

**This packet must be fully completed and mailed, along with payment to:**

**Fr. Alexis Duncan  
7848 Holyoke Rd.  
Cumming, GA 30040**

## **Camp Rules**

All campers are personally responsible and required to be at all scheduled activities, especially morning and evening prayers. The only exception is if there is a written reason signed by the adult counselor assigned to that group.

There will be no camper out of his or her campsite after curfew. No exceptions. Any camper caught outside of his or her camp site without a very good reason and an adult staff member's knowledge will be assigned extra cleaning duties.

There will be no Jr. Counselor out of assigned campsite one hour after curfew. The only exception to this rule will be the Jr. Counselor's camp fire.

There must always be a staff member or two Jr. Counselors with every group of campers.

No electronic devices will be allowed for campers –no radios, game machines, televisions, cell phones, iPods, etc. The only battery operated devices allowed are flashlights and cameras. Any devices not allowed will be collected by an adult staff and stored in the administration office (see below).

All adult leaders will be assigned a two-way radio, and Jr. Counselors will use only the ones assigned to their respective adult leader. No two-way radios will be assigned to Jr. Counselors or to campers.

Any other electronics will be collected by the adult leaders, tagged with the owner's name and address and taken to the camp administration office to be locked up. The camp is not responsible for any such device, but an effort will be made to return the device to the parents of the camper.

There will be no adult beverages brought to the camp by any camper. Any contraband found among the campers will result in the parents being called and the child sent home.

There will be a bag inspection at the beginning of camp. We encourage parents to participate in this.

**ST. SERAPHIM YOUTH RETREAT 2011**  
**HOLD HARMLESS AGREEMENT AND MEDICAL RELEASE**

We, the undersigned parent, parents, guardian, guardians are desirous of having our child or children participate in the St. Seraphim Camp and whereas the St. Seraphim Camp is willing to accept them as participants on the condition of this instrument. Therefore, in consideration of the St. Seraphim Camp's authorization, the undersigned parents or guardians and children agree that the children participating in St. Seraphim Camp do so at their own risk. Neither the St. Seraphim Camp, Camp Director, any volunteer, the Russian Orthodox Church Abroad or associate shall be liable for any damages arising from personal injuries sustained by the child in participation of any activity or aspect of the camp. The parents or guardians and child assume full responsibility for any injuries which may occur to the child in said participation and they do hereby fully and forever release and discharge and agree to indemnify and hold forever harmless the St. Seraphim Camp, the Camp Director, officers, volunteers, the Russian Orthodox Church Abroad and associates, individually and jointly, and all employees and agents of them from any and all claims, demands, damages, rights of action or causes of action present or future including claims for contribution and indemnification whether the same be known anticipated or unanticipated resulting from or arising from the above mentioned activity. The undersigned do acknowledge that they have made inquiry into the nature of the activity and have no further questions concerning the nature or conduct of the activity and with such full understanding do hereby cause this instrument of release indemnity to be executed.

In the event my child(ren) should become ill, or sustain(s) an injury while in the care of St. Seraphim Camp, I, the undersigned parent or guardian, grant authority to the Director, camp nurse, or camp official to act on my behalf in obtaining any medical treatment that may be necessary. This consent is in effect from July 30, 2011 through August 8, 2011. I will be responsible for all medical expenses.

Signature of  
Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Full name of camper: \_\_\_\_\_

Phone Number: \_\_\_\_\_

**ALL CAMPERS (INCLUDING JR. COUNSELORS) MUST HAVE THIS  
RELEASE AND A HEALTH FORM ON FILE BY THE BEGINNING OF CAMP.  
YOU WILL NOT BE ADMITTED WITHOUT THESE FORMS!**

# ST. SERAPHIM YOUTH RETREAT 2011 - Required Health Form

**Please Print** - One sheet may be used for multiple campers if there are no medical conditions  
Grade should be grade for the 2011-2012 school year.

Camper(s) Name \_\_\_\_\_ Birthdate \_\_\_\_\_ Grade \_\_\_\_\_  
Name \_\_\_\_\_ Birthdate \_\_\_\_\_ Grade \_\_\_\_\_  
Name \_\_\_\_\_ Birthdate \_\_\_\_\_ Grade \_\_\_\_\_  
Name of Parent/ Guardian \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
E Mail: \_\_\_\_\_ *Parent or child - most used*  
Phone: *day* \_\_\_\_\_ *evening* \_\_\_\_\_  
*cell 1* \_\_\_\_\_ *cell 2* \_\_\_\_\_

## EMERGENCY CONTACT (if parent/guardian cannot be reached)

Name \_\_\_\_\_ Relationship \_\_\_\_\_  
Phone *day* \_\_\_\_\_ *evening* \_\_\_\_\_ *cell* \_\_\_\_\_

## HEALTH INSURANCE (please include a copy, front and back, of your insurance card)

Health Insurance Company \_\_\_\_\_  
Name of Insured \_\_\_\_\_  
Subscriber #: \_\_\_\_\_ Group #: \_\_\_\_\_ Insurance Phone #: \_\_\_\_\_

## HEALTH HISTORY

Does your child(ren) suffer or has your child(ren) suffered from any of the following:

- Asthma
- Diabetes
- Seizures
- Ear Infections/Swimmer's Ear
- Eczema
- Bee Sting Allergy
- Food Allergy (list on back)
- Drug Allergy (list on back)

List any and all medications (including dosage) your child will be required to take while at camp. Please label all medications with camper's name. Prescription medications should be in the original labeled bottle. \_\_\_\_\_

\_\_\_\_\_ (Continue on Back)

**If your child(ren) has any other medical problem please include details on the back.**

Should my child(ren) require minor medical treatment (for headache, scrapes, coughs, burns, etc.), I give permission to the nursing staff to administer over-the-counter medicine and/or herbal products.

Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

## WHAT TO BRING

*Label everything that you don't want to lose!!!*

- Prayer Book and icon (for personal use or to read communion prayers)
  - Sleeping bag, pillow, extra blankets (optional)
  - Flashlight(s) and extra batteries!
  - Toiletries (comb/brush, soap, toothbrush/paste, shampoo, deodorant) insect repellent and sunscreen (optional)
  - Towels (for swimming and bathing, washcloths)
  - Phone card and/or instructions for calling home (card optional)
  - Foot wear: warm heavy socks for night and walking, sneakers, good shoes for hiking, river shoes or shoes that can get wet in the rocky river
  - Raingear; coat or poncho
  - Jeans or long pants (It gets cold!)
  - Sweatshirts
  - Nightwear (it can get very cold at night)
  - Summer shorts- no short shorts –must be modest
  - Girls- no spaghetti strap shirts will be allowed to be worn without a cover up shirt
  - Modest swimsuits (boys and girls) Girls should wear carefully chosen modest one piece suits. A t-shirt can be worn on top of a two piece if absolutely necessary
  - Proper attire for Sunday Liturgy and chapel services
- Girls: modest skirts/dresses and head coverings  
Boys: long pants and appropriate shirts (no messages on t-shirts)
- Backpack for hikes, water bottle for personal use (both optional)
  - Personal sports equipment (mitts, baseball bats, shin guards, sport shoes) The camp has sports balls and large equipment.

## WHAT NOT TO BRING

- Valuables that might get lost, (there is no need for money or extra food supplies, a camp store card can be purchased at time of registration)
- Electronic devices –radios, games, televisions
- Illegal substances –alcohol, drugs, tobacco products
- Dangerous objects –knives, hand axes, fireworks etc.
- Negative attitudes!

**Any items that are not allowed may be confiscated by the camp security and will not be returned until the close of camp.**

**DIRECTIONS TO CAMP:**

Camp is located in a rural setting south of the city of Wilkes-Barre, Pennsylvania.

From the East (New Jersey area) or from the West (Pittsburgh, Cleveland areas), take interstate 80 to the Pennsylvania exit for Blakeslee. Go North on Rt. 115 passing through the village of Blakeslee and go approximately 3-4 miles. On the left there will be a sign for Boy Scout Camp Acahela. Turn left and follow signs to the camp.

From the North (Syracuse, Binghamton) or from the South (Harrisburg) take Interstate 81 to Pennsylvania Rt. 115 (a Wilkes-Barre exit called "Bear Creek/Bear Mountain"). Go South approximately 16 miles and cross the Lehigh River (small stream). Immediately after the river, turn right and follow the signs for the Boy Scout Camp Acahela.

**PARKING**

Please park all cars in the parking lot. After registering, you will be given necessary information that will help get camper's belongings to the campsite.

**ARRIVAL AND DEPARTURE TIMES**

We ask that all campers arrive on Sunday, July 31st after 2:30 PM. There are no accommodations for early arrivals. Pick up on Sunday, August 7th is between 1 PM and 2 PM. All families are encouraged to attend the Divine Liturgy and meal on this day. Liturgy will begin at 8:00 AM.

**SNACKS**

Please leave all snacks at home. Food inside tents attracts raccoons, skunks and bears – even when you think they are in a smell-proof container. All snacks will be confiscated by staff.

**DRESS CODE**

All clothing must be modest and in good taste. Staff has the right to require a change in clothing. Every item should be marked clearly with a camper's name.

**CAMPER EXPECTATIONS**

- Have a safe, fun-filled week at camp
- Allow God to have a prominent place in each day's activities
- Attend all camp services – Morning and Evening Prayer, All Night Vigils, and Divine Liturgies as planned by the Camp Director. Attendance is mandatory.
- Respect those in authority and the other campers as well. Campers disobedient or disrespectful to any staff person will be sent home with no refund of fee – no questions asked.
- Refrain from entering campsite(s) of the opposite sex unless you are with a counselor.
- Refrain from all expression of affection to those of the opposite sex.
- Participate in all planned activities.

**CAMP STORE**

To eliminate the possibility of losing money and to simplify the operation of the Camp Store, we will be collection money during registration on the opening day of camp. Cards may be purchased for \$5.00 and have twenty, 25 cent increments for use toward items purchased. A different colored card would be used for each campsite. Cards will be kept on file at the store for campers to select their card prior to their purchases.

**TELEPHONE NUMBERS**

- Fr. Alexis' cell phone 678-613-2270
- Fr. Alexis' home 770-888-2270
- Mat. Cecelia's home 518-765-2871
- Camp Ranger 570-335-0283