

What: Effusion is a spring break High School Retreat for 9th - 12th grade students looking to break free from the everyday hectic life of Plano. Effusion means "an unrestrained outpouring in speech or words" or "the act or process of being poured out." We hope this retreat will be a time where students can pour themselves out physically, spiritual, and relationally through challenges. We will be hiking, repeling, rock climbing, and camping. We will be camping in **TENTS** provided by our partner Compass Wilderness. For more information about Compass Wilderness visit their web site at compasswilderness.com. Compass Wilderness provides daily devotions to go along with each days activities that are discussed at the end other the day.

If you have never been camping do not fear because the expertise provided by Compass Wilderness and community with friends and leaders will make the trip safe and fun.

Cost: \$140 plus any extra cash for pit stops on the road and to buy extra shirts from Compass Wilderness (\$10)

When: We will be leaving after church on Sunday March 14th at 1:00pm and arriving back at the church on Tuesday March 16th at 6:00pm.

Where: Wichita National Wildlife Refuge near Lawton, OK

What to bring:

- Flash light/head lamp
- Sleeping bag
- Pillow
- Small mat for sleeping on (we will not have room for large air mattresses. FYI foam is better because it hold in heat while air mattresses let heat pass through so you will be warmest at night with a small foam mat)
- Light clothing for activities and warm clothing (it will be cold at night) plan on dressing in layers
- Sun glasses and/or a hat
- Toiletries (they have real bathrooms with showers!!)
- Fishing pole and tackle
- Sun screen
- Football, hacky sack, soccer ball, and/or Frisbee (for free time)
- Guitar and other instruments (let Dave or Zach know before hand if you plan on bringing an instrument).

Bring a friend: this is the perfect opportunity to bring someone new.

If you have any other questions about the trip or what to bring feel free to ask Dave or Zach at delliott@legacychurch.org or zconrad@legacychurch.org. Zach has been camping with Compass Wilderness twice and has a pretty good feel on what and what not to bring, so please do not hesitate to ask questions.

Effusion

I understand that in the event medical intervention is needed, every attempt will be made to contact the persons listed on this form. In the event I cannot be reached in an emergency, I hereby give permission to the physician or dentist selected by the activity leader to secure medical treatment and/or to order an injection, anesthesia, or surgery for my child as deemed medically necessary.

I understand that my health insurance coverage for my child will provide primary coverage in the event medical treatment or intervention is needed.

I agree to allow the identified student to participate in the activity identified above and understand all reasonable safety precautions will be taken at all times by LegacyChurch and its agents. I understand the possibility of unforeseen hazards and know the inherent possibility of risk. I agree not to hold LegacyChurch, its leaders, employees, and volunteer staff liable for any damages, losses, diseases, or injuries incurred as a result of the student's participation in this activity.

PARENT/GUARDIAN SIGNATURE _____

DATE _____



PARTICIPANT AGREEMENT, RELEASE AND ASSUMPTION OF RISK

In consideration of the services of Compass Wilderness, their agents, owners, officers, volunteers, participants, employees, and all other persons or entities acting in any capacity on their behalf (hereinafter collectively referred to as "CW"), I hereby agree to release, indemnify, and discharge CW, on behalf of myself, my spouse, my children, my parents, my heirs, assigns, personal representatives and estate as follows:

- 1. I acknowledge that rock climbing, rappelling, camping, hiking and backpacking entails known and unanticipated risks that could result in physical or emotional injury, paralysis, death, or damage to myself, to property, or to third parties. I understand that such risks simply cannot be eliminated without jeopardizing the essential qualities of the activity.

The risks include, among other things: the hazards of walking on uneven terrain and slips and falls; being struck by rock fall or other objects dislodged or thrown from above; the use of climbing ropes and equipment; the forces of nature, including lightning and rapid weather changes; the risk of falling off the rock; the risk of exposure to insect bites; the risk of cold including hypothermia; my own physical condition, and the physical exertion associated with this activity.

Furthermore, CW employees have difficult jobs to perform. They seek safety, but they are not infallible. They might be unaware of a participant's fitness or abilities. They might misjudge the weather or other environmental conditions. They may give incomplete warnings or instructions, and the equipment being used might malfunction.

- 2. I expressly agree and promise to accept and assume all of the risks existing in this activity. My participation in this activity is purely voluntary, and I elect to participate in spite of the risks.
- 3. I hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless CW from any and all claims, demands, or causes of action, which are in any way connected with my participation in this activity or my use of CW's equipment or facilities, **including any such claims which allege negligent acts or omissions of CW.**
- 4. Should CW or anyone acting on their behalf, be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and hold them harmless for all such fees and costs.
- 5. I certify that I have adequate insurance to cover any injury or damage I may cause or suffer while participating, or else I agree to bear the costs of such injury or damage myself. I further certify that I am willing to assume the risk of any medical or physical condition I may have.
- 6. In the event that I file a lawsuit against CW, I agree to do so solely in the state of Texas, and I further agree that the substantive law of Texas shall apply in that action without regard to the conflict of the law rules of that state. I agree that if any portion of this agreement is found to be void or unenforceable, the remaining document shall remain in full force and effect.

By signing this document, I acknowledge that if anyone is hurt or property is damaged during my participation in this activity, I may be found by a court of law to have waived my right to maintain a lawsuit against CW on the basis of any claim from which I have released them herein.

I have had sufficient opportunity to read this entire document. I have read and understood it, and I agree to be bound by its terms.

Signature of Participant _____ Print Name _____

Address _____

Phone _____ Date _____

**PARENT'S OR GUARDIAN'S ADDITIONAL INDEMNIFICATION
(Must be completed for participants under the age of 18)**

In consideration of _____ (print minor's name) ("Minor") being permitted by CW to participate in its activities and to use its equipment and facilities, I further agree to indemnify and hold harmless CW from any and all claims which are brought by, or on behalf of Minor, and which are in any way connected with such use or participation by Minor.

Parent of Guardian: _____ Print Name: _____ Date: _____