

Urban Plunge Schedule

Friday

7:00 p.m.	Group arrival at Bethany Lutheran Church
7:15 p.m.	Introductions
7:30 p.m.	Reflective Activity #1: Diversity Exercises
8:45 p.m.	Break with Evening Snack
9:00 p.m.	Tour of Bethany Lutheran Church
9:15 p.m.	"Personal Narrative" Activity
9:45 p.m.	Reflection and Goals for Tomorrow
10:30 p.m.	Sleep! (board games, gym time, movies, DVDs)

**Remember to dress for outdoors Saturday, which involves walking and on/off light rail.*

Saturday

8:00 a.m.	Light breakfast at Bethany
8:30 a.m.	Walk to Augsburg University & Mini-Tour of Campus
9:00 a.m.	Reflective Activity #2: Cycle of Exclusion
9:30 a.m.	Reflective Activity #3: "Sermon on the Mount"
10:30 a.m.	"Word on the Street" Orientation
11:00 a.m.	Pizza Lunch
11:30 a.m.	Depart for "Word on the Street" Experience
3:30 p.m.	Return to Campus & Debrief the "Word on the Street" Experience
4:00 p.m.	Closing
4:30 p.m.	Departure

Urban Plunge covenant

Event Dates: _____

Congregation: _____

Address: _____

Church Phone: _____

Contact Person: _____ Contact Title: _____

Contact Phone: _____ Contact email: _____

Approximate number of participants* (including adults): _____

Age range of youth: _____ (High school, middle school...)

*Cost is \$40/participant payable at time of Urban Plunge or invoiced upon completion.

*Maximum group size = 30, including youth and adults.

*If your group has fewer than 30, another group may join you.

*Please inform Augsburg Campus Ministry at least 5 days in advance of any special dietary needs or physical accommodations for any participant or chaperone.

COVENANT: Augsburg University's Urban Plunge provides an opportunity for Augsburg Student Guides to share their faith in settings both on and off the college campus.

As part of our commitment to your group, we request **AT LEAST ONE (1) ADULT CHAPERONE PER SIX (6) MIDDLE SCHOOL YOUTH/PER EIGHT (8) HIGH SCHOOL YOUTH**

be present during the entire period of Urban Plunge. We also recommend reading "Help Sheets" for Youth Ministry at www.elca.org. "Ensuring Safe Boundaries" is also a helpful resource for overnight events and retreats.

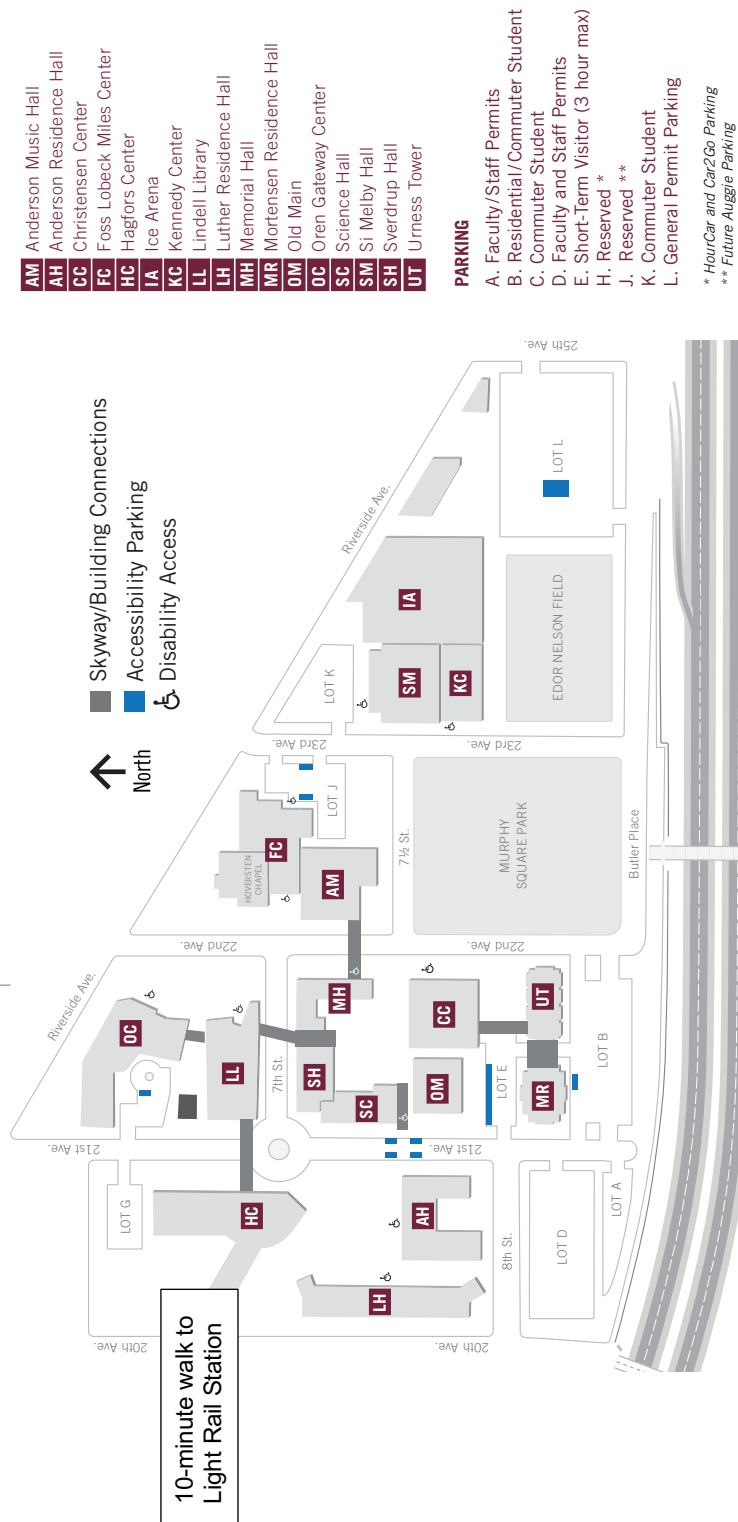
I/WE agree to the above covenant.

Signature (Contact): _____

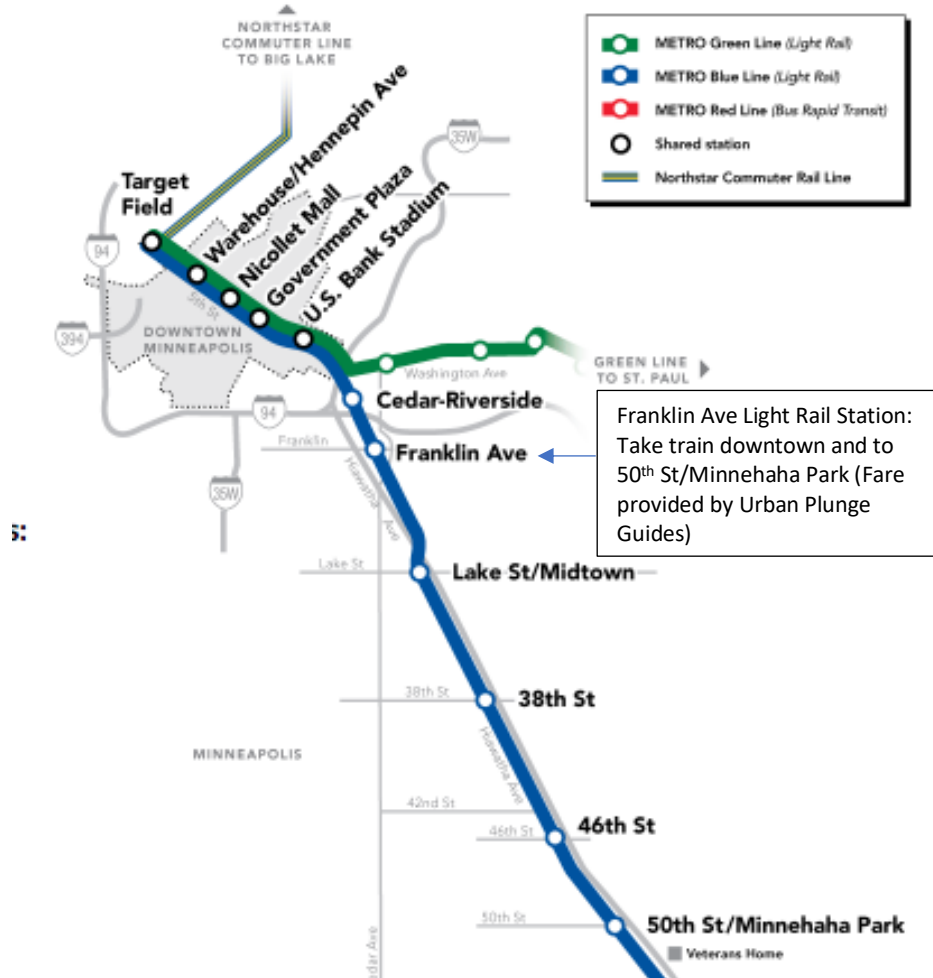
Date: _____

Please return with down payment of \$100 to:

Janice Dames, Admin. Assistant
Augsburg University Campus Ministries
2211 Riverside Avenue, CB120
Minneapolis, MN 55455



Urban Plunge Light Rail Map



Urban Plunge Participant Health History

This form helps the staff of the Augsburg University Urban Plunge program be fully aware of any medical condition you or your child may be experiencing during the program. Please be open and honest with us. All information on this form is confidential and limited to viewing by the Augsburg University Urban Plunge and Campus Ministries staff.

IMPORTANT: IF REGISTRANT IS A MINOR (under 18 years of age): PARENT OR LEGAL GUARDIAN MUST SIGN.

Please Print Clearly

Name: _____ Gender: _____ Birth date: _____
Last First

Responsible Parent/Guardian (if registrant is a minor): _____

Address: _____

City: _____ State: _____ Zip: _____

Phone W: (____) _____ H: (____) _____ C: (____) _____

Emergency Contact: _____ Phone W: (____) _____

Name of Your Physician: _____ Phone: (____) _____

INSURANCE: You are financially responsible for health care given.

****In case of emergency, send copy of insurance card with this document.****

Policy Holder: _____ Policy
Number: _____

HEALTH:

Do you have any special medical/mobility needs the staff needs to be aware of during your time at Urban Plunge?

If yes, please explain your situation and needs:

– CONTINUED ON BACK –

MEDICATIONS: *Note: All medications must be kept secure and are not to be shared with other participants.
Please use additional sheets if more space is necessary.*

Medication Name Medication	Dosage	Time Taken	Reason for

Are there any medications that the student attending Urban Plunge should not be given?

ALLERGIES:

Do you have allergic reactions to foods, medications, or other substances? Yes No
If Yes, please describe:

Does this cause anaphylaxis? Yes No
Describe reaction and what is done to manage it:

FOOD NEEDS/PREFERENCES:

Please let us know of any special dietary needs or preferences:

Any other food/health concerns?

AUTHORIZATION BY PARENT/LEGAL GUARDIAN (NEEDED IF REGISTRANT IS A MINOR):

My child has permission to engage in all activities at the Augsburg University Urban Plunge program. In the event I cannot be reached in an emergency, I hereby give permission to the physician selected by the Augsburg University Urban Plunge program to hospitalize, secure proper treatment for, to order injection, anesthesia or surgery for my child as named on this form. I recognize this form applies to day trips off the Augsburg campus. It is the policy of Augsburg University to contact parents in the event of serious injury or illness.

Parent/Guardian Signature: _____ Date: _____

Parent/Guardian Name (Print): _____

Urban Plunge Participant Release

I _____, willingly participate in the Augsburg University Urban Plunge program.

I acknowledge participation in the Augsburg University Urban Plunge program offers many benefits, but also may involve certain risks and hazards of injury and/or property damage. In the event of an injury and/or property damage incident, I acknowledge that I may experience a delay in contacting Augsburg or the congregation sponsor, or in receiving immediate medical care and assistance if injury occurs.

I further agree to indemnify Augsburg University, its Board of Regents, faculty, staff or volunteers for any and all damage or injury to myself or others that I may cause as a result of my participation in the Augsburg University Urban Plunge sponsored events. I release and waive any liabilities against Augsburg University and its aforementioned agents.

I agree that if I am not behaving in a manner that is consistent with Augsburg's mission or the hosting organization regulations on good conduct, I may be asked to leave the event.

I acknowledge that these activities and events may include but are not limited to activities both on and off Augsburg property, during day and evening hours, requiring transportation by motorized vehicles. Such events and activities may involve the preparing and eating of food, using candles, fire, certain tools, arts and crafts supplies and other materials, some events may involve recreational and/or sports activities such as, but not limited to large group games, hiking, baseball, basketball, volleyball, swimming, and other outdoor activities.

I further acknowledge that I am responsible for my personal health insurance coverage.

Should any of the provisions of this Agreement and Release, or portions thereof, be found to be invalid by any court of competent jurisdiction, the remainder of this Agreement and Release shall nonetheless remain in full force and effect. This Agreement and Release shall be construed under the laws of the State of Minnesota.

I HAVE CAREFULLY READ THIS AGREEMENT AND RELEASE AND FULLY UNDERSTAND ITS CONTENTS. I SIGN IT OF MY OWN FREE WILL.

Participant Signature _____ Date _____

Participant Name (Print) _____

**IMPORTANT: IF REGISTRANT IS A MINOR (under 18 years of age):
PARENT OR LEGAL GUARDIAN MUST SIGN.**

I am the Registrant's parent or legal guardian. I am signing this Agreement and Release on my own behalf and on behalf of the Registrant and his/her heirs and assigns.

I HAVE CAREFULLY READ THIS AGREEMENT AND RELEASE AND FULLY UNDERSTAND ITS CONTENTS. I SIGN IT OF MY OWN FREE WILL.

Parent/Guardian Signature _____ Date _____

Parent/Guardian Name (Print) _____

Urban Plunge Packing List

- ◇ Sleeping bag & pillow (cots are provided)
- ◇ Toothbrush and toothpaste
- ◇ A change of clothes
- ◇ Clothing for the weather (we will be outside for 1-2 hours)
- ◇ Walking shoes
- ◇ Water bottle
- ◇ Snacks for Saturday afternoon (optional)
- ◇ Open mind
- ◇ DVDs/videos of movies appropriate for group to watch in free time
- ◇ Board/card games appropriate for group to play in free time
- ◇ Anything else needed for a one-night stay (medication, special snacks or foods that are needed, etc.)