



Pre-Trip Session 2: Build

1-2



5 minutes

Welcome, Introductions and Opening Prayer

Say: This session continues our learning about ASP and how to best prepare for a SAFE experience on a well-connected team. In addition to learning about ASP's best practices for safety while on worksites this session will help build camaraderie while learning more about our theme, Be The Light.

Whether this is your first ASP trip or your fourth (or more) it is vitally important that this year's group be prepared to be as safe as possible while learning to Be The Light!

Theme Verse: *"In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven."*
Matthew 5:16

Prayer:

(Led by a student)

God of gentleness,

Guide and bless us with your care as we learn how to serve safely and attentively.

Shine through us, and use our desire to make homes warmer, safer, and drier as a demonstration of your love.

In Christ's name, amen.

3



10 minutes

Ice Breaker: Tool Time

This activity engages your group to begin focusing on the trip ahead and to get to know each other a bit better.

Prep: In advance set up a table with a number of tools used in construction OR have pictures of various tools on display. Either way make sure to have, eye protection, ear protection, and gloves as part of your set up. Bonus points if you include work boots, sturdy pants, and an ASP summer t shirt. Hard hat and dust mask would be great also.

Say: First, we are going to go around and introduce ourselves to make sure we all know who everyone on our team is. Start by giving us your name, what grade you are in and where you go to school and how many summers you have served at ASP. Adults and group leaders can just say your name and occupation in addition to how many summers served at ASP. Then let us know two things:

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Purpose of this Session

Participants will learn about building a culture of safety, engage in building community among group members, and expand our understanding of being a light in the world through scripture. ASP's best practices for safety will be highlighted in this session.

What You'll Need for this Session

- Copy of this document for each leader
- The Power Point for this session
- Projection
- Tools for the Ice Breaker
- Read the Ice Breaker in advance
- A candle



Denotes the Power Point slides that coincide with each section

This session is planned for 60-90 minutes but could run longer for a larger group.

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1. Which safety tool do you think is the most important and why. Is it eye protection? The gloves for your hands? The ear plugs for your hearing? The helmet for your head? The mask for your lungs? (Note: at ASP all are important and must be used as directed, but for the sake of good conversation this may be fun for your group if they feel like they must make a final decision)

2. What construction tools are you hoping to use or want to learn how to use and why?

(Ideas: ladder, circular saw, tape measure, tool belt, chop saw, pencil, drill, tin snips, hammer, jigsaw, sledge hammer, crowbar, exacto knife, post-hole diggers, shovel, oscillating multi-tool, staple gun, dry wall tools, speed square, etc.)

4-34



Exercise: This Or That? Learning Safety

15 minutes

Prep: Just need a room big enough for the size of your group. Use the questions provided below to play the game.

Divide the group into two teams or into as many groups as there is team names. Assign each team one of the following names: The Earplugs, The Work Gloves, The Safety Glasses, The Hard Hats, The Dust Masks. Have someone ready to keep score. Each person will represent 1 point for their team for each guess they make. Team with the most points at the end wins! Bonus points for using the song, The Choice Is Yours, by Blacksheep, in the background while playing the game.

Say: We are going to play a game called This or That. I am going to ask you several questions related to ASP safety protocols as well as some about the summer theme that you will try and choose the correct answer to. I will give you two choices. You will physically choose your answer by walking to one side of the room or the other at my direction. Everyone will begin my standing in the middle of the room facing me. If you choose the first answer, head over to the wall on your left, my right. If you choose the second answer, head over to the wall on your right, my left. Each of your guesses represents one point if it is correct. Team with the most points at the end wins! Let's see how many you get right!

1. The first question is a True or False question. ASP uses ladders in many of their projects. According to ASP safety standards it is okay for a volunteer to



stand or sit on the topmost part of the ladder as long as someone is standing on the bottom of the ladder to stabilize the ladder. If you think that's true, go to the wall on your left. If it's false, go to the wall on your right. (Answer: *False. Volunteers should never stand on the topmost part of the ladder for any reason.*)

2. When using a circular saw, along with ear plugs, what piece of safety gear must always be worn? Work gloves or safety glasses? Work gloves on the left and safety glasses on the right. (Answer: *safety glasses. Work gloves are important but safety glasses are essential when using the saw.*)

3. Another True or False question. All team members are required to wear steel toe work boots on their work sites for maximum protection. If you think that's true go to your left. If you think that's false go to your right. (Answer: *False. Steel toe shoes are permitted but not required. Closed toed or sturdy shoes are what is required while on work sites.*)

4. The number one risk while working at ASP is one of the following: is it, falling off ladders? Or is it becoming dehydrated? If you think it's falling off ladders then go to your left. If you think it's becoming dehydrated then go to your right. (Answer: *Becoming dehydrated.*)

5. There are several signs of becoming dehydrated, including extreme thirst, headaches, and which of the following: uncontrollable laughter or increased heart rate? Uncontrollable laughter on the left and increased heart rate on the right. (Answer: *Increased heart rate.*)

6. Before petting a dog on your worksite, what should you do first? Ask the owner if it's okay? Or, you should never touch pets at any time while on a worksite? Ask the owners on the left and never touch pets on the right. (Answer: *Ask the owners if it's okay. Just be prepared to be able to wash your hands afterward.*)

7. If one member of your crew needs to leave the worksite for some reason, how many other crew members need to go with that person? At least two adults? Or everyone should go? Two adults on the left, all crew members on the right. (Answer: *All crew members must go if one person needs to leave.*)

8. ASP abides by the Three "S's" and they are "Safety, Stewardship, and what: Service? Or Sensitivity? Service on the left and Sensitivity on the right. (Answer: *Sensitivity. Groups need to be aware of their words and*

actions while around homeowners and reflect the love of Jesus at all times.)

9. True or False: If someone from your crew is feeling dehydrated it is a best practice to give them potato chips in order to restore the salts that have been lost. If you think this is true go to your left. If you think this is false go to your right. (Answer: *False. Salt is a dehydrator. Fruit would be a better alternative.*)

10. This year's theme is "Be The Light" and the verse is, "In the same way, let your light shine before others, that they may see your good deed and glorify your Father in heaven." This verse comes from which book in the New Testament? The book of John just after Jesus gets baptized or the book of Matthew during the Sermon on the Mount? Book of John on the left and the book of Matthew on the right. (Answer: *Book of Matthew 5:16*)

11. What should your group do if a thunderstorm is moving in while you're still on your worksite? Wait inside the home or your van? Or, drive your group back to the center and try for a dry day the next day? Wait in the home or van on the left. Drive back to the center on the right. (Answer: *Wait inside the home or van until the storm passes*)

12. Eye protection must be worn when using a saw or drill, when removing a ceiling or prying up floorboards, or doing anything where a particle could fly up and hit you in the eye. True or false: Sunglasses and/or prescription eyeglasses can be used for eye protection if safety glasses are not available. If true, go to your left. If false, go to your right. (Answer: *False. Only approved safety glasses are allowed and goggles can be worn over prescription grade eye glasses.*)

13. ASP states that the following are suitable to wear while on the worksite: jeans, and what other kind of leg covering? Sturdy sweatpants or overalls? Sweatpants on the left and overalls on the right. (Answer: *Overalls. No sweatpants, leggings, scrubs, track pants or shorts are allowed on the worksite.*)

14. ASP strictly prohibits these five things during the trip: Fireworks, Pets, Alcohol, Weapons, and what else? Pocket knives? Or Nail Guns? Pocket knives on the left. Nail Guns on the right. (Answer: *Nail Guns*)

15. Our theme verse mentions people seeing our good works that reflect the love of God. Which of the

following does ASP prioritize as more of a good deed when working on a home? Correcting the mistakes of the previous group and completing the work on the home for that week? Or, sitting and talking with the homeowner? Fixing mistakes and completing the work for the week on the left. Talking with the homeowner on the right. (Answer: *Talking with the homeowner. ASP prides itself on the saying, "We are a relationship ministry with some construction on the side."*)

Add up the points and announce the winner! You can also refer to your Safety Manual for Volunteers packet for further information and to create your own questions for this activity.

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Light In Action: Putting It All Together

10 minutes

The following is a scenario for your group to develop awareness of Safety considerations and to utilize ASP's Safety guidelines and manual as well as to consider ways to be a light in the situation. Your groups will have the chance to think through decisions that might need to be made while out at their home site.

Prep: Have copies of the 3 S's on hand as well as the Safety Manual to refer to.

Please have your Trip Coordinator and/or Group Leaders familiar with ASP's Safety practices so they may be ready to answer questions.

If you have a large group divide them into smaller breakout groups and split up the following scenarios for discussion. If you have a smaller group then choose one of the following scenarios to read aloud to your group. Allow time at the end of this exercise for each small group to share their answers to the questions at the end of the scenarios.

Scenario 1. Your group is doing multiple tasks on a homesite. Digging holes to build a ramp, replacing a damaged floor in a bathroom, and fixing some siding on the back side of the home. The homeowner has 3 small children aged 2, 5, and 8 and they are very rambunctious. The parent that stays home with them is very quiet and distant with your group.

- What are the safety concerns that your group must consider regarding your projects for the week? What might be potential problems to think through?
- How can your group engage with the distant parent



and what ideas can your group think of to interact with the kids?

- How would your group intentionally demonstrate "light" to the family you are serving for the week based on the theme verse?

Scenario 2. The homesite you are working on this week belongs to an elderly couple raising their teenage grandkids. The teenagers are 14 and 17 years old and seem to not be interested in your group. The elderly couple is sweet and talkative and are super happy to have your group. They seem more interested in having you sit with them and their grandkids than you doing the work that is needed. Your team is replacing their only bathroom with a new shower unit, toilet, and all new flooring and lights and paint. It's a big project in a small space. Your team is also tasked with starting to remove the old underpinning in their single wide trailer and replace it with new underpinning. It is expected to rain most of the week.

- What are the safety concerns your group must consider regarding your projects for the week? What might be potential problems to think through?
- How can your group engage with the overly talkative grandparents and the aloof teenagers?
- How would your group intentionally demonstrate "light" to the family you are serving for the week based on the theme verse?

Scenario 3. Your group is tasked with putting on a new rolled roof on the top of a mobile home called SBS. The rolls are extremely heavy and sticky and the roof can only support so many members of your group. Your group will be working on ladders and must use sheets of plywood to maneuver on the roof. There is no shade on the property and the temperatures are expected to be in the 90's for the entire week. The mobile home is on a steep hill with a rough gravel driveway rutted out by previous rains. The homeowner is wheelchair bound and has tons of stories he loves to share and tries to get members of your group to stay inside and help him clean mold off the walls that he can no longer reach. There is a lot of trash, debris, old appliances and cars and rubbish in the yard that have been there for a long time.

- What are the safety concerns your group must consider regarding your projects for the week? What might be potential problems to think through?
- How can your group engage with the homeowner and what decisions should your group make on his requests?
- How would your group intentionally demonstrate "light" to the homeowner you are serving for the week based on the theme verse?



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Be the Light Devotion

10 min.

Required Materials:

- a candle
- a quiet, dim space



Light is not always something blazing bright like the sun, shining everywhere and hiding every shadow that dares to cross its path. Sometimes light is small, quiet, and even what some might call insignificant. Matthew 5:14-16 doesn't call us to be like the sun; it calls us to be like a lamp. A small light touching those sharing its space. Today's activity is simply to sit here in silence with this candle. You are invited to pray, meditate, journal, or whatever other moment of quiet and stillness you find God calling you to. Sit with this small light and rest, knowing that you have been called to a good and beautiful work, pleasant as a candle in a dark room.



Wrap Up and Sending Prayer

5 minutes

As you wrap up, share with your group the 3 things they need to know before your next meeting. You can customize this for your group!

These 3 things might be information about your group's fundraising, deadlines for forms and payments, dates for your next meeting, whatever the most important 3 things are for YOUR group to know.

Sending Prayer: Franciscan Blessing

May God bless you with discomfort at easy answers, half-truths, and superficial relationships so that you may live deep within your heart.

May God bless you with anger at injustice, oppression, and exploitation of people, so that you may wish for justice, freedom and peace.

May God bless you with enough foolishness to believe that you can make a difference in this world, so that you can do what others claim cannot be done.

Amen.

