

# United Methodist Reach-out Mission by Youth (U.M. A.R.M.Y.) Adult Training Assessment

Please print this page out and give it to your Primary Church Contact (PCC) to give to the Director when you arrive at camp.

This is an "open-book" style assessment; please refer back to the training slides and/or the Travel Guide in order to adequately answer the questions.

Name: \_\_\_\_\_

Church (you are attending UM ARMY with): \_\_\_\_\_

## Adult Training 2012

### 1. *UM ARMY Mission*

Please fill in the blanks:

Provide Christ centered, quality \_\_\_\_\_ work camps that \_\_\_\_\_ people in need and promote spiritual growth and \_\_\_\_\_ development in youth.

### 2. *Some things to Expect at Camp*

Please fill in the blanks

Meals – we eat breakfast and dinner at \_\_\_\_\_, except for one dinner out; we pack a lunch to take to the worksite and eat lunch with our \_\_\_\_\_.

### 3. *Role of the Adult*

Please list 2 of the 7 general roles of the adult in camp:

1. \_\_\_\_\_

2. \_\_\_\_\_

### 4. *Work Team Adult*

Every adult who attends camp must bring a vehicle.    \_\_\_ True    \_\_\_ False

Each Work Team Adult vehicle must have a minimum of \_\_\_\_\_ seatbelts

Work Team adult participates with work team youth in all activities including transporting the team to off-site activities.    .    \_\_\_ True    \_\_\_ False

### 5. *Daily Leadership Roles*

Roles rotate each day amongst all the team members – adults and youth.    \_\_\_ True    \_\_\_ False

On Saturday, before worship, all participants help to clean up and clean out the entire church.  
\_\_\_ True    \_\_\_ False

### 6. *Work Site Information*

We are allowed to use the client's bathroom    \_\_\_ True    \_\_\_ False

We are allowed to accept food and/or drinks from our clients    \_\_\_ True    \_\_\_ False

**7. Types of Work We DON'T Do**

Please list 2 types of work we DON'T do:

1. \_\_\_\_\_ 2. \_\_\_\_\_

**8. Child Labor Laws**

In Connecticut youth under 18 cannot climb ladders over six (6) feet.  True  False

In Massachusetts, youth under 16 cannot participate in construction or renovation.  True  False

In New Jersey youth under 18 are allowed to do new construction  True  False

In Pennsylvania youth under 16 are not allowed on ladders or scaffolds.  True  False

In Vermont youth under 16 are allowed to use ladders  True  False

**9. Code of Conduct**

The intent of this covenant is to ensure the \_\_\_\_\_ and \_\_\_\_\_ of U.M. ARMY, its participants and clients.

**10. Dress Code**

The dress code applies only while working on the worksite  True  False

**11. Safe Sanctuary**

List 2 of the 3 highlights of the Safe Sanctuary Policy

1. \_\_\_\_\_

2. \_\_\_\_\_

**12. Emergency Procedures**

Which call do you make first in an emergency situation:

Call 911

Call base camp

# First Aid 101

## 1. *Insects*

Insect stings are one of the most common causes for fatal allergic reactions (anaphylaxis).

\_\_\_\_ True \_\_\_\_ False

## 2. *Treatment of Local Reactions*

List 2 of the 5 treatments for local reactions to insect stings:

1. \_\_\_\_\_

2. \_\_\_\_\_

## 3. *Tick Removal*

Usually ticks need two to three days of attachment before transmission of disease. \_\_\_\_ True \_\_\_\_ False

## 4. *Prevention of Heat Exhaustion*

List 2 of the 5 ways to prevent heat and sun related medical issues

1. \_\_\_\_\_

2. \_\_\_\_\_

## 5. *Signs of Heat Exhaustion*

List 2 of the 9 signs of heat exhaustion:

1. \_\_\_\_\_

2. \_\_\_\_\_

## 6. *Treatment of Heat Related Issues*

List 2 of the 6 treatments of heat exhaustion

1. \_\_\_\_\_

2. \_\_\_\_\_

## 7. *Signs of Heat Stroke*

List 2 of the 7 signs of heat stroke:

1. \_\_\_\_\_

2. \_\_\_\_\_

## 8. *Treatment of Heat Exhaustion*

If you see signs of heat exhaustion call 911 then the camp director. \_\_\_\_ True \_\_\_\_ False

## 9. *Signs and Symptoms of Dehydration*

List 1 sign of mild dehydration and 1 sign of moderate/severe dehydration

mild \_\_\_\_\_

moderate/severe \_\_\_\_\_

**10. Treatment of Dehydration**

You should drink fluids quickly during treatment of dehydration \_\_\_\_ True \_\_\_\_ False

**11. Poisonous Plants**

Fill in the blanks Common Phrase: “Leaves of three, \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_”

**12. Treatment for Poisonous Plant Exposure**

List 2 of the 8 treatments for poisonous plant exposure:

1. \_\_\_\_\_

2. \_\_\_\_\_

**13. Don't Sweat the Small Stuff**

For Swelling with pain, follow RICE, what does it stand for?

R \_\_\_\_\_

I \_\_\_\_\_

C \_\_\_\_\_

E \_\_\_\_\_

**14. Treatment of Largest Wound**

What is the one exception in treating the largest wounds?

\_\_\_\_\_

**Thank you for participating in our On-line Training. See you at camp this Summer!**