Pioneer Trek Code of Conduct

Leesburg Florida Stake 2027

"Rejoice in Christ"

I. For the Strength of Youth Guidelines

These trail standards adapt the principles from FSY conferences to the Trek environment. The Savior Jesus Christ invites us to live as He did (see 3 Nephi 27:21), including at youth activities. Our goal for Trek is to have fun, build faith, love and serve each other, and grow spiritually. Everyone benefits when we follow these guidelines.

What to Do—These things can make Trek fun and uplifting:

- **Remembering Who You Are:** Trust in the Lord, and follow the principles taught in *For the Strength of Youth: A Guide for Making Choices*.
- **Show Respect:** All trek participants should show respect for one another. The Trek experience is an opportunity to teach some fundamental principles of respect with young men and young women.
- **Being Safe:** Create an environment where others feel safe, welcomed, and able to feel God's love. All should feel able to share their thoughts and feelings.
- **Keeping It Friendly and Fun:** Be a friend; reach out and be kind to everyone. Remember, Trek is about making friends, not about romance or drama.
- **Being Engaged:** Participate in and contribute as an influence for good by being a light to others.

What Not to Do—These things distract from and are not allowed during Trek:

- **No Immorality:** No talking about, encouraging, or engaging in any sexual activity. Exclusive relationships or romantic attention run counter to family unity. Keep all interactions open, group-centered, and inclusive.
- **No Harm:** No bullying, threatening, or harming yourself or others in any way—physically, spiritually, or emotionally.
- **No Prohibited Items:** Do not bring dangerous or illegal items. Bring what is on the packing list and true personal necessities. Please leave extra gear, treats, and distractions at home.
- **No Stealing or Vandalism:** Respect other people's property.
- **No Disruptions:** Cooperate. For the vast majority of the Trek, families are to stay together and family members are not to wander off and visit other families or individuals. Always use the buddy system if you need to go someplace.

These guidelines keep everyone safe. If you choose not to follow them, your parents may be notified and you may have to go home.

Remember the Savior's example, keep it fun, and build faith!

II. Handcart Operation and Safety

Pulling a handcart over sandy Florida trails requires teamwork and careful operation to prevent injury and equipment damage. Please read and follow these safety guidelines carefully:

Handcart Safety Guidelines

- **Never run with the handcart.** Always maintain a steady, controlled walking pace.
- **Lower the tongue gently.** Never drop the wooden tongue to the ground. Lower it slowly if front-heavy, or ease it back if rear-heavy, to avoid broken equipment or foot injuries.
- **Pull together.** Every family member should do their fair share of pushing or pulling. Rotate positions to manage fatigue.
- **Load Distribution:** A cart loaded too far back will lift the tongue and flip backwards; loaded too far forward, it drives excessive tongue weight onto the pullers' arms and shoulders, so load the cart with the weight centered or slightly in front of the axle.
- **Stay clear of moving wheels.** Keep hands, feet, long skirts, and ropes away from the spokes and wheels. Never touch or push directly on the wheels.
- **No riding in handcarts.** Carts are strictly for equipment, buckets and sleeping gear. Only medical staff or the Company Captain may authorize someone to ride due to illness or injury.
- **Avoid trail hazards.** Steer around large rocks, stumps, holes, and logs. Keep the cart level; pulling at an angle shifts excessive weight to one wheel and can cause an axle to snap.
- **Do not deface handcarts.** Writing, carving, or painting on handcarts is strictly forbidden.
- **Secure carts when stopping.** Turn handcarts sideways on slopes or place a stone or log behind the wheels to prevent rolling.
- **Report Damage:** Watch for potential wear and breakdown on the handcarts. If a cart feels loose, damaged, or broken, alert your Ma, Pa, Aunt, or Uncle immediately.

III. Pioneer Dress Code

Everyone on Trek will wear pioneer attire to foster unity, remove social barriers, and immerse ourselves in the journey. All participants must remain in pioneer clothing for the entire event. Please check the packing list for complete details on what to wear and bring.

Dress Code Summary

- Young Women: Modest, mid-calf or ankle-length skirts or dresses with athletic shorts or leggings worn underneath to prevent chafing. Wide-brim sun hats or bonnets to protect from the sun. Modern baseball caps are not permitted.
- Young Men: Lightweight cotton, canvas, or linen trousers (no blue jeans or sweatpants) and button-up collared shirts. Wide-brim hats to protect from the sun. Modern baseball caps are not permitted.
- Footwear: Two pairs of sturdy, broken-in running shoes or hiking boots. Never wear brand-new shoes on the trail. Open-toed shoes, sandals, and Crocs are strictly prohibited.
- Socks: Quality synthetic or wool socks. A thin liner sock worn under a thicker sock provides good protection against blisters.

IV. Prohibited Items

- **Electronics:** Trek is an unplugged experience. Leave cell phones, smartwatches, earbuds, cameras, music players, and gaming devices at home.
- **Outside Food:** No outside snacks, candy, or gum. Absolutely NO peanuts or peanut products due to life-threatening allergies among participants.
- **Cosmetics & Extras:** No makeup, perfume, or unnecessary gear. Bucket capacity is strictly reserved for essential clothing and hygiene supplies.

Leaders will check for non-approved items at registration check-in. Any prohibited items will be labeled and safely stored until Saturday pickup.

V. Participant & Parent Agreement

I have read the Pioneer Trek Code of Conduct and commit to upholding these standards throughout our journey.

- ☐ **For the Strength of Youth Standards:** I agree to treat everyone with Christlike respect, stay with my family group, and live gospel standards at all times.
- ☐ **Handcart Safety Rules:** I agree to follow all handcart safety rules, never run, share the workload, and protect myself and others from injury.
- ☐ **Pioneer Dress Code:** I agree to wear full pioneer attire and broken-in shoes for the entire trek.
- ☐ **Prohibited Items Policy:** I agree to leave all cell phones, smartwatches, electronics, and outside food or peanut products at home.

Youth Signature: _____ Date: _____

Printed Youth Name: _____

Parent/Guardian Signature: _____ Date: _____