

# Highland Retreat

Mennonite Sr High Retreat, April 5-7, 2024

## Information and Consent Form

**Preparing for the weekend:** Please check the forecast prior to packing and make sure to bring appropriate clothing for the temperature and weather conditions. **Please bring:** A sleeping bag and pillow, change of clothes, outside clothing, sneakers and socks, clothes to sleep in, personal hygiene items, bath towel, flashlight, Bible. **Do not bring:** Fireworks, tobacco products, food with peanuts or peanut products, alcohol, or weapons of any kind.

**Health Care while at Highland Retreat (Highland):** Each participating minor is required to be under the care of a supervising adult of the same gender. That adult should be provided with the following health/medical information: emergency contact information, allergy information (type and severity), pertinent medical history, medications (with clear instructions on how to administer), insurance policy number, and permission to treat and transport. All medications—prescription and non-prescription—should be given to a supervising adult so that other participants do not have access. Emergency services are available by calling 911; EMS response time to Highland is 20-30 minutes.

**Phones at Highland:** Located in each building are phones that can be used for important outgoing calls. If someone not at the retreat has an important need to contact an attendee, the phone number for Red Oak Lodge is 540-852-3412. Cell reception is limited to T-Mobile networks. It is important that you discuss your group's cell phone policy with your group leader ahead of time.

**Food while at Highland:** Please inform Highland of any *life-threatening* food allergies at least 1 week prior to the retreat by e-mailing [info@highlandretreat.org](mailto:info@highlandretreat.org) or calling 540-705-0554. If you have any dietary restrictions, please review the retreat menu posted at [highlandretreat.org/sr-high-retreat](http://highlandretreat.org/sr-high-retreat). You are welcome to send any food substitutions with a sponsor and Highland will be glad to provide appropriate storage space.

Highland will be serving peanut-free meals because of known allergies and will provide several gluten-free alternatives. Please do not bring peanuts or peanut products in any snacks or substitutions you send/bring.

**Activities while at Highland:** Activities will include outdoor recreational games, hiking, climbing wall, informal play, fire building, and worship gatherings. Most activities will be led by staff and volunteers from the attending churches. A tentative schedule is available at [highlandretreat.org/sr-high-retreat](http://highlandretreat.org/sr-high-retreat).

### Consent and Indemnity

Please print the participant's full name \_\_\_\_\_ Date \_\_\_\_\_

Sponsoring Church/Group \_\_\_\_\_

I, as the participant or the parent/guardian of the above mentioned participant, certify that I have read and understand the information contained in this 'Information and Consent Form' and am choosing to participate or give my permission to participate in the Sr High Retreat (held at Highland Retreat, April 5-7, 2024). I understand that Highland Retreat does not provide accident insurance, first aid, medications, emergency care or transportation to the retreat participants and that the staff of Highland Retreat are not leading program activities. Furthermore, I give permission for the use of video/photographs including myself or my child to be used in publicity for Highland Retreat and Virginia Mennonite Conference.

In consideration of permission granted the herein named individuals to participate in the above mentioned retreat, we hereby covenant with Highland Retreat that we will never, individually or as legal guardians of said individuals, institute any action at law or in equity for any personal injuries, or injuries to property, real or personal, caused by, or arising out of, participation in programs and activities at Highland Retreat, its successors, and legal representatives; we further agree to indemnify and hold Highland Retreat harmless against any and all costs, damages, and expenses which may be occurred by them as a result of any lawsuits we might file against them.

Participant Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature (if participant is under 18) \_\_\_\_\_