

RETREAT ANNOUNCEMENTS

General Announcements

1. **Quiet hours are from 11 p.m. to 7 a.m.**
Please be inside during those hours or move very quietly between buildings; taking care that sound doesn't travel outside or to other rooms.
2. **Follow your assigned meal times.**
3. **319Cafe hours are listed in retreat packet.**
Café is located in the building beside the pool.

Activity Details

1. Participants must be under 280 pounds. (Age restrictions vary by activity.)
2. All participants must be wearing closed toe shoes like a sneaker.
3. Hair must be pulled back if shoulder length or longer.
4. Please arrive 10-15 minutes early so your activity can begin right on time.

Pool Rules

No one can enter pool area without a leader carrying a blue lanyard. The following rules must be followed:

1. No climbing or sitting on the fountain in the wet play-ground. Be respectful of the little children in this area.
2. No shoulder chicken fights.
3. No back flips or gainers off of the diving board.
4. One person on the diving board at a time.
5. Only slide on your back, feet first down the slide.
6. No pushing or shoving allowed.
7. Food and drink must stay behind painted green line. Only plastic water bottles permitted past green line.
8. Modest bathing suits required: No Speedos for guys; No two pieces for girls and midriff must be covered (*a colored shirt overtop is OK*)
9. Please wear a cover-up when walking to/from the pool.



Our staff after a group leader forgot to give out these announcements.

Check-Out Reminders

The basic idea is to leave things how you found them. Specifics for each lodging type and meeting rooms are in retreat packet and posted in various lodging.

IN CASE OF EMERGENCY

EMERGENCY RESPONSE: 911



If your group dials 911 for emergency response, please inform RMC staff of this fact as soon as you are able. Call any of the following numbers to report this.

During Normal Office Hours: Office (717) 738-1490 ext. 8

After Hours: Contact on call person

Emergency Response Plan for Severe Weather, Power Outage, and/or Other Large Scale Emergency

1. Seek Shelter. The best areas are the first floor or basement level of any building.
2. Account for each member of your group.
3. Call either the office or on call staff member for additional instructions and/or to report the status of your group. **717-738-1490 ext. 8**

RMC DOES NOT STAFF MEDICAL PERSONNEL so the group leader is responsible to make decisions as to the appropriate medical response in situations requiring medical attention. **RMC will not give out medication or first aid supplies to anyone under the age of 18.** Group Leaders should come to the office to sign for any supplies their underage campers might need.

CLOSEST HOSPITAL

EPHRATA COMMUNITY HOSPITAL

169 Martin Avenue • Ephrata, PA 17522-1002
717-733-0311

Driving directions:

322 East to 272 North
272 North for 1-2 miles
Hospital on Right

LOCAL DOCTOR

CORNERSTONE FAMILY HEALTH

6 West Newport Road • Lititz, PA 17543
717-627-2108

Driving directions:

322 West to 501 South
501 South for 5-6 miles
Right on Newport Road • 1st left into doctor's office