

Cross Bar X Camper Policies And Procedures

Section One - Guardian Authorization and Release Waiver

Cross Bar X Youth Ranch and its owners, officers, directors, volunteers, agents, employees, counselors, and guides (collectively, "Cross Bar X") allows campers to participate from time to time in numerous adventure experiences on and off the Cross Bar X Youth Ranch premises, including but not limited to camping, hiking, and backpacking; rock climbing, bouldering, and rappelling, participating in high and low ropes courses, and zip lining; peak climbing and mountaineering; rafting, canoeing, kayaking, and water tubing on white water streams and rivers; fishing; swimming in a natural spring fed lake and other recreation in the lake area including but not limited to the use of rope swings and water trampolines; horseback riding; mountain biking; cross-country skiing, snowshoeing, and snow tubing; handling and firing BB guns; engaging in indoor and outdoor games and individual and team sports including but not limited to broomball, both during daylight hours and at night; participating in other recreational activities in an outdoor setting, including but not limited to archery and activities involving campfires; participating in chores and service activities including but not limited to cleaning Cross Bar X Youth Ranch facilities and caring for livestock and animals; participating in skills classes including cooking, carpentry, knitting, automobile repair, and fitness; utilizing transportation to and from off-site activities; and other activities common to a youth camp, summer camp, or adventure experience or setting.

I recognize that there are significant risks inherent to each of these activities, including but not limited to the risk of bodily injury, illness, death, damage or loss to person or property which may result from surface, subsurface, and underwater hazards in areas where these activities occur such as hidden rocks or other obstructions, water currents, snow conditions, and variations in steepness or terrain; severe weather including lightning storms, snow storms, and extreme temperatures; collisions with or impacts from other participants or natural or manmade objects; equipment failure; falls from heights; exposure to livestock and animals maintained by Cross Bar X as well as wild animals, aquatic life, bacteria, viruses, insects and bugs; unpredictable animal behavior; exposure to cleaning chemicals, power tools, and other items routinely used in the camp setting for cleaning and repair; physically demanding tasks; traffic hazards; the potential of participants to act in a negligent or unpredictable manner that may contribute to injury to that participant or to others, such as failing to maintain control over equipment or tools or not acting within the participant's abilities; and other hazards. I understand that persons with certain medical conditions should not participate in these activities without the advice of a physician. I acknowledge that a complete listing of risks

is not possible, and that risks may exist that cannot be anticipated. I understand that supervision by Cross Bar X may not be provided at all times.

I also acknowledge that Cross Bar X uses its best judgment in determining how to react to circumstances present in these activities, including the risks associated with natural and manmade conditions, animal behavior, and a participant's abilities, but may misjudge such circumstances.

Also, I acknowledge that equipment used in these activities may break, fail, or malfunction, despite reasonable maintenance and use. Some of the equipment used in these activities may inflict injuries even when used as intended.

I understand that participation in these activities is not required. Knowing these risks, I authorize participation by myself and my child in each of the activities identified above and below, and assume responsibility for myself and my child for any and all bodily injury, illness, death, damage to or loss of personal property, and all expenses thereof, which may occur as a result of participation in such activities.

Ropes Course Activities

I recognize that there are significant risks inherent to participating in rock climbing, bouldering, and rappelling or traveling to sites where such activities are conducted (collectively, the "Ropes Course Program"). I understand that persons with certain medical conditions should not participate in the Ropes Course Program without the advice of a physician.

I also acknowledge that Cross Bar X uses its best judgment in determining how to react to circumstances present in the Ropes Course Program, including physical hazards and a participant's abilities, but may misjudge such circumstances.

I understand that participation in the Ropes Course Program is not required.

PLEASE READ CAREFULLY BEFORE SIGNING. THIS DOCUMENT INCLUDES A RELEASE OF LIABILITY AND WAIVER OF CERTAIN LEGAL RIGHTS.

I, as parent or legal guardian of my son/daughter/ward ("Child"), have examined the program that Cross Bar X Youth Ranch ("Cross Bar X") offers and I understand that an important part of the program is my Child's participation in Bible study and church attendance. I encourage such participation. I authorize my Child to participate in numerous adventure experiences on and off the Cross Bar X Youth Ranch premises, including but not limited to camping, hiking, and backpacking; rock climbing, bouldering, and rappelling, participating in high and low ropes courses, and zip lining; peak climbing and mountaineering; rafting, canoeing, kayaking, and water tubing on white water streams and rivers; fishing; swimming in a natural spring fed lake and other recreation in

the lake area including but not limited to the use of rope swings and water trampolines; horseback riding; mountain biking; cross-country skiing, snowshoeing, and snow tubing; handling and firing BB guns; engaging in indoor and outdoor games and individual and team sports including but not limited to broomball, both during daylight hours and at night; participating in other recreational activities in an outdoor setting, including but not limited to archery and activities involving campfires; participating in chores and service activities including but not limited to cleaning Cross Bar X Youth Ranch facilities and caring for livestock and animals; participating in skills classes including cooking, carpentry, knitting, automobile repair, and fitness; utilizing transportation to and from off-site activities; and other activities common to a youth camp, summer camp, or adventure experience or setting.

I will provide medical insurance for my Child for the entire period while at Cross Bar X. Authority is granted without limitation to Cross Bar X, its directors, employees and agents in all medical matters to hospitalize, treat, and order injection, anesthesia, and/or surgery for my Child. I am responsible for advising/providing to Cross Bar X, its directors, employees and agents all pre-existing medical conditions of my Child, out-of-camp medical, surgical, hospital, pharmaceutical, allergy expenses and for providing adequate quantities of necessary medications and allergy serums to Cross Bar X in pharmacy containers with doctor's instructions. I hereby state that my Child is in good, normal health and has no abnormal physical, emotional or mental handicaps. I understand that Cross Bar X does not provide secondary accident insurance. I understand that I assume full financial responsibility for any medical treatment rendered for myself, or for my Child. I therefore represent that I have and the Child have, adequate health, disability and life insurance, or I have made adequate alternate arrangements for myself and my Child to cover any such expenses.

In consideration of the right to participate in Cross Bar X Youth Ranch activities, I release and agree not to sue Cross Bar X for any and all claims, actions, demands, damages, causes of action or suits of any kind or nature whatsoever ("Claims") which may be asserted by or on behalf of myself or my child have as a result of bodily injury, illness, death, damage or loss to person or property which may result from participation in any activity carried out at or by Cross Bar X, including the Equestrian and Ropes Course Programs, whether or not caused by the negligence of Cross Bar X. In addition, I agree to indemnify, defend, and hold Cross Bar X harmless from and against any and all liability, loss or damage Cross Bar X may suffer as a result of Claims which may be asserted against Cross Bar X arising out of the activities carried out at Cross Bar X Youth Ranch or by Cross Bar X.

I hereby give Cross Bar X and its representatives and agents absolute permission to use photographs, videotapes and other images, quotations from comment/evaluation forms and voice reproductions of me, or my Child, for any purpose and media, and waive any proprietary, personal or other right to inspect and pre-approve such use. I, on behalf of myself or my Child, also release and hold Cross Bar X and its representatives and agents harmless from any and all claims of blurring or distortion or alteration of such images or voice, whether intentional or otherwise.

I have had a chance to ask questions and seek advice before signing this document.

Section Two - Camper Ages and Sex

Ages of campers accepted:

Children ages 8-18 may be enrolled at CBX.

We believe God's design of a person's maleness, or femaleness is clear through their biology. Since God creates everything according to its purpose, we believe that a person's soul is always born with the body it was designed for, therefore, a person's gender is a person's sex and vice versa. *Campers are required to register in the corresponding camp to the sex they were biologically born.*

Section Three - Medical Care

Cross Bar X is under the supervision of Dr. Adam Owens, who has developed specific protocols for the assessment and treatment of various illnesses and accidents. Cross Bar X on-site medical personnel follow these protocols and their individual professional training standards when determining the course of action for each camper's medical incident.

Dr. Owens is available 24hrs a day to CBX onsite staff for consultation. When any medical situation is questionable, CBX staff will consult with Dr. Owen and seek care at a local medical office or emergency room.

Section Four - Procedure For Determining Adverse Weather

CBX will assign a trained staff member to monitor weather conditions daily. This may be the Camp Director, Safety Officer, or a designated counselor.

Monitoring Tools:

- NOAA Weather Radio
- Mobile weather apps (e.g., WeatherBug, AccuWeather, or MyRadar)
- Local news and National Weather Service (NWS) alerts
- Lightning detection tools (if available)

Daily Weather Briefings

- Conduct a weather review each morning during staff meetings.
- Review forecasts for:
 - Heat advisories
 - Thunderstorms/lightning
 - High winds
 - Heavy rain/flooding
 - Air quality issues
- Make preliminary activity adjustments if needed.

Lightning and Thunderstorm Protocol

- Use the 30-30 Rule: If thunder is heard within 30 seconds of lightning, seek shelter immediately.
- Wait at least 30 minutes after the last thunder before resuming outdoor activities.

- Approved shelters: fully enclosed buildings, metal-roof pavilions with grounded lightning protection.
- Avoid open fields, tall trees, water, and metal objects.

Heat and Air Quality Protocol

- Monitor heat index and AQI (Air Quality Index).
 - Modify or cancel strenuous outdoor activities if:
 - Heat index exceeds 100°F
 - AQI exceeds 100 (Unhealthy for sensitive groups)
 - Encourage hydration and provide shaded rest areas.
 - Conduct wellness checks on campers.
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Communication Plan

- Use radios, PA systems, or group messaging apps to alert staff.
- Instruct staff to relay information calmly and quickly to campers.
- Maintain contact list for local emergency services and weather offices.

Section Five - Camper Fee Schedule

A camper fee schedule can be found at

www.crossbarx.org/summer-camps/cost-of-camp/

Section Six - Camper Meals and Menus

Menus and foods offered for each camp are available per request. Please submit a request 24hrs in advance by sending an email to tim@crossbarx.org. Dietary restrictions should be disclosed on camper applications and will be accommodated by CBX kitchen staff.

Section Seven - Cross Bar X ADA Compliance

Cross Bar X, as a Christian organization, is exempt from the Americans with Disabilities Act.

Cross Bar X seeks to provide a high-quality summer camp experience to all children. We, however, as a non-government, independent Christian summer camp, have limited funds to provide specially trained staff, equipment, and facilities for children with high needs. Cross Bar X will make reasonable accommodations to support campers with needs it feels it can meet with the staff and facility the Lord has provided. We, however, reserve the right to not enroll campers who we feel we cannot support and accommodate based on their needs.

Section Eight - Camper Behavior and Camper Removal From Camp

We want every one of our campers to have a positive, memorable experience. Our staff is trained to deal with each child on a one-on-one basis. They are trained to work through behavioral problems that may exist in order to help the camper become more mature and healthy individual, living in the love of Christ.

However, there are times when a camper's behavioral issues are greater than what our staff is qualified to handle. If you have questions as to whether or not your child's behavior will be an issue at Cross Bar X it is important that you discuss it with us.

Please understand that if your child comes to camp and his/her behavior is beyond our control or causing harm to others, you will be required to pick up your child.

Determination for the removal from camp is made by the Camp Director of Cross Bar X in consultation with the Executive Director. Evaluation is made based on factors including camp health and safety, what is in the best interest of the general camp and

campers of CBX, and if the camper has exhibited a refusal to follow the standards of CBX set forth by their counselor and other CBX leadership.

Section Nine - Lost and Missing Campers

Prevention

Staff conduct regular headcounts:

- At activity transitions
- At meals
- Before and after transportation

Immediate Actions (First 5 Minutes)

- Upon realizing a camper is missing:
 - Notify the **Camp Director** or designee immediately.
 - Conduct a **quick search of the immediate area** (bathrooms, cabins, common areas).
 - Ask nearby staff and campers when/where the camper was last seen.

Coordinated Search (5–15 Minutes)

- Begin a structured search led by the Camp Director or Safety Officer:
 - Assign staff to search zones (waterfront, woods, buildings, trails).
 - Maintain radio communication.
- Ensure all other campers are supervised and accounted for.

Escalation (After 30 Minutes or Immediate Risk)

- If camper is still missing or there's concern for safety (near water, medical needs, etc.):
 - Call 911 immediately.
 - Notify camp leadership and activate emergency response protocol.
 - Contact the camper's parent/guardian.

Section Ten - Camper Transportation

Only pre-approved, licensed, and insured drivers may operate vehicles transporting campers. All drivers must undergo a background check and complete transportation safety training. Vehicles must be well-maintained, regularly inspected, and appropriate for passenger transport (e.g., school buses, vans with seat belts). A minimum of two adults per vehicle whenever possible. One staff member will actively supervise campers during the trip. Maintain a headcount before departure, upon arrival, and before return. All passengers must wear seat belts at all times (if available). Campers must remain seated and follow staff instructions.

No eating, drinking, or distracting behavior while the vehicle is in motion.

Each vehicle must carry:

- A first aid kit
- Emergency contact list
- Cell phone or two-way radio

In case of accident or breakdown:

- Move to a safe location if possible.

- Contact camp leadership immediately.
- Follow emergency protocol.

Section Eleven - Camper Dismissal From Camp

Campers are only released to authorized guardians or individuals authorized by the guardians in writing. This policy pertains to camper pickup on the last day of camp and also any situations where the camp has an emergency and campers are sent home.

Section Twelve- Camper Medication and Sunscreen Policy

Any unexpired routine medication, prescription, or non-prescription (over the counter), must be administered only with a current written order of a health care provider with prescriptive authority and with written parental consent. Home remedies, homeopathic medication, vitamins, and supplements will not be administered to children at CBX.

The written order by the person with prescriptive authority shall include: 1. Child's name; 2. Licensed prescribing practitioner name, telephone number, and signature; 3. Date authorized; 4. Name of medication and dosage; 5. Time of day medication is to be given; 6. Route of medication; 7. Length of time the medication is to be given; 8. Reason for medication (unless this information needs to remain confidential); 9. Side effects or reactions to watch for; and 10. Special instructions.

Medications must be kept in the original labeled bottle or container. Prescription medications must contain the original pharmacy label. Over-the-counter medication must be kept in the originally labeled container and be labeled with the child's first and last name. In the case medication needs to be given on an ongoing, long-term basis, the authorization and consent forms must be reauthorized on an at least annual basis.

Any changes in the original medication authorization require a new written order by the prescribing practitioner and a change in the prescription label. A written medication log must be kept for each child. This log is part of the child's records.

Cross Bar X must obtain written authorization and instructions from the parent(s)/guardian(s) for the application of sunscreen or the use of another form of parent(s)/guardian(s) approved sun protection with a full-spectrum ultraviolet A/ ultraviolet B (UVA/UVB) rating of sun protection factor (SPF) thirty (30) or greater to their children's exposed skin prior to outside play year-round. a doctor's permission is not needed to use sunscreen at the center.

Cross Bar X allows school-age children to carry inhalers and epi pens. CBX will need to be provided a written contract with the parent(s)/guardian(s) and child acknowledgement assigning levels of responsibility of each individual. This contract includes orders for the medication from a health care provider, along with confirmation from the health care provider and the Department-approved child care health consultant that the student has been instructed and is capable of self-administration of the prescribed medications.

Section Thirteen - Camper Belongings

Campers should not bring money or valuable items to camp. If items of value are brought to camp, they are gathered on the first night and secured in the camp office. These items will be returned to campers on the final morning of camp.

Campers will be given a personal space in their cabin to store their possessions.

Section Fourteen - Complaints Against CBX and Child Abuse Reporting

To report any suspected child abuse or if you have any concerns with the child care Licensing of Cross Bar X, you can contact:
Department of Human Services, Division of
Child Care, 1575 Sherman St, 1st Floor,
Denver, CO 80203-1714
(303) 866-5958 or (970) 259-5465.

Section Fifteen - Media Policy

Campers do not have access to phones, TV, television, or other media. At times, we will show a selection of movies approved by the Camp Director.

Section Sixteen - Media Policy

To protect the safety and well-being of all campers, staff, and visitors by providing a clear, coordinated response during disasters or large-scale emergencies.

1. Types of Disasters Covered

This plan addresses response procedures for:

- Severe weather (thunderstorms, tornadoes, floods, wildfires)
- Fires (structure or wildland)
- Missing or abducted camper
- Medical emergency
- Hazardous materials spill (nearby roads, railways, etc.)
- Intruder or active threat
- Earthquake (if regionally applicable)

2. Chain of Command

- **Executive Director:** Overall incident command
- **Camp Director:** Supports Director; coordinates on-site response
- **Program Director:** Account for campers and assist with evacuation/sheltering

In the Director's absence, a designated staff member will assume command.

3. General Response Procedures

A. Alert & Notification

- Use **camp radios, whistle codes, PA system, or text alerts** to notify staff.
- Clearly state the type of emergency and needed actions (e.g., "Evacuate to Main Hall").

B. Accountability

- All staff immediately conduct **headcounts** of campers.
- Report missing persons to command immediately.
- Bring **attendance rosters and emergency contact lists** during evacuations.

C. Evacuation

- Follow posted **evacuation routes** to designated safe areas:
 - **Fire:** Evacuate to open field away from structures.
 - **Severe weather:** Shelter in reinforced buildings (bathhouse, main lodge).
 - **Hazardous materials:** Evacuate crosswind to a remote area uphill/downwind.
- Bring first aid kits, radios, and emergency supplies.

D. Shelter-in-Place

- Used for high winds, tornadoes, or outside threats.
- Move campers into **designated safe buildings or rooms** away from windows.
- Lock doors and remain quiet.
- Stay tuned to weather alerts or camp radio for updates.

4. Emergency Communication

- Contact **emergency services (911)** if life-threatening.
- Notify parents/guardians as soon as practical.

- Designate one person for **media or public communication** (usually the Camp Director).
- Maintain a working phone/radio in each group.

5. Post-Incident Procedures

- Do not release campers until the **all-clear** is given by the Camp Director or emergency authorities.
- Provide first aid or arrange transport for medical care.
- Document the incident:
 - Time and nature of the disaster
 - Actions taken
 - People involved
 - Final resolution
- Conduct a **debrief with staff** and adjust the plan as needed.

6. Training and Drills

- Staff will be trained on this plan during orientation.
- Conduct drills at least once per session:
 - Fire drill
 - Severe weather shelter drill
 - Missing camper or lockdown drill

Designated Reunification Site

- **Primary Site:** Main Lodge or entrance gate (if safe)
- **Secondary Site:** Off-site location (pre-arranged and communicated to families as needed)

ReinProcess

1. Verification:

- Only release campers to individuals listed on their **authorized pick-up list**.
- Staff must check government-issued **photo ID** before releasing a child.

2. Documentation:

- Record the time, date, and name of the person each camper was released to.
- Use a **Camper Release Log** for this purpose.

3. Communication with Families:

- Notify parents/guardians of the reunification location via:
 - Phone call, text alert, or email
 - Social media or emergency notification system (if in use)
- Include clear instructions on what to bring (photo ID) and where to go.

4. Security:

- Camp staff will monitor the reunification area to ensure order and safety.
- No unauthorized persons may enter the camp or pick-up area.

5. Special Considerations:

- Provide emotional support staff (counselors or directors) to help distressed children or families.
 - If a child's authorized guardian cannot be reached, the camper will remain under staff supervision in a safe location until contact is made.
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- Provide first aid or arrange transport for medical care.
- Document the incident:
 - Time and nature of the disaster
 - Actions taken
 - People involved
 - Final resolution
- Conduct a **debrief with staff** and adjust the plan as needed.

Section Seventeen - Camper Accommodations

Cross Bar X provides sleeping and restroom arrangements assigned based on the sex of the child's birth.

Section Eighteen - Visitor To Camp

All visitors must sign in at the camp office and receive a badge to wear while at Cross Bar X.