

2010 Teen Journey Summer Camp Registration & Consent Form

Participant & Guardian Information

Last Name: _____ Middle Name: _____ First Name: _____

Date of Birth: _____ Age: _____ Gender: Male Female
Month / Day / Year

School: _____ Grade in the fall 2010: _____ Camper resides with: _____

Address: _____
Apt# Number & Street City Province Postal Code

Phone: (Home) _____ (Camper's Cell) _____ Email: _____

Parent/Guardian: _____ Home _____ Cell/work _____ Email _____

Parent/Guardian: _____ Home _____ Cell/work _____ Email _____

Alt. Emergency Contact: _____ relationship _____ Home #: _____ Cell/work _____

Who will be picking the participant up from camp on Sunday September 5th ? _____

How did you find out about Teen Journey, and why do you want your teen to participate?

For participants: Why do you want to participate in Teen Journey? What would you like to get out of it?

Medical Information

Health card number: _____

Does the participant have any allergies? Yes No If yes, list and include severity: _____

Does the participant currently take any medication? Yes No If yes, please list, including schedule: _____

Are there any other physical, emotional or psychological concerns? Yes No If yes, please include: _____

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Conditions of Participation:

Acknowledgement of risks: I hereby give consent for _____ to take part in Teen Journey, which includes staying in facilities at Camp Jubilee August 30-Sept 5th, 2010 participating in activities such as: a sweat lodge, holotropic breath work, fire walking, swimming, rock climbing, kayaking, horse back riding, as well as various sports and monthly activities during the following year. I (and my parent(s) / guardian) acknowledge that participating in these activities involves risks. I release Teen Journey Organizers, Facilitators, Assistants, Counsellors & Leaders from all liability for any injury, loss or damage connected in any way whatsoever to participation in Teen Journey activities, including transportation. Therefore, I (and my parent(s) / guardian) assume and accept full responsibility for any injury, damage, or other loss suffered by me.

Please fill out the one statement that applies:

1. _____ is fully capable of participating in these activities and does not have any mental or physical limitations that might compromise his/her ability to participate fully.

2. _____ has the following limitation that may affect his/her ability to participate in the following activity:

Medical Treatment & Basic Counselling Guidance: I (and my parent(s) / guardian) give permission for Teen Journey Organizers, Facilitators, Counsellors & Leaders to provide emergency medical treatment and basic counselling guidance for _____, and to authorize admission to a hospital and necessary treatment therein, as he/she may deem essential for the care and well-being of the participant. Such action is only to be taken when immediate contact with the undersigned cannot be made. I understand that Teen Journey does not provide any accident or health insurance for participants. I agree that Teen Journey has no responsibility for costs associated with medical care.

Participant Conduct: I, _____, understand that any use of alcohol or non prescription drugs, and / or disrespectful / discriminatory behaviour towards another at camp is not allowed, and will lead to ineligibility for involvement in Teen Journey activities. I agree to follow all safety instructions and refrain from language and behaviour that is harmful to myself and others.

Property Loss: Teen Journey is not responsible for personal property lost, stolen, or damaged while using Teen Journey facilities, including parking lots, or other locations participating in Teen Journey programs.

Photographic Permission: I give permission for Teen Journey to use, without limitation or obligation, photographs, film footage or tape recordings which may include _____'s image, voice, or artwork for purposes of promoting or interpreting Teen Journey programs.

Confidentiality Limitation: All of the information that may be shared in relation to Teen Journey is strictly confidential unless one of the following should occur:

- 1) You disclose child abuse that has not been previously reported. This includes physical harm, sexual abuse, sexual exploitation, and emotional harm. In this case we are required by law to report to the Ministry of Children and Families
- 2) If you present the probability of harm to yourself or another. In this case we are also required to report this to the proper authorities

Signature of parent(s) / guardian: _____ **Date:** _____

Signature of parent(s) / guardian: _____ **Date:** _____

Signature of youth participant: _____ **Date:** _____

For office use only:

Date received: _____ Received by: _____ Status of payment: _____

Teen Journey 2010

What you need to bring

Sleeping items

- Sleeping Bag - warm, preferably synthetic fill.
- Pillow and pillow case
- Sheet for mattress

Clothing (comfortable for all weather conditions)

- T-shirts
- Long sleeve T-shirts
- Pairs of pants (jeans, shorts, sweatpants)
- Warm sweaters and a fleece jacket
- Waterproof rain suit (camp activities continue in the rain)
- Swimming suit
- One pair shoes - sturdy running shoes with laces and good grip rubber soles
- One pair shoes - that can get wet
- Pajamas
- Towels
- Hat (for sun and rain)
- Underwear and socks
- Bring something semi-formal that feels creative& fun for your closing ceremony and party.

Personal Care Items and Gear

- Toiletries: comb, soap, scrunchie or elastic for long hair (all in a plastic container)
- Shampoo, toothpaste and toothbrush
- Towels
- Lip balm, sun screen, mosquito repellent (preferably natural)
- Laundry bag (breathable, to keep dirty clothes separate)
- Water bottle
- Flashlight with fresh batteries

Prescription Medication

- **Bring enough for your 8 day stay at camp** with a letter from parents describing what medication should be taken, how many and how often.

For Sweat Lodge:

- **Important: Clothing must be loose fitting and cotton! It will be hot.**
- **Boys** – loose fitting cotton shorts/swim trunk, T-Shirt and towel
- **Girls** – loose fitting cotton long dress (shoulders covered) or skirt below the knee, T-shirt and towel. Modest - cannot be see-thru when wet.
- Inexpensive Cotton clothing can be bought at places such as Value Village, Salvation Army, Second Hand Clothing, etc.

Bring:

- **Symbol** that is important, meaningful to you, express who you are. For example; rock, picture, poem.....
- **One CD** with favorite song that inspires you.
- **Portable musical instrument**, if you don't have one be creative - small plastic container filled with rice makes a good shaker, bucket as a drum etc. Journal, pen or pencil.

Optional:

- Extra blanket (for extra warmth)
- Camera and film (disposable camera recommended)
- Money for the gift shop – no more than \$100
- iPod or other listening device

Please do not bring:

- Illegal drugs, alcohol, knife, weapons, video games, cellular phones or any expensive valuables.

Jubilee property Policy

- Smoking, consumption of alcohol, or the uses of illegal drugs **are not permitted** on the property. Any Teen Journey youth, volunteer or staff member who disregards this policy will be automatically removed from the program regardless of circumstance or degree of participation.

We look forward to seeing you there,

Be prepared for a great 8 days!

Holotropic Breathwork, From Wikipedia,

Holotropic Breathwork is a [psychotherapeutic](#) form of [breathwork](#) developed by [Stanislav Grof, M.D., Ph.D.](#) and Christina Grof, that followers believe allows access to nonordinary states of consciousness. Holotropic breathing has some similarities to [Rebirthing-Breathwork](#), but was developed independently. Holotropic Breathwork is used by practitioners as an approach to self-exploration and healing that integrates insights from modern consciousness research, anthropology, various depth psychologies, transpersonal psychology, Eastern spiritual practices, and mystical traditions of the world. The name *Holotropic* means "moving toward wholeness" (from the Greek "holos"=whole and "trepein"=moving in the direction of something).

The method comprises five elements: group process, intensified breathing (so-called [hyperventilation](#)), evocative music, focused body work, and expressive drawing. The method's general effect is a non-specific amplification of a person's psychic process, which facilitates the psyche's natural capacity for healing.

Holotropic Breathwork is usually done in groups, although individual sessions are done. Within the groups, people work in pairs and alternate in the roles of experiencer ("breather") and "sitter". The sitter's primary responsibility is to focus compassionate attention on the breather. Secondly, the sitter is available to assist the breather, but not to interfere or interrupt the process. The same is true for trained facilitators, who are available as helpers if necessary.

Sweat lodge, From Wikipedia

The **sweat lodge** (also called **sweat house**, **medicine lodge**, **medicine house**, or simply **sweat**) is a [ceremonial sauna](#) and an important ritual used by some North American [First Nations](#) or [Native American](#) peoples. There are several styles of sweat lodges that include a domed or oblong hut similar to a [wickiup](#), or even a simple hole dug into the ground and covered with planks or tree trunks. Stones are typically heated in an exterior fire^[1] and then placed in a central pit in the ground.

Etiquette

The most important part of sweat lodge [etiquette](#) is respecting the traditions of the lodge leader. Some lodges are done in complete silence, while others involve singing, chanting, drumming, or other sound. It is important to know what is allowed and expected before entering a lodge. Traditional tribes hold a high value of respect to the lodge. In some cultures, objects, including clothing, without a ceremonial significance are discouraged from being brought into the lodge. Most traditional tribes place a high value on modesty as a respect to the lodge. In clothed lodges, women are usually expected to wear skirts or short-sleeved dresses of a longer length. In many traditions, nudity is forbidden, as are mixed sex sweats. Many lodge leaders do not allow [menstruating](#) women. Perhaps the most important piece of etiquette is gratitude. It is important to be thankful to the people joining you in the lodge, and those helping to support the lodge.

Risks

Wearing metal jewelry can be dangerous as metal objects may become hot enough to burn the wearer. [Contact lenses](#) and synthetic clothing should not be worn in sweat lodges as the heat can cause the materials to melt and adhere to eyes, skin, or whatever they might be touching. Cotton clothing is recommended for lodges.