

# *ABUNDANT LIFE RULES*

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## *RELATIONSHIPS*

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- 1.1 No relationships between group members are allowed.
- 1.2 No relationships between counselors and group members are allowed.
- 1.3 If there is a relationship with someone outside the group, no physical contact is to take place in public. Any situation that could cause an embarrassment must be avoided. Strong discipline action will be taken at the breaking of these rules.
- 1.3.1 Permission from the ABL Director must be granted, should the person whom you are in a relationship with desire to visit you on Tour or at the ABL house.
- 1.3.2 There will be restricted areas for visiting. (These rules apply to all places and circumstances)
- 1.3.3 0.5 Meter distance must be kept between male and female.

Please note that we are here to dedicate the year in service to our God. We are here to be trained to reach people in the most creative way. We are here to take the Word of the Lord to as many people as we possibly can and to grow spiritual as we do so. Hence our focus should be on God.

## *TRANSPORT*

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- 2.1 Abundant Life members must travel in the Quantum during training, unless the Tour leader has given special permission.
- 2.2 Logbook must be kept in all ABL vehicles and filled in on every trip.
- 2.3 Permission from the ABL Director must be granted for the use of the Abundant Life Vehicles.
- 2.4 Members may not Travel in private vehicles, unless the Tour leader has granted permission.
- 2.5 Only drivers who have been appointed by the Tour Committee may drive the Quantum.
- 2.6 No member is allowed to travel on an open bakkie, unless your Tour leader has given permission.
- 2.7 Boys and girls are not allowed to sit next to each other.
- 2.8 All vehicles must be clean at all times.
- 2.9

## *DRESS CODE IN ABUNDANT LIFE*

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The purpose of our clothing standards is to carry ourselves in a manner that best represents Christ. The love of Christ is best reflected in our faces. Any clothing that draws the attention away from the face to other parts of the body is not in harmony with the ABL dress code.

- 3 General
  - 3.1 Lectures- Formal church clothes- no jeans  
On Tour: Tour uniform  
Manual work: Old clothes  
Church: Abundant Life Sabbath Uniform (neatly Ironed)
  - 3.2 None of the following is allowed:
    - Skin-tight clothes

- Jewellery and bangles, this includes: leather or plastic bracelets, any chains or pendants, belly button, toe, nose rings etc. (Only and allergy bands will be allowed.)
- Pj's or sleeping attire outside your bedroom.
- Torn or patched jeans

### 3.3 **Guys:**

Beachwear should be shorts that are not see-through when wet.

You may not be shirtless unless you're swimming.

Guys are not allowed to wear Speedos when going swimming.

Must wear proper pajamas and trousers and not sleep in their underpants.

### 3.4 **Girls**

Beachwear: should completely cover the midriff, chest and bottom.

Plan to wear shorts over your swimsuit.

No high slit dresses or skirts.

Ski-pants or similar figure hugging outfits are not allowed.

Wearing of suggestive clothing is unacceptable

No low cut shirts allowed.

No tank tops or strap tops.

Shoulders must always be covered.

Skirts should reach to the knee.

You may not wear tights only. If you want to wear tights you must wear something over it.

Ladies are not to wear minis or low cut blouses, no see through clothing.

## *APPEARANCE*

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4.1 Appearance must always be clean and neat.

4.2 Clothes must be ironed.

4.3 Guys must be shaved, no beard, borkies etc.

If Doctors have a good reason for allowing a beard, a doctor's letter must be handed in.

4.4 Ladies are not to over do their make up.

4.5 Hair must always be neat.

Ladies' hair is not to be colored with an unnatural color.

Hair may not be cut short-short e.g. no 1-4.; unless committee has given permission.

4.6 Men not to have long hair (no over ears and not longer than shirts' collar at back, fringe may no hang over eyebrows)

4.7 Permanent wearing of caps or hats is not allowed and is to be removed when entering a room.

4.8 No nail polish will be allowed.

## *RESPONSIBILITY*

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5.1 All equipment to be handled with respect and care. It costs the committee a lot of money each year to keep everything up to standard.

5.2 The travel rules must be followed (these rules will be given the minute you start your training).

5.3 All performances must be attended, whether you take part in it or not (Unless permission has been given by Tour leader)

5.4 If the group is invited to perform at a Camp meeting, all members will attend except if Tour leader has given permission for absence.

5.5 All sleeping arrangements are made beforehand with the people you will be staying with. Arrangements may not be changed, unless the tour leader gives his approval.

- 5.6 You may not leave the group unless the Tour leader has been notified.
- 5.7 You may not go out with other people during off times or on tours or at the centre except with family members or very good friends and if it carries the Tour leader's approval.
- 5.8 All group members must be in at 22:00hr. There will be exceptions and the Group Leader will determine it. If it happens that the group work late, it must be arranged with the guest parents with whom they are staying.

### *GROUP MEMBERS*

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- 6.1 Each Group member needs privacy. Please respect that privacy.
- 6.2 You are not allowed to go outside of the yard at night unless permission from Counselor is granted.
- 6.3 Do not take belongings of others without permission.
- 6.4 Rooms are to be kept clean and tidy. Respect each other's neatness. Inspections will be done periodically.
- 6.5 Do not be abrupt with each other and do not taunt each other.
- 6.6 If a problem exist between you and another member and you cannot solve the problem, please feel free to discuss it with the Team Leader or assistant Team Leader and they will contact the Committee if necessary.
- 6.7 For the year that you are in Abundant Life, "Youth In Action" employs you. At all times you are representing Abundant Life, even when you go home for the holiday that is granted to you, you are representing Abundant Life. If work has to be done, early morning or late evening, it is your work for the year and your commitment is needed at all times. You will get free time. Use it for your own needs as you see fit.

### *RESPECT*

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- 7.1 You must treat Authority with respect.
- 7.2 Respect the Tour Leaders and his/her decisions. If you are unhappy with the Tour leader discuss it with the assistant Tour leader and refer it to the committee.
- 7.3 Respect the guest parents; it is their home and property.
- 7.4 Respect the audience you are performing to. They have their ways & traditions. If you want to do "something else", first discuss it with the tour leader so that he can discuss it with the others.
- 7.5 Respect other guest speakers and give them preference to your program.
- 7.6 Each tour member must be respected individually.

### *LEAVE*

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- 8.1 The committee will determine a fixed period of leave.
- 8.2 Application for study leave must be made before 31<sup>st</sup> January 2014.
- 8.3 Special leave will be merited on written application only. The only exception will be sickness or worse.

### *CHURCH STANDARDS*

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- 9.1 The Tour leader must be well acquainted with the standards of the Seventh Day Adventist Church. And their 28 fundamental beliefs

- 9.2 The tour leader must at all times uphold the church principals.  
9.3 NO "Christian Rock" or secular music will be played AT ANY time.

### *USE of electronics*

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- 10.1 You are not allowed to bring the following:  
Computer, Laptops  
Tablets (Ipads Galaxy tab etc)  
Mp3/4 Players  
Earphones
- 10.2 The use of cell phones are strictly limited to between 20:00hr and 22:00hr for the whole year. Cell phones will be removed completely if the rules are not adhered to.
- 10.3 You are not allowed to listen to secular music or watch secular movies or series at Abundant Life.
- 10.4 Internet access is limited and will be strictly controlled.
- 10.5 Computers and any other equipment that belongs Abundant Life will be used responsibly and with care.

### *COMPLAINTS*

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- 11.1 All complaints must be in writing addressed to the committee.

### *PARENTS & TOUR MEMBERS*

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- 12.1 The tour members must know all these rules.  
12.2 The tour members' parents must know all the rules.

### *DISCIPLINARY COMMITTEE*

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- 13.1 If any of these rules are not adhered to, the committee will take disciplinary action.  
13.2 Parents will be informed of any misbehavior and disciplinary action taken.

**If you agree with the rules and are willing to obey them, please sign the following:**

I \_\_\_\_\_ (tour member) as well as

\_\_\_\_\_ (parent of above mentioned tour member)

sign the before mentioned rules with the understanding that the rules are binding on all the tour members. As the parent I understand, support and am aware of the fact that in case my child breaks the rules, disciplinary steps will be taken against him/her.

\_\_\_\_\_  
TOUR MEMBER

\_\_\_\_\_  
PARENTS

\_\_\_\_\_  
DATE