

Letter to Youth & Parents



Dear Youth and Parents,

We are excited you have decided to spend a week at (or send your child to) [Sierra Service Project](#) this summer! We are busy finalizing plans, gathering work projects, and preparing staff so you have the best experience possible on site. There are a few things we ask of you as you prepare for your SSP trip:

Prior to Attending

- **Complete your electronic forms.** These must be completed and signed *by* the parent/guardian, with the youth present to review the information. We will send a link to complete these to the email address your liaison provides us. These are **due by 3:00 PM PDT on June 1** to ensure you receive the correct T-shirt size!
- The only form not available online is the **Youth Medical History & Release Form** (pages 19-20). Please complete and submit this to your group liaison. It will be turned in to SSP staff upon your **arrival at site**.
- Pack appropriate clothing for SSP (page 16). Be sure to have closed-toed shoes for the worksite.
- Be ready for a challenge, and be ready to have fun!

While Attending SSP

- Have a positive attitude, and help out where needed.
- Take photographs – lots of them!
- Be adventurous. Try something new every day. Make new friends.

Ways Parents Can Support

- Send mail! We will post mailing addresses on our website by June 1. Packages should be sent via USPS.
- Be ready for transformation! We hope your youth return home energized after a week of serving others.

Stay current with SSP via Facebook ([Sierra Service Project](#)) and Instagram ([@SierraServiceProject](#)). Each site location has its own Instagram account as well:

Smith River: [@SSPsmithriver2018](#)

San Diego: [@SSPsandiego2018](#)

Chiloquin: [@SSPchiloquin2018](#)

Spokane: [@SSPspokane2018](#)

Tsaile: [@SSPtsaile2018](#)

Many blessings,

Veronica Russell

Veronica Russell

Director of Volunteers & Outreach

veronica.russell@sierraserviceproject.org

Sierra Service Project
*Building faith and strengthening
communities through service to others.*



SierraServiceProject.org
P.O. Box 13009, Sacramento, CA 95813
Phone (916) 488-6441, Fax (916) 484-0917



Frequently Asked Questions

Who can attend?

As an interdenominational Christian service program, SSP encourages middle and high school youth groups, adult groups, families, and individuals to participate. SSP fosters affirming spaces and welcomes volunteers of all backgrounds, races, ethnicities, genders, sexual orientations, and abilities. *The only requirements to attend SSP are a willingness to serve and openness to new experiences.*

Who is in charge of SSP?

SSP is a 501(c)(3) non-profit organization, ultimately run by a Board of Directors and full-time office staff. During the summer, SSP is operated by seven to eight energetic and welcoming young adult [staff](#) persons at each site, who are eager to serve alongside you!

What does it cost?

If all deadlines are met, the cost for an SSP trip runs between \$325 and \$375 per person. This fee is all-inclusive and covers food, lodging, building materials, tools, and a staff team for the week. All meals are covered from Sunday dinner to breakfast the last morning. See [program costs](#) on our website.

What are the facilities like?

SSP will operate in five [locations](#) across the Western United States. Each offers a unique setting and host facility. Facilities vary by location, but each site has separate sleeping areas by gender. SSP is gender inclusive and seeks to accommodate separate sleeping areas as needed for non-binary or trans volunteers.

Can I leave SSP early or arrive late?

All participants, youth and adults, must remain at SSP for the entire session! The experience is based on a tight-knit community that serves and fellowships together. Arriving late, leaving early, or otherwise can interrupt the overall SSP experience. If your group has extenuating circumstances, please call our office.

Where does SSP find people to serve with?

Local community organizations, tribes, and churches who are most aware of people's needs in the area help us connect with those who may need our services.

Will my group have direct interaction with local community members?

Yes! Many homeowners enjoy spending time with the teams working on their homes. Some work during the day and will not be present. Each site also has at least one cultural speaker, and varied activities with local organizations or community centers.

Are the worksites safe?

Our trained staff visit each worksite ahead of time and oversee the projects during your week. All volunteers learn basic safety precautions and safe tool usage on the first day. Adult counselors guide each work team, and SSP construction staff check in at every project site at least twice each day.

How are we divided into work teams?

Each participant is placed on a work team of about seven to nine people. Each team will ideally have two adult counselors. We will do our best to pair first-time adults with an SSP-experienced adult on work teams. We form teams by mixing groups, ages, and genders. You will be in a work team with people from a variety of groups. We want you to get to know new people, so you might not be on the same team as other members of the group you arrived with.

Do I have to have construction experience?

No experience is required! It can be helpful when volunteers are experienced in construction, but we are eager to host those who are new to such skills. Our staff are trained in drawing plans, teaching teams how to complete projects, and assessing a project's quality.

Will my work team complete our project?

On average, an SSP project spans three weeks. Your team may see the beginning, middle, or end of a project. We will not leave a summer site without completing **all** projects we begin.

I have a question that hasn't been answered...

Feel free to contact the SSP office if you have further questions or concerns. Call us at 916-488-6441, or email veronica.russell@sierraserviceproject.org.



High School, Combined, & Intergenerational Typical Schedule

Daily Schedule

7:00 AM	Wake up and get ready (the day may start earlier depending on the site and heat index).
7:30 AM	Spiritual awakening (optional) to get centered for the day.
8:00 AM	Breakfast
8:30 AM	Community service opportunities, lunch crew packs sandwiches, teams head to work site.
9:30 AM	Arrive at work site, begin service work.
Noon	Lunch and spiritual sandwiches (group discussion) at work site.
1:00 PM	Resume service work.
4:00 PM	Return to site, clean and store tools, shower, free time. Free time is spent at the location where we are housed and includes sports, crafts, cards, snacks, and hanging out!
5:00 PM	Staff/counselor meeting – adults meet with staff to discuss joys, concerns, and plans for the next 24 hours.
6:00 PM	Dinner
6:30 PM	Community service opportunities (cleaning kitchen and bathrooms, etc.).
7:00 PM	Song time and evening program – team building activities, mail, sharing work site reports, and spiritual programs related to our summer theme. At least one evening is always devoted to learning about the local community.
9:00 PM	Free time. Volunteers prepare for bed.
9:45 PM	Evening devotional led by a work team.
10:00 PM	Lights out. Sleeping areas are separated by gender. The work we do is hard labor and everyone needs to get a good night's sleep.

Weekly Schedule

Sunday:	Arrive between 2:00-4:00 PM, orientation , staff/counselor meeting, assign work teams.
Monday:	Safety presentation and hands-on tool training, half day service at work site, evening program.
Tuesday:	Service at work site all day, cross-cultural evening program .
Wednesday:	Adventure Wednesday: community service activity as a full group or activities to learn about the site location, recreation in the afternoon, BBQ dinner, evening program.
Thursday:	Service at work site all day, off-site evening program .
Friday:	Service at work site all day, closing celebrations .
Saturday:	Pack up, clean site, receive bookmark with website to take online evaluation survey, breakfast, closing circle, depart.

Note: There will be several opportunities during your week at SSP to reconnect with everyone from the group you are attending with, even if they are not on your work team. The time this takes place will vary by location, due to program and community limitations at each site.



Middle School Typical Schedule

Daily Schedule

7:00 AM	Wake up and get ready (the day may start earlier depending on the site and heat index).
7:30 AM	Energizers and morning program , which includes reflections by staff, energizing singing, and group building activities.
8:00 AM	Breakfast
8:30 AM	Community service opportunities, lunch crew packs sandwiches, teams head to work site.
9:30 AM	Arrive at work site, begin service work.
Noon	Lunch and spiritual sandwiches (group discussion) at work site.
1:00 PM	Resume service work.
3:00 PM	Return to site, clean and store tools, shower, free time. Free time is spent at the location where we are housed and includes sports, crafts, cards, snacks, and hanging out!
4:00 PM	Staff/counselor meeting – adults meet with staff to discuss joys, concerns, and plans for the next 24 hours.
5:00 PM	Song time, work site reports, and handing out mail.
5:45 PM	Dinner
6:15 PM	Community service opportunities (cleaning the kitchen and bathrooms, etc.).
7:00 PM	Evening program – team building activities and spiritual programs related to our summer theme. At least one evening is always devoted to learning about the local community.
8:00 PM	Free time. Volunteers prepare for bed.
9:00 PM	Evening devotional led by a work team.
9:30 PM	Lights out. Sleeping areas are separated by gender. The work we do is hard labor and everyone needs to get a good night's sleep.

Weekly Schedule

Sunday:	Arrive between 2:00-4:00 PM, orientation , staff/counselor meeting, assign work teams.
Monday:	Safety presentation and hands-on tool training, half day service at work site, evening program.
Tuesday:	Service at work site all day, cross-cultural evening program .
Wednesday:	Service at work site all day, evening program
Thursday:	Adventure Thursday : half day of service, afternoon water play, BBQ dinner, slide show.
Friday:	Pack up, clean site, receive bookmark with website to take online evaluation survey, breakfast, closing circle, depart.

Note: *There will be several opportunities during your week at SSP to reconnect with everyone from the church or youth group attending with you, even if they are not on your work team. The time this takes place will vary by location due to program and community limitations at each site.*



Meals at SSP

SSP makes a real effort to provide balanced, nutritious, and appealing meals throughout the week. When cooking for 60 or more people in a small kitchen on a budget, this can be hard to do. Therefore, ***it is essential volunteers notify SSP of any special dietary needs*** in advance so we can do our best to accommodate them. There is a section in each volunteer's electronic forms in [MySSP](#) to indicate dietary needs, which should be completed **by June 1**. The week prior to arrival, our staff will verify the needs listed in the rosters with your liaison. Please note it can be difficult for our staff to accommodate special dietary needs on short notice. However, they are trained to prepare vegetarian, vegan, dairy free, gluten free, nut free, and other meals with dietary needs, with enough notice to purchase the ingredients.

SSP Food Service Coordinators provide **quality food in ample quantities** for both breakfast and dinner, and will be happy to make more if people are still hungry. Traditional SSP lunch consists of peanut butter and jelly sandwiches, augmented with fresh fruit and salty snacks to help replace sodium lost through sweating. Lunch time is a good time to reflect on how blessed we are to be eating a meal in fellowship together. An alternative to PB&J will be available for people with allergies.

In addition to each day's meals, the SSP staff provides a **healthy snack** for all counselors and youth each afternoon. This consists of things like fresh fruit, veggie sticks, oat balls, popcorn, and other snacks.

During your week at SSP, you will be strongly encouraged to **avoid junk food** and celebrate the opportunity to eat simple and healthy food. Adult counselors are asked **not** to make stops to purchase snacks at local markets during trips to and from worksites and showers. Rewarding youth with junk food for hard work or reaching a goal sets up a habit that is hard to break, and creates bad feelings when one work team does it and others don't.

For hygiene reasons and for rodent control, food is not allowed in the sleeping areas. Church groups will be asked not to arrive at SSP with large quantities of food in their vehicles. Groups that arrive with junk food will be asked to box it up for the trip home.

Parents are encouraged to send **care packages** containing *healthy snacks* like granola bars, mixed nuts, and dried fruit. Groups will be able to eat these snacks at the work site and during afternoon snack time. Keep in mind SSP sites can only receive mail via the US Postal Service (not FedEx or UPS), so be sure to send these far enough in advance so they will arrive while the volunteers are still participating at SSP.

We also encourage groups to bring **powdered sports drink mix** for hot days on the worksite. Please bring powdered drink supplements (such as Gatorade canisters), rather than individual bottles. Canisters create less waste and are easier to dispose of than bottles, as recycling is not always available. Most water coolers used at SSP are five gallons, and a standard one-pound canister of powder works great.

Disabilities & Other Accommodations

SSP is committed to making its programs **accessible** for any youth who wants to attend. To that end, we do our best to accommodate all disabilities or other needs on site. In order to do so, we ask that volunteers notify SSP in advance of any disabilities or other restrictions by entering the pertinent information on their electronic volunteer forms in [MySSP](#). Group liaisons should be aware of these and any other dietary, physical, emotional, or relevant needs, and confirm them with the site director prior to arrival.



Work Teams & Typical Projects

Work Teams

Prior to your group arriving, the SSP construction staff use volunteers' electronic forms to assign them to a project for the week, as part of a work team of typically seven to nine people. They will consult with the adult counselors upon your group's arrival on site to ensure all special needs are met, and those with special construction skills are put to use the best they can.

- We intentionally mix groups into different work teams, combining your volunteers into teams with people from other groups. This helps everyone get to know each other, enhances the site's overall community atmosphere, and discourages exclusivity, encouraging youth to get to know people from many groups.
- Work teams meet on Sunday evening for the first time.
- Ideally two adult counselors will serve as the on-site leaders for each work team. Some teams may have one or three adult counselors.

SSP construction staff provide plans and instructions for every team and every job. The construction staff rotate between work sites, and will not be present with your group for the entirety of the day. You can expect a staff member to be present two to three times per day, as well as check in before and after the work day.

Typical Work Projects

Although SSP can't tell you in advance what specific repair projects your group will be doing, the repair work most often falls under these categories:

- Building stairs, porches, awnings, decks, and wheelchair ramps
- Repairing roofs
- Installing (or repairing) drywall and insulation
- Repairing flooring
- Painting, both interior and exterior

On average, an SSP project spans three weeks. Your team may see the beginning, middle, or end of a project. We will not leave a summer without completing all projects we begin. Your team most likely will not start and finish a project.

Most SSP projects are done on homes, but some projects are for community organizations. These types of projects allow SSP to serve the entire community, rather than just one family. Examples of these projects range from working in community gardens, to painting schools and churches.



Expectations & Rules for Living in Community

Each week, SSP becomes an intentional Christian community comprising of all volunteer participants, our staff, and the community we serve. Remember we are guests of the local community, and of the facility where we stay. The following rules and guidelines help us support one another so all SSP participants can focus more on God and service, and less on our individual needs.

- All participants are expected to be present for the entire week. Because late arrivals or early departures are very disruptive, exceptions to this rule are very rare, and must be approved in advance by the SSP office.
- The SSP summer staff has overall responsibility for all activities of the site. Please show respect and cooperate with all instructions and requests from staff.
- Adult counselors are responsible at all times for the physical, emotional, and spiritual safety of the youth placed under their care.
- We expect everyone at SSP, including adult counselors, to participate in all activities during the week. Adult counselors are assigned to guide their teams in various activities to keep the facilities clean and functioning smoothly.
- **Only** adult counselors 23 and older are allowed to drive vehicles at SSP, and are expected to follow all traffic laws, including speed limits. **Seatbelts are REQUIRED** for all passengers at all times.
- **All** participants are expected to eat the three daily meals that SSP provides. Hard work requires well fueled bodies; SSP is not a time for dieting. Volunteers should enter all dietary needs in their electronic volunteer forms so our staff are prepared to accommodate them.
- SSP does not tolerate sexual harassment, abusive language or behavior, or discrimination of any type.
- Sleeping areas are separated by gender. No activity is allowed after “lights out.” Every site’s sleeping arrangements are different, but will accommodate separate sleeping areas as needed for non-binary or trans volunteers.
- Taking pictures or recording video or audio of the host family or community representatives may be done only with their permission. Staff will inform you of local customs.
- General work hours for high school, combined, and intergenerational sessions are from 9:30 AM to 4:00 PM. Work hours for middle school sessions are 9:30 AM to 3:00 PM. Breaks for safety and rest, as well as for lunch, are very important. If one member leaves a work site for any reason, all members must also leave.
- Visitors aren’t common during the week. All visitors must be approved in advance by the SSP office: 916-488-6441.
- SSP has the right to send any youth home who does not adhere to the SSP rules. Adult counselors and parents are responsible for arranging transportation home for anyone who is asked to leave before the end of the week, at the expense of the parent.



Immunizations

Sierra Service Project strongly encourages youth and staff to come to SSP with up-to-date immunizations.

Adolescent and adult immunization schedules are available at: www.cdc.gov/vaccines/schedules/index.html

Vaccines protect more than just you or your child: they protect the entire community. Having up-to-date immunizations helps protect those who are too young to be vaccinated, and those who cannot be vaccinated for medical reasons. Coming to SSP with complete and up-to-date immunizations will protect participants, as well as ensure our volunteers and staff do not expose vulnerable populations to preventable disease.

The Dress Code

SSP seeks to maintain a somewhat modest and conservative dress code in order to be respectful of the homeowners and community organizations we work with. The dress code is also intended to foster a comfortable, affirming environment where all youth feel welcome, regardless of how they look or the type of clothing they own.

The following are not allowed:

- Sleeveless tops, tank tops, halter tops, half or crop tops. Bare midribs are not acceptable. This includes tying up T-shirts in the back. Please leave sleeveless shirts at home. Skirts are also not a good idea at SSP, since we spend a lot of time sitting on the floor.
- T-shirts must not be offensive or display any slogan or artwork which includes alcohol, drugs, tobacco, or obscenities.
- No short shorts. Thrift store jeans cut off at mid-thigh work great, and are more protective when sitting on hot roofs and the ground. Shorts must not “sag” either.

Please remember to bring swimsuits for water day and showers. At many sites we use group locker room showers, and many youth feel more comfortable wearing swimsuits. Every site’s shower setup is different, but SSP will accommodate private showers as needed for non-binary or trans volunteers.

Ways to make the dress code more fun:

- Use permanent markers to write on new or used inexpensive T-shirts. Decorate one for each work day.
- Design group logos to put on white T-shirts, and then tie-dye the shirts at a pre-trip gathering.
- Draw on or tie-dye cut-off jean shorts.

At our sites, we empower youth and adult counselors to promote opportunities for young people to make good decisions, and minimize the amount of policing that our staff has to do, which can detract from community building. In the event of distracting dress, our staff will ask an adult counselor to speak with the youth privately.



Packing List

- Sleeping bag and pillow
- Air mattress, pad, or cot for sleeping on the floor
- Long-sleeve shirts and sweatshirts (nights can be cool)
- Short-sleeve shirts (days can be warm)
- Long pants (multiple pairs in case they get dirty)
- Shorts (days can be warm; keep length appropriate)
- Socks, multiple pairs
- Work boots or tennis shoes (for the work site)
- Additional pair of shoes (for wear at home site); shower shoes recommended
- Work gloves that fit the user
- Hat, bandana, and sunglasses
- Toiletries
- Towel and swimsuit (showering and water day)
- Sunscreen
- Mosquito repellent (for evening outdoor activities)
- Backpack for personal items
- Water bottle

Suggested:

- Musical instruments are encouraged!
- Camera (disposable or digital – no camera phones for youth)
- Bible, journal, and writing instrument
- Camp chair for adult counselors (we sit on the ground a lot!)
- Gatorade powder canisters (drink supplements for the work site)

Garments at the Work Site

- Be sure to bring layers of clothing and work gloves. Long pants are not required at the work site, but will be more comfortable and protective for many jobs that require sitting on a hot roof or on the ground.
- Hats and bandanas are useful for keeping cool and avoiding sunburn.
- Closed-toed shoes (work boots, tennis shoes) must be worn at the work site; no sandals or open-toed shoes.

Smith River: *The Northern California coast is very cold, especially compared to other SSP sites. This is not your typical California summer weather! Please bring lots of layers and a rain coat. Knit hats and scarves provide extra warmth.*

Electronics

We ask that the week be electronics free (other than digital cameras) for youth. This helps us build community and focus on the service work. Adults should collect youth's electronics upon arrival, or discourage them from bringing them at all. The staff will keep them secure for the week. Adults should keep their cell phones for emergency use.

After the week, we encourage youth and adults to follow SSP's Instagram accounts (page 1) and use the hashtags **#SSP2k18**, **#ExploreBuildGrow**, and **#volunteerSSP** when posting photos online.



Medical & Insurance Information

We are pleased that in over forty years of operation, SSP has had few participant injuries. Our staff is CPR and First Aid trained, and safety and health conscious. A number of measures are in place to preserve the health and safety of all participants. Sierra Service Project has an Accident and Illness Prevention Plan, which includes procedures in case of an emergency. Staff and volunteers all have responsibilities to keep everyone safe and in good health. Once the groups arrive at site, directions and phone numbers to nearby medical facilities will be distributed to counselors.

- In spite of these precautions, we need to be prepared in case of an emergency. Your answers and signature on the **Medical History & Release Form** will help us deal with an emergency appropriately. *This is crucial – any participant arriving at site without a signed medical release will not be allowed to work until a form is received.*
- In the event that medical treatment is necessary, you or your guardians will be financially responsible.
- The assisting Sierra Service Project staffer or adult counselor will use the insurance information provided by you to pay for you or your child's treatment. SSP volunteers are not covered by Worker's Compensation.

If the volunteer is not covered by insurance:

Sierra Service Project purchases supplemental **accident** insurance coverage for all participants. The *maximum* accidental medical expense benefit is \$3,000 for approved claims. For individuals with personal insurance, Sierra Service Project's coverage will be applied in excess of benefits provided by any other plan.

Volunteers will be covered while:

- In regular attendance in our program.
- Taking part in regularly scheduled, approved activities.
- Traveling to/from site activities in properly scheduled, supervised groups.
- Traveling directly between home and the SSP site, as long as that travel does not extend beyond 48 hours prior to or after the volunteers are in regular attendance at the program.



Youth Medical History & Release Form

Liaison: Bring two copies of this form with you to site for each youth (original and copy).

CONTACT INFORMATION

Church/Group Name: _____

Youth Name: _____ Gender: _____ Grade in fall: _____

Date of Birth: _____ Phone: () _____

Home Address: _____

City: _____ State: _____ Zip: _____

Parent/Guardian 1: Name: _____ Employer: _____

Primary Phone: () _____ Secondary Phone: () _____

Parent/Guardian 2: Name: _____ Employer: _____

Primary Phone: () _____ Secondary Phone: () _____

If parents/guardians can't be reached in an emergency, please contact:

Name: _____ Relationship to Volunteer: _____

Primary Phone: () _____ Secondary Phone: () _____

MEDICAL INFORMATION

Health Insurance Co.: _____ Policy No.: _____

Family Physician: _____ Phone: () _____

Does your insurance carrier require a second opinion before emergency procedures are undertaken?

Yes No

The following information is required to ensure that your youth's individual needs are met while attending SSP. Information is confidential and will be made available only to staff, your group liaison, adult counselors, and medical professionals, i.e., those people who are directly responsible for your child's well-being. In the event of an emergency, every effort will be made to contact the parents or designated individual. For their safety and well-being, no child will be allowed to attend without a completed and signed Medical Release and Permission.

Date of youth's last tetanus shot: _____

List any physical or behavioral conditions that staff and adult counselors should be aware of (sleepwalking, epilepsy, diabetes, fainting, depression, eating disorders, asthma, etc.) Be specific so we can provide the best care for your child:

Continued on next page.



Youth Medical History & Release Form Cont.

Liaison: Bring two copies of this form with you to site for each youth (original and copy).

Is your youth allergic to any medication or insect bites? Yes No

If yes, please list particular allergy and probable reaction: _____

Is your youth currently taking any medication? Yes No

If yes, please list all medications that your youth will be bringing, including complete instructions for administering: _____

Unless absolutely necessary, do not change your youth’s prescription before their time at SSP. Since we don’t know his/her normal behavior, we are less likely than you to detect negative reactions to changes in medication.

May the staff/adult counselor administer to your youth:

- | | |
|---|--|
| Aspirin: <input type="checkbox"/> Yes <input type="checkbox"/> No | Motion sickness medication: <input type="checkbox"/> Yes <input type="checkbox"/> No |
| Aspirin substitutes: <input type="checkbox"/> Yes <input type="checkbox"/> No | Laxative or anti-diarrhea medication: <input type="checkbox"/> Yes <input type="checkbox"/> No |
| Eye ointments: <input type="checkbox"/> Yes <input type="checkbox"/> No | Antibacterial or antibiotic ointment: <input type="checkbox"/> Yes <input type="checkbox"/> No |
| Antihistamine or decongestant: <input type="checkbox"/> Yes <input type="checkbox"/> No | Insect bite or poison oak ointment: <input type="checkbox"/> Yes <input type="checkbox"/> No |

Specific directions: _____

*Note: If your youth requires special care or you would like to expand on any of your explanations here, please contact us as soon as possible **prior to arrival** so that necessary arrangements can be made 916-488-6441.*

Your signature here confirms that the information on these two pages is complete and correct as far as you know, and that you are giving permission to staff and adult counselors as noted.

Parent/Guardian’s signature

Date

MEDICAL RELEASE AND PERMISSION

(Youth’s name) _____ has my permission to attend Sierra Service Project. I understand that the program involves construction and recreational activities, and I acknowledge that reasonable measures will be taken to safeguard the health and safety of all participants. I agree to indemnify and hold harmless the Sierra Service Project, its officers, agents and employees from any and all claims, damages, expenses or injuries arising out of or incident to my participation in this Project, unless such loss or injury results directly from the neglect or willful act of an officer, agent or employee of Sierra Service Project acting within the scope of his/her employment. In case of a medical emergency, I hereby authorize calling a physician at my expense to provide whatever medical or surgical treatment is necessary. I understand that I will be notified as soon as possible in case of any emergency affecting my child. I have read and understand page 17 entitled “Medical & Insurance Information” and the foregoing paragraph.

Parent/Guardian’s signature

Date