

30 Hours Across the World Consent Form

Your child would like to participate in FCCO'S 30 Hours Across the World.

Participation means that your child will:

Raise funds by asking for donations to help children and families around the world who suffer as a result of poverty and hunger. We will

Fundraising packets are available from Joel and online fundraising can be accessed through our website www..org.

Miss three main meals by fasting for 30 hours, under the supervision of the FCCO Student Ministries leaders.

Drink only water and juice during those 30 hours. Turn in any funds raised to the a leader.

About Fasting

The average, healthy person is able to go without food for 30 hours without any ill effects. Exceptions include, but are not limited to, the following:

- Children under the age of 12
- Pregnant or nursing women
- People over the age of 65
- People with diabetes, reactive hypoglycemia, an eating disorder, or any combination of biological, psychological, and environmental conditions which could precipitate an eating disorder.

Please note: Because the above medical conditions are not always obvious, if you have any concerns about your child's health while taking part in the 30 Hours Across the World, you are strongly encouraged to consult with your child's physician prior to his or her participation. ***Your signature below implies that you have taken this precaution and are allowing your child's participation with fully informed consent.***

A modified fast is available if you feel your child may not be physically capable of fasting for 30 hours. Please contact Joel if you would like to discuss this option.

I have read this form and give my consent for my child, _____ (*please print name of child*), to participate in the 30 Hours Across the World.

Signature of Parent or Legal Guardian: _____

Date: _____