

To transform underprivileged and minority communities and individuals into informed and vibrant members of society through civic, educational and personal development programmes.

UNITED SIKHS SARB LOH CAMP 2005 August 13–August 18

CAMP DADDY ALLEN, HICKORY RUN, WHITE HAVEN, PA 18661-9712

This document contains the UNITED SIKHS SARB LOH CAMP 2005 Registration form, Parental Consent and Release form and Medical Record form and also provides detailed information regarding the UNITED SIKHS SARB LOH CAMP 2005 being held at the beautiful campsite of Camp Daddy Allen, Hickory Run, White Haven, PA. Please be sure to read the entire document. The arrangements with Camp Daddy Allen mandate that we inform them of the exact number of campers by August 1, 2005. Therefore please submit all forms by July 31st, 2005. Please call any of the following to submit the forms:

Jagjit Singh: 862-221-0832
Jatinder Singh: 704-641-7015
Pawanjeet Singh: 704-258-9565

Email: camps@unitedsikhs.org, contact@unitedsikhs.org

Medical

A two-part health form is enclosed. The Personal Health and Medical Record is to be completed by the parent/guardian and Medical Evaluation portion is to be completed by a physician in its entirety. All inoculations must be current. Refer to the Medical Record form for details. Any medications prescribed for your child and any special instructions concerning the health of your child should be left with the Camp Health Lodge Staff at the time of registration.

Camp Fee

The camp is open to children above the age of 8 and adults. The camp fee is \$100 per camper payable to "UNITED SIKHS". This fee is based on the fees we are required to pay. **The full camp fee along with the complete "Registration Form" and the "Parental Consent and Release Form" must be sent by the July 31st deadline.** Please make sure the forms are filled completely.

Important Note:

- Experienced adults will supervise this camp. So all the boys and girls will be under close supervision of adult volunteers.
- Parents may visit the camp and see the activities at the camp.

What to bring?

Please mark your child's clothing. The following items are a **MUST**:

- ✓ Blue turbans for boys and blue chunis for girls
- ✓ White Kurta /Pajama sets
- ✓ Pillow, pillow-cases & bed sheets
- ✓ 3 woolen blankets or a sleeping bag and one blanket.
- ✓ 1 comforter.
- ✓ Sweater & heavy jacket
- ✓ Towels & toiletry
- ✓ Extra pair of sneakers

Special Note: Musical instruments for individualized training

Other Items:

- ✓ Slacks and jean
- ✓ Ground cloth
- ✓ Bug repellent
- ✓ Flashlight
- ✓ Towel & wash cloth
- ✓ Bathing suits
- ✓ Notebook & pencils
- ✓ Rain coat
- ✓ Handkerchief or tissues
- ✓ Socks & underwear
- ✓ Pyjamas
- ✓ Laundry bag for dirty clothes
- ✓ Two pairs of sturdy shoes

Optional Items:

- ✓ Sketchpad
- ✓ Compass
- ✓ Camera
- ✓ Tennis racket
- ✓ Roller skates

Prohibited Items:

- ✗ Lanterns
- ✗ Candles
- ✗ Firecrackers
- ✗ Radios
- ✗ CD players
- ✗ Song CD's

Be sure to bring enough clothes to last for the duration of the camp.

Meals

Well-balanced and nutritious meals will be served. If your child has any other dietary restrictions please specify so on the Parental Consent Form. **Parents are requested not to bring/send any food articles for/with the campers.**

Program & Activities

This year the camp will cater for participants ranging from children above the age of 8 to young persons, adolescents and adults. There will be a program for the different age groups. Everyone will enjoy a real-life camping experience including sleeping **in well-maintained fully enclosed cabins** as well as numerous outdoor activities. In addition to activities such as regular classes in Sikh history, Gurmukhi, Gurbani Kirtan, Gurdwara maryada, turban tying, Workshops, Special emphasis on the challenges faced by Sikh youths with BANA, Right To Turban, and Guest Lectures.

Check-in time is 8:00am on August 13th, 2005 at the Gurdwara Glen Rock, New Jersey. If you are going to be arriving later than that please let us know in advance so that we can make proper arrangements.

Closing ceremony, award distribution, cultural program, Kirtan-Darbar. Parents are invited to attend and participate in these functions. A Youth Kirtan-Darbar as well as the closing ceremonies, awards distribution will be held on August 21st, at Gurdwara Glen Rock at 4:00 to 5:00pm. Detailed instructions and information will be provided during the camp registration.

We would prefer that you pickup your children on Thursday, August 18, from camp site after the closing ceremony at 1pm. If someone else is coming to pickup your child instead of you – you must inform us in advance – you will need to sign a release form authorizing the designated person for pickup.

Camp Phone Number

Please try not to call the campers unless it is an emergency. The camp number is: (570) 443-0400

UNITED SIKHS SARB LOH CAMP 2005

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DIRECTIONS

The park is within a two or three-hour drive from Harrisburg, Philadelphia, and New York City and one hour from Allentown, Scranton and Wilkes-Barre.

New York/New Jersey Metropolitan Area

From I-80 west, take Exit 274 at the Hickory Run State Park Exit, and drive east on PA 534 for six miles.

Kalamazoo, Michigan

From I-94 E take I-69 S. Take I-80 E and follow same direction as above from exit 274.

From the Northeast Extension of the Pennsylvania Turnpike, take Exit 95 and drive west on PA 940 for three miles then turn east on PA 534 for six miles.

Camp Address



Address: Camp Daddy Allen,
Hickory Run,
White Haven,
PA 18661

Phone: 570-443-0400

Fax: 570-443-0512

E-mail: hickoryrunsp@state.pa.us

UNITED SIKHS SARB LOH CAMP 2005
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PARENTAL CONSENT & RELEASE FORM
FOR THOSE UNDER THE AGE 18

PARENTAL ACKNOWLEDGEMENT, MEDICAL AUTHORIZATION,
INDEMINFICATION/WAIVER OF LIABILITY

Name(s) of children:

Child 1:	Child 2:

Child 3:	Child 4:

The above-mentioned children are attending the UNITED SIKHS SARB LOH CAMP 2005 at Camp Daddy Allen Hickory Run, White Haven, PA with our consent. I am aware that there are inherent risks involved both directly and indirectly in any camping program/activity. The camp administrators are authorized to arrange for emergency care as needed. I am the parent/ legal guardian of the above-mentioned child(ren) and on behalf of the above child(ren), their next of kin, heirs, executors, personal representatives, successors and assigns, do hereby exempt, release, waive, discharge, indemnify and hold harmless for myself, the above child(ren) or any minor in my custody, Camp Daddy Allen Hickory Run, White Haven, PA and the UNITED SIKHS, their volunteers from any and all liability claims or cause of action whatsoever arising out of, or which may result from the above child(ren) attending the UNITED SIKHS SARB LOH CAMP 2005 whether resulting from the negligence of the camp staff, or volunteers.

I acknowledge that the above indemnification and waiver of liability applies to all visitors to the camp as well.

In addition to the foregoing paragraph, in no way shall Camp Daddy Allen, Hickory Run, White Haven, PA or UNITED SIKHS and their volunteers or agents be responsible for any costs or legal fees associated in any way with any claims from the above attending the camp.

I am the parent/legal guardian of the above named child(ren). I have read and agree with all of the above.

Signature of Parent or Legal Guardian

Date

HEALTH INSURANCE INFORMATION

Name of Policy Holder:

Policy Number/Insurance ID Number:

Insurance Carrier/Phone Number:

Family Physician's Name:

Family Physician's Telephone:

Is the child allergic to any medications or foods:

The children listed on the rear of this page are attending the UNITED SIKHS SARB LOH CAMP 2005 at Camp Daddy Allen Hickory Run, White Haven, PA with our consent. The camp administrators are authorized to arrange for emergency care as needed. I hereby exempt, release and hold harmless Camp Daddy Allen and the UNITED SIKHS, their volunteers from any and all liability claims or causes of action whatsoever arising out of, or which may result from the above children attending the UNITED SIKHS SARB LOH CAMP 2005.

Signature of Parent or Legal Guardian

Date

If your child (ren) has asthma, you **must** alert the Health Lodge/Camp designated staff and **must** send along the appropriate medicine. We would not encourage young children with asthma to attend the camp unless they are fully responsible with and trained in the use of their medical equipment