



## COP YOUTH VOLUNTEER INFORMATION

The Christian Outreach Project is a service program and outreach mission sponsored by the Greater New Jersey Annual Conference of the United Methodist Church. Its purpose is twofold:

1. To provide no-cost home improvements to the homes of elderly, handicapped, and low-income families and;
2. To encourage high school youth, young adults, and adults to grow spiritually as they volunteer their time and skills to experience the ministry and Spirit of Jesus Christ.

### WHAT TO BRING:

#### CLOTHING AND ACCOMMODATIONS

- 5-7 sets of clothes suitable for construction work. At least two sets should be long pants and long sleeves
- Casual clothing for after-work and evenings (jeans, t-Shirts, shorts)
- Two pairs of shoes – one work boot and one sneaker
- Bathing suit
- Sweater/jacket
- Hat with broad brim
- Sunglasses
- Toiletries (soap, shampoo, shaving cream, etc.)
- Shower shoes/flip flops
- Bedding or sleeping bag
- Blanket
- Pillow
- Towels (shower and swim)
- Suntan lotion
- Bug spray
- Rain gear – waterproof shoes, raincoat, poncho, etc.
- Flashlight

#### PAPERWORK

- Completed health form

#### OPTIONAL

- Headphones
- Musical instrument
- Sports equipment (football, frisbee, soccer ball, etc.)
- Playing cards
- Group games

### DO NOT BRING

- Fans or air conditioners – power supplies are limited in the cabins. COP will provide fans in each cabin
- Music devices without headphones
- Drugs, alcohol, tobacco products, vapes, or any other item not suitable for church

### YOUTH TOOL LIST

\*\*Mark your name in paint or permanent marker on all tools\*\*

- 5-gallon bucket. You'll use this to store the rest of the tools on this list
- Work gloves – ANSI Type 2 cut resistant or better
- Hammer
- 2" paint brushes (multiple)
- Paint roller (roller heads not required)
- Putty knife
- Paint scraper
- 25' tape measure
- Safety glasses
- Screwdrivers – Phillips, Flat, Star, and/or reversible
- Utility knife
- Pencil
- Pliers – standard & needle nose
- Wire cutters
- Adjustable wrench
- Prybar

### COP RULES AND REGULATIONS

The following will constitute serious violations of camp rules and regulations established for those attending the Christian Outreach Project.

1. The possession or use of alcoholic beverages or illegal drugs
2. Possession of explosives, fireworks, or weapons
3. Unnecessary noise disturbances
4. Tampering with fire fighting equipment or fire alarm systems
5. Destruction of facilities or personal property
6. Failure to comply with staff acting in the scope of their responsibilities
7. Youth may not drive personal vehicles

8. No smoking will be allowed
9. In respect of others, your activities should be restricted to areas in which you are assigned. Other areas will be off limits
10. All program participants shall abide by and enforce Safe Sanctuaries policies at all times

### QUIET HOURS

In the interest of guaranteeing proper sleep and rest for all, participants will be required to be in the cabins and quiet by 10:00 pm. Lights out will be promptly at 10:30pm. Quiet hours will remain in effect until 7:00 am. Youth wishing to shower at night must do so prior to lights out.

These rules and regulations are not all inclusive. In all situations, we ask that good common sense is used and proper respect and consideration be given to all individuals.

Violations of the above rules may result in immediate suspension from the Christian Outreach Project.

### A TYPICAL DAY AT COP

6:30 am	Rise & prepare for the day
7:00 am	Leave cabins; walk to breakfast
7:30 am	Eat breakfast and pack lunch
8:00 am	Travel to worksites
12:00 pm	Lunch at worksites
4:00 pm	Complete daily worksite activities and return to camp
5:30 pm	Depart for dinner at local church
7:00 pm	Free time
8:00 pm	Evening activities and worship
9:00 pm	Return to camp
10:00 pm	Return to cabins
10:30 pm	Lights out