

COOK EXPECTATIONS

Thank you for volunteering to make Sokol Children's Camping a success! Please review the following expectations and responsibilities for your role at Sokol Camp. Any Kitchen questions should be directed to **Heather Beasley**:
hbeasley314@gmail.com or 314.497.3447

Kitchen volunteers should arrive at 6:30 AM. Please park at the bottom of the parking lot in the designated area. Plan to stay no later than 7:00 PM unless dismissed earlier by the Head Cook after dinner cleanup. Your prompt arrival and departure keeps our campers safe so there are not cars on the driveway while we are outside for activities. If you will be late, please notify the Director as soon as possible.

Responsibilities include:

- General preparation and serving of meals and snacks per direction of Head Cook
- Prepare cleaning supplies for campers, clean-up and storage of leftover items
- Dishes/cleaning/mopping kitchen following food preparation for the day
- Check thermos coolers of water and sports drink each out for ice or refills
- Check and re-stock TP/soap/paper towels in restrooms
- Any other tasks assigned by Head Cook

Some things to keep in mind:

- We will provide your meals and drinks during the day, but if you have special dietary restrictions, please bring your own food/beverages.
- Sometimes cooking is messy - we use bleach to clean. Plan your clothing accordingly.
- Please do not grant campers permission for anything outside of your role. Direct them to a counselor for things like permission to go upstairs or get equipment for an activity. Counselors need to know where the campers are at all times and if they are given permission by another adult, we may not be able to account for their whereabouts.
- Campers do not have access to the kitchen unless they are doing chores. Do not encourage them to come in the kitchen and direct them to leave if they come in on their own.
- You may bring a swimsuit. If there is downtime, you may be allowed to swim. Please note the swimsuit expectations for campers, all volunteers are expected to comply with the same dress code.
 - Swimwear should be modest and in good taste for swimming/diving/jumping and other water activities
 - Swimsuits should fully cover every intimate body part in entirety.
 - Undergarments are not appropriate swimwear
 - No strapless swimsuits, tube one-piece swimsuits or men's/boy's speedos allowed.
- There is NO SMOKING in the Lodge. The use of alcohol and drugs is prohibited at all times while Sokol Children's Camping is in session. Use of any kind will result in expulsion from Sokol Children's Camping.



VOLUNTEER MEDICAL RECORD AND CONTACTS

In an effort to hope for the best and plan for the worst during Camping this year, please complete the following Volunteer Registration form. This document will only be used in case of a serious medical emergency and will accompany you to the hospital. Please be as thorough as you prefer. If for the sake of privacy, you would prefer to seal the form in a separate envelope labeled "(Name) Emergency Form," please feel free to do so. We will only open the envelope should an emergency occur. All forms will be shredded at the conclusion of Camping 2026.

Name: _____ Date of Birth: _____

Height: _____ Weight: _____

Allergies and Reactions:

YOU MUST ADVISE THE DIRECTOR AND HEAD COOK IF YOU HAVE A SEVERE OR ANAPHYLACTIC ALLERGY AND ARE SUBMITTING THIS FORM IN A SEALED ENVELOPE.

Medical Conditions / Health History:

Medications / Dosages:

Medical Insurance Provider: _____ Policy Number: _____

Primary Care Physician: _____ Phone Number: _____

In case of Emergency, please contact:

Name: _____ Relationship: _____

Phone Number: _____ Alt Phone Number: _____

Name: _____ Relationship: _____

Phone Number: _____ Alt Phone Number: _____

Completed form must be returned by June 1, 2026.



VOLUNTEER BACKGROUND CHECKS

Thank you! Thank you! Thank you! Without you there would be no Sokol Children's Camping!

In order to provide the highest level of programming and safety for our campers and fellow volunteers, we use the Family Care Safety Registration (FCSR) to process background screenings for all volunteers – cooks, nightwatch, counselors and counselors in training as well as a bank of alternate volunteers for last-minute needs. **No exceptions will be made!**

The FCSR searches the following databases:

- State criminal history records maintained by the Missouri State Highway Patrol
- Sex Offender Registry maintained by the Missouri State Highway Patrol
- Child abuse/neglect records maintained by the Missouri Department of Social Services
- Employee disqualification list maintained by the Missouri Department of Health and Senior Services
- Employee disqualification list maintained by the Missouri Department of Mental Health
- Child-care facility licensure records maintained by the Missouri Department of Health and Senior Services
- Foster parent licensure records maintained by the Missouri Department of Social Services

Please complete the Family Care Safety Registry background screening. In order to protect your private information, most volunteers will have the option to run their own screening and submit the results with their paperwork.

Complete your background check using one of the below options:

Option 1 – I have volunteered at Sokol Children's Camp in the past 5 years and will run my own background check

Call the Family Care Safety Registry at 866.422.6872 Mon-Fri 8 AM – 3 PM. Press 0. Tell them that you are running a background screening for yourself. They will ask for your social security number and date of birth. Forward the emailed results to camping@sokolstl.org. The email you receive will be an encrypted document with instructions to retrieve your results. Download the results to send with your paperwork, do not just forward the encrypted email.

Option 2 – I have volunteered at Sokol Children's Camp in the past 5 years and would like someone else to run the background check via a phone call with me.

Call or text Dana Evans 314.392.1228 and provide your name and indicate that you need assistance completing your background check. The background screening will be run while you are on the phone together.

Option 3 – I have never volunteered at Sokol Children's Camp or have not done so in the past 5 years.

If you are registered with the FCSR, you can attempt to follow Option 1 first. If you are not registered, Call or text Dana Evans 314.392.1228 and provide your name and indicate that you need assistance completing your background check. We will register you with the FCSR while you are on the phone and process the background screening once you are registered.



WAIVER OF LIABILITY AND MEDICAL RELEASE

I, (participant's name) _____, hereby give consent to participate in the program offered by Gymnastic Association Sokol otherwise referred to as Sokol St. Louis. I recognize that potentially severe injuries, including but not limited to sprains, strains, broken bones, permanent paralysis, or death can occur in any activity. I understand and accept that risk.

I further understand that while the payment of the registration fee and/or membership dues constitute a part of the consideration due to Sokol St. Louis, an additional important part of the consideration due to Sokol St. Louis and the Children's Camping Program is this signed release form.

Therefore, in consideration to use Sokol St. Louis' equipment and facilities, I hereby forever release Sokol St. Louis, its owners, officers, instructors, counselors, coaches, and volunteers for any and all damages and injuries suffered while volunteering or under the instruction, supervision or control of Sokol St. Louis, its owners, officers, instructors, counselors, coaches, and volunteers.

As a participant, I hereby agree to personally provide for the possible future medical expenses why may be incurred a result of any injury sustained while participating at, for, or under the direction of Sokol St. Louis. This acknowledgement of risk and waiver of liability, having been read thoroughly and understood completely, is signed voluntarily as to its content and intent.

Release, waive, discharge and covenant not to sue **THE AMERICAN-CZECH EDUCATIONAL CENTER, GYMNASTIC ASSOCIATION SOKOL, SOKOL ST. LOUIS or its affiliated clubs**, their respective administrators, directors, agents, coaches, and other members of the organization, other participants, sponsoring agencies, sponsors, and if applicable, owners and leasers of premises used to conduct the event, all of which are hereinafter referred to as "releasees," from any and all liability to each of the undersigned, his or hers and next of kin for any and all claims, demands, losses, or damages on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the releasees or otherwise.

Subject to the provisions of this Agreement, each signing party has remised, released and forever discharge and by these presents, does himself and herself and his or her heirs, legal representatives, executors, administrators, and assignees remise, release and forever discharge Gymnastic Association Sokol of all cause or causes of action, claims, rights or demands whatsoever in law or in equity, which said party hereto ever had or now has or may have against Gymnastic Association Sokol.

Printed Name of Participant: _____

Signature of Participant: _____ Date: _____

Signed form must be returned by June 1, 2026.