

# Personal Responsibility Agreement

## 1. Dress Code

Be careful about the type of clothing that you wear. Modesty is always the rule. Girls – one piece swim suits or a t-shirt over a two piece. Guys – no Speedos. Some running shorts, though great for running, are often too clingy and transparent for swimming

## 2. Cleanliness

- Straighten your bed and room every morning before leaving.
- Keep the vans clean and pick up paper and debris.

## 3. Traveling

- Space is at a premium. Limit items you bring. One large suitcase, one travel bag and your sleeping bag and pillow.
- Courtesy in riding arrangements is necessary.
- Be sure to pack, load and unload promptly.
- Bring motion sickness meds if you need them.

## 4. Courtesies

- Do not make adverse remarks concerning food served you.
- Limit your entire shower time to 5 minutes. Primping can be done elsewhere.
- Lend a hand whenever possible and when some job is suggested, be the first to volunteer.
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## 5. General

- Do not leave the group or wander away unless approved by a leader.
- Adhere to the Big Three.
- iPods and phone use are limited to the following:
  - iPods – if you need them to sleep. Limit music selections to Christian or instrumental. We do not become a team when we isolate ourselves with headphones.
  - Phones – only use is to call or text home.
- If you didn't bring it, don't eat it.
- Report all sickness to a leader immediately.
- First aid supplies are available. See a leader.

## 6. Conduct of Couples

There will be no PDA's. You are not expected to pretend a relationship doesn't exist. But we are going on this trip as a group to share Christ and grow in our relationship with Christ. Couples can break down group interaction and unity. This is a ministry time, not an 8 day date.

*I understand all of these expectations and understand that any gross abuse of these rules will result in the adult leaders taking whatever action they feel necessary, including sending me home.*

Your Signature \_\_\_\_\_

Today's Date \_\_\_\_\_