

**Texas Law, Public Safety, Corrections and Security
Teachers Association
Leadership Camp**

GUIDELINES

DRESS CODE:

- Shorts need to be Long shorts – No Daisy Duke shorts allowed.
- Boys MUST wear a belt and keep pants pulled up – or sent home.
- Bathing Suits –

Girls NO Bikinis – You MUST have a Dark shirt (blue/black) to wear at ALL times over the suit.

Boys – No Speedos

- Shoes/Sandals worn at ALL times

Electronics:

- **NO ELECTRONICS** – Cell phones WILL be collected and locked up. Every night for one hour we will pass them out if you would like to contact your parents by calling them. Leave ALL other devices at home please.

READ OVER THE RETREAT POLICIES ALSO.

What to Bring:

- | | |
|------------------------------------|--------------------------------|
| - Bedding – Sleeping bag/pillow | - Bug Spray |
| - Towel | - Rain Poncho |
| - Bathing Suit | - Snacks |
| - Sunscreen | - Glasses/Contacts/Solution |
| - Sunglasses | - Medicine needed |
| - Toothbrush/toothpaste | Place in Plastic zip lock with |
| - Two pairs of shoes (water shoes) | name on it. |

**Texas Law, Public Safety, Corrections and Security
Teachers Association
Leadership Camp Code of Conduct**

Students will demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. The highest potential of sports is achieved when participants are committed to pursuing victory with honor according to six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. I understand that, in order to participate in this Leadership camp, I must act in accord with the following:

TRUSTWORTHINESS

- **Trustworthiness** — be worthy of trust in all I do.
- **Integrity** — live up to high ideals of ethics and sportsmanship and always pursue victory with honor; do what's right even when it's unpopular or personally costly.
- **Honesty** — will not lie, cheat, steal or engage in any other dishonest conduct.
- **Electronics** – I will abide by the rule of NO electronics allowed during camp. Cell Phones will be passed out for one hour every night to contact parents if wanted to and then collected.

RESPECT

- **Respect** — treat all people with respect all the time.
- **Disrespectful Conduct** — don't engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual or racial nature, trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.
- **Self-Control** — exercise self-control; don't fight or show excessive displays of anger or frustration; have the strength to overcome the temptation to retaliate.
- **Healthy Lifestyle** — safeguard your health; don't use any illegal or unhealthy substances including alcohol, tobacco and drugs or engage in any unhealthy techniques to gain, lose or maintain weight.
- **Dress Code** – I will abide by the dress code set by the camp and Association.

**I have read and understand the requirements of this Code of Conduct.
I understand that I'm expected to perform according to this code.
I also understand that there will be sanctions if this code is violated. This could end up with parents being called to come pick me up with no refund.**

Student Signature Date

Parent Signature

MEDICAL INFORMATION

INFORMED CONSENT

Name _____ Date _____ Date of Birth _____

Address _____

Phone # _____ Email _____

Physician and Phone # _____

Emergency Contact _____ Phone # _____

List known allergies _____

List required medications and times to administer _____

If you are allergic to bee stings, do you have a bee sting kit? _____

Do you wear contact lenses? _____ Are you pregnant? _____

Have you had or do you have (circle if yes) Diabetes Asthma Angina Epilepsy Chest pains
Drug reactions High blood pressure Heart murmur Heart Attack (if yes, date _____)

Have you ever had any serious disease or surgery? (if yes, date, and explain)

Do you have any other medical conditions that we should be aware of?

I do hereby agree to hold free and harmless Changing Course Foundation, and any chartered affiliates, agents, servants, employees, officers and directors from all costs and expenses including but not limited to: attorneys' fees, reasonable investigation and discovery costs, court costs, and all other sums the above mentioned persons may pay or become obligated to pay on account of any, all and every demand for claim or assertion of liability, or any claim or action founded thereon, arising or alleged to have arisen out of you or your child's use of real or personal property belonging to Changing Course Foundation and, or by any action or omission by you or your child also for any accident or injuries that might occur during any activity or connected with any activity. I also give permission to the Changing Course Foundation Health Officer or other Camp Health personnel to administer common over-the-counter medications as may be prudent and indicated when necessary to alleviate such common ailments as headaches, stomachache, nausea, pain, allergies, ECT. In addition, I give my permission for the Health Officer to administer any necessary first aid treatment or emergency treatment or to secure treatment by a doctor or hospital as may be needed. In addition, I consent to treatment s may be needed by a doctor, ambulance medics or at a hospital if such becomes necessary. I authorize the Health Officer to secure transportation as may be indicated or required, via personal vehicle driven by an adult staff member or via ambulance or CareFlite, when necessary to transport to a doctor or hospital.

I am not under the influence of any chemical substance including alcohol. Understanding that any physical activity involves a risk of injury, I understand that my participation in the Changing Course Foundation program is entirely voluntary. I release Changing Course Foundation, and all its' employees from any claims or liability arising out of my participation.

This form good from _____ to _____

Name _____ Participants signature _____

Date _____ If the participant is under age 18, parent of guardian must also sign below:

Guardians Printed Name _____

Contact Number _____

Guardians Signature _____

Photo Media Release

I grant Changing Course Foundation the right to use, reproduce, assign and distribute photographs, films, videotapes, DVD's, and sound recordings of myself or my child for use in promotional materials they may create.

Signature: _____ Date: _____

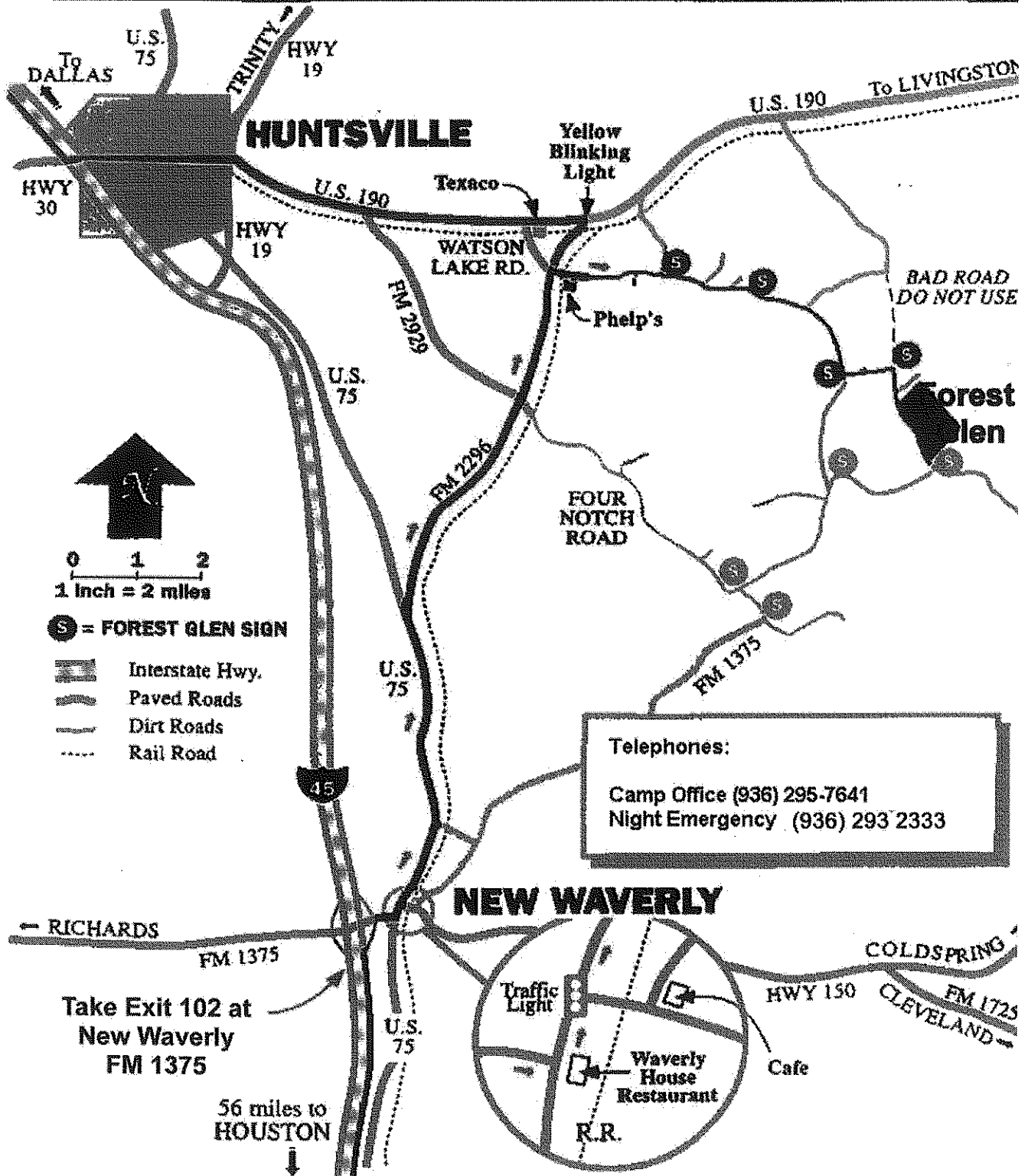
FOREST GLEN CAMPS

RETREAT POLICIES

Group Leader: Please make a copy of these policies available to each member of your group!

Arrival: <ul style="list-style-type: none">☉ Check in with a host in the office upon arrival.☉ At check in, report to the host the number of people who are in your group at each meal. This number should include everyone in your group. (Leaders, campers, children, etc.)☉ Payment is due upon arrival.☉ Summer Groups staying 3 nights or more must complete Child Abuse Prevention Training before arrival.	Waterfront/Swimming: <ul style="list-style-type: none">☉ No one is allowed at pool/waterfront activity areas except during scheduled times when the lifeguard is on duty.☉ Two piece swimsuits may be worn only if they are covered by a non-white, non see-through T-shirt.☉ No midriff showing is allowed.☉ Life jackets must be worn at all times for Blobbing and canoeing.☉ A group chaperone should be present at the waterfront when the group is fishing.☉ Forest Glen will provide adequate personnel who hold current American Red Cross Lifeguard Training or equivalent certification to guard each waterfront / swimming activity during the scheduled times for these activities.☉ Waterfront activities are available for scheduling on Saturdays (swimming and Blobbing from late April to Mid October).☉ Waterfront activities are available for scheduling on Sunday afternoons <i>only in the summer.</i>
Parking: <ul style="list-style-type: none">☉ After unloading, all vehicles are to be parked in designated parking areas.☉ Do not block roadways or entrances.	First Aid: <ul style="list-style-type: none">☉ The group shall be responsible for first aid and emergency care, medical supplies, emergency transportation, and providing an adult who is certified in American Red Cross Standard First Aid and CPR or the equivalent.☉ Any group consisting of minors is responsible for completing a form with the following information for all minors: a roster of names, emergency contact information, consent to treat a minor, and emergency medical release form.
Bedding: <ul style="list-style-type: none">☉ Campers must furnish their own bedding and toiletries.	Miscellaneous: <ul style="list-style-type: none">☉ Use of firearms and fireworks is prohibited unless prior arrangements have been made.☉ When not in use, all firearms must be locked in vehicles.☉ Only God can make a tree, so none are to be defaced or chopped down.☉ All profanity, immoral conduct of any nature, and immodest dress are forbidden.☉ No alcoholic beverages or illegal drugs shall be permitted on the premises, nor shall anyone who is under the influence of either.☉ For the safety and peace of all campers, pets are not permitted to visit Forest Glen.☉ Motorized bikes may be used only to make initial entry and final exit from camp and must remain in the road. Motorized bikes are not allowed off road at any time.☉ Because of the fire hazard, campfires are only permitted at Forest Glen during scheduled times and in places designated by Forest Glen staff.☉ Because of the fire hazard, smoking is only permitted in parking lots or on paved areas.☉ Males and females may not visit each other's cabins and there is to be no raiding of cabins.
Leadership: <ul style="list-style-type: none">☉ Sponsors must maintain supervision of all members of their group.☉ There is a suggested minimum camper to chaperone ratio of 10:1 for teenagers and 8:1 for children.☉ Chaperones need to be at least 16 years of age and two years older than campers.	
Meals: <ul style="list-style-type: none">☉ Meals will be served promptly at the following times: Breakfast – 8:00 am Lunch – 12:30 pm Supper – 6:00 pm☉ After meals, have campers take dishes to the washing area, scrape and stack neatly. Tables need to be wiped down with chairs pushed in.☉ No glasses, dishes, silverware, etc., are to be removed from the dining hall.	
Activities: <ul style="list-style-type: none">☉ Guidelines for activity use are posted at each activity and must be followed.☉ All activities must be scheduled in advance. Ropes course and rifles require an additional fee.☉ No one is allowed at any activity areas (archery, BBs, rifles, canoes, ropes course) without Forest Glen staff.☉ All other activities need to be supervised by a group chaperone.	

How To Get To Forest Glen



Directions to Forest Glen from Houston

Proceed North on either I-45 or the Hardy Toll Road.
(The Hardy Toll Road merges with I-45 just South of the Woodlands;
during the Friday afternoon rush the toll road will save you approx. 45 minutes.)
Continue North on I-45 to the exit for New Waverly (Exit #102).
Take the exit.
At the stop sign turn Right (East) onto FM 1375.
Proceed approx. $\frac{3}{4}$ mile to the stop sign. Turn Left (North) onto US75
Proceed on US 75 for approx. 5 miles.
Turn Right onto FM 2296.
Proceed for approx. 7 miles.
Turn Right onto Spur 2296 (also known as Watson Lake Road).
As you cross the multiple railroad tracks,
note the big BLUE Forest Glen sign on the building on the Left.
(Do not turn right immediately after crossing the railroad tracks).
Stay on this road for 6.5 miles. Follow the blue Forest Glen signs.
The pavement will end after about 2 miles.
From this point on you will be in the Sam Houston National Forest.
The roads will be all dirt and gravel.
There are BLUE FOREST GLEN signs at each intersection to direct you.

Directions to Forest Glen from Dallas

Proceed South on I-45 to Huntsville; take Exit #116.
Go to the signal light and turn LEFT onto Hwy 190 EAST.
Proceed on Hwy 190 East for 8.2 miles to the caution light.
(You will travel through town; always stay on Hwy 190 East;
the road will narrow into two lanes as you enter the rural area.)
At the caution light turn RIGHT onto FM 2296.
Proceed on FM 2296 for 0.7 mile.
You will crossover a single railroad track.
At the intersection turn LEFT onto Spur 2296, also known as Watson Lake Road.
As you cross the multiple railroad tracks,
note the big BLUE Forest Glen sign on the building on the Left.
(Do not turn right immediately after crossing the railroad tracks.)
Stay on this road for 6.5 miles. Follow the blue Forest Glen signs.
The pavement will end after about 2 miles.
From this point on you will be in the Sam Houston National Forest.
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