



**GIRLS' GETAWAY
PARENT
INFORMATION
PACKET**

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DEAR MOMS,

We are so excited to have you and your daughter(s) joining us for Girls' Getaway at Trout! We anticipate that God will move in tremendous ways during this coming weekend. Designed to be more than just a weekend full of fun & excitement, Girls' Getaway is designed to provide two things:

1. Shared camp experiences that deepens family bonds.
2. Shared camp experiences that deepens the faith of women in Jesus Christ.

This packet contains all of the information and documentation that you will need prior to arriving at Trout. Please give it a thorough read-through. Your success is our success. If you need something, have a question, we would love to hear from you. It is our joy to serve you in this process. We will take care of the details so that you can focus on spending time with your daughter

It is our hope that this weekend is a chance for you and your girl(s) to get away from the normal everyday routine-to connect through shared activities, worship times, devotions, and chapel times. We hope to create memories at Trout that will last a lifetime.

As a Mom, you can think of your role in this weekend to fall into these basic categories:

SPIRITUAL

- Pray that God would show up in a powerful way in you and your daughter's life at this retreat.
- Be a model of Christian character (your daughter(s) do what you do, say what you say, love how you love).
- Be sensitive to the spiritual needs of your daughter(s).
- Come prepared to pray with and for your daughter(s).
- Be ready to respond with the Gospel as the Spirit moves following Chapel times and in conversations that take place throughout the weekend.
- Be open to whatever change God would do in your own life.

RELATIONAL

- Make the first move in initiating conversations with your daughter(s).
- Learn to listen. Teach *how to listen* by your example.
- Follow Trout's rules and enforce them gently but firmly with your daughter(s).

GENERAL

- Be prepared for check-in when you arrive! Refer to the **Friday Night Checklist (p. 7)** to make sure you are ready and don't have to spend the first part of your weekend filling out and signing forms

Know that we are praying for you and your daughters(s) as the weekend of Girls' Getaway approaches!

UPDATING REGISTRATION NUMBERS & PAYMENTS

Please read through this page carefully-following the instructions given will help you avoid any unnecessary non-refundable deposits.

All registration is electronic via our website- troutlakecamps.org.

Simply click the orange Register/Login rectangle in the upper right-hand corner of the home page. You will be prompted to create a login on our website or login with an existing account. If you are having trouble accessing or registering an account with us, give our main office a call, 218-543-4565.

Registration opens on October 30 @ 9:00 AM

Retreats can fill up quickly and without warning. Our typically retreat size ranges from 80-400 depending on the season and the retreat. We recommend registering you and your family as soon as possible to solidify your space at the retreat

In order to secure your spot, payment is due when you register.

Prior to finalizing your online registration, you will be prompted to pay via credit card number. If payment is not received, your registration spots will not be secured until payment is received. Your credit card will be charged the moment you finalize online registration.

Cost, Refund Amounts and Deadlines

Cost is \$115 per adult and \$85 per child. 50% of registration cost is refundable up until 7 days business days before the retreat. 100% of the registration fee per person is nonrefundable within 7 business days of the retreat. Refunds are issued in the same format payment that was made at registration (i.e. check for a check, credit card refund for credit card). To request a refund, contact our office during business hours at 218.543.4565

COVID-19 SAFETY STANDARDS FOR RETREATS

Our most up to date COVID-19 mitigation protocols can be found on our website here:

<https://troutlakecamps.org/about/faqs>

To prevent “surprise” changes, we will update these standards as needed freezing the most recent standards once we are within 7 days of the event.

These guidelines are forged from guidance from the Center for Disease Control and Minnesota Department of Health.

UPON ARRIVAL TO TROUT

- We will ask you to provide a specific health form and questionnaire in a PDF form on behalf of your family.
- Please monitor health prior to leaving for Trout.
- Anyone who is ill with symptoms consistent with COVID-19 during the 72-hours prior to arrival will need to contact our director to determine if you are still able to come.

In some cases, campers, leaders, and their luggage may be moved to housing using Trout’s “open-air” wagons (we will move people and their luggage by cabin). Some housing may be in walking distance from where you park so those people will carry luggage to their housing.

Girls' Getaway

Tentative Schedule 2022



FRIDAY EVENING

- 7:00 – 8:30 Check-In – (Follow Road Signs Upon Arriving Onsite)
- 7:00 – 9:00 Snack
- 9:15 Orientation & SESSION 1 – (Worship & Speaker)**
- 10:15 Head to Cabins
- 10:45 Lights Out

SATURDAY

- 8:00-8:30 Breakfast
- 8:45 – 9:15 Mother/Daughter Devotional
- 9:30-10:30 **Session 2 – Chapel (Worship & Speaker)**
- 10:45 – 12:00 Mother Daughter Activities I (Various Locations)
- 12:30 Lunch
- 1:00-4:45 Mother Daughter Activities II (Various Locations)
- 5:00 – 5:30 Dinner
- 6:15 Session 3 – Chapel (Worship & Speaker)**
- 7:30-8:30 CAMP WIDE GAME
- 8:30 – 9:00 Snack
- 9:00-10:30 Mother Daughter Activities III (Various Locations)
- 10:45 Head to Cabins
- 11:00 Lights Out

SUNDAY

- 8:00 Breakfast
- 8:45 Chapel Session 4
- 9:45 Pack Up / Clean Up Your Cabins
- 11:30 Lunch
- 12:15 End of Retreat... See You This Summer!

Saturday Afternoon Activity Options

(Activities Subject to Change based on Retreat Size and Weather)

Archery
BB Gun Range
Floor Hockey
Slingshot Range
Riflery
Climbing Wall
Laser Tag
Camp Store
Soda Fountain
Crafts
Black Light Dodgeball
High Ropes Course
Color War!
And More!

TROUT LAKE CAMPS CONTACT INFO

Phone Number: (218)-543-4565

Fax Number: (218)-543-7550

Email: registration@TroutCamps.org

GIRLS' GETAWAY

FRIDAY NIGHT CHECKLIST!

This checklist gives all the forms that need to be filled out and ready to turn in when you check in on Friday night.

All of the necessary forms can be found in the following pages of this toolkit.

☐

CHILDREN & ADULT MEDICAL & LIABILITY INFORMATION & RELEASE FORMS

Needs to be filled out with every attendee's name (kids and parent)

☐

COVID-19 QUESTIONNAIRE & WAIVER FORMS

Needs to be filled out individually by every attendee name (kids and parent)

☐

PAYMENT

Via Credit Card when you registered via our website or via mailed in check.



MEDICAL & LIABILITY RELEASE / CHILDREN

With the increasing sophistication of our hospital systems, we have found it necessary to have a signed parental release form in the unlikely event of a serious injury requiring hospital treatment for your child. This release gives us permission to take your child to the nearest available medical facility and have the necessary medical treatment administered. Many hospitals will not administer any medical attention to a minor without parental consent. Would you please read and sign the statement below.

We understand the arrangements and believe that the necessary precautions and plans for the care and supervision of the child will be taken during this conference. In case of emergency I understand that every effort will be made to contact me. If I cannot be reached, I hereby give Trout Lake Camps, our church leadership, or other emergency medical personnel the permission to act on my behalf in seeking emergency medical treatment for my child in the event that camp or church staff deems such treatment necessary. I give permission to those administering emergency medical treatment to do so using those measures deemed necessary.

I also absolve Converge North Central and Trout Lake Camps and/or church personnel from liability in acting on my behalf in this regard so long as they are not grossly negligent.

Name of Child(ren) Attending: _____ / _____ / _____
_____ / _____ / _____

Address: _____
City/State/Zip: _____

Print Parent/Guardian Name(s): _____
Work Phone: _____
Home Phone: _____
Insurance Company: _____
Policy Number: _____

If attending parent / guardian becomes incapacitated, please call person below:

Name: _____
Relationship to Parent: _____
Phone #1: _____
Phone #2: _____

Signature of Parent / Guardian: _____

Date: _____



MEDICAL & LIABILITY RELEASE / ADULT

With the increasing sophistication of our hospital systems, we have found it necessary to have a signed medical release form in the unlikely event of a serious injury requiring hospital treatment where you are not able to give consent. This release gives us permission to take you to the nearest available medical facility and have the necessary medical treatment administered.

I understand and certify that my participation in Trout Lake Camps retreat, event, conference, or camp is completely voluntary and I have familiarized myself with camp's program and activities in which I will be participating in. I recognize that certain hazards and dangers are inherent in the Trout programs and particularly, but not limited to activities in the snow, water, football, dodgeball, paintball, floor hockey, high ropes course, climbing wall, crate stacking, and skate park. I acknowledge that although Trout has taken safety measures to minimize risk, Trout cannot guarantee that the participants, equipment, premises and/or activities will be free of hazards, accidents and/or injuries. I further recognize the importance of knowing and abiding by Trout rules, regulations, and procedures for the safety of camp participants.

I hereby give Trout Lake Camps, our church leadership, or other emergency medical personnel the permission to act on my behalf in seeking emergency medical treatment for my child in the event that camp or church staff deems such treatment necessary. I give permission to those administering emergency medical treatment to do so using those measures deemed necessary.

I also absolve Converge North Central and Trout Lake Camps and/or its staff personnel from liability in acting on my behalf in this regard so long as they are not grossly negligent.

My Name _____

Address: _____

City/State/Zip: _____

Work Phone: _____

Home Phone: _____

Insurance Company: _____

Policy Number: _____

Signature of Adult: _____

Date: _____



Camper COVID-19 Questionnaire and Waiver

For:

Camper's Name

Camp Start Date (mm/dd/yyyy)

People with a new onset or worsening cough, shortness of breath or difficulty breathing may have COVID-19. You may also be infected if you have at least two of these symptoms: Fever, chills, repeated shaking with chills, muscle pain, headache, sore throat, new loss of taste or smell.

Symptoms in the past 14 days - Check any that apply to your camper

- ☐ Fever (above 100.4 F)
- ☐ New onset or worsening cough
- ☐ Shortness of breath
- ☐ Chills
- ☐ Muscle Pain
- ☐ New loss of taste or smell
- ☐ Gastrointestinal symptoms of diarrhea or vomiting or nausea

My child has been symptom free for the past 14 days

- ☐ Yes
- ☐ No

Pre-existing illnesses - Check any that apply to your camper

- ☐ Cardiovascular Disease
- ☐ Diabetes
- ☐ Respiratory Disease (including Asthma)
- ☐ Immunocompromised

I understand that having a pre-existing illness increases the implied risk of COVID-19.

- ☐ Yes
- ☐ No

Contact history - Check any that apply to your camper within the last 14 days

- ☐ My child has been diagnosed with COVID-19
- ☐ My child has been in close contact with someone exposed to or infected with COVID-19 in the last 14 days
- ☐ My child has a household member currently under watch for COVID-19 exposure

Any campers who are ill with symptoms consistent with COVID-19 during the 72-hours prior to arrival will need to contact our office staff to reschedule your camp week. Any camper that arrives with symptoms consistent with COVID-19 will need to return home. Parents/Guardians will be asked to communicate any changes with their camper's health between completing the form and their arrival at registration.

Camper COVID-19 Questionnaire and Waiver (continued)

For:

The health and safety of our campers is our priority. In light of the COVID-19 pandemic, we think it is important that you understand our efforts to manage your campers health and safety so that you can make an informed choice. We are focused on taking all reasonable measures to prevent the spread of COVID-19 in our camps. We have strengthened our standard cleaning procedures, while adding increased frequency measures for things such as wiping down common touch points, dining hall areas, and activity equipment. Additionally, we have taken measures to monitor and address symptomatic campers by introducing this pre-camp health screener, daily health checks, and protocols to isolate, confirm, respond, and remove any camper or staff with suspected COVID-19. You can view more measures we're taking by visiting troutlakecamps.org/covid-19.

This situation continues to change daily, and as such, we will adapt and adjust our protocols and procedures as we follow the guidance provided by the MDH and local health departments.

Ultimately, the choice for your child to attend summer camp at Trout is a personal one, and you are in control. If you are uncomfortable with the risks of COVID-19 in a summer camp setting or having your child interact with our staff and other campers, we have several options available to you, including a refund or moving your child's registration fees to Summer 2021.

By signing this form, I consent to the above disclosure for summer 2020

Signature _____ Date _____

IMPORTANT REMINDERS

FILL OUT AND SIGN TROUT FORMS

We must have a Medical & Liability Release Form & COVID-Questionnaire Form for each person attending in your family (kids and adults).

Anyone over 18 must complete an Adult Leader Medical and Liability Release Form.

Anyone under 18 must complete a Camper Medical and Liability Release Form and must be signed by a parent or legal guardian.

FOOD ALLERGIES

If anyone in your group family has an allergy that limits what they can eat, they can get in touch with our Food Service Director, Rick Lockhart, to work out suitable meals or to arrange if bringing their own prepared food. Group leaders and parents are allowed can contact him at rlockhart@TroutCamps.org by phone at 218-543-7530.

Trout's canteen and snack areas have foods containing peanuts and tree nuts. We also cannot control what people bring with them to camp in weigh of personal snacks.

GIRLS' GETAWAY PACKING LIST



What to Bring:

- Bible
- Notebook
- Pen or Pencils
- Masks
- Bedding – pillow, blankets or sleeping bag, sheets (twin size)
- Toiletries, towel, pajamas, etc.
- Gym Shoes (For indoor activities)
- Closed-toe shoes (required for certain camp activities)
- Outdoor Spring Clothing for rain, warmth, etc.
- Casual clothing (It's a jeans and hoodie kind of weekend)
- Some activities will be outside, so bring warm clothing (and an extra set "just in case")
- Cash to purchase extra treats and camp souvenirs
- Completed Medical and Liability Release Form (One for the parent, one per child)

What to Expect:

- To be challenged to grow in your relationship with Christ!
- To meet new friends and grow closer as a parent with your children
- To have lots of fun
- Connect with God through meaningful worship times
- To grow closer as a family in your relationship with Jesus.
- To be exhausted at the end from a full, fun, and meaningful weekend
- Minimal Internet, Trout's internet bandwidth is only large enough to support the needs of the camp.
- Most major cell carriers have good LTE reception at Trout except for Sprint.

Items to Leave at Home:

- Expensive electronics that can get damaged or stolen (laptops, tablets, phones)
 - Tobacco products, alcohol products, illegal drugs, vaping products, fireworks, weapons, guns, etc.
 - Pets
 - Bad attitudes
 - Personal climbing gear
- *Our staff are only trained to manage our activity gear, not yours.