

Highland Retreat

VA Mennonite Jr High Retreat, October 9-10, 2026
Information and Consent Form

Preparing for the weekend: The retreat will take place in an outdoor environment. There is plenty of shelter but no climate control in any of the facilities. Please check the forecast prior to packing and make sure to bring clothing and bedding appropriate for the temperature and weather conditions.

Please bring: A sleeping bag and pillow, change of clothes, jacket and/or sweatshirt, sneakers and socks, warm clothes to sleep in, personal hygiene items, 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. Access to those medications should be restricted.

Emergency services are available by calling 911; EMS response time to Highland is 20-30 minutes.

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 or calling 540-705-0554. If you have any dietary restrictions, please review the retreat menu posted at highlandretreat.org/jr-high-retreat. You are welcome to send any food substitutions with a supervising adult and Highland will be glad to provide appropriate storage space.

Highland will be serving peanut free meals because of known allergies. 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 (including an evening game), hiking, informal play, fire building, and worship gatherings. Most activities will be led by church staff and volunteers from the attending churches. A tentative schedule is available at highlandretreat.org/jr-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 Jr High Retreat (held at Highland Retreat, October 9-10, 2026). 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 Jr High 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) _____