



# JR. HIGH SCHOOL RETREAT

REGISTRATION PACKAGE

January 19-21, 2018

@ Muskoka Woods





## JR. HIGH RETREAT (GRADES 6-8)

JANUARY 19-21, 2018

@ MUSKOKA WOODS

COST: \$135



*Dear Ministry Partners and Friends:*

*Here it is- your official registration package for Avalanche! Inside is everything you need to know (though we always welcome questions), like why we have Avalanche and all the details about the weekend. If you're not the person taking care of junior high ministry, then please pass this material to the appropriate person in your church.*

## THE AVALANCHE VISION

Avalanche is not just another retreat. Avalanche is a missional movement, where each element of the retreat is designed to enhance the other aspects of the weekend, strengthen your local youth ministry and provide opportunities for students to be Illuminated as we reveal the greatest hope- Jesus Christ.

## WHAT ABOUT OUR CHURCH?

The churches in the CBOQ are very diverse (in size, ethnicity, tradition, etc.). Regardless of your setting, this weekend can be for you. In fact, even if only the leaders come this year (like a reconnaissance mission), you will experience strategic ministry that will give you training and ideas to take home for use in your local youth ministry.

## BUT OUR CHURCH DOES NOT HAVE A FORMAL JUNIOR HIGH PROGRAM...

You're not alone! Many churches within our family of churches and across Canada are beginning to recognize the need for formal Junior High Ministry. Avalanche is meant to empower Junior High students in local churches no matter what type of program exists for them in their church (jr. high Sunday school, a full-fledged ministry, a combined program with your high school program, or nothing at all). Avalanche

can lead to close relationships among the jr. high students and perhaps the birth of a new ministry within your church! You can contact CBOQ's Youth Ministry team about how to make that happen. Contact Alvin or Matt at 416-620-2946 OR [cboqyouth@baptist.ca](mailto:cboqyouth@baptist.ca)

## **I WANT TO BRING OUR JUNIOR HIGH STUDENTS TO AVALANCHE BUT DON'T HAVE THE RESOURCES OR TIME TO ORGANIZE EVERYTHING BY MYSELF.**

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No problem! We've provided you with a comprehensive, self-explanatory registration package. But if you need more support, we can help. We are willing to work with you one-on-one to provide you with a strategy and support system to get your students to Avalanche. Whatever obstacle lies in your path – communicate it to us and we will help clear the way so you and your students can get to Avalanche and enjoy the life changing presence of God during this weekend!

## **THE AVALANCHE TEAM/SMALL GROUP APPROACH**

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Regardless of the size of your ministry, your church group will be a part of one of 4 teams (Grizzlies, Rockies, Mounties, or Lumberjacks) to help minimize the distinctions between large and small youth ministries. Your group will become a part of something bigger than just your local ministry. We'll assign youth ministries into teams, (along geographical lines if possible). Our Team Captains (your leader throughout the weekend) are preparing and praying for your group. During team times throughout the weekend, your group will build team unity. Prepare your students to become a part of a greater team spirit! There'll be more details through email ([cboqyouth@baptist.ca](mailto:cboqyouth@baptist.ca)), Facebook ([facebook.com/cboqyouth](https://www.facebook.com/cboqyouth)) and Twitter (@cboqyouth).

Small groups are an integral part of Avalanche; this is where much of a student's development and processing about what God is teaching them will happen. Many times, your cabin will be your small group. However, if you already have a small group structure set up, we can make space available for that. We are asking that each church provide leadership for their small group. Some front-loading (preparatory) material will be sent out in the near future to help get you started. Don't let this be a stumbling block. Contact Alvin for additional assistance if you don't have appropriate adult leaders.

## **SLINGSHOT STUDENTS AND TEAM CAPTAINS**

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Our Slingshot Students (formerly known as interns) and Team Captains form a core part of our staff. Both are opportunities for young adults to learn about ministry from a different perspective, to serve within their giftedness and to stretch their personal growth. If you know anyone that may be interested,

applications are available by contacting Alvin (416-620-2946, [cboqyouth@baptist.ca](mailto:cboqyouth@baptist.ca)).

We expect that Avalanche will fill up quickly, so please do not delay in making preparations for your young people. There are deadlines that must be met as we work to plan the best possible weekend possible to serve your youth ministry.

Please read all the enclosed information. If you have any questions, do not hesitate to call Alvin to discuss your unique registration situation. We look forward to serving you through all we do regarding this event.

Serving You in Christ's Name,  
The Avalanche Team

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# REGISTRATION PROCESS



## BEFORE YOU REGISTER ...

1. Make sure the following items are in this package. If anything is missing, please call/email Alvin.
  - a. registration form
  - b. promotional flyers (Note: Feel free to produce your own brochure with our content.)
  - c. confirmation form
  - d. restricted diet checklist
  - e. CBOQ letter of informed consent (for students)
  - f. CBOQ leader's waiver form (for leaders)
  - g. Muskoka Woods waiver form (for students and leaders)
2. Read this package and be familiar with its contents.
3. Pray for everything leading up to, during and after Avalanche. Praise God in advance for all He will do.
4. Promote Avalanche to your junior high ministry.
5. Reproduce the flyer (if needed) for your students.
6. Get your registration #s NOW!

# REGISTRATION

(starting Tues., Oct. 10/18)



1. Call 416-620-2946 to place your reservation.
  - a. Registrations are on a first come, first serve basis.
  - b. Each reservation must include a good estimate of total numbers.
  - c. When placing your reservation, leave your
    - i. name
    - ii. church name
    - iii. phone number
    - iv. email address
    - v. group size (including all students and leaders).
  - d. We will close off registration at approx. 650 students and leaders.
  - e. If you are planning to register for Blizzard, you can do so at the same time as your Avalanche registration.
  - f. You will receive a confirmation within 1 week.
2. Once you've received your confirmation, send your registration form and include a \$40 per person (non-refundable) deposit ASAP.
  - a. This confirms the information from your phone reservation and ensures your group's registration.
  - b. There are two ways to submit this:
    - i. You can mail or fax a hard copy of the registration form along with payment by cheque (payable to CBOQ), Visa or MasterCard.

*Note: While you may not choose to pay by credit card, a credit card is still required on the registration form to secure the registration spots.*
    - ii. You can submit your information online (<https://cboq.wufoo.com/forms/avalanche-2018-registration-form/>). You can choose to mail a cheque or pay online at [www.cboqyouth.ca/creditcard](http://www.cboqyouth.ca/creditcard)

*Note: As part of your registration, you need to ensure that your church has a child protection policy in effect.*

3. Send in your Confirmation details by January 9, 2018 including your EXACT numbers of female/male students and female/male adult leaders.

*Note: All the information in this section can be emailed to Alvin at [alau@baptist.ca](mailto:alau@baptist.ca) or can be mailed to the CBOQ Offices at 5 International Blvd., Toronto ON., M9W 6H3*

- You can use the Confirmation Form to submit your numbers or email your breakdown to the CBOQ team
- If applicable, submit all “Restricted Diet Checklists” online at <https://cboq.wufoo.com/forms/2018-retreat-restricted-diet-form/>
- Submit all permission forms (both students and leaders). Please make 1 copy for yourself.
- Submit your final payment for your remaining balance either by cheque (can be post-dated latest January 19, 2018) or online at [www.cboqyout.ca/creditcard](http://www.cboqyout.ca/creditcard)

## **ON THE DAY (FRIDAY, JANUARY 19, 2018)**

1. Before you leave for Muskoka Woods (MW), please text (or call) the following details:
  - a. Your final #s breakdown (male/female, leaders/students).
  - b. All outstanding forms have been completed properly.
  - c. You have the final payment with you (if applicable).

*Note: The cell phone number will be made available 2 weeks before the retreat by email.*

2. When you arrive at MW, send ONE adult leader from your group to complete registration at the main office.

*Note: Have your group remain in your vehicle(s) until registration is complete.*

- a. Hand in your cabin list and any outstanding forms/monies.
- b. You will receive a retreat package (one per registered group) with all the materials needed for the weekend.
- c. After that, a guide will bring you to your assigned cabins, where your students and leaders can settle in.



# CHECKLIST:

## Pre-event

*Have I...*

- read through the registration package
- promoted Avalanche (e.g. hanging poster, hand out brochures, made announcements, encouraged early registration)
- arranged for enough adult leaders
- registered by phone (starting Oct. 10) (416-620-2946)
- sent in “Registration” form with one deposit payment (\$40/person) (ASAP)
- arranged transportation to and from Muskoka Woods
- made sure every individual has completed all permission forms
- sent in the Confirmation details, Restricted Diet Checklist, all permission forms and final balance payment before Jan. 9 (\$95/person)

**Yes? Then you're ready!**  
**Head up to Muskoka Woods!**



# THINGS YOU NEED TO KNOW!!

## **COST AND FINANCIAL ASSISTANCE**

Avalanche this year costs \$135/registered person by Jan. 19/18 including a non-refundable deposit (\$40/person) due with your registration form. On or after Jan. 18, it will be \$185/person. (**NOTE: There will be a \$20 charge for any NSF cheques.**) If your numbers change, you may “sell” or possibly “buy” spots for your ministry.

A price is not on the poster or brochure since you may wish to subsidize or include other costs e.g. transportation, for your students. We will invoice you with the appropriate total. Though some believe this is too expensive, we can provide various fund-raising and money management ideas, and offer financial assistance to those who are eligible. Contact Alvin for details.

## **CANCELLATION POLICY**

If you make your reservation before January 4, 2018 you can cancel your group reservation within 2 weeks of the original reservation without penalty.

For example, if you make a reservation on Nov. 13, you can decrease number of reserved spots or cancel your group reservation before Nov. 27 without penalty. However, if you decrease your reserved spots or cancel the group reservation afterwards (in the example, after Nov. 27), your church group will be responsible for the deposit of \$40/person (unless we can sell your spots). Any reservations made after Jan. 4/18 will automatically be subject to the deposit fee. Any cancellations on or after Jan. 17/18 will be subject to the ENTIRE registration fee of \$135/person. Increase in numbers is permitted without penalty, subject to availability.

## **GROUP LEADERS**

You'll need at least 1 leader per 7 students (max.) of the same sex (e.g. 1 female leader for 5 female students, 3 male leaders for 18 male students) who has been screened through your church's child protection policy. These group leaders will also be your small group leaders and cabin leaders. Small group material will be given to your assigned group leaders in advance. Group leaders should be at least 20 years of age.

## **PROMOTIONAL MATERIALS**

Along with the brochure and poster, you can find last year's Avalanche video on YouTube ([youtube.com/cboqyouth](https://youtube.com/cboqyouth)).

## **TRANSPORTATION**

It is recommended to utilize a transportation company (e.g. school bus company) to drive to and from Avalanche. If you do use personal drivers, we suggest no person under the age of 25 drive to this weekend (be sure to check with your church's insurance policy regarding volunteer drivers). If you're interested in sharing transportation with other ministries, please contact Alvin after November 13, 2017.

## **PERMISSION FORMS**

Included in this package are a CBOQ letter of informed consent for students, a CBOQ leader's waiver form and a Muskoka Woods waiver form for both students and leaders.

Please note: Individual churches should have their own letter of consent based on your church's child protection policy. This assists CBOQ and MW in "due diligence" i.e. reasonably ensures parents are under full understanding of the expectations and obligations of all parties involved, and to provide us with emergency medical information. The forms are different from last year, so please ensure that BOTH forms are signed by the appropriate individuals.

## **MEAL TIMES**

Mealtimes will be in 1 of 2 cafeterias. Each team will be seated together. If anyone in your group has any dietary allergies, is a vegetarian, etc., please complete the Restricted Diet Checklist form and email it to Alvin by Jan. 9/18.

## **SESSIONS**

All students and leaders are expected to attend all sessions. Students who are ill, or otherwise unable to attend, must have the permission of their group leader, who will also be responsible for those students while they are away from group events.

## **LIGHTS OUT**

Lights out – 12:30 a.m. While this sounds late, this tends to be the reality with a late start time on Friday night. After 12:30 a.m. all students must remain in their cabins or have permission to use out of cabin bathroom facilities (no more than two students at a time).



# HOW TO GET INVOLVED

## NEW THIS YEAR

This year we want to get students involved during sessions and have come up with FOUR ways for your students to participate. Check out the list below, share it with your group, and get ready to join in at Avalanche 2018!

The options:

1. Are you comfortable reading scripture out loud? We are looking for students to read scripture at various points over the weekend, verses will be provided in advance for practice!
2. Have an aptitude for sleight of hand? We are looking for students to perform a magic trick on stage during session, send a video of your illusion to Alvin (alau@baptist.ca) and he'll connect with you about performance details!
3. Do you play violin? We are looking for students to accompany the worship band during the THEME SONG we've developed for Illuminate: Revealing the Greatest Hope. Send a video of your violin skills to Alvin (alau@baptist.ca) and he'll connect with you about performance details. Sheet music will be provided in advance for practice!
4. Are words where you're at? There's an instrumental break in the THEME SONG that needs a spoken word poem, approximately 30-60 seconds long. We encourage students to explore the theme Illuminate: Revealing the Greatest Hope in their poem. Send in an audio clip and the written version of your poem to Alvin (alau@baptist.ca) for a chance to share your message at session!

### **IMPORTANT DATES:**

All video/audio/written submissions for session involvement must be received NO LATER THAN November 20th, 2017. This will ensure that we have enough time to provide feedback, confirm participation and send required materials to the performers. If you have any questions, please don't hesitate to contact us.



# THE FINE PRINT

## **SECURITY:**

For the safety and continued success of Avalanche retreats and Muskoka Woods, security protects you and your students from undo danger, and protects the program at Avalanche and the many amenities at MW. The Avalanche team understands how important it is for young people to have fun. It is our desire to maximize your fun and protect the fun of others, by insisting on your adherence to the established rules (see next page). They are not harsh, nor do we want to emphasize any of them on the weekend. We simply ask for your co-operation.

## **GROUP LEADERS:**

Please note that you will be wholly responsible for the behaviour of your group, and that we reserve the right to send students and leaders home at any point during the weekend if we deem it necessary to the continued success of Avalanche. Each primary group leader must be in full control of their students and leaders during the weekend. In past incidents, we have had needless security issues because leaders do not take their cabin responsibilities seriously. Negligent students and leaders will find their groups fined for negligent behaviour, particularly if vandalism or breakage is an issue. Full replacement and repair costs plus a fine of \$100 will result.



- No drugs, alcohol, weapons, fireworks (or other explosives) or any other illegal substance or object. Violation of this will result in immediate expulsion from the retreat.
- No pets.
- No males in female cabins or vice versa – this includes leaders. Women leaders can care for female cabin issues, and men for male cabin issues. The only exception is the nurse or doctor appointed by CBOQ. Violation of this will result in immediate expulsion from the retreat.
- While students may choose to bring portable devices (e.g. cell phones), please note we will not be responsible for lost, stolen or damaged electronic devices. There will also be restrictions on when these devices may be used.
- WiFi service will NOT be available.
- No water balloons or other projectiles.
- No use of any type of vehicle during the weekend.
- Students and leaders are expected to stay on site except for emergencies. Students may only leave the premises earlier if his/her parent/guardian comes to pick them up at the Muskoka Woods main office. The tuck shop can provide for sugar emergencies. Cigarette/e-cigarette purchases are not considered emergencies and are not sold on-site.
- Do not use any sporting equipment or facilities at MW except during understood hours and for expressed purpose.
- A smoking area is assigned; no smoking in any other location. No smoking is allowed between curfew and sun-up.
- Attendance is expected by all at all sessions and meal times. If students are ill, the medical staff should be informed. Leaders must accompany students who are absent during sessions.
- Boots and shoes must be removed before entering most buildings at MW.
- Street shoes or boots are not allowed in the gym. Athletic shoes are required for the gym and climbing walls (or climbing shoes).
- After lights out students must be accompanied by a leader outside their cabins.
- Keep doors closed, the heaters will already be set appropriately... they work just fine!
- Breakage must be reported immediately. (e.g. heater problems, toilet problems etc.)
- Breakage as a result of vandalism will result in repair costs and a fine.
- Be considerate of the septic system, we are maxing it out this weekend. i.e. Don't flush unnecessarily and only flush appropriate items like toilet paper.

- No snowboards or hockey equipment.
- Leaders are responsible for their group members at all times.

*\*If you have questions about these, please contact Matt Wilkinson (mwilkinson@baptist.ca or 416-620-2941).*



# REGISTRATION FORM

## Phone Reservation begins Oct. 10.

For Avalanche 2018, return this registration form (either by fax, mail or online) after you have confirmed your reservation by phone with CBOQ Youth (416-620-2946 on Tuesday, October 10th, 2017) with your “best guess” reservation numbers by filling in all requested information. In order to guarantee your spots, please send your deposit of \$40 per registrant (cheque or money order made payable to “CBOQ”, or with a VISA/MC) within two (2) weeks:

CBOQ - Avalanche 2018

5 International Blvd,

Toronto, ON M9W 6H3

All reservations must be done by the primary group leader. (If your church does not have a group leader, please have your pastor assist you or join with another local church. If that is not possible, contact Alvin.) Regardless, all registrations from a local youth ministry should come in together. We do not need specific names; the contact person and “guesstimate” are enough for now. We require a male leader to accompany any male students (even if only one) and a female leader to accompany any female students (even if only one) with a ratio of 7:1. (For example, if you have 13 male students coming, you must have 2 male leaders.) Please note, all adult leaders must be screened and cleared based on your church’s child protection policy. Before you register, you need to read through the entire registration package.

### GROUP LEADER’S CONTACT INFO:

Name: \_\_\_\_\_ Title: \_\_\_\_\_

Church: \_\_\_\_\_

Work #: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Home #: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Email Address: \_\_\_\_\_

Prayer Contact: \_\_\_\_\_ Phone #: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Email Address: \_\_\_\_\_

## CREDIT CARD GUARANTEE

Cardholder's name: \_\_\_\_\_ Signature: \_\_\_\_\_

Card #: \_\_\_\_\_ Exp. \_\_\_ / \_\_\_

## REGISTRATION NUMBERS

*(NOTE: adult leaders must be 20 years or older):*

	# female adult leaders (at least 1 female leader per 7 female students)
	# female students
	# male adult leaders (at least 1 male leader per 7 male students)
	# male students
	TOTAL

- Please check here if you have read and understood the package, and adhere to the rules.
- Please check here to acknowledge that your church has a current child protection policy in place.

Date: \_\_\_\_\_



# LETTER OF INFORMED CONSENT

Avalanche 2018 (CBOQ) (Jan. 19-21, 2018)

Details of the Activity:

Held at Muskoka Woods (Rosseau, ON) where groups will be sleeping in bunk beds in cabins (bedding needs to be provided by participant). A group may be sharing a cabin with another group as space allows. Transportation to and from the retreat is arranged by the church group leader.

Participants will be participating in 4 main sessions involving a worship band, multimedia presentations (which may include strobe lights, intelligent lights, pyrotechnics), dramatic acts, some low-risk icebreaker games and a speaker. They will also be in small group discussions, morning devotional times, team competitions games both outside on field or indoors, and two timeslots for free-to-choose activities which students can elect to do (including but not exclusive to tubing, indoor rock-climbing, cross-country skiing, skateboarding, break-dancing, graffiti painting).

The church group is bringing min. 1 same-sex leader per 7 same-sex students.

Dear Parent:

We are planning an activity as part of our programming that requires your permission prior to participation. We have provided you the details of the activity and request that you complete and sign the permission form. The safety of your child is our primary concern. Precautions will be taken for their wellbeing and protection.

## PERMISSION FORM AND CONSENT:

Student's Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Church Name \_\_\_\_\_ Youth Leader's Name \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_ Parents' Work Number \_\_\_\_\_

Health Card Number \_\_\_\_\_

Family Doctor \_\_\_\_\_ Phone Number \_\_\_\_\_

Any special needs (dietary, disability, allergies): \_\_\_\_\_

In case of an emergency, contact \_\_\_\_\_ at phone number \_\_\_\_\_

I hereby consent to the participation of my/our child in this supervised activity.

While every precaution is taken for the safety and good health, some sports and activities carry with them the inherent risk of personal injury beyond the risks associated with many of the recreational activities at CBOQ. I/we understand and accept these risks and agree that by allowing my child to participate in those activities, he/she may be taking part in a recreational activity that presents the potential for personal injury.

I/we, the parents or guardians named below, authorize the Director of Youth Ministries or one of CBOQ ministry personnel to sign a consent for medical treatment and to authorize any physician, dentist or hospital to provide medical assessment, treatment or procedures for the participant named above.

I/we, named below, undertake and agree to indemnify and hold blameless CBOQ, its personnel, its Staff and Board from and against any loss, damage or injury suffered by the participant as a result of being part of the activities of CBOQ, as well as of any medical treatment authorized by the supervising individuals representing CBOQ. This consent and authorization is effective only when participating in or traveling to events of the CBOQ.

I also grant permission for the reasonable use of pictures or video of my child in any CBOQ publications (in print, online or other media yet to be invented).

I have read, understood and agree with above.

Parent / Guardian Signature \_\_\_\_\_

Printed Name \_\_\_\_\_ Date \_\_\_\_\_

Student Signature \_\_\_\_\_



# LEADER'S WAIVER FORM

Name: \_\_\_\_\_ Phone Number: (\_\_\_\_) \_\_\_\_\_

Address: \_\_\_\_\_ Apt: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

E-mail: \_\_\_\_\_

Health Card #: \_\_\_\_\_ Date of Birth (mm/dd/yy): \_\_\_\_/\_\_\_\_/\_\_\_\_ M or F:  
\_\_\_\_\_

Home Church: \_\_\_\_\_ Youth Leader: \_\_\_\_\_

Emergency Contact (& phone #): \_\_\_\_\_  
—

Any special needs (dietary, disability, allergies): \_\_\_\_\_

In consideration for participating in the Avalanche event, I hereby acknowledge that precautions are taken for the safety and health of myself. But in the event of an accident, injury or sickness, I hereby release, discharge and covenant not to sue CBOQ, its staff and its volunteers from any liability, loss and damages.

I agree in the event that I conduct myself in a manner that is not appropriate, I will be dealt with appropriately, including the possibility of immediate dismissal.

I agree in the event that I require special medication, x-rays or treatment, the emergency contact will be notified immediately.

In case of surgical emergency, I hereby give permission to the physician or dentist selected by CBOQ to hospitalise, secure proper treatment for, and to order injection, anaesthesia or surgery for me.

I declare that I am covered by Provincial Health Insurance or equivalent medical insurance.

I agree to be photographed or videotaped for any CBOQ publications (including web and internet broadcasting, in print or any other media not yet invented).

I declare that I have been screened and cleared through my church's child protection policy (which includes a valid criminal record check and vulnerable sector scan). Otherwise, I can be declined registration.

I am also aware that my responsibilities as a group leader include supervising, leading and disciplining my students and leading my group in small group sessions.

By signing below, I understand and agree to the above statements, and ensure the information given is complete and accurate.

Leader's signature: \_\_\_\_\_ Date: \_\_\_\_\_

**\*\* NOTE: Please ensure you have signed the Muskoka Woods waiver form in addition to this form. \*\***





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416-620-2946

[cboqyouth@baptist.ca](mailto:cboqyouth@baptist.ca)

[cboqyouth.ca](http://cboqyouth.ca)



# Special Diets



**Teachers/Leaders** - In order to prepare for your stay at Muskoka Woods, please inform us of any special diet needs by faxing or emailing this completed form to Sarah at 705.732.6430 / [sarahb@muskokawoods.com](mailto:sarahb@muskokawoods.com) at least **two weeks** prior to your stay.

**Note:** Meals at Muskoka Woods are served buffet style. Guests enjoy a wide variety of food including a full salad bar. **PLEASE NOTE: Special dietary requests are NOT for food preferences but specifically for dietary needs for health requirements.**

Group Name: _____	Trip Date: _____				
Guest Name	Vegetarian	Vegan	Gluten Free	Lactose Free	Details regarding this special diet
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

We do not use any tree nuts in any of our cooking or baking. We do, however, carry some products that are labelled "may contain nuts". We exercise proper caution and sanitation during preparation and cooking of the meals but cannot guarantee that Muskoka Woods is a nut free facility.



# Individual Guest Waiver

The guest group will be responsible to satisfy itself that the participants of any activities have the requisite skill, provided any necessary supervision by responsible persons and see that all individual safety requirements are observed by participants and Muskoka Woods shall have no responsibility for accident or injury.

Without assuming any liability, and in the interests of safety, in the case of any use of any of these special facilities, Muskoka Woods reserves the right, through any of its responsible employees, to insist upon all appropriate safety rules and procedures being observed and upon any degree of supervision it considers advisable being provided by the guest group, and to limit or terminate the use of any such special facilities as it may consider advisable.

In the event that a guest requires medication, X-ray, or treatment beyond that which is possible at Muskoka Woods, the guest group will be charged with the additional expense of transportation and special care. It is the responsibility of the guest group to notify the affected guest's family.

I/We authorize the administration of any first aid treatment necessary at Muskoka Woods, and in the case of medical emergency, give permission to the Physician selected by the guest group staff or sponsors to hospitalize and secure proper treatment for my child as named above. Every effort will be made to contact parents or guardians before such action.

I grant permission to Muskoka Woods and to any third party authorized by Muskoka Woods to use photos, videos or any other recording or reproduction of my child in any medium for use in promotional materials and/or as otherwise seen fit by Muskoka Woods.

For valuable consideration, the receipt of which is hereby acknowledged, the undersigned hereby releases and forever discharges Muskoka Woods, Muskoka Woods Youth Camp Inc., Gwitmoc Foundation and Muskoka Woods Youth Foundation and their respective members, agents, volunteers, employees, officers and directors (the "Releasees") from any and all actions, causes of action, claims and demands resulting from any loss, injury or damage to person or property which has arisen or may arise from any and all use of the Muskoka Woods including any programs or otherwise, unless any such loss, injury or damage may have arisen by reason of the negligence of the Releasees.

The undersigned agrees that any and all actions arising out of this agreement or the use of the Muskoka Woods will be governed by the laws of Ontario, Canada and consents to the exclusive jurisdiction of the courts in Ontario, Canada in any and all such actions.

**\*\*Group members under 18 years of age require the signature of a Parent or Guardian\*\***

**Name of School or Group:** \_\_\_\_\_  
**Date of Trip:** \_\_\_\_\_

\_\_\_\_\_  
**Name of Participant (please print)**

\_\_\_\_\_  
**Date Signed**

\_\_\_\_\_  
**Signature of Participant**

\_\_\_\_\_  
**Signature of Parent/Guardian (if necessary)**

Revised as of 12/8/15