

WARRIOR SONGS: SAFETY RULES FOR THE WEEKEND

- 1. We will respect each other's anonymity. Everyone agrees to confidentiality. What happens at the retreat stays at the retreat. After the retreat you are free to tell your story, but please do not tell other peoples story unless you have their explicit permission. Your participation, image, and anything you create is held with the strictest of confidence unless you tell us otherwise.**
- 2. We will use the buddy system. Tell your buddy where you are going during down time if you are leaving the retreat grounds.**
- 3. If you have concerns or questions go to:
Aly: logistics: food, rooms, meeting times
Penney: program concerns, relaxation, stress reduction
Larry: liaison and individual support, health and welfare
Jason M: music and song writing
Lin: art activities and supplies.**
- 4. There will be a designated on-call person should you need support during the night.**
- 5. There will be veterans at the retreat who suffer from MST. Men, do not enter the sleeping quarters of the women veterans. If you need to reach some who is in there room ask one of the women on staff to assist.**
- 6. Avoid "one upping" each other. Respect that everyone's experience and trauma is their own. Do not try to outdo anyone else's trauma.**
- 7. If you need to step away from the group at any time, there will be designated timeout area. Tell your buddy and Larry will be nearby to offer support if needed.**

- 8. No use of alcohol or drugs (other than prescription) during the retreat.**
- 9. You will be expected to participate in all of the activities and to be on time. There will be ample downtime built into the retreat.**
- 10. Respecting the centers schedule, meals are served only at specific times. These times will be listed in your welcome folder.**
- 11. We are here to help. If you have a problem please bring it to our attention and we will fix it!**