event or Trip): Washington DC Missions Trip 2020 Date: July 19, 2020-July 25, 2020

City: Washington State: District of Columbia

In consideration of your accepting me or my child for participation in the above named program, activity or sport, I hereby, for myself, my heirs, executor and administrators, waive and release any and all rights and claims for damages that I may have against the above named organization and its agents, employees, representatives, successors and assigns for any and all injuries suffered by myself or my child that arise out of the above named program, activity, or sport sponsored by the above named organization.

I warrant that I have the right to authorize the foregoing and do hereby agree to hold the above-named organization harmless of and from any and all liability of whatever nature, which may arise out of or result from such participation.

For the consideration stated above, I further agree that in the event that my child or I should make any claim against the above-named program, activity or sport, I will personally indemnify, defend or hold harmless the organization and its agents, employees, representatives, successors and assigns against any and all loss and damage occasioned thereby, including attorney's fees.

### Authorization for Medical Treatment

This release and consent give Shelter Rock Church (SRC) permission to take my child to the nearest available medical facility and have any necessary emergency treatment administered.

I understand that every effort will be made to contact me. However, in case of emergency, if I cannot be reached, I hereby give SRC permission to act on my behalf in seeking medical treatment by qualified personnel for my child in the event that such treatment is deemed necessary or advisable for my child's health, safety and welfare. I release SRC, it's staff (paid or volunteer), and all medical providers from liability in acting on my behalf in this regard rendering such medical treatment.

**Note: I understand that my personal insurance is primary. I have read and understand this agreement.**

I have read and understand this Agreement and have willingly placed my signature below as evidence of acceptance of all the conditions contained herein.

**Current Medical Condition (Please Circle One)**      **Good**   **Fair**   **Poor**

List **any and all** medical conditions, allergies, of medical limitations that the child may be experiencing or has experienced in the past.

\_\_\_\_\_

**Are you allergic to latex? (Please Circle One)**      **Yes**   **No**

**Current Medications** (Medications must be sent with participant in their original containers.)

<u>Medication name</u>	<u>For</u>	<u>Dosage</u>
_____	_____	_____
_____	_____	_____

Health Insurance Co.: \_\_\_\_\_ Group No.: \_\_\_\_\_ Phone #: \_\_\_\_\_

Insured under whose name: \_\_\_\_\_

Social Security # of insured: \_\_\_\_\_

Participant's Doctor: \_\_\_\_\_ Phone #: \_\_\_\_\_

**In an emergency, you may call the person listed below in the event a parent cannot be reached.**

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Primary Phone: \_\_\_\_\_ Secondary Phone: \_\_\_\_\_

**Photo/Video Release**

I further acknowledge that photos and videos taken of me during my participation may be used by Shelter Rock Church and/or their partner organizations at their discretion.

**SIGNATURES**

By signing you agree that the above statements are true and that you agree to abide by all of the rules, guidelines, codes of conduct, etc. as set forth by SRC and their partner organizations.

Participant: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/ Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Print Parent/Guardian Names: \_\_\_\_\_ Cell #: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_