



# Jr. High Retreat

(Grades 6-8)

January 20-22, 2023



CANADIAN  
BAPTISTS  
of Ontario  
and Quebec





Dear Ministry Partners and Friends:

Here it is—your official registration package for Avalanche! Inside is everything you need to know about Avalanche (though we always welcome questions) and all the details about the weekend.

#### 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 grow in their faith in Jesus so they can begin to realize their identity. This year's theme of Roadtrip – where faith, life and community intersect is intended to help make this vision a reality.

We have four objectives:

- To make space for youth to meet Jesus perhaps in ways they're not used to
- To empower group leaders (volunteer or paid) to be “pastors and priests” to their youth
- To provide youth ministry elements that are transferable so you can implement them in your own context
- To attest to God’s kingdom, which extends beyond one’s local church or even association of churches.

As the “new normal” continues to evolve, we’re intending to host Avalanche at Muskoka Woods with guidelines adapted to our ever-changing situation.

If you have any questions, do not hesitate to call Alvin (416-620-2946) 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

# TABLE OF CONTENTS

Registration Process	4
Registration	5
Checklist	6
FAQs	7
Registration Form	10
CBOQ Group Contract	11

# 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. CBOQ group contract
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 in NOW!

# REGISTRATION

**There are two ways you can register.**

1. Register online at [cboqyouth.ca/avalanche2023](http://cboqyouth.ca/avalanche2023) OR
2. Complete the registration form and scan/email or mail it to  
Alvin ([alau@baptist.ca](mailto:alau@baptist.ca)) (attn: Alvin Lau, 5 International Blvd, Etobicoke, ON., M9W 6H3)

**By Tuesday, January 10, 2023**

1. Scan/email or mail the completed group contract.
2. Send your group payment (see the payment options in the FAQs).
3. We will email you asking for your EXACT numbers of female/male students and female/male adult leaders.
4. Notify us of any dietary restrictions.

We will send further details once you've registered including any online links you'll require and other logistics.

When you arrive at Muskoka Woods on Friday, January 20, 2023, you will need:

- Each individual's Muskoka Woods waiver form.
- Payment for any outstanding balance.

## CHECKLIST: Pre-event

Have I ...

- read through the registration package
- promoted Avalanche (e.g. hung the theme poster, handed out brochures, made announcements, encouraged early registration)
- arranged for enough adult leaders
- registered online (or by mail)
- sent in completed group contract with payment (due Jan 10, 2023)
- Ensured all my group contract commitments are complete

**Yes? Then you're on your way to Avalanche!**



# FAQs

## **What will Avalanche cost?**

The cost is \$153/registered person by **January 19, 2023** including a non-refundable deposit (\$40/person) payable when you register. On or after Jan. 20, it will be \$185/person. If your numbers change, you may “sell” or possibly “buy” spots for your ministry.

**NOTE:** There will be a \$20 charge for any NSF cheques.)

We recognize for some families this may be a challenge. We can provide various fund-raising and money management ideas and offer financial assistance to those who are eligible. Please contact Alvin for details.

## **How do I pay for Avalanche?**

Here are the available methods of payment (in order of preference). In each circumstance, in the notes section, ensure you include “Avalanche-<church name>”

- Interac e-transfer: You can email the funds to [donations@baptist.ca](mailto:donations@baptist.ca)
- Credit card: Payments can be submitted at [cboqyouth.ca/creditcard](http://cboqyouth.ca/creditcard)
- Cheque: Mail a cheque to CBOQ (see registration form for the address)

## **How are we responding to COVID-19?**

We have a CBOQ Youth Retreat COVID-19 Safety Plan. We are expecting all participants to abide by it, and we will ensure it is fully implemented. With Muskoka Woods, we continue to make updates as advised by Simcoe-Muskoka Public Health.

## **Can an individual youth register on their own?**

All registration will be facilitated through a church/group. There are still expectations/obligations a church/group will need to meet in order to participate in Avalanche (see the group contract). Any individuals wanting to participate will be directed back to their own church/group or, if that group is not attending, they can be “adopted” by another participating group.

Contact Alvin for more details about this.

## **Do I need to have group leaders?**

You'll need the required group leaders based on your church's child protection/safety policy.

## **Will I need permission forms?**

Included in this package is a CBOQ Group Contract and the Individual Muskoka Woods Waiver.

- Each person (student or leader) is expected to complete the Muskoka Woods waiver form and submit upon arrival.
- Each church is required to complete the CBOQ Group Contract.
- Each church is required to have their own church waiver forms. The waiver forms by your church/group for your church/group do not need to be submitted to CBOQ Youth but are for your records.

## **Who do I send my forms to?**

All forms can be emailed to [aalu@baptist.ca](mailto:aalu@baptist.ca) or mailed to CBOQ (5 International Blvd., Etobicoke, ON., M9W 6H3, ATTN: Alvin Lau)

## **What if I'm not sure if my church will fit with Avalanche?**

The churches in the CBOQ are diverse (in size, ethnicity, tradition, etc.). Regardless of your setting, this weekend can be for your group.

## **What do I do if my 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 a 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 birth a new ministry within your church!

You can contact Alvin (416-620-2946, [aalu@baptist.ca](mailto:aalu@baptist.ca)) about how to make that happen.

## **What if I don't have the resources or time to organize everything by myself?**

No problem! We've provided you with a comprehensive, self-explanatory registration package. If you need more support, we can help. We are willing to work with you one-on-one to help you form 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 access Avalanche and enjoy the life-changing presence of God during this weekend!

## What are Avalanche teams all about?

Regardless of the size of your ministry, your church group will be part of one of 4 teams (Grizzlies, Rockies, Mounties or Lumberjacks), which means that your group will become part of a team that's something bigger than just your local ministry. We'll assign youth ministries into teams (along geographical lines, if possible). Our team captains (your captain is 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 and to bring their team spirit!

There will be more details through email ([cboqyouth@baptist.ca](mailto:cboqyouth@baptist.ca)), Facebook ([facebook.com/cboqyouth](https://facebook.com/cboqyouth)) and Twitter (@cboqyouth).

## How do small groups work at Avalanche?

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. Your church group (or the format you've established for your church) will be your small group. **Each church is expected to provide leadership for their small groups.** Some 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.

## What do I do with youth who require accessibility accommodations?

Youth across Ontario and Quebec come from different diversities, including those who require specific accommodations for their exceptionalities. We want to make this a great experience for them. As part of the registration process, we'll be asking what kinds of accommodations may be needed. With our Special Needs Consultant, we'll work with you to assess and implement whatever accommodations will be helpful.

## What if our group isn't available on January 20-22?

Avalanche is best experienced on-site at Muskoka Woods. However, if your group isn't able to attend in-person, we will take all the session content and other parts of Avalanche (e.g. small group materials, recreation activities) and repackaging them into a DIY kit you can use at any time later on for your own retreat or ministry program.



# REGISTRATION FORM: Avalanche 2023

Submit this form with your “best guess” reservation numbers by filling in all requested information. It is recommended you submit this online at [cboqyouth.ca/avalanche2023](http://cboqyouth.ca/avalanche2023).

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 - [alau@baptist.ca](mailto:alau@baptist.ca)). 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. Please note, all adult leaders must be screened and cleared based on your church’s child protection/safety 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: \_\_\_\_\_

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

	# female adult leaders
	# female students
	# male adult leaders
	# 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/safety policy in place.

Deposits can be paid by e-transfer, credit card or cheque.

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

# CBOQ AVALANCHE-GROUP CONTRACT

Dates: January 20-22, 2023

Church/Organization (aka "The Group") Name: \_\_\_\_\_

Church/Organization Address: \_\_\_\_\_

## **The following are the expectations/obligations of The Group.**

### **ADULT SUPERVISION**

- The Group will provide an adequate number of group leaders who have been properly screened through the Group's child protection policy. The minimum is 1 adult per cohort (maximum 9 same-sex students).
- These group leaders will be responsible for the students, including overnight supervision and small group discussion facilitation.
- The primary group leader will be at least 20 years of age.

### **GROUP REQUIREMENTS**

- The Group acknowledges and respects that Avalanche is a Christian Youth retreat that welcomes all young people to faith-based life-changing experiences.
- The Group agrees to abide by the guidelines described in the registration package and the safety plans and protocols as stated by Ontario Public Health, Simcoe-Muskoka Public Health, Muskoka Wood and CBOQ. The signer accepts the responsibility of communicating these guidelines to the Group and will follow through to ensure compliance.
- The Group agrees to have a proper signed parental consent from students (under the age of 18) and a signed waiver from leaders as per the Group's child protection policy. This includes a media release waiver clause and agreement to abide by all the COVID-19 protocols.
- The Group agrees that all participants coming to Avalanche permit CBOQ reasonable use of pictures or video of any student or leader in the Group in any CBOQ publications (in print, online, or other media yet to be invented).
- The Group agrees that all media submitted to Avalanche permit CBOQ reasonable use of pictures or video of any student or leader in the Group in any CBOQ publications (in print, online or other media yet to be invented).
- The Group is aware that some program activities carry with them the inherent risk of personal injury. The Group understands and accepts these risks.
- The Group acknowledges that all individuals in the Group are in proper physical condition to participate in program activities or provide the necessary accommodations for individuals with exceptionalities.
- The Group acknowledges that they will be responsible to sign a consent for emergency medical treatment and to authorize any physician, dentist, or hospital to provide medical assessment, treatment or procedures for any individual in the Group.
- The Group agrees, in the event that an individual shows COVID-19 symptoms or conducts themselves in a manner that is not appropriate, that person will be dealt with appropriately, including the possibility of immediate dismissal at the expense of the Group.

Any and all actions arising out of this agreement will be governed by the laws of Ontario, Canada and the Group consents to the exclusive jurisdiction of the courts in Ontario, Canada in any and all such actions. By signing below and in consideration of its attendance at Avalanche, the Group releases CBOQ and their respective members, agents, volunteers, employees, officers and directors from any and all actions, causes of action, claims and demands ("Claims") resulting from any loss, injury or damage to the Group or any Individual Group member or their property which has arisen or may arise from any and all use of the Avalanche program.

### **CBOQ OBLIGATIONS**

CBOQ agrees to provide the following:

- All CBOQ-recruited staff (including volunteers) will follow the CBOQ Youth Retreat COVID-19 Safety Plan and have been appropriately screened through the CBOQ Child Protection Policy.
- A copy of the CBOQ Youth Retreat COVID-19 Safety Plan.
- Meals and lodging.
- Equipment/materials for assigned activities.

### **SIGNATURES OF ACCEPTANCE:**

The Senior Official or Business Administrator of the organization and the Primary Group Leader are to sign in the spaces provided. The authorized officer for CBOQ will sign and return a copy of the contract to the Group.

As the contact person, I understand and accept the conditions of this contract on behalf of the Guest Group. I accept responsibility for interpreting the fees to participants and seeing that CBOQ receives full payment. I have read this agreement and accept the conditions as listed.

---

**(Senior Official or Business Administrator) (sign above)**

**Name of Senior Official (print):** \_\_\_\_\_

**Title:** \_\_\_\_\_

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

---

**(Primary Group Leader) (sign above)**

**Name of Primary Group Leader (print):** \_\_\_\_\_

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

---

**(Authorized Signature) CBOQ**



# Fun. Memorable. Life Changing.

Jr. High Retreat Registration Package  
(Grades 6-8)

January 20-22, 2023



5 International Blvd. Etobicoke, ON M9W 6H3  
(416) 620-2946 | [alau@baptist.ca](mailto:alau@baptist.ca) | [cboqyouth.ca](http://cboqyouth.ca) | [baptist.ca](http://baptist.ca)

