

HUME SAN DIEGO

COUNSELOR GUIDEBOOK



WELCOME!



We are excited to have you as a part of the Hume San Diego team; a team that is dedicated to reaching people for Jesus Christ. We believe that, as counselors, you are a key part of this ministry.

Camp Counseling is definitely not a vacation. Counseling involves hard work, long hours, and sleepless nights, but can be one of the greatest blessings of your life. You are going to be watched very closely by the campers. Your spiritual life, words, attitudes and how well you know your Bible will also be watched closely. How we live our lives is a more powerful tool than how we tell others to live theirs. God has you and your campers here for a reason.

If you are feeling a little overwhelmed, it is understandable. Find your strength resting completely in God. You may want to ask God to examine and prepare your heart. Ask for His wisdom. Find yourself resting in His Grace. We also will be praying for you that He will keep you sensitive to the campers' needs. Prayer is a powerful tool. Pray for your campers, and come prepared to see God work. This booklet is designed to give you some ideas about your responsibilities as a counselor. After you arrive at HumeSD, you will be given more specific instructions. Please read this booklet carefully.



CAMP IN SAN DIEGO ON A COLLEGE CAMPUS

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We are truly blessed to be in San Diego this summer and are thankful for the opportunity to be on the campus of Pt. Loma Nazarene University. What an amazing location! We pray that God would use it for His glory and His purpose. Being in a location like this does provide some unique issues. We will be looking to each of you to help us overcome these and provide an environment that promotes safety, fun, encouragement and spiritual growth.

Camp Boundaries

Camp boundaries will be the campus of Point Loma Nazarene University. As a matter of policy, students will not be allowed to leave the campus of Pt. Loma for activities that have not been planned by Hume Lake Christian Camps, unless the following three criteria have been met: 1) Obtain direct permission from the youth pastor, 2) They are with a counselor, and 3) The youth pastor or counselor has notified the Camp Office.

Noise

Noise is always a sensitive issue, especially as the campus borders a residential area. Please help Point Loma to keep its good standing in the neighborhood by helping your campers respect the quiet hours in effect between 10pm and 8am Point Loma requires each of our campers and counselors to wear a specific colored arm-band. Armbands must be worn at all times, and are required for entry to all meetings and activities. Replacements are available through the Camp Office for \$1. A meal card will be issued by Pt. Loma and is required for all meals. Replacement cost is \$10. Each student and counselor will be given a key to his/her dorm room. If you need a replacement key or your key is not turned back in at the end of the week, there is a \$25 replacement charge.

Cell Phones

Cell phones are not allowed for campers at any time during the week of camp. They will be confiscated and given over to the youth pastor to be returned at the end of the week. Counselors are allowed and even encouraged to bring their cell phones. They will be given the opportunity at the first counselor meeting to register their numbers and receive special text message notices throughout the week. We ask that counselors exercise discernment by only using them during the designated free-time and in emergencies. Any questions can be directed to the Head Lead Counselor.



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CAMP RULES - THE FOUR "M"s

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1. BE AT ALL MEALS
2. BE AT ALL MEETINGS
3. DRESS MODESTLY
4. DON'T BE MESSING AROUND

Modesty Requirements for Girls

We count on the girls' counselors to help in this area. We understand that modesty can be extremely subjective and that certain clothing is modest on one person, but immodest on another. Please err on the side of being conservative. Specifically we ask that girls not wear clothing that is too tight, reveals a bare midriff, or has spaghetti straps. Swimwear needs to be one-piece, and we ask that they not wear tankinis.

Modesty Requirements for Guys

Guys are not exempt from Modesty guidelines. They need to wear shirts at all times (except on the beach or during water sports.) Sagging or underwear showing is not allowed, and we ask that they not wear speedos for swimwear.

Don't Be Messing Around includes:

- No Drugs, Alcohol or Smoking
- No Firearms or Fireworks
- No Weapons of any kind
- No wrestling or horseplay
- Guys stay out of the girls' dorms and halls
- Girls stay out of the guys' dorms and halls
- Stay out of the way of traffic
- Campers may not leave campus without permission, a counselor and notifying the camp office.
- Campers may not leave off-campus activities without permission, a counselor and notifying a lead counselor.
- Anything else we forgot to mention

We appreciate your help as counselors in enforcing these rules and guaranteeing the smooth operation of camp. Always feel free to seek out the assistance of the Lead Counselors in working with campers that have difficulty staying within these boundaries. They are here to help you!



ELECTRONIC DEVICES

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- Cell phones are not allowed for campers at any time during the week of camp. They will be confiscated and given over to the youth pastor to be returned at the end of the week.
- iPods, CD players, Video Games, etc. are not permitted and will be confiscated by Hume Staff for the duration of camp. These will be returned Friday morning before departure.

CAMP COUNSELOR PREREQUISITES

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- Someone who has accepted Christ as Savior and Lord, and is prepared to share His “Good News” (1 John 5:11-15)
- Counselors must have good moral character and not have any history in the criminal justice system (Exceptions only at the discretion of the Camp Director)
- Counselors must be at least 18 years old and graduated from High School.
- Counselors at high school camp must be a minimum of 3 years older than the oldest camper under their supervision.
- Counselor must be willing to make campers their primary focus during the week (i.e. Don’t arrive expecting to spend much quality time with your spouse, boyfriend or girlfriend.)
- Counselor may not bring their own children (unless they are attending as campers)



CAMP COUNSELOR RESPONSIBILITIES & REQUIREMENTS

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- Provide spiritual leadership, direction and shepherding of those campers under your care.
- Be the primary provider of supervision for your campers.
- Spend at least an hour of quality one-on-one time with each of your campers during the week.
- Lead daily devotionals and meaningful discussions with your campers. (Please keep topics age and gender appropriate and focused toward the mission of the camp.)
- Set the example through your participation at all meetings, meals, recreation and activities. In Chapel meetings, please sit with your campers and help maintain order. At meals, please be sure your campers bus their own tables and return everything to the clean-up area.
- You are required to attend the daily Counselor Meetings.
- Do not condone or allow hazing, raids, food-fights, etc.
- Please do not wrestle with, man-handle, or physically touch a camper. Avoid anything that could be misconstrued by anyone.
- Please keep your Lead Counselor advised of any significant counseling or discipline issues that arise with any of your campers.
- You may only counsel campers of the same gender.
- Counselors are occasionally asked to counsel campers from different churches, or who are attending as individuals. Please do your best to include them with your group.
- Be aware of your campers' specific medical limitations and needs. You may receive a form that details these needs. Please keep this confidential and be sure that your campers are adhering to these limitations.
- Please help your campers protect their possessions from the possibility of theft.
- Counselors need to be mindful of the facilities and are responsible to be sure campers are keeping the dorms reasonably clean.
- Counselors should be watchful for any items that could be used to deface or damage facilities.



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ADVICE FOR THE CAMP COUNSELOR

- Be Christ-like (Walk with the Lord – Study His Word – Be led by the Spirit)
- Bring the campers to your level – Don't go to theirs.
- Young people are longing for someone to follow – Be an example.
- Be ready for a long week with little sleep.
- Be patient, kind, compassionate and gentle. Exercise the fruits of the Spirit.
- Avoid any kind of appearance of evil.
- If you need to confront a camper, avoid doing it in front of a large group.
- Don't come expecting a vacation – Be ready to sacrifice.
- Allow God to work in your own life during the week at camp.
- Be ready to follow up when you get home. Take time to meet up with your campers from time to time and encourage them in their faith.

DEVOTIONAL TIME

Every day, you are expected to have a group devotional time with the campers under your care. This time should include the following:

- A review of the messages heard that day
- Practical application of the subject with the campers' lives
- Prayer time together



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ISSUES OF CHILD ABUSE

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The fact that you are spending this week as Camp Counselor also means that you are required by law as a “Mandated Reporter” to report any kind of Child Abuse that you observe happening, or having happened, to one of your campers. Child Abuse typically can be classified in one of four areas:

Physical Abuse

Are there marks or bruises visible? Did they tell you that they were physically beaten in some way?

Sexual Abuse

This can include rape, incest or molestation; and typically is committed by someone that the young person is familiar with.

Emotional Abuse

While this is often hard to quantify, it is typified by the parent that is verbally or psychologically cruel to the young person.

Neglect

This is more often found in the younger ages (2-10) and is exactly as it's worded... someone who has little or no care provided by the parent or guardian.

If you observe or are told by the camper about any of the types of abuse listed above, you are required by Federal and State laws to report that observation to Child Protective Services. Hume Lake Christian Camps has all the paperwork necessary and will guide you through this process. Please see your Lead Counselor or consult the Camp Director.



FREE-TIME ACTIVITIES

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Throughout the week there will be many different options available for afternoon free-time. We strongly encourage you to join your campers in the activities they're interested in, or to encourage them to take part if they don't want to be involved. Listed below are many different options. You can also stop by the Camp Office, where they can provide more ideas of things to do on campus, or around the San Diego area.

Because most of these activities will take place off the campus of Point Loma, we need your help in the process of keeping track of where every student is during the day. Please help us with the following:

- Any time a student or counselor leaves the campus, they must be checked out. (The Camp Office, Lead Counselors and various Hume staff will have master lists with the names of every camper and counselor attending camp.)
- Any time a student or counselor returns to campus, they must be checked back in.
- If a counselor would like to take their campers beyond the Hume-organized activity, it must be cleared by the Youth Pastor, who will then clear it with a Lead Counselor, the Head Lead Counselor, and/or the Camp Office.

Beach – Free

Availability: Unlimited

No Signups Necessary

Transportation Provided

Surfing Lessons - \$25

Availability: Up to 30 spots per day

Signups on Sunday

Transportation Provided

Separate Liability Release required

For all levels – beginning through advanced

Instruction & Equipment Provided



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Sea Kayaking & Stand-up Paddle Boards - \$25

Availability: 60 spots per day

Signups Sunday after Chapel

Transportation Provided

Separate Liability Release required

3-hour Session (1:30 to 4:30)

Instruction Included

Beach Cruiser Tour - \$10

Availability: 20 spots per day

Signups Sunday after Chapel

Transportation Provided

2-hour Session

Helmets Included

Urban Missions - \$15

Opportunities vary daily

Contact Jeff Brannan for more information

If you are in need of transportation, there is an additional \$5 charge per person.

Balboa Park

Transportation Not Provided

No Signups Necessary

<http://www.sandiego.gov/park-and-recreation/parks/balboa/index.shtml>



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ON CAMPUS ACTIVITIES

AIR SOFT

\$5 per session

All equipment provided

ARCHERY TAG

\$5 per session

All equipment provided

DISC GOLF

\$5 refundable deposit for discs

VOLLEYBALL, TENNIS, BASKETBALL, BOCCE BALL

Cost: Free

Facilities dependent upon availability

\$5 refundable deposit

CLIMBING WALL - FREE

EL DIABLO (MECHANICAL BULL) - FREE

GYM

Cost: FREE

Open daily

REC ROOM

Cost: FREE

Open daily

Ping Pong

Foosball

Billiards

TOURNAMENTS

Vary each week



MEDICAL NEEDS & EMERGENCIES

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You, as counselors, are responsible to help make the week safe. It is your responsibility to see that your campers' health and safety are maintained while at camp.

Minor Medical

During the entire week First Aid will be available through EMTs on call, as well as the Camp Nurse. Our Nurse's Station is in the Camp Office located in the Cunningham Dining Room, adjoining the main Dining Room in Nicholson Commons. Before bringing a student to the Nurse's Station, please first contact a Lead Counselor. At times when the Nurse's Station is closed, emergency help can be obtained by seeing a Lead Counselor, or any Hume staff.

Practical Guidelines

- Please do not administer any of your own medicines to campers.
- Be sure campers drink plenty of water throughout the week.
- Encourage campers to eat all meals and drink lots of fluids.
- Try to remain calm when someone is injured. When injury occurs, your responsibility is crowd control. Contact a staff person to transport the patient to the Nurse's Station. Stay with the injured camper.
- Do not swim with an earache or sore throat.
- Make sure your campers use sunscreen or sun block lotion.

Emergencies

- If the emergency involves personal injury, stabilize but do not move the victim.
- If the emergency is life threatening, dial 911 from any campus phone.
- For any less serious incidents, contact Hume staff first. If unable to find Hume staff, you may call Public Safety at 619.849.2525.
- Wait for the emergency teams to arrive. They are best suited to provide emergency medical attention.
- For other serious illnesses, etc., please see the Camp Nurse.



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Fires

- In the event of a fire, or other major emergency, the Soccer Field will be used as a staging grounds to be sure all campers and staff are accounted for.
- Fire alarms can be activated from most buildings on campus.
- Setting off the fire alarm as a prank will result in a \$100 fine, payable to Point Loma.
- Discharging fire extinguishers when not an emergency will result in a \$50 fine, payable to the university.

Local Hospitals & Urgent Care

(Please consult Hume staff before taking a camper off campus)

- Urgent Care & More – 619.225.6200
- Sharp Cabrillo Hospital – 619.221.3400
- Both are located approximately four miles from campus on Midway Drive, west of Rosecrans.
- Rady Children’s Hospital - 858.576.1700



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DOCTRINAL STATEMENT OF BELIEF

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1. We believe in the Scripture of the Old and New Testament as verbally inspired by God, inerrant in the original writings, and that they are of supreme and final authority in faith and life.
2. We believe in one God, eternally existing in three persons: Father, Son, and Holy Spirit.
3. We believe that Jesus Christ was begotten by the Holy Spirit, was born of the Virgin Mary, and is true God and true man.
4. We believe that man was created in the image of God; that he sinned, and thereby incurred not only physical death, but also Spiritual death which is separation from God; and that all human beings are born with a sinful nature, and in the case of those who reach moral responsibility, become sinners in thought, word, and deed.
5. We believe that the Lord Jesus Christ died for our sins according to the Scriptures as a representative and substitutionary sacrifice and that all who believe in Him are justified on the grounds of His shed blood.
6. We believe in the resurrection of the crucified body of our Lord, in His ascension to Heaven, and in His present life there for us as High Priest and Advocate.
7. We believe in “ That blessed hope,” the personal, premillennial, and imminent return of our Lord and Savior, Jesus Christ.
8. We believe in that all who receive by faith the Lord Jesus Christ are born again of the Holy Spirit and thereby become children of God.
9. We believe in the bodily resurrection of the just and unjust, the everlasting blessedness of the saved, and the everlasting, conscious punishment of the lost.
10. We believe in the great commission which our Lord has given to His Church to evangelize the world and that this evangelization is the great mission of the Church.

ADDITIONAL NOTE

We believe that the ministry of the Holy Spirit in the life of a believer is to glorify Jesus Christ in and through that life. Since the Holy Spirit desires to unify and edify all members of the Body of Christ, we do not teach or practice any interpretation of the ministry or gifts of the Holy Spirit which have historically acted to bring disunity to the Body of Christ.



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HUME SD PHONE NUMBERS

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Hume SD Office at Pt. Loma (7:30am-10:00pm)	559.305.7711
Hume SD Camp Manager - Jeff Brannan	559.392.0547
PLNU Conference Services Office (8am-4:30pm)	619.849.2511
PLNU Conf. Services Team Leader	619.718.0695
PLNU Conf. Services (Night Emergency)	619.723.0024
Pt. Loma Public Safety (Emergency Only - 24 hrs)	619.849.2525
Hume Lake Christian Camps (7am-1am)	559.305.7770