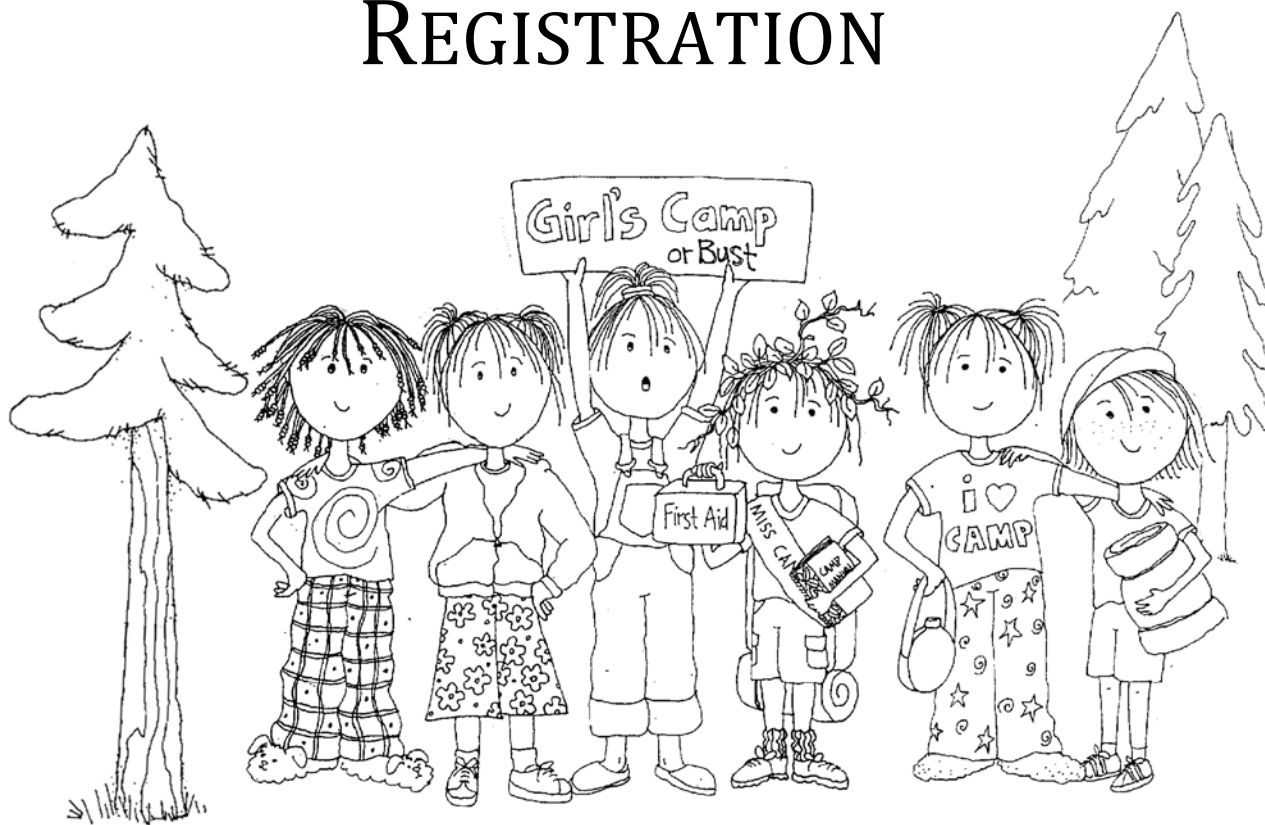


Bellevue Stake Young Women Camp

JULY 15TH-19TH 2014

CAMP LOCKAMORA AT ENSIGN RANCH

REGISTRATION



Registration forms and money are due to your ward camp director by Sunday, April 27th, 2014

Statistics have shown that one of the most powerful places for girls to strengthen their testimonies is at camp... please make sure every girl has the chance to go to camp and there strengthen her testimony.”

Sister Susan W. Tanner, YW General President, 2004

Young Women Camp Goals

The goals of the YW camp are to help the Young Women:

- Draw closer to Heavenly Father and His Son, Jesus Christ
- Feel the influence of the Spirit
- Serve Others
- Build friendships and unity
- Appreciate and feel reverence for Nature
- Become more self-reliant
- Develop leadership skills
- Enjoy camping and have fun!



Camp is essential to the Young Women program. Camp is significant in strengthening young women's testimonies and is an experience to build up on all year. Camp is challenging but it is worth it.

Bellevue Stake Young Women Camp

Our goal for Young Women's Camp is to provide a natural and spiritual setting for the precious daughters of God of the Bellevue Stake. We want you to experience and appreciate the joy and beauty of God's creation in all its grandeur, gain a personal testimony of His plan for them, learn to forgive and be forgiven, learn to lead, learn to serve, learn to give comfort, and above all, to learn to love.

YW Camp is an opportunity for young women to practice patterns of gospel living away from worldly influences and the challenges they may face in their daily lives. Everything we do at camp will help these young women confirm their identity as daughters of God, recognize and cultivate the Spirit, keep baptismal covenants, and prepare for their future.

We are planning a fabulous camp and hope that all Young Women will come with a great attitude ready to make new friends, strengthen their testimonies and have a blast! We feel honored to serve these young women and look forward to another wonderful week at YW Camp.

Sue Richardson ♦ Kerrie Rands ♦ Soni Petterson
Bellevue Stake YW Camp Directors

PACKING LIST FOR YOUNG WOMEN CAMP

CAMPING ITEMS

- Sleeping bag and pillow
- Air mattress or pad – TWIN size or smaller (No Full/Queen Size) Each YW must have their own mattress or pad.
- Water bottle – Drink often!
- Flashlight + extra bulb + batteries
- Extra blanket

NECESSARY CLOTHING

- Warm jacket
- Hat or visor
- Sweater or Sweatshirt
- Warm Pajamas
- Shirts – 5 – **NO SLEEVELESS**
- 4 pairs Pants or Jeans – Pajama Pants/Sweats are great
- Shorts – **KNEE LENGTH**
- Modest swimsuit (no tummy showing)
- Socks for 5 days
- Underwear for 5 days
- Shoes – 1 sturdy pair
- Shoes – 1 river pair - tennis shoes
- Water Sox for Slip-n-slide – **NO CROCS** allowed on slide.
- Flip Flops for showers (optional)
- No open toe shoes
- Work Gloves

OPTIONAL ITEMS

- Camera
- Journal
- Pens/markers
- Personal First Aid Kit
- Watch

LABEL EVERYTHING !!!

Bring OLD clothes to camp!

You will get dirty!

Save the new clothes for school!

PERSONAL ITEMS

- Toothbrush + toothpaste + floss
- Deodorant
- Soap (in a container)
- Bath towel + wash cloth
- Beach towel
- Shampoo
- Comb, brush, hair bands, mirror
- Feminine protection products
- Chapstick
- Insect repellent
- Plastic bags for dirty laundry
- Sunscreen
- Medications – give to the Nurse as soon as you get to camp**

- CAMP MANUAL**
- CAMP BEADS**
- CAMP CHARM NECKLACE** (If you did not attend camp last year you will receive yours at camp)
- SCRIPTURES**

CERTIFICATION SUPPLIES

2nd Years

- Pocket knife

YCLs -

- Work gloves + long sleeve shirt that can get dirty for unloading/loading THE PIT

NO CELL PHONES, IPODS, CD PLAYERS, RADIOS, or FACE CARDS

The Horse Program at Ensign Ranch



Horses: Guests are encouraged to enjoy watching or petting the horses, but should always remain at a safe distance and keep an eye on their behavior. Entering pastures, pens, or roped off areas where horses are kept, or mounting a horse without a wrangler's approval is strictly forbidden. Please also be mindful of children to prevent them from wandering into fenced areas.

Trail Rides

YW Camps have priority for use of the horses when camps are in session. In fact, the horse program is maintained primarily for the use of YW camps. Because it is quite expensive, **it is hoped that each group will encourage their young women to ride.** A trail ride takes about 1 hour and 10 minutes for the entire experience. Actual saddle time is generally 45 minutes, and covers various wooded trails on the ranch property. **Young women should be placed in groups of up to 10 riders.** Leaders must coordinate and schedule rides in advance, and in conjunction with other YW camps.

Ensign Ranch only keeps gentle horses that are known to be reliable, even for first-time riders. However, no horse's behavior can be perfectly assured at all times. So, **for the sake of safety, riding helmets are provided, and riders are also required to wear closed-toe shoes. Also, a release form must be read and signed by each rider and their parent or legal guardian (if under 18 years of age).** It is expected that riders have read and understand the rules, and agree to follow them exactly. Wranglers are experienced in horse handling and riding safety, and are trained to take special care of those who have a fear of riding. Rides are always tailored to meet the needs of the rider with the least experience. As time permits, special arrangements can be made by leaders for young women who would like to ride a horse other than on a regular trail ride.

Riders should meet at the stable at 5 minutes before their scheduled ride time (on the hour; 8 a.m. through 11 a.m., and 1 p.m. through 5 p.m.). Failure to arrive on time will cut into time spent in the saddle. Riders will not be allowed on a horse unless they have closed-toe shoes on and their release form in their hand when they arrive at the stable. *(See the "Ensign Ranch Barn Rules and Trail Ride Release form on the next page).* **Each group of up to 10 riders will begin with an instructional/safety video, be assigned a horse equal to the level of their riding ability, mount, be fitted for stirrup length and given basic instruction, then guided on trails by at least two wranglers. They will return to the stable at about 10 minutes after (the following) hour. It is up to camp leaders to transport riders to and from the stable.**



Bellevue Stake Young Women Camp

HONOR CODE



I _____, agree to abide by the standards of the LDS Church as found in the *For the Strength of Youth* pamphlet. I also agree to abide by the Camp Rules and the Honor Code, including:

- I will not drive to camp.
- I will be ecology minded and not use soap, shampoo or toothpaste in the river.
- I will be health conscious and not wash my hair at the water taps.
- I will show respect for others and their belongings.
- I will not participate in gossip, criticism or inappropriate skits, stories or jokes.
- I will not participate in hurtful or destructive pranks.
- I will obey the curfew and be in my own unit at the appropriate time.
- I will respect the Ranch property. I will not participate in any graffiti or other damage in any of the A frames or structures.
- I will not bring or use Face Cards, Ipods, video games, or any other electronics.
- I will not bring my cell phone to Camp. I understand if I bring my cell phone it will be taken and I can pick it up the Sunday following camp.
- I will keep my conduct, dress, and language according to the standards in the *For the Strength of Youth* pamphlet.
- I will not leave Camp unless my parents or guardians have made prior arrangements to check me out with the Stake Camp Director.
- I will abide by all the rules of the Camp.

Young Woman Signature

As the parent of the above named youth, I have read and reviewed the Honor Code of the Bellevue Stake Young Women Camp with her. In the event that she does not abide by the Camp Rules and Honor Code, I will be responsible for her transportation home.

Parent Signature

As the Bishop, I have reviewed the Bellevue Stake Young Women Camp Honor Code with this young woman and she has agreed to abide by the rules.

Bishop's Signature

2014 Bellevue Stake Young Women Camp Registration Form

Name: _____ Name of parent or guardian _____
Address: _____ City: _____ Zipcode: _____
Home phone: _____ Parent's cell or work phone: _____
E-mail: _____
Date of Birth: _____ Ward: _____ Year in School Fall 2013: _____
Emergency contact (other than parent): _____ Phone: _____ Cell: _____

Insurance and Medical Information

Name of Insurance _____
Group #: _____ Policy Number: _____
Name of Insured: _____ Insured's date of birth: _____
Name of Physician: _____ Phone # _____

Do you have or require any of the following:

	YES	NO		YES	NO
Special Diet	___	___	Hiking restrictions	___	___
Medication	___	___	Menstrual Problems	___	___
Allergies	___	___	Emotional Problems	___	___
Allergy to Bee Stings	___	___	Chronic or recurring illness	___	___
A condition warranting a note:	___	___	Surgery or illness in the past year?	___	___

If the answer to any of the above is "yes" or you have a medical concern not listed above, give the full particulars of each or describe any limitations to your child's activities. (use the back or the form if necessary.)

Are you a swimmer? Yes ___ No ___ T-Shirt Size: X-Small ___ Small ___ Med ___ Large ___ XL ___ XXL ___

Choice of Unit Buddies:

1. _____ 2. _____ 3. _____

Is this your first year at Bellevue Stake YW Camp? Yes ___ No ___

What year are you planning on certifying at camp this year? 1st ___ 2nd ___ 3rd ___ 4th ___ 5th ___ 6th ___ None ___

Any other information we should know about to help you have a positive experience at camp?

**The Cost of Camp is \$115.00 per girl with an additional \$ 10.00 for horseback riding if desired.
Filled out registration forms and money are due to your ward camp director by Sunday, April 27th 2013**

Please make checks payable to your ward as all monies are turned into the stake in one lump sum from each ward

THE CHURCH OF
JESUS CHRIST
 OF LATTER-DAY SAINTS

Parental or Guardian Permission and Medical Release

Activity	Bellevue Stake Young Women Camp	Date	July 15-19th, 2014
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Ward	Bellevue Washington Stake		
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Participant	Date of birth	Home telephone number
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Participant's parent or guardian	Business telephone number
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Address	City	State/Province
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Medical Information

Does the participant have any of the following:

Special diet Allergies Medication Chronic/Recurring illness Surgery or a serious illness in the past year Physical conditions that limit activity

If yes, explain below. Use back if more space is needed.

I give permission for my child/youth to participate in the activity listed above and authorize the adult leaders supervising this activity to administer emergency treatment to the above-named participant

for any accident or illness and to act in my stead in approving necessary medical care. This authorization shall cover this activity and travel to and from this activity.

Parent or guardian's signature	Date
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Activities for YW Camp Include:

- Slip-n-Slide**
- Canoes**
- Swimming**
- Rope Swings**
- Ropes Course**
- Climbing Tower**
- Rifle Range**
- Hikes**
- Fishing**

Ensign Ranch Barn and Trail Riding Rules

(Please arrive at the stable 5 minutes before your ride time, with this signed paper in-hand.)

Please be sure to read these rules. Riding fees are non-refundable once you have signed below.

- Only one person per horse is allowed.
- All riders must be at least 8 years old.
- Riders must weigh at least 70 pounds, but not more than 240 pounds, and must be at least 54 inches tall.
- All riders must be physically able to safely mount and dismount without assistance
- Riders must be able to independently maintain control of their assigned horse.
- If you are pregnant, have a disability, injury or a significant medical condition, please let the wranglers know so your riding eligibility can be determined. (If it is decided that you should not ride, you will be eligible for a refund).
- Closed toe shoes or boots are required for your safety. Any person wearing sandals or with bare feet will NOT be allowed near the horses or in the barn area. Long pants are highly recommended.
- All riders are required to wear an approved helmet when on a horse. A helmet will be provided at no additional cost.
- Before putting on a helmet, remove from your head or hair: baseball caps, barrettes, or any other object.
- For your own safety, be honest about your level of riding experience.
- Watch the pre-ride video closely so you will be able to understand and do what is shown.
- Follow the wranglers' instructions at all times! They are trained to help you be comfortable and safe.
- Always stay within roped off areas unless you have a wranglers okay to be elsewhere.
- Never walk or stand behind any horse.
- Be gentle and quiet around the horses. Move slowly and don't run!
- If you get excited or scared, please don't yell or scream.
- Never mount or dismount any horse until you have a wrangler's permission to do so.
- This will be a guided trail ride, so the lead wrangler will set the pace. Please keep your horse at the same pace as the other horses. Running your horse is never allowed.
- Anyone who chooses not to follow the rules or begins to act in an unsafe or uncooperative manner will be asked to leave the stable area or dismount and walk back to the stable.

Our desire is for everyone to have fun and enjoy their riding experience!

Trail Ride Release Agreement

I, the undersigned acknowledge that I have reviewed the Ensign Ranch "Trail Riding Rules" and agree to follow them. I also understand that it is the nature of horses to behave unpredictably in circumstances that may not be easily anticipated, and that there is an inherent risk when riding, handling or being around any horse. Understanding this philosophy, I agree to assume this risk whether signing for myself or for a minor, and I release the Ensign Ranch and those employed or associated with it from being held liable in any way in the event of an injury or damage resulting from any horse or pony at the Ensign Ranch. I also verify that, to the best of my knowledge, the "experience level" stated below is accurate.

EXPERIENCE LEVEL (circle one): The rider named below has ridden a horse independently...

0-3 times

4-9 times

10+ times

8 or more riding lessons

Owns a horse & rides often

Rider's Name _____ Parent/Guardian Name _____

Signature of rider _____ Signature of parent / guardian _____

Date _____ Stake _____

Current as of 7 November 2013

----- DO NOT MODIFY THIS FORM IN ANY WAY -----

Ensign Ranch Slip-n-Slide Rules & Release Agreement

- 1. Adult supervision is required at all times for anyone under 18 years of age.**
- 2. Water traction shoes are required** (no sneakers, sandals, crocs, flip-flops, etc.)
- All sliders must sign a "Slip-n-Slide Release Agreement" (below), and wear a wrist band. For sliders under 18 years of age, the release agreement must be signed by a parent or person responsible for the minor.
- Sliding is permitted in sitting or reclining positions only. Sliding while on knees or standing up will NOT be allowed.
- 5. NO running.**
- Slide only if your pathway below is clear of sliders.
- As quickly as possible at the end of a slide, look up hill for other sliders, and exit straight to the carpeted area. **DO NOT CUT ACROSS SLIDE!** Do not bunch at the bottom of the slide.
- Use only the up-ramp on the right-hand side to access the slide. Do not attempt to walk up the sliding slope.
- Interfering with the water system in any way is not permitted.
- We highly recommend sliding with an inflatable plastic tube for safety. (Available to purchase at the Trading Post, or you may bring your own, as long as it doesn't have a metal valve stem.)

I, the undersigned acknowledge that I have reviewed the Ensign Ranch Slip-n-Slide rules and agree to follow them. I also understand that there is inherent risk in any activity of this kind. Understanding this, I agree to assume this risk whether signing for myself or for a minor, and I release Ensign Ranch and those employed or associated with it from being held liable in any way in the event of an injury or damage resulting from use of the Slip-n-Slide.

Slider's Name: _____

Slider's Signature: _____

Name of Parent or Responsible Adult: _____

Signature of Parent or Responsible Adult: _____

Date: _____

Stake: Bellevue

Campsite: Camp Lockamora