

# Welcome to The Bishop's Confirmation Retreat



Dear Student and Parents/Guardians,

We are so excited to have you join us for the Bishop's Confirmation Retreat. We have been praying for you and this event for a while. We have spent many hours planning and preparing and now all we need is YOU and we are looking forward to your arrival.

The schedule for the weekend is as follows:

Friday, March 4

5pm-8pm	Arrival, Check-In & Stow Gear Self-lead activities available
8pm	Opening Chaperone meeting (for Adults attending with students) Student Team-Building
8:30	Greetings & Safety Orientation from Lazy W Staff
9:00	Opening Worship with a welcome from the Bishop
9:45	Mix & Mingle Time
10:30	Prep for Bed
11:00	Lights Out

Saturday, March 5

8am	Breakfast
8:45	Morning Worship
9:45	Small Group Rotations based on Inspiration
11:45	Small Group Discussion Time
12:30	Lunch
1:15	Rest Time
2:15	Free Time (crafts, archery, games, volleyball, etc)
3:15	Introduction to Following Christ
3:30	Small Group Rotations around Followership
5:30	Small Group Discussion
6:00	Dinner
7:00	Large Group Games: Sharing God's Love
8:00	Final Small Group Meeting

9:00	Campfire Worship
10:00	Prep for Bed
11:00	Lights Out

Sunday, March 6

8am	Breakfast
8:45	Pack Up
9:30	Church Group Time* (will meet during this time to present something during worship. This will be clear, we promise!)
10:45	Final Worship with communion
11:45	Depart

### *Important Reminders*

- The speed limit on the road to camp is **20mph and 10mph** in the residential areas. The road is a one-lane road and there can be critters, toddlers, hikers, bikers and cars that are hard to see.
- There are **no pets** allowed at camp, please leave your pets at home when you come to drop off and pick up your camper.

We would like you and your student to look over this packet together and bring the health forms to Lazy W. We hope you will call us if you have any questions.

God Bless,

**The Design Team and Bishop Carcaño**

# Frequently Asked Questions: Bishop's Confirmation Retreat

## What do we need to bring with us to registration on Sunday?

Please help us make registration run smoothly by bringing the following items with you to registration:

- 1. Medications:** Medication should be in its original packaging, in a clear zip-loc bag, labeled with the student's full name and dosage instructions.
- 2. Forms:** OTC meds form, Health Form

## What is the lodging like? How will be assigned sleeping facilities?

Lazy W Ranch is a typical "summer camp" set in a beautiful yet rustic environment. You will be placed in cabins according to church groups – genders will be separated. You may share the cabin with other church groups. The cabins fit 10 people per and there are no bathrooms located inside the cabins – yes, be prepared to walk to a bathhouse. 😊

## What if there is an emergency in our family?

In an emergency, the camp staff may be contacted at (949) 728-0758. This is a direct line to the infirmary and is only to be used in case of emergency. If there is no answer at that number, you may try the camp line at 949-728-0141, which has voicemail.

## What if my child gets sick or injured at camp?

Children often get cuts, scrapes, bumps and bruises as well as stomachaches and other minor complaints. Our camp Nurse will treat these illness and injuries as they arise. If the injury is deemed severe by the Nurse and/or members of the Leadership Team you will be contacted via phone with details regarding the injury/illness. You may be asked to pick up your child or for instructions on how to proceed.

## I'm an adult coming with my students, what should I expect?

Adults attending with their students will be an active part of the weekend and will provide small group leadership throughout the course of the event. You will participate in the activities lead by the Design Team and will then lead the students in discussions based around those activities. Don't worry! We'll provide the discussion questions for those occasions.

## Can I bring my phone? Or camera? Music player?

**You are strongly encouraged to leave all expensive items at home, including cell phones and other hand-held devices. Should you choose to bring one of these items with you then you are taking full responsibility for it and will not be reimbursed if the device breaks and/or is lost.**

**IMPORTANT: There is NO cell reception on camp property. Zero! Zilch!**

**Wifi is also not available for students. Leaders, only, will have access to wifi if needed.**

So, technology stuff is allowed at camp?

*Cell phones/music players will ONLY be allowed IN the cabins. If the phone or device is seen as a distraction or a problem, an adult may collect the phone until the end of the event.*

## What should I bring?

Read the recommended packing list closely for suggestions on what to bring and also be sure to check out the page on Special Notes for anything unique to your chosen week of camp.

### Recommended Packing List:

#### Clothes (enough for the weekend):

- Daily Clothes (weather appropriate)
- Shoes
- Sleepwear
- Undergarments
- Shower shoes (Cheap flip flops are great!)

#### Toiletries:

- Shampoo & Conditioner
- Deodorant
- Toothbrush & Toothpaste
- Face wash
- *Medications (to be turned in during registration, so don't pack them in your suitcase)*
- Hairbrush & Hair things
- Body Wash/Soap
- Lotion (unscented, to attract fewer bugs)
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#### Bedding:

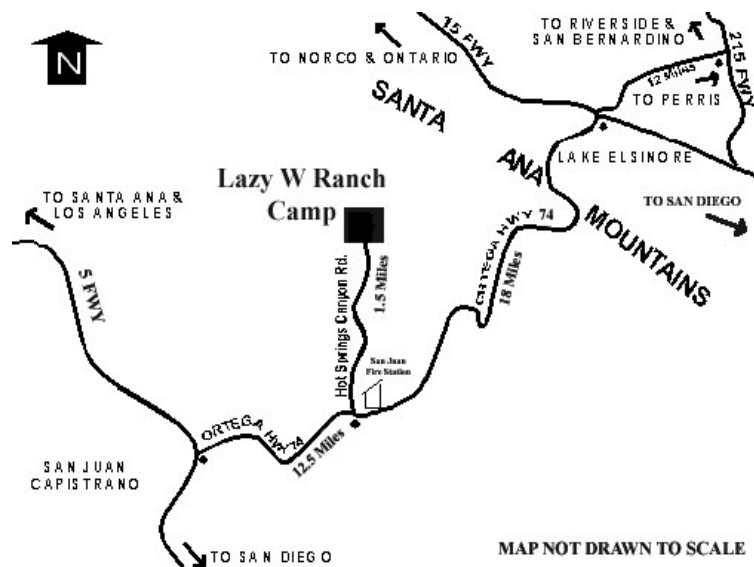
- Sleeping Bag/Sheets
- Blanket
- Pillow

**Random Important Stuff** (please be sure to write your name on these items to make sure they go home with the proper person)

- Bible (if you don't have one, please let us know)
- Flashlight
- Refillable Water bottle
- Camera

# Directions to Lazy W Ranch Camp

Please **DO NOT** use 'MAPQUEST' to find directions, as they do not have correct directions posted. Lazy W Ranch Camp is located 70 miles south of Los Angeles and 70 miles north of San Diego.



## From the Los Angeles and San Diego areas:

- Travel on Interstate 5 to San Juan Capistrano in south Orange County
- Exit on Hwy 74 (Ortega Highway)
- Go EAST (towards mountains) 12.5 miles
- Turn LEFT onto Hot Springs Canyon Road (look for Lazy W Ranch Camp sign and San Juan Fire Station ON LEFT)
- Drive 1.5 miles to the end of dirt/paved road into Lazy W Ranch Camp

NOTE: Due to construction, there is often a great deal of traffic at the 5 and Ortega Highway. As a result we encourage you to take the Junipero Serra exit. If you are coming from the North, take the Junipero Serra exit, make a left onto Junipero Serra and then turn RIGHT onto Rancho Viejo. Travel approximately 1.5 miles and make a left onto Ortega. Then follow above directions.

From the South, a detour option is the Camino Capistrano exit. Take the exit, turn left, make the right onto San Juan Creek Road, then make a left onto La Novia. Turn right onto Ortega Highway. Dependent upon traffic conditions this detour may not save time.



Road sign as seen traveling EAST on Hwy 74, from Interstate 5

### To Lazy W Ranch from Riverside

- **Take 91 West**
- **To 15 South**
- **Travel through the outskirts of Lake Elsinore, *Google directions are accurate***
- **Turn onto Ortega**
- **Travel 15.8 miles, turn right onto Hot Springs Canyon Road · Drive 1.5 miles to the end of the road into Lazy W Ranch**

# Camp Forms

The following forms need to be completed and brought with you to check-in on Friday the 4<sup>th</sup>.

**Permission to Administer Over-The-Counter Medication Form**

**Bishop's Confirmation Retreat**

**Student's First & Last Name**

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**(Please Print)**

**Lazy W Ranch must have a written statement from the parent or legal guardian in order to administer any over-the-counter medication. Lazy W Ranch must have this written authorization in order to routinely administer any over-the-counter medicines.**

**Parent's approvals for Medications:  
Circle YES or NO for each listing**

- |                                   |     |    |
|-----------------------------------|-----|----|
| • Ibuprofen (Advil, Motrin)       | YES | NO |
| • Tums                            | YES | NO |
| • Acetaminophen (Tylenol)         | YES | NO |
| • Benzocaine (Orajel/Anbesol)     | YES | NO |
| • Benadryl                        | YES | NO |
| • Cough drops                     | YES | NO |
| • Sudafed                         | YES | NO |
| • Antacids (Mylanta/Pepto-Bismol) | YES | NO |
| • Imodium                         | YES | NO |
| • Dramamine                       | YES | NO |

**I, the undersigned, parent or legal guardian of the above named camper, submit that the nurse or other designated personnel may administer medicine to our child as needed and in accordance with best medical practices.**

**Parents/Guardian Signature \_\_\_\_\_ Date \_ \_**

**Parent/Guardians: Print Name \_\_\_\_\_**



# Health & Waiver Form

Student's Full Name \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_

Parent/Guardian Cell # \_\_\_\_\_ Home # \_\_\_\_\_

## Step 1: Detail Any Current or Recent Past Medical Conditions

Please indicate below any medical information that the Camp Staff should be aware of: i.e. allergies to medication/food, etc. This information must be completed for all campers and signed by parent or guardian for individuals under the age of 18. For campers over the age of 18, they must complete the form and sign for themselves.

Circle any of the following conditions to which the camper is subject:

Bronchitis      Fainting Spells      Asthma      Sleep Walking      Ear Trouble

Bed Wetting      Sinus Trouble      Convulsions      Hyperactivity

Other: \_\_\_\_\_

Are there any physical, emotional or other conditions which will limit the Camper's participation in activities at Camp?

Yes    No    If so, please explain: \_\_\_\_\_

In the last six months, has the camper been under any medical care?

Yes    No    If so, please explain: \_\_\_\_\_

List any medications (including OTC) that the Camper will bring to Camp along with actual prescription dosage:

\_\_\_\_\_

List any special dietary needs (e.g. Vegetarian, Vegan, Diabetic, etc.): \_\_\_\_\_

List all of the Camper's allergies to any foods or medications: \_\_\_\_\_

Date of Last Tetanus Shot (must be within last ten years): \_\_\_\_\_

Is student up-to-date with all "school required" immunizations?      Yes      No

## Step 2: Emergency Contact Information (other than yourself)

Name: \_\_\_\_\_ Relationship to Camper: \_\_\_\_\_

Phone #: \_\_\_\_\_

## Step 3: Camper's Insurance Information

Does camper have any Medical Insurance.    Yes    No

Name on Policy: \_\_\_\_\_

Policy #: \_\_\_\_\_ Insurance Company: \_\_\_\_\_

Name of Family Doctor: \_\_\_\_\_ Phone #: \_\_\_\_\_

## Step 4: Medical Consent/Liability Release and Photo Release

I agree that photos and videos of my child taken during camp may be used for marketing and promotional purposes for Cal-Pac Camps within the bounds of the California Pacific Annual Conference of The United Methodist Church.      Yes      No

*I, the undersigned parent or guardian of the minor, \_\_\_\_\_ do hereby authorize pursuant to Family Code Sections 6900-6910 any adult staff member of Cal-Pac Camps, as agent for the undersigned to consent on behalf of said minor to medical care, including, X-ray examination, anesthetic, medical or surgical diagnosis or treatment, and hospital care, under the general or special supervision of, and upon the advice of or to be rendered by a physician or surgeon licensed under the provisions for the Medical Practice Act. For myself, and on behalf of said minor, I release, hold harmless and indemnify the California-Pacific Annual Conference, its Boards, officers, member, clergy, staff, agents and volunteers from any and all claims, losses, costs, obligation and liabilities for injuries to any persons or for damages to or loss of property of any kind in any way arising out of participation of the above mentioned minor, whether or not arising from any alleged active negligence, fault or legal liability of any kind of the California-Pacific Annual Conference, its Boards, officers, members, clergy, staff, agents and volunteers to the fullest extent permitted by California law. This authorization shall be effective June 1st to August 31st, 2016 inclusive. A photocopy or other reproduction of this authorization shall be considered as an original.*

*Signature of Parent / Guardian if Camper is under 18  
Signature of Camper if age 18 or older*

*Date:*

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