

# Operations Manual

***"...Whoever wants to be great among you must be your servant and whoever wants to be first must be slave of all." -Jesus***

**P.O. Box 153  
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# Mission Statement

Rugged Faith is the Outdoor Ministry of Riverview Bible Camp where we desire to take people into God's awesome creation to allow them the opportunity to hear the Good News of Jesus Christ and grow in a relationship with Him, through a deepening understanding of God, Jesus, and the Holy Spirit as taught to us through the Bible.

## We Believe

In the Bible. That as penned in the original manuscripts, it is perfect. Complete. God breathed- or *every word* inspired. Inerrant. How we discern and know God's voice and perfect will for our lives, in relationship with Him. The basis and authority for *everything* we do, say, and are. And the "filter" by which all is viewed (2Tim 3:16; Jn 8:32, 17:17; Heb 4:12; Ps 119:9, 105).

The Trinity. God the Father. God the Son. God the Holy Spirit. Though far to much for our natural, finite, human minds to comprehend... Jesus was God, Jesus is God, and Jesus is STILL God. Bodily died, bodily resurrected, and bodily He's coming back soon (Jn 1:1, Jn 8:24, 58).

The Gospel. The Gospel message itself is the power of God unto salvation for all. ANYONE who will believe in (trust their *everything* to) Him (Jesus), and what He has DONE, will be saved (Rom 3: 12, 10:9-13, John 3:16 and 2 Pet 3:9).

Jesus Alone. Jesus Himself said, "I am the way, the truth, and the life. No one comes to the Father except through Me" (Jn 14:6). "Nor is there salvation in any other, for there is no name under heaven given among men by which we can - and must be saved" (Acts 4:2).

## Ministry Ethics

- Seek *God's will* and purpose in all aspects of this ministry (Matt 6:33)
  - \*Keep our personal spiritual walk healthy through **daily** time spent with Him in prayer and His word. (John 15:4)
  - \*Pray, fast and seek God's word for decisions and direction. (Phil 4:6-7)
- **To keep our mission above all else as our purpose for ministry. (2 Tim 4:5)**
  - \*To proclaim *with boldness and confidence* freedom to those held captive. (Luke 4:18, **Rom 1:16**)
  - \*To give light to all those the Lord brings to Riverview Bible Camp and all those we come in contact with.
- Be servants to all and give thanks in all we do. (Psalm 138:4-8)
  - \*Be set apart as a ministry striving solely to please God, and to **lift up the name of Jesus.** (Rev 3:8)
  - \*1 Thes 5:16, Col 3:23-24, Matt 23:11-12
- Remember we are 'set apart' and spokesman to the world. (Jer 1:5)
  - \*Live a life that is a testimony of God's love and grace.
  - \*Remember we are called to a higher standard. To strive towards *excellence* in all areas of this ministry. (**Col 3:17**)
- "All things" are possible through Christ and His strength. (Phil 4:13)
  - \***Place no limits on what God can do or how He can work.** (**Matt 19:26**)
  - \*Remember, if God is with us, who can be against us. (Rom 8:31)
- "In all things" God works for the good for those who love Him. (Rom 8:28)
  - \*Seek *first* His kingdom and His righteousness. (Matt 6:33)
  - \*No good thing will be withheld from those who do what is right (Psalm 84:11)
- As different parts of the body we *all* have unique gifts. (1 Peter 4:10)
  - \*Respect others gifts and passions. (**1 Cor 12, Eph 2:10**)
  - \*Provide accountability for each other! (Rom 14:10-12, Jms 5:19-20)

## Policy Statement

(These rules pertain to **all** persons directly involved with Rugged Faith, Pray Advisory Board, guides, volunteers and clients.)

### --General--

- 1) The use of tobacco, alcohol or any other drug is not permitted **at any time**. *Prescribed medications* to be carried and/or monitored during the outing by *RF leadership*.
- 2) Co-ed sleeping arrangements (unless married) *will not* be permitted at any time by anyone involved with RF either at a sanctioned event *or on personal time*. (Luke 17:1-3)
- 3) Unacceptable, abusive or degrading language or actions *will not* be tolerated.

**Breach of any of these policies will result in probationary actions to be taken as deemed necessary by the Leadership of RF and Riverview Bible Camp.**

### --Servant - Guide - Staff--

- All guides leading trips are expected to meet the physical and spiritual standards of the program.

#### --Qualifications--

- \* **Minimum age of 19**, *requirement for lead guide position only*. All other servants must be able to serve in some capacity those tasks assigned to them.
- \* Complete Guide Questionnaire and Application.
- \* Be *Consistently* fed by the Word of God.
- \* Be in and maintain good physical and spiritual condition
- \* *Willing and eager* to spend one-on-one time with others.
- \* Have a heart for **servicing others** and Christ.
- \* Honest and able to work out conflicts with others.
- \* Ability to plan and facilitate group discussions and worship.
- \* **Teachable**, flexible and an initiator.
- \* *Some* hiking and climbing experience (most training will be provided).
- \* Able to follow *and enforce* course policies.
- \* **Present a completed medical form or recent physical and update annually**.
- \* Possess or be willing to get a **current** First Aid and CPR card. *WFR certification required for lead guide positions*.
- \* Attend training sessions and help with necessary outing preparation.
- \* Agree with and adhere to Rugged Faith's Statement of Faith, Mission Statement and standard policies.
- \* *Formal* Christian leadership experience **not** required .

#### --Guide Responsibilities--

- \* Attend at least two guide-training trips per year.
- \* Prepare trip content and plan trips as requested.
- \* Obtain necessary personal mountain equipment - (detailed list available -**please contact RF if you are in need of anything**). No one should not serve here for lack of gear!
- \* Obtain *or build* an adequate "**GUIDE**" first aid kit (or the equivalent of). RF stocks most necessary items. *See Medical Kit list.*
- \* Work as a team with other guides to plan content and provide leadership for trip.
- \* Gather and prepare all necessary gear and food for upcoming outing.
- \* Know and follow course policy.
- \* Provide **accountability and support** to others on staff.

## --Course Guidelines--

- 1.) Stay on **existing trails**, no trail blazing. (Unless otherwise cleared with leadership.)
  - Establish reasonable boundaries immediately upon arriving at any stopping point.
  - Make verbal all physical objects marking boundaries.**
  - Be aware of environmental hazards and potential accident areas.
- 2.) No **campfires** on the trail except in case of emergency. All emergency fires must be completely put out and all traces hidden.
- 3) **DO NOT** cut tent platforms in soil *-only on snow.*
- 4) **NO TRACE CAMPING!** Clean and check sites before leaving. Site *must* be checked by RF guide before leaving.
- 5) Pack out all extra food and garbage.
- 6) All **human waste** will be disposed of properly.
  - Where possible, guides will designate a location for waste to be buried.
  - *When on snow or rock waste will be carried out or smear technique will be used.*
- 7) **Water purifiers** shall be present on all trips and used to filter water from lakes, pools and other questionable sources. All drinking water will be treated by one of the following:
  - Bring water to a rolling boil (to kill microbes)
  - Iodine-chlorine treatment can be used
  - Activated Iodine filter can be used (depends on group size)
  - Melted (boiled) snow is OK
- 8) **Swimming** is done only on the buddy system and needs to be cleared by guides first.
  - No cliff jumping*
  - No swimming unless guides are present.*
- 9) **Stream Crossings-**
  - Cross at safest and/or widest spot.
  - Set a hand line if necessary.
  - Never* belay anyone across water.
  - Always have pack straps loose for quick release.
- 10) **General Hygiene-**
  - Have personal water bottles (try not to share).
  - Clean pots with hot, soapy water.
  - Boil personal cups and cookware at least every 2-3 days.
  - Wash hands (key to mountain hygiene):
    - before* you prepare a meal
    - before* you eat a meal
    - after* going to the bathroom

- 11) All trips will have a minimum of **two guides**, and a recommended 1:6 guide to participant ratio. RF would like to have 1:6 female guides to participants on coed and womens discipleship outings.
- 12) **Weather** is never predictable and always changing. Each trip must be properly prepared with:
  - Room for every person on the trip in a tent.
  - Necessary personal equipment for all conditions (checked by a guide at start of the trip).
  - Each trip will have planned and designated a camp for each night of the trip. These locations will be chosen for protection and safety.

## --Mountain Safety--

- 1) All courses guided will have been scouted and will be an approved area by the RF leadership and or Riverview Bible Camp's director.
- 2) All trips will have at least two RF guides, compass, map for local area, water filter, cell phone, group first aid, and an emergency contact person. Also present will be one group leader and a minimum of one volunteer (depending on size) -*Volunteers must be approved by CWC leadership.*
- 3) **Helmets:** *Helmets are mandatory by all climbers, rappellers and ice ax users. They will also be worn in *any* situation where injury could occur (Boulder fields, glacier travel, etc).*
- 4) **Belays:** Belaying will be done by two methods: a *GriGri* or a *Sticht-/Tuber-style plate* ( ATC, Trango Pyramid, etc.) The **Munter hitch** may be used in the event that a person's belay device is either dropped or inaccessible due to an unforeseen circumstance or emergency. The belay point being either the belayer's harness or a solid anchor. (**See Belaying**)
- 5) **Rappelling:** ALL rappels must be belayed. (**See Rappelling**) The anchors, ropes, harness, and figure 8 set up must be checked by the guides.
- 6) **Anchors:** ALL anchor systems shall be set by the guides and deemed S.A.F.E.( Solid, Accessible, Functional and Equalized). (**See Anchors**)
- 7) **Rock-Climbing:** ALL climbing activities for groups will be top-roped. (**See Anchors**) *Guides will set up all anchors maintaining highest level of safety possible AT ALL TIMES.*
- 8) ALL other *climbing activities* where a fall could occur must be belayed or backed up by a guide.
- 9) ALL **Glacier Travel** requires teams to be roped up. Any snow slope steep enough to demand rope protection shall be done using a **fixed handline** and/ or a **belay**. A *minimum of two* ropes shall accompany any group traveling on steep snow or glaciers.
- 10) A **Fixed Handline** and/ or a **Prussic Self-belay** must be used in *any* situation in which an unprotected fall would result in a serious injury or death.
- 11) ALL participants must practice and demonstrate proficiency in *self-arrest* and *crevasse rescue* before travelling on steep snow or glaciers.

## --Group Management--

- 1) At least one guide shall remain in sight and sound of the group *at all times*.
- 2) Boundaries of adventure shall be set upon *arrival* of each camp.
- 3) NO guide or participant shall leave the group unless accompanied by one other person *except in an emergency*.
- 4) *Co-ed* sleeping arrangements **will not** be permitted under any circumstances unless married.

## --Equipment--

- 1) **Guides** are responsible to check all equipment before leaving to make sure that it is functional and operating correctly. Specific written, signed and dated checklist must be completed **upon return** with repairs needed and made noted. (See **RF Gear Checkout Sheets**)
- 2) Modeling good care habits is important: *don't sit on packs or helmets, don't step on ropes, Keep all gear as clean as possible, etc.*
- 3) NO shoes allowed in tents.
- 5) Notify RF leadership of any repairs or problems existing that cannot be readily fixed so arrangements can be made for their repair or replacement.

## --Emergencies--

- 1) *In case of an emergency* the lead guide will call the emergency contact person *after* stabilizing the situation.
- 2) At least one lead guide must have a current Wilderness First Responder certification on each outing.
- 3) A **Wilderness First Aid Report Form** will be filled out and information will be given to the contact person and/ or proper authority. Then a doctor will be notified and proper action (*medical/evacuation*) taken.
- 4) **Any** close call situations will be immediately noted, documented and discussed *before* the next RF outing.

## --Belaying—

- 1) All belayers not part of the RF outing leadership (RF guides, volunteers), **must** have prior clearance (i.e.—a *recently* completed RF Guide Questionnaire and Application) from RF leadership in order to belay (*except* in cases which the outing is to be skills related and instructional in nature).
- 2) Both belayer and climber **must** wear a helmet *at all times*.
- 3) A **minimum** of two **totally independent**, equalized anchors **must** be used in all top-rope belaying situations, and **one** *separate* anchor, *independent of all other anchors*, shall be used to anchor the belayer. (**See Anchors**)
  - Belayer may choose to secure his/herself via the front or back of his/her harness *depending on belayers position in relation to the climber*.
- 4) Brake hand must **NEVER** be allowed to leave the rope!
- 5) Only approved belay devices will be used.
  - Grigri, or *Stitch-/tuber-* style plate devices (ATC, Trango pyramid, etc.)
  - Munter hitch (when implemented or OK'd by RF guide)

6) Belayer/Climber *communication*:

Climber: “(Am I) <b>On belay?</b> ”	Climber always <i>starts</i> the climbing command sequence when he/she is ready to climb.
Belayer: <b>“Belay on!”</b>	I am ready and belaying you.
Climber: <b>“Climbing”</b>	I am going to begin or resume climbing.
Belayer: <b>“Climb”</b> or <b>“Climb on”</b>	Acknowledgment to climber that “I <i>hear</i> you and you are climbing.
Climber: <b>“Off-belay”</b>	Climber is finished climbing and/or secure. “I no longer need your belay.”
Belayer: <b>“Belay-off”</b>	Belayer has taken the climber off of belay and is going ahead with the next task at hand.
<b>“Slack”</b>	Climber wants some slack. Pay out only <u>small</u> amounts at a time. Climber <i>may or may not</i> specify how much.
<b>“Up rope”</b>	There is too much slack in the rope or “I have enough slack now”. Take up the slack.
<b>“Tension”</b>	Hold my weight.
<b>“Falling”</b>	Falling or climber in “flight”. Brake and prepare for “big” pull on rope.

Guides/Belayers are responsible to see that no climbing activity is done or taking place without the proper and clear communication being exercised. Good, clear communication is essential for an outing to be done safely and in a manner that nurtures what we are trying to accomplish here at RF, both physically and spiritually. Use few words and use them purposefully and let all our words be “*seasoned with grace.*” (Col. 4:6)

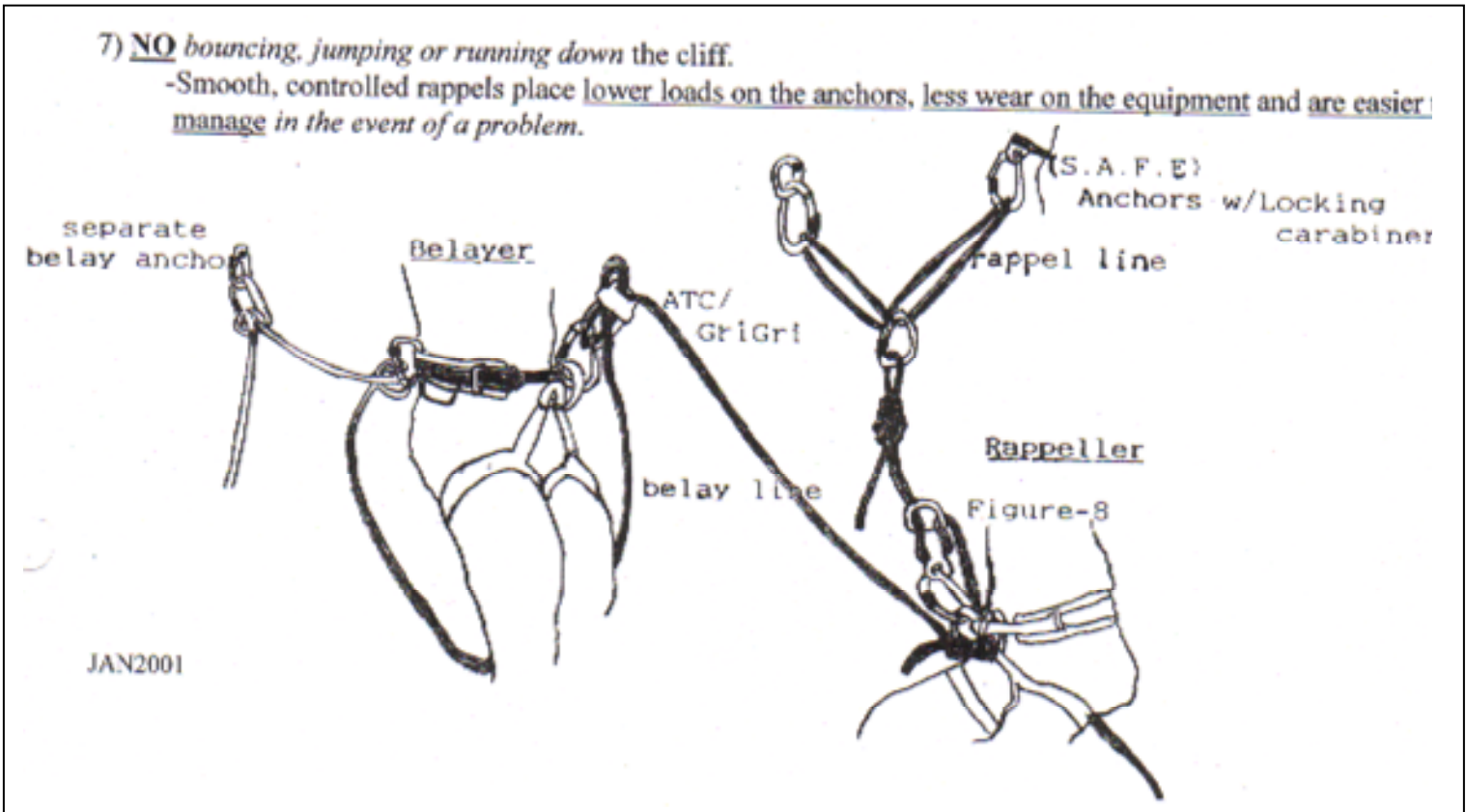
## --Rappelling--

- 1) **RF guides shall set all rappel anchor systems only.** The rappel anchor itself shall consist of a *minimum* of **two completely separate anchors**, each working independently of the other, *both* being deemed **S.A.F.E.** by the guides. (*See Anchors*)
- 2) *When possible* RF guides will rappel routes first to ensure ropes are not tangled.
- 3) **All rappels must be backed up by a belay.**
  - Belay line must attach to the climbers waste-belt (**not the rappel/belay loop**) via a *locking* carabiner.
  - A *separate and independent* belay anchor shall be used to back up the belayer. (*See Anchors*)
  - ONLY** approved belay devices will be used. (*See Belaying*)
- 4) **Helmets must be worn at all times** by any person participating *in anyway* with the rappel (rappellers, belayers, anyone waiting to rappel).
- 5) Rappel line may be attached to the participants harness ***either*** directly *through the harness waste-belt* or via *the rappel/belay loop* if available.
  - Figure-8** style devices will be used for **all** rappels- *unless otherwise authorized by RF leadership.*
- 6) Rappel commands and communication:

Guide: <b>“Rope”</b>	A rope is about to be thrown down. Look out below.
Rappeller: <b>“On belay?”</b>	“Am I on belay? Are you ready for me to rig my rappel device?”
Belayer: <b>“Belay on”</b>	“You are <i>on</i> belay, or I <i>have you</i> on belay”
*Rappeller <u>now</u> rigs his/her belay device and readies him/herself for rappel.	
Rappeller: <b>“On rappel!”</b>	Rappeller is beginning his/her rappel. Watch out below.
Rappeller: <b>“Off !!”</b>	I’ve completed my rappel. I’m on the ground or secure. It’s OK take me off belay and pull up the belay line.
Belayer: <b>“Belay off!!”</b>	I hear you. You are off belay. I’m about to begin retrieving the <i>belay</i> line.
- 7) **NO bouncing, jumping or running down the cliff.**
  - Smooth, controlled rappels place lower loads on the anchors, less wear on the equipment and are easier to manage in the event of a problem.



## --Anchors--



### S.A.F.E.

- Protection (stoppers, chocks, cams, bolts, trees, rocks, pickets or screws) must be deemed **SAFE** by RF lead guide. The anchor being considered “*bomb-proof*” or fail-proof under normal load conditions, outside of an “act of God” or unforeseen natural causes. With at least one of the anchors using only locking carabiners.
- Each anchor must be completely ACCESSABLE by persons other than those directly involved with the immediate rappel itself. –e.i. in the event of an emergency.
- Anchor able to **FUNCTION** as intended when installed; under all foreseen load variations and angle possibilities.
- EQUALIZED**. Load on the entire anchor system is equally shared amongst the number of individual placements within the anchor. In turn, in the event that one of the individual anchors should fail, there would be no fall before the other anchors came into play.

## Recommended First aid kit contents:

As per Aerie Back country medicine

### Individual's kit contains:

- 1 - Custom Aerie Bag
- 1 - Tweezers
- 1 - CPR Microshield
- 4 - Non-Latex Exam Gloves
- 1 - 5"x9" Trauma dressing
- 2 - 4"x4" Gauze Pads
- 1 - Roll Cloth Tape
- 1 - Triangular Bandage
- 1 - 12ml Irrigation Syringe
- 1 - Pack Wound Closure Strips
- 1 - Telfa Non-Adherent dressings
- 1 - 4" Elastic Bandage
- 1 - 3" Gauze Rolls
- 5 - 1"x3" Elastic Strips
- 5 - 3/4"x3" Elastic Strips
- 3 - Fingertip Bandages
- 3 - Knuckle Bandages
- 1 - Moleskin Pads
- 1 - Packages 2nd Skin
- 1 - Transparent Semi-Permeable Dressing
- 2 - Tincture of Benzoin Swabs
- 2 - Alcohol Prep Pads
- 2 - Betadine Swabs
- 3 - Triple Antibiotic Ointments
- 3 - Ibuprofen Packets
- 3 - Non-Aspirin Packets
- 3 - Diphen Packets
- 3 - Antacid Packets

### Small Group (2-10 people) kit contains:

- 1 - Custom Aerie Bag
- 1 - SAM Splint
- 1 - Rite-in-the-Rain Notebook
- 1 - Tweezers
- 1 - 2 oz. Iodine Bottle
- 3 - Cotton-Tipped Applicators
- 1 - CPR Microshield
- 6 - Non-Latex Exam Gloves
- 1 - Pair Trauma Shears
- 2 - 8"x10" Trauma dressing
- 4 - 4"x4" Gauze Pads
- 1 - Roll Cloth Tape
- 1 - Triangular Bandage
- 1 - 12 ml Irrigation Syringe
- 1 - Pack Steri-Strips
- 2 - Telfa Non-Adherent dressings
- 1 - 4" Elastic Bandage
- 1 - 3" Gauze Rolls
- 1 - 4" Gauze Roll
- 1 - 3" Self-Adherent Wrap
- 5 - 1"x3" Elastic Strips
- 5 - 3/4"x3" Elastic Strips
- 3 - Fingertip Bandages
- 3 - Knuckle Bandages
- 3 - Moleskin Pads
- 1 - Packages 2nd Skin
- 2 - Tegaderm
- 3 - Tincture of Benzoin Swabs
- 3 - Alcohol Prep Pads
- 3 - Betadine Swabs
- 5 - Triple Antibiotic Ointments
- 1 - Green Soap Sponge
- 3 - Ibuprofen Packets
- 3 - Non-Aspirin Packets
- 3 - Diphen Packets
- 3 - Antacid Packets

Wilderness Incident SOAP Note

Aerie School for Backcountry Medicine

Name:  
 Location:  
 MOI:

Other Patients? N / Y How many?

Patient History: SUBJECTIVE

Sex: F / M Chief Complaint:

Age:

S:

O:  
 P:  
 Q:  
 R:  
 S:  
 T:

A  
 M  
 P  
 L  
 E

OBJECTIVE: Patient Physical Exam

Airway:

Breathing:

Circulation:

major bleeds?

HEENT:

ABD:

BACK:

PELVIS:

EXTREMITIES:

(csm)

RA: LA:

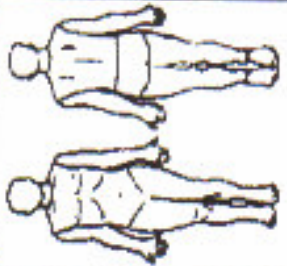
RL: LL:

NECK/SPINE:

CHEST:

VITAL SIGNS

Time: LOR RR HR SCTM BP



Assessment of Situation and Plan of Treatment

Injury List Potential Problems

(list most important first) (estimate time course)

Plan of Action

Patient Ambulatory?

Litter carry?

Spinal Immobilization?

Urgency: Critical Stable Minor

Plan for each injury:

Notes

(record time of writing)

# ACTIVITIES OUTLINES

As a ministry our sole goal on each and every outing is to share the message of Jesus Christ and to help participants to build a deeper relationships with both the Lord and with each other. Following is the specific content of each of the outings Rugged Faith offers at this time. All outings are entirely customizable.

## UP THERE

These one day trips are designed to allow groups to experience new and challenging activities in the local alpine. Our present course allows for groups to explore the mountain tops without the strenuous load of a backpacks. Whether summer or winter we offer a chance to get out and see God's beautiful creation. The hiking is available at any level for anyone to participate. This activity is popular and continues to offer a unique outdoor experience.

- 20 person group limit with a 25 limit including leaders
- Guides and snacks are provided.
- Snow shoes can be rented.

## MOUNTAIN HIGH

This 2-5 day trip is designed for discipleship, increasing group relationships, and trust. Mountain High is structured to be flexible for specific groups and offers a wide range of challenges. Due to its demanding nature, we may require recent medical check up's. This trip is designed to use the 'Mountain High' journals.

- 12 person group limit
- Recent medical check up\*
- Guides, food, and equipment provided.

\* RF reserves the right to ask for copy of a recent medical check up (within the last year), due to the demanding nature of these trips.

## THE ANCHOR

This activity pertains to our indoor rock climbing wall at Riverview Bible Camp. This activity stress's the importance of a firm foundation found in Matthew 7:24-27. This is a very easy introduction to Sport climbing and is housed within our Gymnasium at Camp.

- no group limit
- Belayers and equipment provided

## **ROCK SOLID**

This activity is designed as a 1-2 day climbing/ rappelling activity. Washington has many destination climbing areas that offer good rock, weather and camping. Here at Camp we have 'The Shield' to rappel off of. Along with the many crags local to Spokane, Frenchman's Coulee- which is located near Vantage on the Columbia River, has been a most popular area. The Rock Solid course offers groups a chance to learn the basic techniques of climbing and a full range of climbs to challenge their abilities. This is an activity that can be used for outreach, or along with others who want to make their faith more 'Rock Solid'.

- 20 person group limit with a 25 limit including leaders
- Guides and equipment provided.

## **STILL WATERS**

This activity is designed to help participants get away from the busyness and let Jesus lead them to the 'Still Waters' that refresh the soul. This course allows for teams to work with the use of kayaks and or canoes on the local rivers and lakes. We have several beautiful trips planned out and can customize this into a multi night trip.

- 8 seats in kayaks, 8 seats in canoes, plus a support boat
- Guides, equipment, and boats provided

## **PURE WHITE**

This is a custom adventure on the snow. This activity is designed to use snowboards or ski's on the local mountains and in our own backyard. We have several Mountains within 1 hour (49 degrees and Mt. Spokane), and more just a bit farther down the road (Schweitzer Mountain, Red Mountain, Whitewater BC) We can offer snowboard instruction and training in how to use the snow as an outreach tool on the mountain. We want to focus on seeing God at work in our lives and in the lives of others.

*Matthew 5:8 Blessed are the pure in heart for they will see God.*

- Style of trip determines group size limit
- Guides are provided

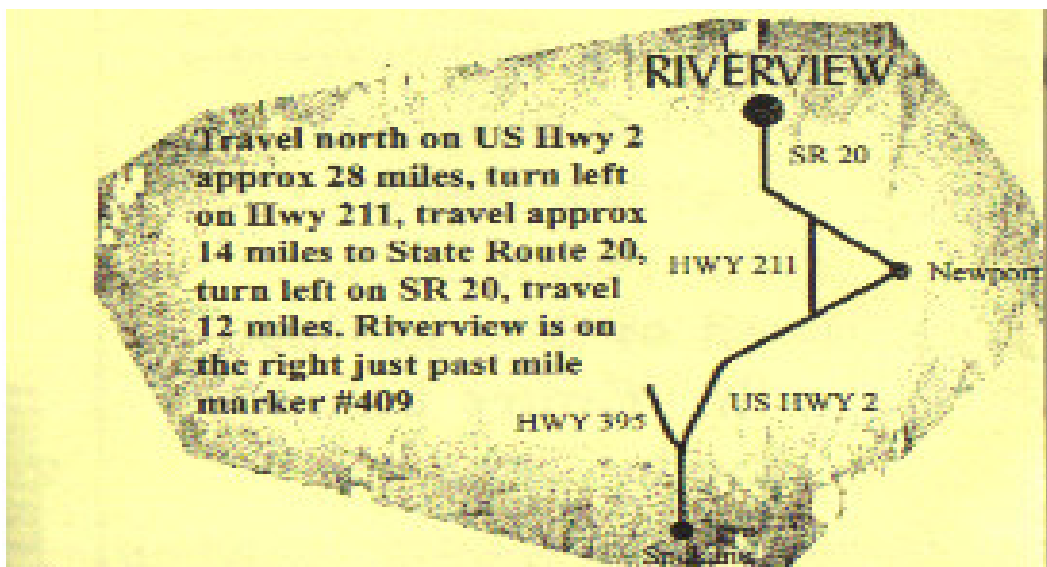
## LOW ROPES COURSE

A fun and exciting **team** challenge course. The low ropes elements are designed to build trust, unity, teamwork and group minded problem solving. The old adage "Together Everyone Accomplishes More", is taken straight out of God's Word (Ecclesiastes 4:9-12). "*Two are better than one...and a cord of three strands is not easily broken.*" This basic Christian principle and others are clearly demonstrated throughout this activity. The course is very physical in nature and participants are encouraged to wear loose fitting sweats or long pants, Tee shirts and sturdy footwear (not sandals). The course is best suited to groups or teams of no less than 7 members and no more than 13. Average time 1.5-2 hrs per group.

## HIGH ROPES COURSE

The High Ropes consists of 4 elements. Like the low elements it is very exciting and challenging physically, emotionally and spiritually. 30 feet off the ground, the course is facilitated with the use of full body harnesses and participants are on belay from an overhead cable at all times. The course challenges **individual** participants to face their fears and allows them to push their limits in a safe environment. The course is built around the biblical principle, that when we put our complete trust in our *Anchor*, we can truly experience "life to the full"(Jn 10:10), and live a life free of fear (2 Tim 1:7, 1 Jn 4:18). As with the low elements, the high ropes are very physical in nature and participants are encouraged to wear loose fitting sweats or long pants, Tee shirts and sturdy footwear (not sandals). As reflected in the sign-up sheets, the High Ropes Course is best suited to be experienced by 9 participants an hour.

### DIRECTIONS TO RIVERVIEW:



# RF 'Mountain High' Gear List

Backpack  
Tent  
Sleeping bag  
Ground pad  
Water bottle  
Flashlight w/ extra batteries  
Watch  
Pocketknife  
Plastic cup  
Plastic bowl  
Eating utensils  
Toiletries (toothbrush, soap, washcloth, TP, bandaids, etc)  
Insect repellent  
Sunglasses/sunscreen  
Visor cap  
Stocking cap  
Camera w/film (optional)  
Bible w/notepad & pen  
\*1 full change of clothes  
Personal snacks

## **\*Clothes**

Hiking boots  
Weather resistant shell (parka) or rain gear  
Long underwear (top & bottom)  
T-shirt  
Long sleeve shirt  
Pants  
Shorts  
Sweat bottoms  
Extra socks  
Liner socks

## **Group (Shared) Gear**

**Ropes**  
**Food**  
**Stoves/Fuel/Cook sets**  
**Radios**  
**First Aid**

Backpacks, Tents, and all other needed gear items are available through RF. Failure to bring the necessary gear may prevent one from participating in certain planned events. ***Please contact your group leader or RF @(509) 993-0954 if you need anything on this list.***



# RF

## Servant/Guide Questionnaire and Application

Name \_\_\_\_\_ Age \_\_\_\_\_ Married/Single (circle one) Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Mailing address \_\_\_\_\_

Phone: \_\_\_\_\_ Occupation: \_\_\_\_\_ Church Affiliation: \_\_\_\_\_

Email Address \_\_\_\_\_

Please take some time to pray before filling out the following questions. There are **NO** wrong answers before the lord, only honest ones. No honest answer will affect your opportunity to serve with Rugged Faith. Please use the backside if more space is needed.

**What kind of work are you doing currently? If not working, why?**

**What interests you most about serving with Rugged Faith?**

**Briefly describe your relationship with Jesus.**

**How much time, this week, have you spent reading His word?**

**List some of the qualities or skills that you feel God has gifted you with that would contribute to a RF outing or Riverview Bible Camp's ministry.**

**Do you currently possess a valid First Aid/CPR card or other certification? Yes/ no  
If no, would you be willing to obtain one prior to serving? Yes/ no**

**\* LEAD GUIDE applicants only \***

**Do you believe God has called you to partner with RF as a Lead guide? Explain**

**Check areas of skill in which you feel qualified enough to be put in a leadership role. Note years of experience.**

Camping/hiking \_\_\_\_\_  Rock climbing (TR or Lead) \_\_\_\_\_  Snow Shoeing \_\_\_\_\_  Skiing/snowboarding \_\_\_\_\_

Snow/winter camping \_\_\_\_\_  Ice climbing \_\_\_\_\_  Kayaking \_\_\_\_\_  High or Low Ropes Course \_\_\_\_\_

**RF Guide Training completed:**

**List any other *valid* certifications you currently possess.**

Course:

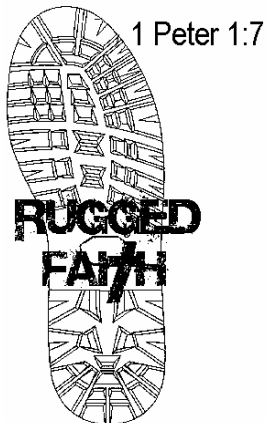
Instructor:

Date:

Driver's License # \_\_\_\_\_ Exp Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Date of birth \_\_\_\_\_

Rugged Faith is an Outdoor Ministry of Riverview Bible Camp where we desire to take people into God's awesome creation to allow them the opportunity to hear the Good News of Jesus Christ and grow in a relationship with Him, through a deepening understanding of God, Jesus, and the Holy Spirit as taught to us through the Bible.





# Servant/Guide 2006-07

## Rugged Faith Release Form

(This document affects your legal rights, please read it carefully.)

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Doctor's name \_\_\_\_\_ Phone \_\_\_\_\_

Medical Insurance Co. \_\_\_\_\_ Policy # \_\_\_\_\_

Date of recent Exam \_\_\_/\_\_\_/\_\_\_ Date of last Tetanus \_\_\_/\_\_\_/\_\_\_ Allergies \_\_\_\_\_

Medications being taken \_\_\_\_\_

### --Release from Liability and Assumption of Risk Agreement--

- A. I agree that I will not sue, or otherwise make any claim against RUGGED FAITH, or their employees or volunteers, for any loss, injury or damage resulting from any cause, including negligence on their behalf. (Initial\_\_\_\_\_)
- B. I am aware of the inherent risks involved in this activity, including but not limited to the risk of serious injury or death. (Initial\_\_\_\_\_)
- C. I agree that all equipment used, is used at my own risk. RUGGED FAITH , and any other party shall not be held liable. RUGGED FAITH makes no warranties regarding equipment used. (Initial\_\_\_\_\_)
- D. I understand that any route or activity chosen as a part of our outdoor adventure may not be the easiest but has been chosen for its interest and challenge for the participants. (Initial\_\_\_\_\_)
- E. To the fullest extent by Law I agree to defend, indemnify, and hold harmless RUGGED FAITH, and any of its officers, members, affiliated organizations, agents volunteers or any employees for any injury or death caused by or resulting from my or my child or ward's participation in the activities associated with RUGGED FAITH, both scheduled or unscheduled, including transportation. (Initial\_\_\_\_\_)
- F. I understand this is a binding contract that supersedes any other agreement or representations, and is intended to provide a comprehensive release of liability but is not intended to assert defenses which are prohibited by law. (Initial\_\_\_\_\_)
- G. I am voluntarily participating in this activity with the knowledge of the inherent risks involved, and hereby agree to accept full responsibility for the risks involved. (Initial\_\_\_\_\_)
- H. I understand that RUGGED FAITH or any person associated with are not responsible or liable for any transportation to or from a RUGGED FAITH event.(Initial\_\_\_\_\_)

**I have carefully read this agreement and I fully understand its contents. I am aware that I am releasing certain rights that I otherwise may have and I enter into this contract on behalf of myself and/or my child or ward of my own free will. (Initial\_\_\_\_\_)**

Date \_\_\_\_\_ Signature of Applicant \_\_\_\_\_

Parent or Guardian \_\_\_\_\_ (Required if under 18)

**RF GUIDE TRAINING**

NAME:

- 1. Must have completed and *turned in* a ‘Rugged Faith Volunteer and Guide Application and Waiver’ within the last two years. (Initial \_\_\_\_\_)
- 2. Received RF Operations Manual. (Initial \_\_\_\_\_)

RF Guide’s Initial \_\_\_\_\_ Date \_\_\_\_\_

**Mountain Skills**

- 1. Proficiency in the following: **Helmet/Harness set up** and adjustment.(Initial\_\_\_\_) **Figure 8 knot.** (Initial\_\_\_\_) **Grigri** and **ATC** or “Bucket” style belay device -set up and use of. (Initial\_\_\_\_)
- 2. **Anchors.** Understanding. How’s and why’s of set up. Usage of. (Initial\_\_\_\_)
- 3. **Belaying.** 4 hours minimum. Commands (Initial\_\_\_\_). Ground belay (Initial\_\_\_\_). Top belay (Initial\_\_\_\_). Rappel belay (Initial\_\_\_\_). *See Ropes Course requirement 4.*
- 4. **Rappelling.** Commands (Initial\_\_\_\_). Figure-8 set up and use of (Initial\_\_\_\_). Approx number of rappel’s to date \_\_\_\_\_.
- 5. **Prusikking.** Knots and set up (Initial\_\_\_\_). Technique (Initial\_\_\_\_).

RF Guide’s Initial \_\_\_\_\_ Date \_\_\_\_\_

**Ropes Course (Specific)**

- 1. **All** Ropes course events (including RF events) are to have adequate staffing, including a minimum of 1 Rugged Faith WFR certified lead guide. Proper facilitation of the Low Elements is 1 Facilitator per group, and at least 1 leader/adult from the participating group. **A minimum of 3 Belay experienced** Facilitators are required to facilitate the High Elements. (Initial \_\_\_\_\_)
- 2. **Helmets are mandatory**, and to be worn at all times, for all *active* high elements Facilitators, high elements participants, and for the *fallers* participating at the low elements Trust Fall element. (Initial \_\_\_\_\_)
- 3. **First aid** kits are located behind *The Wall* low element, and hanging in the *gear manger* at the high elements. RF Lead Guide/Facilitator and the renter group’s designated medical and first aid person **must be immediately** notified of any and all injuries received while at or participating in the ropes courses. Prior approval from one of these persons must be obtained before giving care requiring more than the use of *a single* band-aid. (Initial \_\_\_\_\_)
- 4. **Beley Training.** All *high elements Facilitators* must have completed a minimum of **4 hours** of specific high ropes elements belay training and show a competence and confidence in their execution of both the cable and trapeze beleys, **or** have completed 1 or more RF Guide Training days *within the prior two year period.* Any other authorization of a Facilitator must be approved by RF leadership or the camp Director. (Initial \_\_\_\_\_)
- 5. Knowledge and observation of Rugged Faith and Riverveiw guidelines, policies and expectations. (Initial \_\_\_\_\_)

RF Guide’s Initial \_\_\_\_\_ Date \_\_\_\_\_

I hereby state that I agree with, and willfully agree to follow and up hold these, and all other Rugged Faith and/or Riverveiw Guest policies and rules during my time spent in service here.

Signature \_\_\_\_\_ Date completed \_\_\_\_\_

**RF / Riverveiw Authorized Signature (required)**

\_\_\_\_\_ Date \_\_\_\_\_