

Berlin Youth Services / Berlin Upbeat

2024 Summer Leadership Experience

Registration Instructions

Berlin Youth Services and Berlin Upbeat collaborate each year to provide an adventure-based outdoor education and leadership program during the summer. The program is open to middle and high school students from Berlin.

All trips will start and end at the McGee Middle School parking lot

Attached is a list of all of the trips available this year, a 3-page registration form, a Whitewater Rafting waiver (for those going on Maine Whitewater Rafting Trip), and a tick-borne illness information sheet. **Registration forms and Whitewater Waiver form must be signed by both the participant and a parent or guardian** (There are 3 separate sections to sign the registration forms and 1 section to sign on the Whitewater Waiver).

Return the signed, completed forms to Doug Truitt at Berlin Youth Services, 240 Kensington Road, Berlin, CT 06037.

Financial aid is available.

If your only reason for not going on a trip is that you cannot afford it, please talk to us. Students are welcome to participate regardless of ability to pay.

For questions and additional information please email Doug Truitt at summeradventures@berlinct.gov

2024 Berlin Youth Services / Berlin Upbeat Summer Leadership Experience - Trip Descriptions

New York Caving Daytrip	7:00 a.m. to 6:00 p.m. Thursday
Eastern New York State is home to the finest caving in the northeast. You'll spend the day underground exploring dark passages carved out over thousands of years. Helmets, headlamps, and technical gear provided. We will provide instructions to all participants for what to bring, including a description of the clothing to bring for caving.	June 13
Acadia Adventures (Camping)	7:00 a.m. Saturday – 6:00 p.m. Wednesday
Join us for five days camping in Acadia National Park where we'll spend our days hiking, climbing and exploring the Maine coast. And we know from experience that there is some great ice cream to be had near Acadia! Tents, cooking gear, food, and technical gear will be provided	June 15 – 19
Rock Climbing Day I	7:00 a.m. – 4:00 p.m. Friday
You'll be harnessed up and on belay as we spend the day climbing one of Connecticut's fine crags. Beginners and experienced climbers are welcome. All ropes, harnesses, helmets, and other technical gear will be supplied.	June 21
Lake George Adventures (Camping)	7:00 a.m. Monday – 6:00 p.m. Thursday
From our waterfront campsite at the northern end of Lake George we'll spend four days sampling what the Adirondack region has to offer. Possibilities include canoeing, hiking, rock climbing, and a visit to Fort Ticonderoga. Tents, cooking gear, food, and technical gear will be provided	June 24 – 27
Hiking Daytrip – Bear Mountain (Strenuous)	8:00 a.m. – 6:00 p.m. Monday
We will head out to the northwest corner of the state to climb Bear Mountain, Connecticut's highest peak. This is a challenging 6-mile hike on a rugged trail and features spectacular views from the summit.	July 1
Maine Whitewater Rafting Trip (Camping – attached waiver required)	7:00 a.m. Sunday – 6:00 p.m. Tuesday
A three-day, two-night trip centered around whitewater rafting on the Kennebec River. Four times a year they do an extra-large water release on the Kennebec, and we've booked one of those days! At almost twice the usual flow we'll experience a truly special thrilling ride! Tents, cooking gear, food, and technical gear will be provided.	July 7 – 9
Rock Climbing Day II	7:00 a.m. – 4:00 p.m. Friday
Join us for another fun day on the rocks. We'll head out to another challenging cliff in Connecticut or Massachusetts to sharpen our skills. Beginners and experienced climbers are welcome. All ropes, harnesses, helmets, and other technical gear will be supplied.	July 12
Delaware River Canoe Expedition (Camping in route)	6:00 a.m. Monday – 6:00 p.m. Thursday
Four days of canoe camping along the Delaware River in Pennsylvania and New Jersey. Enjoy a new waterfront campsite each night as we make our way along the river. Tents, cooking gear, food, and technical gear will be provided, and we have dry bags, sleeping bags, and other gear to loan.	July 15 – 17
Massachusetts Slackpacking (Camping)	9:00 a.m. Sunday – 5:00 p.m. Wednesday
On this five-day trip we will be staying at Wells State Park as our basecamp, and venturing out every day for fun and exciting hikes where we will discover vistas, waterfalls, wildlife and much more that the area has to offer. Tents, cooking gear, food, and technical gear will be provided.	July 21 – 24
Mount Washington Trip (Camping – Very Strenuous!)	7:00 a.m. Wednesday – 4:00 p.m. Friday
A three-day, two-night trip with a goal of conquering the most famous hike in the presidential range, Mount Washington! This challenging hike will be one to remember as we hike above where trees can grow at 6,288 feet in elevation. In addition to the hike, there are plenty of lakes, waterfalls, and ice cream to explore in the White Mountains of New Hampshire. Tents, cooking gear, food, and technical gear will be provided.	July 31 – August 2
New York Caving Trip (Camping)	10:00 a.m. Sunday – 6:00 p.m. Wednesday
On this trip we will be camping in western Massachusetts, and each day heading out to explore caves in eastern New York. Each day you'll spend hours underground exploring dark passages carved out over thousands of years. We will provide instructions to all participants for what to bring, including a description of the clothing to bring for caving. Helmets, headlamps, tents, cooking gear, food, and technical gear will be provided.	August 4 – 7
Trip capacity is limited. Register early to reserve your slot.	
Financial Assistance is available. Please email Doug Truitt at summeradventures@berlinct.gov for more information.	
Trip Information Sheets and Packing Lists will be provided to registered participants.	
✓ Check the trips you've registered for and keep this page for your records	

2024 Berlin Youth Services / Berlin Upbeat Summer Leadership Experience - Registration

Registration (✓ Check the trips you are registering for)

Participant Name			Date of Birth	
✓	Trip	Cost	Time	
	June 13	New York Caving Daytrip	\$25.00	7:00 a.m. to 6:00 p.m. Thursday
	June 15 – 19	Acadia Adventures	\$240.00	7:00 a.m. Saturday to 6:00 p.m. Wednesday
	June 21	Rock Climbing Day I	\$25.00	7:00 a.m. to 4:00 p.m. Friday
	June 24 – 27	Lake George Adventures	\$200.00	7:00 a.m. Monday to 6:00 p.m. Thursday
	July 1	Hiking Daytrip – Bear Mountain	\$25.00	8:00 a.m. to 6:00 p.m. Monday
	July 7 – 9	Maine Whitewater Rafting	\$200.00	7:00 a.m. Sunday to 4:00 p.m. Tuesday
	July 12	Rock Climbing Day II	\$25.00	7:00 a.m. to 6:00 p.m. Friday
	July 15 – 17	Delaware River Canoe Expedition	\$200.00	6:00 a.m. Monday to 6:00 p.m. Thursday
	July 21 – 24	Massachusetts Slackpacking	\$180.00	9:00 Sunday to 5:00 p.m. Wednesday
	July 31 – August 2	Mount Washington Trip	\$180.00	7:00 a.m. Wednesday to 4:00 p.m. Friday
	August 4 – 7	New York Caving Trip	\$200.00	10:00 a.m. Sunday to 6:00 p.m. Wednesday

Make checks payable to Berlin Upbeat

Trip Information Sheets and Packing Lists will be provided to registered participants.

Trip capacity is limited. Wait lists will be maintained when a trip is full.

Financial Assistance is available. Please email Doug Truitt at summeradventures@berlinct.gov

Return registration materials to Berlin Youth Services, 240 Kensington Road, Berlin, CT 06037

2024 Berlin Youth Services / Berlin Upbeat Summer Leadership Experience - Registration

Participant Information				
Participant Name		Date of Birth		Sex <div style="text-align: center; margin-left: 100px;">M F</div>
Address		City	State	Zip Code
Home Phone	Cell Phone	E-Mail Address		
School		Current Grade		
Parent/Guardian Information				
Name			E-Mail Address	
Address		City	State	Zip Code
Home Phone	Cell Phone	Work Phone		
Emergency Contact (when parent/guardian not available)		Phone	Relationship	
Medical and Dietary Information				
Health Insurance Carrier		Policy Group Number	Policy ID Number	
Please describe any physical disabilities, limitations, or other conditions that could affect your ability to participate in program activities				
Medications you take (include Epipen or Inhaler)	What is it for?	When do you take it?	How much do you take?	
Describe any allergies you have (medications, food, bee stings, etc). What kind of reactions do you have?				
Describe any special dietary needs or restrictions you have (vegetarian, diabetic, gluten sensitivity, etc)				
The following over-the-counter medications may be needed to manage an illness or injury during the program: Ibuprofen (Advil), Acetaminophen (Tylenol), decongestants (Sudafed), antihistamines (Benadryl), laxatives, anti-diarrheal, anti-itch cream, aloe, or cough drops. <u>Please list which of these or other medications the student should NOT be given.</u>				
Permission to Administer and/or Obtain Medical Treatment				
In the event that the above listed participant requires medical attention while participating in this program I hereby authorize program staff and their representatives to administer or obtain such treatment as may in their judgment be necessary for the participant's health and safety.				
Participant Signature			Date	
Parent/Guardian Signature			Date	

2024 Berlin Youth Services / Berlin Upbeat Summer Leadership Experience - Registration

Participant

Participant Name

Disclosure

I understand that participation in the Berlin Youth Services / Berlin Upbeat Summer Leadership Experience involves a variety of activities that often include warm-ups, games, group initiative problems, high and low ropes course elements, rock climbing, caving, tubing, canoeing, camping, cooking, hiking, kayaking, whitewater rafting, bicycling, horseback riding and other rigorous physical adventure activities. I also understand that I may experience adverse weather conditions, equipment malfunction, interaction with other participants, and encounters with insects, animals, and plants. I understand that there is a risk which must be assumed by each participant that she or he may suffer injury and/or disability.

Release of Liability Agreement

I affirm that I (or my child) am (is) in good health, and that I (she/he/they) am (is/are) not under a physician's care for any undisclosed condition that bears upon my (her/his/their) fitness to participate in the Berlin Youth Services / Berlin Upbeat Summer Leadership Experience activities. I recognize the inherent risk of injury or disability in these activities and I understand that each participant must assume the risk of physical injury that could result from any of these activities. I, the undersigned, do for myself (and my child) release, acquit and discharge the said Town of Berlin, the Berlin Board of Education, Berlin Upbeat, Berlin Youth Services and their staff, volunteers, and contractors from any and all liability, claims, demands, actions and causes of action which I, or my representatives, may have by reason of an accident or injury which might occur while engaged in the Berlin Youth Services / Berlin Upbeat Summer Leadership Experience activities and during transportation to and from the activities.

Participant Signature

Date

Parent/Guardian Signature

Date

Photo / Media Release

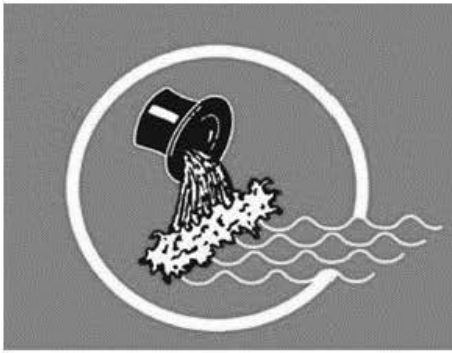
I, the undersigned, do hereby grant Berlin Youth Services, Berlin Upbeat and persons acting for or through them, the rights to use, reproduce, assign, and/or distribute photographs, videos, and sound recordings of myself (or my child), for use in materials they may create.

Participant Signature

Date

Parent/Guardian Signature

Date



Magic Falls Adventures, LLC
Operating under
Magic Falls Rafting and Magic Rivers Rafting

38 Dead River Rd
West Forks, ME 04985
1(800) 207-7238

PO Box 9
West Forks, ME 04985
adventures@magicfalls.com

REGISTRATION FORM

PLEASE PRINT

Name _____ Date of Birth _____

Address _____ Home Phone _____

City _____ State _____ Zip _____ Cell Phone _____

Email Address _____

Person to contact in case of emergency _____ Phone _____

Do you have any medical or other health conditions we should be aware of? Yes _____ No _____

If yes, explain _____

Are you taking any prescribed medication? Yes _____ No _____

If yes, please list: _____

Family Physician _____ Phone _____

Read Carefully

Waiver and Release of Liability

In consideration of **Magic Falls Adventures LLC**, (herein after **Magic Falls Adventures LLC**), furnishing services and/or equipment to enable me to participate in **whitewater rafting, inflatable kayaking and tubing** I agree as follows:

I fully understand and acknowledge that outdoor recreational activities have: (a) inherent risks, dangers and hazards and such exists in my use of **Magic Falls Adventures LLC** recreational equipment and my participation in **whitewater rafting, inflatable kayaking, and tubing** activities; (b) my participation in such activities and/or use of such equipment may result in injury or illness including ; but not limited to bodily injury, disease, strains, fractures, partial and/or total paralysis , death or other ailments that could cause serious disability; (c) these risk and dangers may be caused by the negligence of the owners, employees, officers or agents of **Magic Falls Adventures LLC**: the negligence of the participants, the negligence of others, accidents, breaches of contract, the forces of nature or other cause. Risks and dangers may arise from foreseeable or unforeseeable causes including, but not limited to, guide decision making, including that a guide may misjudge terrain, weather, trail or river route location, and water level, risks of falling out of or drowning while in a raft, canoe or kayak and such other risks, hazards and dangers that are integral to recreational activities that take place in a wilderness, outdoor or recreational environment; and (d) by my participation in these activities and/or use of equipment, I hereby assume all risks and dangers and all responsibility for any losses and/or damages, including severe and life-long injury or death, whether caused in whole or in part by the negligence or other conduct of the owners, agents, officers, or employees of **Magic Falls Adventures LLC**, or by any other person.

I, on behalf of myself, my personal representatives and my heirs hereby voluntarily agree to release, waive, discharge, hold harmless, defend and indemnify **Magic Falls Adventures LLC and Brookfield White Pine Hydro LLC**, and its owners, agents, officers, and employees from any and all claims, actions or losses for bodily injury, property damage , wrongful death, loss of services or otherwise which may arise out of my use of Magic Falls recreational equipment or my participation in **whitewater rafting, inflatable kayaking and tubing** activities. I specifically understand that I am releasing, discharging and waiving any claims or actions that I may have presently or in the future for the negligent acts or other conduct by the owners, agents, officers or employees of **Magic Falls Adventures LLC and Brookfield White Pine Hydro LLC**.

The Venue of any dispute that may arise out of this agreement or otherwise between the parties to which **Magic Falls Adventures LLC** or its agents is a party shall be Somerset County Maine.

I HAVE READ THE ABOVE WAIVER AND RELEASE AND BY SIGNING IT AGREE, IT IS MY INTENTION TO EXEMPT AND RELIEVE MAGIC FALLS ADVENTURES LLC FROM LIABILITY FOR PERSONAL INJURY, PROPERTY DAMAGE OR WRONGFUL DEATH CAUSED BY NEGLIGENCE OR ANY OTHER CAUSE

SIGNATURE

AGE

DATE

SIGNATURE OF PARENT OR GUARDIAN (If under the age of 18) _____

Ticks and Lyme Disease



How to prevent tick bites during outdoor activities

Ticks can spread disease, including Lyme disease and Powassan virus. Protect yourself:

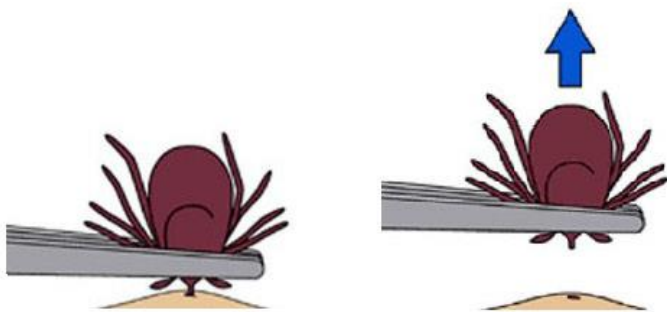
- Use insect repellent that contains 20 - 30% DEET.
- Wear clothing that has been treated with permethrin. **Sawyer's permethrin spray is available at Walmart and outdoor supply stores.**
- Take a shower as soon as you can following outdoor activities.
- Look for ticks on your body. Ticks can hide under the armpits, behind the knees, in the hair, and in the groin.
- Following outdoor activities put your clothes in the dryer on high heat for 60 minutes to kill any remaining ticks.

How to remove a tick

Tell program staff if you find a tick on you or believe you have been bitten by one.

1. If a tick is attached to you, use fine-tipped tweezers to grasp the tick at the surface of your skin.
2. Pull the tick straight up and out. Don't twist or jerk the tick—this can cause the mouth parts to break off and stay in the skin. If this happens, remove the mouth parts with tweezers if you can. If not, leave them alone and let your skin heal.
3. Clean the bite and your hands with rubbing alcohol, an iodine scrub, or soap and water.
4. You may get a small bump or redness that goes away in 1-2 days, like a mosquito bite. This is not a sign that you have Lyme disease.

Note: Do not put hot matches, nail polish, or petroleum jelly on the tick to try to make it pull away from your skin.



If you remove a tick quickly (within 24 hours) you can greatly reduce your chances of getting Lyme disease.

