



**HIGH SCHOOL RETREAT
MAR. 1-3, 2019**



High School Retreat

Mar. 1-3, 2019

YMCA of the Rockies, Estes Park, CO

When: Mar. 1-3, 2019

Who: ANY 9th-12th grader

Where: YMCA of the Rockies, 2515 Tunnel Rd. Estes Park, CO 80511

Why: High School retreats are an eye opening experience where students spend a weekend finding out how to fuel their relationship with God. Games, food, special speakers, and amazing worship is provided to make the weekend a life-changing experience.

Cost: \$149, includes transportation, lodging, meals and activities.

It is the policy of Sunrise Student Ministry that no student be excluded from an activity because of cost. If you would like to go, but have trouble affording it, please contact Matt Lurz by e-mail at mattl@sunriseumc.com regarding scholarship and service information.

How do I sign up? Your **permission form, health form and \$50 deposit are due by Sunday Feb. 3rd, 2019** to any Student Ministry leader to reserve a spot on the retreat. If the trip is full, you will be notified and placed on the wait list. Final payment is due before departure.

Trip start: Friday, March 1st , **PROMPTLY @ 4:30pm** , in the church atrium.

Trip end: Sunday, March 3rd, 4:30pm, in the church atrium.

Emergency contact number: YMCA of the Rockies 970-586-3341 (Land Line),
Matt Lurz 630.973.7045 (Cell reception can be spotty at the camp)
Questions? Email students@sunriseumc.com

----- (tear here) -----

Flammable - High School Retreat Permission form

Name of Participant:

Participant E-mail:

Parents e-mail:

Birthdate:

Grade:

School:

Home Phone:

Parent(s) Cell:

Student Signature:

Parent Signature:

Adults available to drive: To/From/Both ways?

Total # of seatbelts:

Please return this bottom portion, health form, and \$50 deposit by February 3, 2019.
Additional information e-mails will be sent out after the deposit deadline.

Photo Authorization – Student:

I hereby **GRANT** _____ **DO NOT GRANT** _____ (chose one) permission for Sunrise UMC to use pictures of my child (child’s name) _____ on their website or social media for informational or promotional purposes.

Parent/Legal Guardian signature: _____ **Date:** _____

Photo Authorization - Adult:

I hereby **GRANT** _____ **DO NOT GRANT** _____ (chose one) permission for Sunrise UMC to use pictures of me (my name) _____ on their website or social media for informational or promotional purposes.

Signature: _____ **Date:** _____



Student
Emergency Contact and Health Information Form
Sunrise Student Ministry

* **Attach a copy (both sides) of your health insurance card**

Please fill out this form if you have never completed one for Student Ministry, or if there have been any changes to your information in the last year.

Please print legibly. If any of this information changes after submitting this form, please inform the Student Ministry of these changes.

Information about the youth participant:

Name of Youth _____ Date of Birth _____

Address _____

H.S. Graduation year _____ School _____ Social Security # _____

Information about the youth participant's parent/guardian

First Parent/Guardian Information

Name _____

Relationship to Youth _____ Home Phone _____

Work Phone _____ Other Phone _____

Address _____

Second Parent/Guardian Information (leave line blank is same as first parent/guardian)

Name _____

Relationship to Youth _____ Home Phone _____

Work Phone _____ Other Phone _____

Address _____

Information about the alternate contact person

Name _____ Relation _____
Home Phone _____ Work Phone _____
Address _____

Medical Information

* Please provide the most current medical information for the youth participant.

Health Insurance Company _____
Policy Number _____
Policy Holder _____
Insurance Phone Number _____
Regular Doctor's Name _____
Doctor's Phone Number _____
Allergies _____
Food allergies or concerns _____
Regular Medications _____
Physical Limitations/Handicaps _____
Other Medical Conditions _____

I certify that all of the above information is correct and that I have read and understand the policies of the Sunrise United Methodist Church Student Ministry. I also agree to notify the church and/or the Student Ministry of any changes in this information. I understand that in an emergency involving my child, every effort will be made to contact me. If time is of the essence, or if I cannot be reached, I give permission to the Pastors, staff and/or adult volunteers of Sunrise United Methodist Church to act on my behalf to secure medical treatment as necessary for my child, including, but not limited to medical attention, anesthesia, surgery, and hospitalization. I understand that it is my responsibility to pay for any medical service required by my child while on this outing. I hereby absolve Sunrise United Methodist Church, its Pastors, staff, and adult volunteers from liability in acting on my behalf and that of my child in this regard so long as they are not grossly negligent. If a dispute over any claim arises, I agree to resolve the matter through a mutually acceptable arbitration process.

Parent/Guardian Signature **Date**

Parent/Guardian Signature **Date**

Packing list 2019

(Please keep this sheet)

**Remember to check the weather.
We will be outside in the mornings, afternoons and evenings.**

**** please check the clothing policy regarding all clothes ****

Bring –

- Long pants and/or shorts
- Shirts
- Jacket, hat, gloves
- Closed toe tennis shoes and boots
- Sandals or shower shoes
- Swimsuit
- Hat
- Sun screen
- Water bottle
- Sleeping bag or sheets and blanket
- Pillow
- Towel
- Toiletries (including soap, shampoo, deodorant, tooth brush & tooth paste)
- Flashlight or headlamp
- **Bible** and pen!
- Wrist watch

Do NOT Bring –

- Curling irons, hair dryers, home perm kits or hair dye
- Electronics – see policy below

- You will not be allowed to shave your head, bungee jump, get tattoos or piercings
- You will not buy or bring weapons or anything else **illegal** or unnecessarily dangerous on this retreat!

Electronics Policy *

As a reminder, it is always the policy of Flammable Student Ministries that for retreats we **do not allow students to bring or use electronic devices** other than a watch and/or alarm clock. Retreats provide time for you to unplug from the outside world and focus on yourself, your teammates and your relationship with God. Phones, music players, laptops, tablets, etc.... are distractions from an amazing opportunity to connect with God in ways that are difficult to achieve in the midst of our daily lives. Any electronics on the trip will be kept safe by a leader until we return home.

* Adults are allowed exceptions to this policy but are asked to adhere to the heart and intention of the policy.

If parents need to reach their child, they can call Matt Lurz, or the emergency number. If a child needs to contact their family while on the trip, they can do so for any emergency and during evening free time. Any concerns, please talk to Matt Lurz, mattl@sunriseumc.com, 630-973-7045.

Clothing Policy For Students & Adults

We ask that you recognize that your words, actions and appearance during your retreat contribute to the way we represent ourselves to each other and to a community. Please choose modest clothing that helps to avoid distractions in our representation of Christ. We ask that you choose apparel consistent with the following guidelines. We appreciate your help in creating a safe, respectful, distraction-free environment for your retreat experience.

Please Bring

Loose-Fitting Clothing

Bring clothes that you can play hard and get messy in. This includes clothes to be worn during free time (i.e. no leggings or tight Under Armor-style shirts)

Closed Toe Shoes

To prevent injury, you need to bring a pair of shoes that you don't mind getting dirty or wet outside.

Swimsuits

Girls and Women, your swimsuit can be a one piece without an additional shirt or a two piece with a dark t-shirt that at least touches the top of your swimsuit bottom.

Mid-Thigh or Longer Shorts

You will bend, twist, sit, climb and crawl on your retreat. Short shorts will only get shorter with these activities. A good measure of shorts is to let your arms fall to your side. If your fingers touch skin, bring a longer pair of shorts or wear mid-thigh compression shorts under them.

Please Don't Bring

Apparel that Distracts

Sleeveless shirts

Short shorts *

Clothing that reveals undergarments on purpose

Clothing that reveals belly or chests, crop tops

Clothing that includes obscene, vulgar, abusive or discriminatory language or images

Clothing that advertises or promotes alcohol, chemical, tobacco or any other product illegal for use by minors

* Shorter shorts may be worn with mid-thigh compression shorts