

We are thrilled that your student has decided to dedicate a portion of their summer to growing spiritually. The WKND retreat is a great opportunity for students to get away from the distractions and connect with other Christ-minded students. This event is going to keep your student busy from sunrise to sunset as we worship together, learn from inspirational speakers, and dive deep into discussion about God's word.

This year's theme is For The Culture will challenge students to live out Matthew 9:9-13. During this year's retreat we will journey through the Bible to discover who they are and who they are created to be in order to go out into the world and share The Good News.

Enclosed in this packet you will find everything you need to help prepare your student for a great weekend of learning and inspiration. Please do not hesitate to contact us if you have any additional questions.

OCC Students

(469) 854-1280

students@visitonecc.com





Packing List

What to Bring:

Bible

Journal & Pen

Toiletries

Towel & Washcloth

Bedding & Pillow (Twin)

Jacket or Coat

Casual Clothing

Pajamas

Swimsuit (Modest One Piece)

Beach Towel

Closed-Toe Shoes

Refillable Water Bottle

Flashlight

Medications

Face Mask

Bug Spray

Sunscreen

Spending Money (For Merch
& Snacks)

What NOT to Bring:

Cell Phone, Tablet & Other
Electronic Devices

Food Items

Expensive Jewelry

Food

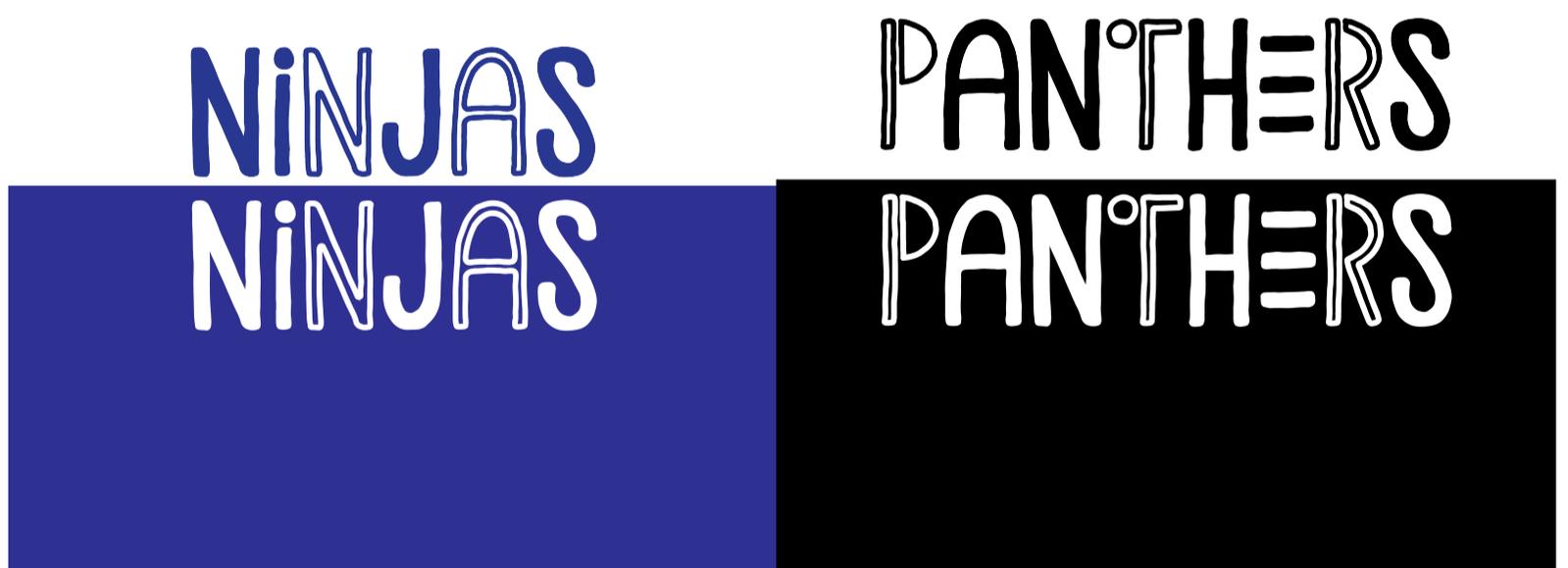
Tobacco/Alcohol Products

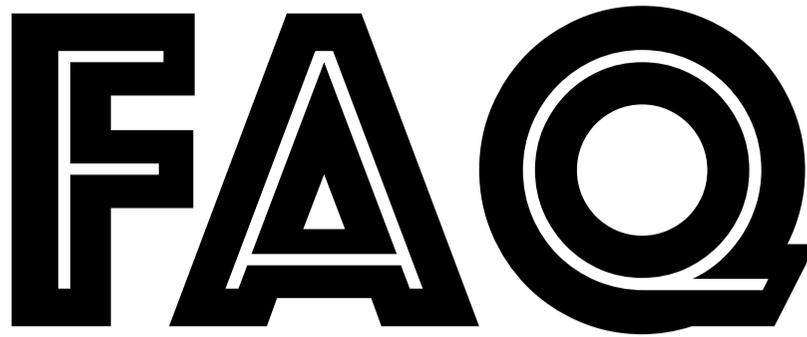
Razors and/or Shaving
Products

Weapons

TRIBE COLORS

Our student small groups will be divided into four different tribes. During the WKND students are asked to represent their tribe by theme and color. We will have supplemental spirit swag available for students (i.e., bandanas, beaded necklaces, boas). Below are the four tribes and the corresponding tribe colors. Have fun with this! Please do not go out of your way to buy stuff! This is just for fun...plus it makes cool pictures!





What is included with the cost of registration? The registration fee covers lodging, campsite activities, meals, snacks, and a shirt. Extra snacks, replacement water bottles, and event merchandise can be purchased at an additional cost.

What if my student needs to leave? If your student has to leave at any time during the weekend, a TIME AWAY CARD must be filled out and signed by a parent. The card must explain why and when he/she will be leaving and returning. NO OTHER STUDENTS WILL BE ALLOWED TO RIDE WITH HIM/HER DURING THE WEEKEND.

Where and when do I drop my student off? Students should be dropped off at the campsite at 6:00p on Thursday, March 10th. Parents should pick up students from the campsite on Saturday, March 12th starting at 12p. **Campsite Address:**

**Lake Lavon Camp & Conference Center
8050 County Road 735
Princeton, TX 75407**

Where will my student be staying? Students will stay in cabins during the weekend with students in the same grade and the same gender. All cabins are heated/air conditioned and are split into pods. Depending on the size of the cabin, a pod can sleep anywhere from 24-50 people (there will be one leader assigned to every 12-15 students) each has a bathroom with a minimum of two sinks, two toilets, and two showers. All small group leaders accompanying students are trained and background checked.

Medical Releases - Does it really matter? Each student will need to bring a signed copy of the medical release or have a parent sign one during drop off. We want to take the best care of your student. If there were an emergency, the medical release form would allow us to provide the necessary care for your student. To best protect your student, a signed medical release form must be completed in order for them to attend.

What will students eat during the weekend? Students will be provided a hot meal for dinner Thursday, Breakfast, lunch and dinner Friday, and breakfast and lunch Saturday. Between meals and large group session, a light snack will be provided for each student. Students will also have the option to purchase additional snacks should they desire to. The camp can accommodate most dietary needs, but they need to be notified no later than 2 weeks prior to the camp start date. If the camp cannot accommodate the specific dietary need/restriction, they will recommend that the student come with individually packed meals that the camp will store in the kitchen and reheated during their mealtime.

Can my student bring food or snacks? To avoid attracting insects and small animals, we ask that students do NOT bring any food or drinks besides water into the cabins. Students will be given plenty of time to eat and snack in designated areas.

Can students request to be switched? We will work very hard to make sure students are in a group with people they know. Changes to small group assignments are handled on an individual and case by case basis.

Health & Safety Practices

Parents, we want you to understand that the health and safety of your student is a top priority. In order to facilitate effective ministry this spring, we have taken additional health and safety measures. However, an inherent risk of exposure to COVID-19 exists in any public place where people are present.

While we consider CDC guidelines and state requirements with the goal of providing a safe and fun environment for campers and staff, ultimately we ask that parents use their best judgement regarding sending their student to the retreat. Additionally, we encourage you to prioritize the protection of any vulnerable persons who are members of the same household or come into frequent, close contact with your student. Students returning from an overnight camp should minimize in-person contact with any person 65 years of age or older, especially those with pre-existing health conditions.

- Parents should monitor the health of their student and not send them to camp if they exhibit any symptom of COVID-19.
- Staff and campers will fill out a health questionnaire before camp to be assessed by our medical teams on their potential for risk while at camp.
- Upon arrival, parents will be asked to sign a form that states that their student has not been exhibiting symptoms of COVID-19. Students will also have their temperature scanned.
- All leaders, staff, and camp nurses will be screened for prior exposure before entering the camp.
- Any student exhibiting symptoms on-site for COVID-19 will be quarantined while waiting for parent pick up.

Face Coverings- While the state of Texas no longer requires wearing masks, we want all campers and staff to feel comfortable wearing masks any time. Face coverings are listed as an item on our packing list to be used as needed while at camp.

Mealtimes- All meals will be served buffet cafeteria style by camp staff.

Camper bunks- All students will sleep head to toe in upper and lower bunks.

Drop-off and pick-up- We're adjusting drop-off and pick-up procedures to prioritize your camper's safety. Therefore, we will no be providing complimentary transportation by bus to and from the retreat site.

Cleaning procedures- Electrostatic sprayers that are highly effective in destroying viruses, including COVID-19, and are currently being used in hospitals, daycares, and on commercial airplanes will be implemented to disinfect surfaces throughout the weekend. We have added multiple layers of cleaning and disinfecting policies and procedures with guidance from the Centers for Disease Control and Prevention to instill cleanliness standards for campers and staff, as well as thorough sanitization of cabins, camp buildings, restrooms, high-touch surfaces, and more.

On-Site Medical Care- A licensed medical professional will be on-site 24/7 during the retreat to closely monitor the health of all students, administer prescription medications, and to quickly take care of medical needs that may arise throughout the weekend.

Seasonal Allergies- COVID-19 has many possible symptoms, including congestion, runny nose, sore throat, cough, and headache. These symptoms can also be caused by seasonal allergies. If your student displays any of these symptoms, there is a very high likelihood that your child will be sent home from the event. **COVID-19 symptoms- fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea.**



PARENT/GUARDIAN RELEASE, WAIVER AND INDEMNITY AGREEMENT

Nature of Event: I understand that the nature of this event, sponsored by ONE Community Church, Inc. (“ONE”), is my minor child’s attendance at the Lake Lavon Camp & Conference Center, an outdoor recreation camp in Princeton, Texas from March 10-12, 2022 (the “Trip”) and that I’ve had the opportunity to review information about the Trip at the following site: <https://lakelavoncamp.com>.

Nature of Risk: I understand that voluntarily traveling to attending the Trip may involve certain risks beyond the reasonable control of ONE, its employees, its agents and its chaperones. I also understand that my minor child’s travel may involve significant risks. My signature on this Agreement, and my minor child’s participation in any such activity associated with the Trip indicates that I have, to my full satisfaction, obtained all information necessary for me to assess the risk and to willingly allow my minor child to participate.

Waiver of Liability/Hold Harmless: For and in consideration of permitting my minor child to engage in and receive the valuable service provided to me and my minor child in participating in the Trip, I (as well as my heirs, executors, administrators, or assigns) as the parent and/or guardian of _____ (Child’s Full Name) (“Minor”) hereby voluntarily and absolutely release, discharge, and waive any and all claims for loss or damages or actions or causes of action for personal injury, property damage, or wrongful death occurring to Minor as a result of Minor’s observing, receiving instructions, or participation in any activities, SOME OF WHICH MAY INVOLVE DANGERS AND RISK OF BODILY INJURY, including but not limited to, rock climbing, obstacle course, archery, running, basketball, football, volleyball, bonfire, etc., or in activities incidental thereto. In addition, I give permission for the use of photographs/video, which may include my child, to be used by ONE for promotional purposes. This includes but is not limited to bulletin boards, newsletters, parish and ONE’s Websites and Facebook accounts.

Medical Permissions: As a condition of attending the Trip, I give ONE and its representative(s) authority to request and authorize medical and/or hospital treatment for the benefit of my minor child in the event of any injury or sickness sustained by him/her while on the Trip or during any activity on or related to such Trip, including, without limitation, while traveling to and from the Trip. In case of an incident, I agree to pay for all such treatment and to reimburse ONE for all costs and expenses incurred by it with respect to such treatment. In the event of such an emergency, I understand that ONE will notify the named emergency contact from this Agreement as soon as reasonably possible. In the event that it comes to the attention of medical personnel that my child complains of an illness, I grant my permission for non-prescription medication (such as aspirin, throat lozenges, cough syrup) to be given to my child by medical personnel or leaders of the event from ONE.

ARBITRATION AND AGREEMENT: I believe the Bible commands that I make every effort to live at peace and to resolve disputes in private or within the Christian church (Matthew 18:15-20; 1st Corinthians 6:1-8). In recognition of the above, and in recognition of ONE’s desire to appropriately balance its obligation, if any, to provide fair compensation for harm caused by its own fault against its obligation to preserve the assets of the church and to avoid litigation with any of its members, I hereby agreed on behalf of myself, my spouse, children, heirs, and representatives of my estate to be governed by the following rules in the asserting any claim against ONE, its employees, agents, representatives and directors, which arise from any activity on the mission trip:

1. Before filing any lawsuit or initiating any arbitration proceeding, I agree to submit any claim to mediation through the American Arbitration Association or any other alternative dispute resolution organization agreed to by ONE. I agree that I will be responsible for paying 50% of the mediator’s fee, and ONE will pay the remainder of the mediator’s fee.
2. If the claim is not resolved at mediation, I will not file a lawsuit but will instead submit the claim to binding arbitration with the American Arbitration Association. The arbitration fee will be split evenly between me and ONE, and I will be responsible for paying any counsel that I retain.

PARENT/GUARDIAN RELEASE, WAIVER AND INDEMNITY AGREEMENT

3. I agree that I will not seek or attempt to collect a judgment from ONE or any of its pastors, volunteers or employees for any amount of liability insurance coverage available to ONE at the time the claim is resolved. I also agree that I will not seek exemplary or punitive damages from ONE or any of its pastors, volunteers or employees.
4. I agree that I will not allege any claim that the conduct of ONE or its pastors, volunteers or employees was intentional, willfully negligent or done with conscious indifference or reckless disregard for the safety of others, and I expressly release all claims based on any such allegations.

Trip Code of Behavior:

Parent/Guardian: I agree to instruct my child to abide by all rules and regulations as outlined on the attached Code of Behavior. (Appendix A) I understand that if I have not seen the code, it is my duty to seek a copy and to have reviewed it and explained it to my child prior to signing this waiver. I agree that if my child fails, significantly, to abide with the rules set forth, my child may be dismissed from the Trip and sent home immediately at my expense for the immediate transportation home with no right of reimbursement or refund for any amount in connection with ONE.

Initials of Parent/Guardian _____

I understand that the foregoing release, waiver, and indemnity provisions are intended to be as broad and inclusive as it permitted by the law of the State of Texas and that if any portion of this release, waiver, and indemnity agreement is held invalid, the balance will, notwithstanding, continue in full legal force and effect. I agree with any claim or dispute arising from this Agreement shall be governed by Texas law and applicable laws of the United States. The venue for resolving such disputes shall be Collin County, Texas.

I FULLY UNDERSTAND THE CONSEQUENCE OF AND CHOOSE TO SIGN THIS PARENT/GUARDIAN RELEASE, WAIVER AND INDEMNITY AGREEMENT KNOWINGLY, FREELY AND WILLINGLY.

Signature of Parent or Guardian: _____ **Date:** _____

CONTACT AND MEDICAL INFORMATION

Child's Name: _____ **Home Phone:** _____

Child's Date of Birth: _____

Mother's Name: _____ **Mother's Cell:** _____

Father's Name: _____ **Father's Cell:** _____

Home Address: _____

If Parents are Unavailable, Alternate Emergency Contact: _____

Alternate Contact Cell: _____ **Alternate Home:** _____

Family Health Insurance Company: _____

Policy Number: _____

Please write "Yes" on the line to any and all of the following that apply to your son/daughter. Is your son/daughter in general good health, and able to participate in all normal activities.

Yes _____ No _____ (If not, please submit a statement indicating limitations.)

PARENT/GUARDIAN RELEASE, WAIVER AND INDEMNITY AGREEMENT

Allergies: _____

Is your child currently taking any medication? _____

If yes, list type of medicine: _____

Does your child have any special dietary needs? _____

Please attach a copy of your insurance card.



Student Code of Conduct

1. I understand that I am expected to respect and obey all leaders and campsite staff. This includes following the schedule, attending all sessions, and participating in all activities. If at anytime I am unable to mentally or physically participate, arrangements will be made for a parent to pick me up.
2. I understand that Participation in student ministry camps and retreats allows me the opportunity to get away from daily distractions and focus on my relationship with Christ. Cell phones and other technology are a huge distraction and are therefore prohibited and will be immediately confiscated if brought.
3. I understand that my clothing should not be distracting and should reflect modesty at all times. Form-fitting, extremely short bottoms, low cut tops, sheer clothing, or clothes with inappropriate messages will not be permitted to be worn.
4. I understand that I am not to engage in inappropriate conversations or use profane or otherwise disrespectful language.
5. I understand that I am expected to remain with my assigned small group and small group leader at all times. If I need to return to the cabin for any reason or stop by the nurses station, an adult escort and student of the same gender will accompany me. Furthermore, I understand that no one is permitted to leave the cabin after lights out unless it is a medical emergency.
6. I understand that bullying, rough-housing, fighting, pranks, practical jokes, wrestling, or sneaking out will not be tolerated and will result in my immediate removal from the event.
7. I understand that I am never permitted to be alone with anyone of the opposite gender. If I need to talk to someone or be escorted to medical or my cabin, I should always check with my small group leader first. Public displays of affection are not permitted.
8. I understand that drugs, alcohol, and any other type of controlled substance are strictly prohibited. Any student found in violation will be immediately removed from the event.
9. I understand that I will not be allowed to leave the event for any reason without prior approval from a parent or guardian, In the event that I leave the campsite, I must do so during the times indicated on my time away card.
10. I understand that outside food, snacks, and drinks will not be allowed in the cabins. Breakfast, lunch, dinner and snacks will be provided daily. In addition, there will be an opportunity to purchase snacks throughout the weekend.

STUDENT SIGNATURE: _____

DATE: _____

PARENT SIGNATURE: _____

DATE: _____

MEDICATION

- **All medications (prescription and non-prescription) must be brought in their original container. Do not pre-dispense, place in a daily pill holder, or request administration outside of the doctor's original orders.**
- **Do not pack any medication in your student's luggage. All medications must be turned in to the medical team during check-in.**
- **Medications will be dispensed during breakfast, lunch, dinner and before bedtime unless otherwise directed.**
- **All non-prescription medications, including over-the-counter medications, vitamins and supplements must be in original manufacturer's container labeled with the dosage instructions, expiration date and students name.**
- **At least one registered nurse will be on-site at all times. If any serious accident or illness occurs at camp, we will administer medical care and contact parents immediately. If parents are not available, we will call the emergency contacts listed on the registration form and the medical form.**
- **If necessary, students will be taken to a nearby hospital for further treatment. In the case of all minor and major accidents or illnesses, parents will be informed by phone.**

MEDICATION CHECK-IN

1. **Fill out medication administration form.**
2. **place form and medication in a clear zip lock bag. with students name clearly labeled.**
3. **turn in medication to medical team during student check in on Friday, March 13th.**

MEDICINE ADMINISTRATION FORM

Full Name: _____ Gender: Male Female

DOB: ___/___/___ Grade: 6th 7th 8th 9th 10th 11th 12th

ALLERGIES

Are you allergic to or do you have any adverse reaction to any of the following?

YES	NO	ALLERGY OR REACTION	EXPLANATION
		Food:	
		Insect Bite/Sting:	
		Plants:	
		Medication:	

MEDICATIONS

List all medications currently used, including any over-the-counter medications.

MEDICATION	DOSE	FREQUENCY	REASON

Non-prescription medication administration is authorized with these exceptions: _____

Bring enough medications in sufficient quantities and in the original containers. Make sure that they are NOT expired, including inhalers and EpiPens.