

# Stampede 2022

Final Retreat Details | February 4-6, 2022

Hey STAMPEDERS!!!

We are so excited for our upcoming weekend together! It is so great to take a few days away to really focus in on our relationship with God and others. We have an exciting weekend planned, and I am sure you all will love it. We are looking forward to a great Winter Retreat with all of you! Please take note of the following details so you're ready to go on Feb 4.

## Covenant Harbor Consent Forms

1. Polar Bear Dip Consent Form – fill out if your son/daughter will be participating
2. Covenant Harbor Waiver – fill out for all students
3. Email completed forms to Julie Johnson at [jjohnson@christchurch.us](mailto:jjohnson@christchurch.us)

## Text Alerts

This year we will be using our “remind” Text alert system to keep you in the loop! That way we can let you know when the students arrive at camp, accurate timing for the return trip, and any other important info that you need to know! We'll also keep you posted on what we're doing, and even send a few pictures this way! To join our stampede 2020 group follow the below instructions

1. Compose a message to the number 81010
2. In the message box type “@cowtexts” without the quotation marks
3. Click Send

## Important Details

- Please Arrive at Christ Church's Oak Brook Campus at 6:00pm Friday January 31<sup>st</sup>
- Check in with our COW team in the Commons
- Eat Dinner Prior to your arrival.
- Mark all pieces of luggage clearly (attach sleeping bag and pillow to main bag if possible)
- If you have medication please bring in separately in a clearly marked zip lock bag (to be turned in to our camp nurse) If you are checking in medication please arrive by 5:45
- Please leave all phones behind – Leaders will have phones in case of emergency, or homesickness 😊
- Be praying for an incredible life changing weekend!
- The Busses will return to Christ Church between 2:00-2:30pm Sunday (updates will allow us a more exact time frame)

## What not to Bring

- No Cell Phones (Cell phones might sound like a good idea, but quickly become a distraction, also texting home typically amplifies any sort of home-sickness.)
- No handheld video games or other electronics
- Nothing that could be construed as a weapon
- No medication that has not been checked in to our camp nurse
- No hockey gear / Ice Skates (Unfortunately the busses have limited space, but gear is available at Camp)
- No musical instruments (Space limitations)
- No valuables

## What to Bring

- Bible (If you need one, chat with Steve!)
- Snow Jacket (**DAYTIME TEMPS ARE USUALLY AROUND 30 DEGREES**)
- Gloves
- Winter Hat
- Warm Socks
- Long Underwear (optional)
- Snow Pants (optional)
- Snow Boots or Sturdy Sneakers
- 2-3 Pairs of Pants
- 2-3 Long Sleeve Shirts
- 3 pairs of Underwear
- 3 pairs of Socks
- Pajamas
- Tooth Brush/Paste, Deodorant, other toiletries
- Pillow
- Sleeping Bag
- Towel
- A modest Swimsuit (Only if you are planning on doing the polar bear plunge)
- Extra Pair of Junk Shoes (Only if you are planning on doing the polar bear plunge)
- \$15 – 25 for the Snack Shop (Candy/Soda) – Students will be responsible for their money
- Small Flashlight (optional)
- Disposable Camera (optional)

## Contact Info

Steve Noble: 619.244.2638 (Cell); [snoble@ChristChurch.us](mailto:snoble@ChristChurch.us)

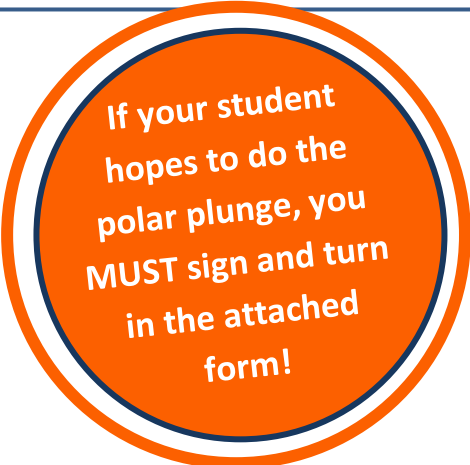
Julie Johnson: [jjohnson@christchurch.us](mailto:jjohnson@christchurch.us)

COVENANT HARBOR BIBLE CAMP:

1724 W Main St, Lake Geneva WI 53147 : 262-248-3600  
(CAMP PHONE)

Thanks for reading! We are so excited for an incredible weekend!!!

- Your COW Friends : )



If your student  
hopes to do the  
polar plunge, you  
**MUST** sign and turn  
in the attached  
form!



# Waiver Form

## Participant Information (print clearly)

Participant Name \_\_\_\_\_ Group Name \_\_\_\_\_

Full Address (city, state, zip) \_\_\_\_\_

Phone \_\_\_\_\_ Age, if under 18 \_\_\_\_\_

Any limitations to participation? (physical, medical, behavioral)

Any Allergies? (food, drug, environmental) \_\_\_\_\_

If food allergies:  Mild / preference / guest can self-manage  Moderate / guest can self-mange  Serious / life threatening

Other participation concerns? \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Relationship \_\_\_\_\_ Phone \_\_\_\_\_

Wisconsin statute ATCP 78.20 requires camps obtain name and home address of every participant including emergency contact information.

**PLEASE READ CAREFULLY. THIS DOCUMENT AFFECTS YOUR LEGAL RIGHTS AND IS LEGALLY BINDING. BY SIGNING THIS AGREEMENT YOU ARE RELEASING COVENANT HARBOR BIBLE CAMP AND RETREAT CENTER (“COVENANT HARBOR”) FROM ALL LIABILITY AND FOREVER GIVING UP ANY CLAIMS THEREFORE.**

### Assumption of Risk

I, the above named participant (or in my legal capacity as the parent/guardian of named (“Minor”) participant) acknowledge and agree the participant that any use of Covenant Harbor’s facilities, services, equipment and premises (“Facilities”) and any participation in Covenant Harbor’s programs and activities, on or off site (“Programs”) comes with inherent risks including, but in no way limited to: (1) moderate and severe personal injury, (2) property damage, (3) disability, (4) death, and (5) sickness or disease. I, for myself or Minor voluntarily accept and assume full responsibility for these risks as well as any and all other risks of the use of Facilities and participation in Programs. I agree that I have full knowledge of the nature and extent of all such risks and am not relying on all such risks being described in this document.

### Waiver, Release, Indemnification & Covenant Not to Sue

In consideration of the use of Facilities and participation in Programs I, the above named participant (or in my legal capacity as the parent/guardian of Minor), agree that Covenant Harbor, it’s officers, directors, agents, employees, volunteers, insurers and representatives (“Releasees”) will not be liable for any personal injury, property damage, disability, death, sickness or disease incurred by myself, my family members, dependents, or guests, including minors, however occurring including, but not limited to the negligence of Releasees. I understand that I will be solely responsible for any loss or damage, including personal injury, property damage, disability, death, sickness or disease sustained from the use of Facilities and participation in Programs.

I further agree the above named participant (or in my legal capacity as the parent/guardian of Minor), on behalf of myself and any and all legal successors and proxies, to release and **HEREBY DO RELEASE, WAIVE AND COVENANT NOT TO SUE** Releasees from any causes of action, claims, suits, liabilities or demands of any nature whatsoever including, but in no way limited to, claims of negligence, which myself or Minor, and any and all legal successors and proxies may have, now or in the future, against Releasees on account of personal injury, property damage, disability, death, sickness, diseases or accident of any kind, arising out of or in any way related to the use of Facilities or participation in Programs, whether that participation is supervised or unsupervised, however the injury or damage occurs, including, but not limited to the negligence of Releasees.

In further consideration of the use of Facilities and participation in Programs, I the above named participant (or in my legal capacity as the parent/guardian of Minor) agree to **INDEMNIFY AND HOLD HARMLESS** Releasees from any and all causes of action, claims, demands, losses, suits, liabilities or costs of any nature whatsoever, including claims of negligence, arising out of or in any way related to the use of Facilities and participation in Programs by myself, my family members, dependents or guests, including any minors.

Further, I do consent to any and all medical treatment that may be deemed necessary for the above named participant should he/she require such assistance. I agree that my insurance plan is the primary plan to pay for the medical, dental or hospital care or treatment that is given to the Participant. I agree to allow Covenant Harbor to transport Participant as needed and to use a photocopy of this form as my authorization when necessary. Covenant Harbor may use the Participant’s photo, films, digital images, videotapes and sound recordings in future promotional materials. I have read and voluntarily agree to the statements herein.

Participant Signature /Legal Guardian (if minor): \_\_\_\_\_

Printed Name: \_\_\_\_\_ Date: \_\_\_\_\_

**REQUIRED FOR  
POLAR BEAR DIP  
PARTICIPANTS ONLY**



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## **Acknowledgement of Risk, Assumption of Responsibility & Medical Information**

Covenant Harbor Bible Camp and Retreat Center offers a variety of activities that include some risk. Those that participate in activities at Covenant Harbor do so by their own choice, so the risk of injury must be assumed by the individual. With the activity of the “Polar Bear Dip”, participants dunk themselves into the water in a hole cut in the ice on the lake. Participants subject themselves to extreme cold temperatures during this activity. The hole in the ice is approximately 4 feet by 4 feet located in shallow water approximately 3 to 4 feet deep so that participants can stand as needed, or briefly dunk themselves underwater as desired. The ice is a minimum of seven inches thick. The activity is supervised by Covenant Harbor-provided lifeguards.

Participants must wear shoes at all times. Participants must bring dry and warm clothes and a towel to the site so that the participant may warm themselves as quickly as possible after dipping in the ice water.

Covenant Harbor will take reasonable precautions to mitigate risk of injury, including providing safety instructions prior to the activity. This activity is physically demanding. Participants must be able to follow safety instructions provided by Covenant Harbor staff and lifeguards. Participants must be physically able to jump into, and climb out of the hole in the ice as described above. The Polar Bear Dip can be strenuous and is of a different nature than some participants are used to.

We do not want you to engage in activities that would be detrimental to your health or which might be opposed by your physician because of illness, injury, medical condition, pregnancy, medications, or surgery. Covenant Harbor strongly urges participants to consult with their doctor prior to participating in the Polar Bear Dip to ensure that the individual is able to participate safely. Participants of the Polar Bear Dip must have their own health insurance coverage. We ask you for the following information so we can be aware of potential problems to better help you safely enjoy your experience.

I understand that aspects of the *Polar Bear Dip* are physically demanding and failure to follow instructions may result in injury or even death. I affirm that the above medical information is true; that my health is good, and that there is no known limitation that should restrict my participation. I also affirm that I am not under a physician’s care for any undisclosed condition that bears upon my fitness to participate in the Polar Bear Dip. I understand that I will be participating in activities outside in extreme environmental conditions, which may include sun, rain, wind, and snow and in a range of temperatures. I understand that there are inherent risks in the Polar Bear Dip activity and I agree to follow the directions and safety rules of leaders and cooperate with them.

Participant’s Signature \_\_\_\_\_ Date \_\_\_\_\_

Participant’s Name (please print) \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

**Covenant Harbor Bible Camp**, 1724 W. Main, Lake Geneva, Wisconsin 53147  
262-248-3600 [www.covenantharbor.org](http://www.covenantharbor.org)