

Fall Retreat
November 11-13, 2011



The youth group will travel to Cosby, TN November 11-13, 2011. We will **leave** at 4 pm Friday and return on Sunday afternoon. On the way home we will stop in Blountville to play paintball. The \$25 (\$35 if you participate in paintball) cost of the trip is due Wednesday, November 9. See the things to bring list for other details.

PERMISSION SLIP

_____, a minor, has my/our permission to go with the First Baptist Church youth ministry to Cosby, TN on November 11-13, 2011. **I/We have completed and signed a Medical Information and Release Form* and signed the Youth Ministry Code of Conduct, and these documents are on file at the church (NO STUDENT WILL BE ALLOWED ON THE TRIP WITHOUT THESE DOCUMENTS).** I/We have discussed the trip guidelines with my/our youth and each of us understand them and agree to abide by them.

(Parent Signature)

(Date)

*A new Medical Information and Release Form must be completed and signed for each new calendar year.

Trip Guidelines

1. Everyone must have a signed **PERMISSION SLIP**, signed **CODE OF CONDUCT**, and completed **MEDICAL INFORMATION AND RELEASE FORM** to go on the trip. There will be no exceptions.
2. Each youth must follow directions given by chaperons before and during the trip. Failure to follow directions of a chaperon will result in your being restricted from participating in the next fun-type youth group activity. If we have a severe discipline problem with anyone we will call his/her parents to come and take their youth home.
3. Each youth must stay with the group during the trip. No one is allowed to wander off alone. At times you may be allowed to do an activity in a group of no less than three, but this is only during designated times
4. No drugs (including alcohol), cigarettes or tobacco products, or weapons will be permitted.
5. The use of cell phones, iPods, cameras or other personal electronic or entertainment devices is prohibited during activities and services. Special rules apply to trips: Bringing these devices on trips is highly discouraged and according to the needs of the trip is sometimes prohibited. On this trip, the devices are allowed, but the youth ministry staff does not take responsibility for the safe return of these items. Although, we are allowing these items, we discourage you from bringing them, because they are so easy to lose on this type of trip.
6. Maintain your witness by keeping your hands to yourself: no tickling, wrestling, piggyback rides or inappropriate touching (which means: do not touch anyone anywhere that a bathing suit would cover). In addition, physical displays of affection such as kissing, full body hugs, sitting on laps, and lying or sleeping next to each other are inappropriate and being isolated or alone with another student is not allowed.
7. Wear modest clothing. No clothing that is sexually suggestive or spiritually degrading. T-shirts or other clothing with evil, vulgar, illegal, or inappropriate content will not be permitted. In addition there should be: no midriffs, no low-cut tops, no spaghetti straps (tank tops must have a strap width of at least two fingers), no see through clothing, and no sagging pants (no boxers or underwear showing). Dress shorts or jean shorts must have at least a 4 inch inseam, and athletic shorts must be properly fitting with an inseam of at least 2.5 inches (not rolled up). Ladies are required to wear modest one-piece bathing suits or modest tankinis. Guys—no Speedos.
8. When the youth group takes trips each person is a representative of First Baptist Church. Therefore, youth should act in ways that will not dishonor the church.

Fall Retreat

Things to Bring

Emergency number: Brian's Cell Phone 423-646-7846

Money

- Spending money (we won't be going for any big shopping trips, but we may go to the gift store at the apple farm)
- Food and snack money (2 fast food meals, one the way there and one on the way back—this is not included in the trip registration).

Clothing

Jacket

Jeans and t-shirts

Sweatshirts

Pajamas

Shoes and socks (you must bring at least one pair of closed-toe shoes)

Underclothes

A swim suit for the hot tub

Miscellaneous

Sleeping bag and pillow

Small air mattress if you have it (don't go and buy one if you don't already have it)

Towel

Hair dryer

Toiletries

Snacks

Bible



PAINBALL HOLDHARMLESS & WAIVER

EACH INDIVIDUAL MUST READ AND SIGN THIS RELEASE OF LIABILITY PRIOR TO PARTICIPATION

In order to participate in these activities, I the undersigned agree and acknowledge that:

There is risk of injury, including a potential of permanent disability or death resulting from participation in these activities or from the equipment involved.

I freely assume all such risks both known and unknown and assume full responsibility for my participation.

I have read and understand the rules, including all safety-related rules, and agree to fully comply with all regulations during my participation.

I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin hereby release and hold harmless THE ALTERNATIVE SPORT their officers, officials, agents, and or employees, from any and all liability for injury, disability, death, loss or damage to personal property.

I acknowledge, understand and agree that I have read this release of liability and assume all risk associated with participating and that I sign this release of liability voluntarily and without inducement.

PARTICIPANTS NAME (please print) / AGE

PARTICIPANTS SIGNATURE

DATE

PHONE NUMBER

HOME ADDRESS

CITY

STATE

ZIP

MINOR AGED PARTICIPANTS

All players under the age of 18 at the time of participation must have a parent or guardian sign below.

I certify that I am the parent or guardian with legal responsibility for the above signed participant and agree to his/her release. I also agree to indemnify the above named companies and individuals from all liabilities resulting from his/her participation in these activities for myself, my heirs, assigns and next of kin.

PARENT/GUARDIAN'S SIGNATURE

DATE SIGNED

EMAIL: _____