



# JR. HIGH RETREAT

January 19-21, 2024

*Registration Package*



# Jr. High Retreat (Grades 6-8) January 19-21, 2024

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 **Who am I in the Great I AM** 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.

If you have any questions, do not hesitate to call Alvin (416-620-2946) or email ([alau@baptist.ca](mailto:alau@baptist.ca)) 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) 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 NOW!

There are two ways you can register:

## OPTION 1: ONLINE

1. Register online at [cboqyouth.ca/avalanche2024](https://cboqyouth.ca/avalanche2024)

## OPTION 2: EMAIL / MAIL-IN

2. Complete the registration form and scan/email or mail it to Alvin Lau

**E-mail:**

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

**Mailing Address:**

Attn: Alvin Lau  
5 International Blvd.  
Etobicoke, ON.  
M9W 6H3

# Registration Process

**BY TUESDAY, JANUARY 9, 2024**

1. Scan/email or mail the completed group contract and certificate of insurance.
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 19, 2024**, 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 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, certificate of insurance and dietary restrictions (if applicable) **(Due January 9, 2024)**
- Ensured all my group contract commitments are complete including Muskoka Woods waiver forms

## **YES?**

**THEN YOU'RE ON YOUR WAY TO AVALANCHE!**

# FAQs

## 1 WHAT WILL AVALANCHE COST?

The cost is **\$160/registered person** by **January 18, 2024** including a non-refundable deposit (**\$50/person**) payable when you register.

On or after **January 19**, it will be **\$190/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. Contact Alvin for details.

## 2 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 **payment@baptist.ca**.
- Credit card: Payments can be submitted at [cbogyouth.ca/creditcard](http://cbogyouth.ca/creditcard).  
(pw: youth2000)
- Cheque: Mail a cheque to CBOQ (see registration form for the address).

## 3 CAN AN INDIVIDUAL YOUTH REGISTER ON THEIR OWN?

All registration will be facilitated through a church/group. There are still expectations and 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.

# FAQs

## 4 DO I NEED TO HAVE GROUP LEADERS?

You'll need the required group leaders based on your church's child protection/safety policy. If you do not have qualified leaders to supervise your group, contact Alvin.

## 5 WILL I NEED PERMISSION FORMS?

Included in this package is a CBOQ group contract 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.

## 6 WHO DO I SEND MY FORMS TO?

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

## 7 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 you.



# FAQs

## **8** WHAT DO I DO IF MY CHURCH DOES NOT HAVE A FORMAL JUNIOR HIGH PROGRAM?

You're not alone! Avalanche is meant to empower Jr. High students in local churches no matter what type of program exists for them in their church. 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, [alau@baptist.ca](mailto:alau@baptist.ca)) about how to make that happen.

## **9** 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!

## **10** 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!

# FAQs

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## 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.

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## 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.

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## WHAT IF OUR GROUP ISN'T AVAILABLE ON JANUARY 19-21?

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

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/avalanche2024](http://cboqyouth.ca/avalanche2024).

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 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
	<b>TOTAL</b>

- 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 19-21, 2024

**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 7 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.
- The Group agrees to add “CBOQ, Muskoka Woods, Muskoka Woods Youth Camp Inc., Gwitmoc Foundation and Lawrason Bay Foundation” as an “additional insured” on its insurance policy and to forward to CBOQ a copy of the certificate of insurance with a minimum liability of \$2,000,000 to that effect.

## CBOQ Avalanche Group Contract (Continued)

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 staff (including volunteers) will follow the CBOQ Youth Retreat COVID-19 Safety Plan.
- 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 (PRINT): \_\_\_\_\_

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

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

---

**(Primary Group Leader)** (SIGN ABOVE)

Name (PRINT): \_\_\_\_\_

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

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**(Authorized Signature) CBOQ**







# Individual Guest Waiver

The Group (as such term is defined below) 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 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 Group will be charged with the additional expense of transportation and special care. It is the responsibility of the Group to notify the affected guest's family.

I 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 Group staff or sponsors, or if the Group staff or sponsors do not or are unable to select a physician, then by Muskoka Woods, to hospitalize, secure proper treatment for and to order injection, anesthesia or surgery for me or my child as named below. Reasonable efforts will be made to contact parents or guardians of a child before such action.

I am aware of the contagious nature of bacterial and viral diseases including, without limitation, the 2019 novel coronavirus disease (otherwise known as COVID-19) (collectively "Diseases") and the risk that I or my child may be exposed to or contract any Disease by being at Muskoka Woods and engaging in recreational activities at Muskoka Woods. I understand and acknowledge that such exposure or infection may result in serious illness, personal injury, permanent disability or death. I acknowledge that this risk may result from or be compounded by the actions, omissions, or negligence of others, including Muskoka Woods employees. I understand that while Muskoka Woods has implemented preventative measures to reduce the spread of Diseases, Muskoka Woods cannot guarantee that I or my child will not become infected with a Disease while at Muskoka Woods and that being at Muskoka Woods may increase my or my child's risk of contracting a Disease. Notwithstanding the risks associated with a Disease, I acknowledge that I am voluntarily entering or voluntarily authorizing my child to enter Muskoka Woods to engage in recreational activities at Muskoka Woods with knowledge of the danger involved. I hereby agree to accept and assume all risks of personal injury, illness, disability or death, arising from being at Muskoka Woods or engaging in recreational activities at Muskoka Woods, or arising from my child being at or engaging in the same, whether caused by the negligence of the Muskoka Woods, Muskoka Woods Youth Camp Inc., Gwitmoc Foundation, Muskoka Woods Youth Foundation, and Inspiring Youth Foundation or otherwise.

I am familiar with federal, provincial/territorial, and local orders, directives, and guidelines related to the Disease and I will comply with all such orders, directives, and guidelines. I confirm that I am or my child is not experiencing symptoms of any Disease, including COVID-19 (such as a fever, cough, or difficulty breathing), does not have a confirmed or suspected case of any Disease, including COVID-19. I will not attend or send my child to Muskoka Woods if I or my child has been told or recommended to isolate by

a doctor, health care professional, or a public health unit and if the isolation period overlaps with my or my child's stay at Muskoka Woods. I will also follow all instructions, recommendations, and cautions of Muskoka Woods at all times while I or my child is engaging in recreational activities at Muskoka Woods. If at any time I believe conditions to be unsafe, that I am or my child is no longer in proper physical condition to participate in recreational activities at Muskoka Woods, or I become aware that I am or my child is experiencing symptoms of any Disease, I will immediately discontinue my or my child's participation any programs at Muskoka Woods. I also understand that I or my child may be required to self-isolate and/or required to leave Muskoka Woods in the event that I or my child begins experiencing symptoms of any Disease, including COVID-19, or comes in contact with a person who has been confirmed or suspected of having a Disease, such as COVID-19, as directed by health requirements.

In the event that a guest is required to self-isolate, leave Muskoka Woods, and/or be returned to the care of a parent or guardian, the Group will be charged with the additional expense of transportation and special care. It is the responsibility of the Group to notify the affected guest's family.

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 myself or my child in any medium for use in promotional materials and/or as otherwise seen fit by Muskoka Woods.

By signing below, you are releasing Muskoka Woods, Muskoka Woods Youth Camp Inc., Gwitmoc Foundation, Muskoka Woods Youth Foundation, Inspiring Youth Foundation and their respective members, agents, volunteers, employees, officers and directors (the "Releasees") against any and all losses, damages, liabilities, deficiencies, claims, actions, judgments, settlements, interest, awards, penalties, fines, costs, or expenses of whatever kind, including reasonable legal fees, fees, and the costs of enforcing any right to indemnification under this agreement, and the cost of pursuing any insurance providers, arising out or resulting from any loss, injury or damage to person or property which has arisen or may arise from any and all use of Muskoka Woods including any programs on the Muskoka Woods property or otherwise, unless any such loss, injury or damage may have arisen by reason of any grossly negligent act or omission of the Releasees. This release constitutes a waiver of legal rights and by signing below, you are also indicating that you have read carefully and understand the contents of this waiver and release.

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 (the "Group"):**

**Date of Trip:**

**Name of Participant (please print)**

**Date Signed:**

**Signature of Participant**

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



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