

ੴ ਸਤਿਗੁਰਪ੍ਰਸਾਦਿ

*The Way to Establish Permanent Peace*

## **Akal International Youth Camp - 2009**

**Akal Academy, Baru Sahib, India**

The Kalgidhar Trust, Sant Attar Singh Hari Sadhu Ashram, Baru Sahib, H.P.- 173 101 (India)  
[camps@barusahib.org](mailto:camps@barusahib.org) Ph.# 91-1799-276031/91, 09816033303/4

### **ARTICLES REQUIRED**

- Several Pagris/Patkas/Chunnis (minimum 2 each)
- Several Kurta and Pajamas/ Salwar Kameezs for day trips (minimum 2 each)
- A pair of pants/jeans (no shorts or crop pants) and t-shirt for the picnic.
- 2-3 night suits
- Light jacket
- Sneakers (minimum 2 pairs)
- Bath /shower rubber soled shoes (flip flops)
- Easy to slip on and off, sturdy, comfortable day shoes / sandals.
- Toiletries / personal hygiene items (soap, shampoo, toothpaste etc).
- Insect repellent
- Prescribed medication with a completed medication form.
- Labeled Laundry bag
- Four day supply of undergarments, socks, cloth hankies etc.
- 2 Bath towels and 2 hand towels
- 1 refillable water bottle
- 1 backpack with a pocket for a water bottle

#### **NOTE:**

1. All personal items and articles of clothing must be labeled with the attendee's name using a permanent marker.
2. Avoid bringing clothing where the colors run during washing. Laundry will be done at least twice a week.
3. Bring clothes that are appropriate to wear at this location.
4. Campers will be responsible for their own belongings and are discouraged from bringing jewelry etc.
5. Campers will be provided camp uniforms.

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### **CHECKLIST FOR APPLICATION PART II**

Please check off each item as you complete it and place it in the envelope to be mailed to the below given address:

**The Kalgidhar Trust  
8184 Rainwater Circle  
Manassas, VA 20111**

- GETTING TO KNOW YOU**
- WAIVER OF LIABILITY CERTIFICATE**
- CAMP RULES FOR CAMPERS**
- MEDICAL CERTIFICATE (two sheets)**
- ONE PASSPORT SIZE PHOTO OF CAMPER**
- PHOTOGRAPHS OF PARENTS AND VISITORS**
- TRAVEL INFORMATION FORM**
- A COPY OF PASSPORT**

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### GETTING TO KNOW YOU

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Can you: Read Punjabi (yes/no), Write Punjabi (yes/no), Speak Punjabi (yes/no)?

Do you know Kirtan (yes/no)? If yes, how many shabads? \_\_\_\_\_

Do you know Gurbani (yes/no)? If yes, encircle your choice: **JAPJI SAHIB, JAAP SAHIB, NITNEM**

Do you know Gatka (yes/no)? If yes, how much? \_\_\_\_\_

Encircle the musical instruments, you can play: Harmonium Tabla Others \_\_\_\_\_

Encircle the area you would like to learn more? Kirtan, Punjabi, Gurbani, Sikh History, Sikh Philosophy

Name the Sikh youth camps you have attended and the number of times you attended each in parentheses.

\_\_\_\_\_

What sports do you most enjoy playing? \_\_\_\_\_

What is the longest amount of time you have spent away from your parents? \_\_\_\_\_

What are your expectations for this Gurmat camp? \_\_\_\_\_

Please provide the following information for the uniform:

**Height:** \_\_\_\_ ft. \_\_\_\_ in. **Weight:** \_\_\_\_ lb. **Pants:** Waist: \_\_\_\_ in. Inside leg: \_\_\_\_ in.

Encircle your T-shirt size: **Children's size** M L **Adult's size** S M L XL

**Write a short paragraph in the space provided telling us anything we should know about you.**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Did you attend any Akal Camp at Baru Sahib? Yes or No. If yes, encircle 2004, 2005, 2006, 2007, 2008** \_\_\_\_\_

Signature of Student \_\_\_\_\_ Signature of Parent \_\_\_\_\_

Signature of Student \_\_\_\_\_ Signature of Parent \_\_\_\_\_

## HEALTH EXAMINATION AND CONSENT FORM

(To be completed by parent and camper)

It is required that all students complete a History and Physical examination prior to attending the camp. The exam is at the expense of the student. This examination is to be done by a licensed physician, physician's assistant or nurse practitioner under optimal conditions.

Name \_\_\_\_\_ Home Address \_\_\_\_\_

Phone \_\_\_\_\_ Grade \_\_\_\_\_ Date of Birth \_\_\_\_\_ Sex \_\_\_\_\_

Personal Physician \_\_\_\_\_ Physician's phone number \_\_\_\_\_

### HISTORY FORM

\*Fill in details of "YES" answers in space below:

	YES	NO		YES	NO
1. Are you presently taking any medication or pills?	___	___	4. Do you have any skin problems? (Itching, rash, acne)	___	___
2. Do you have any allergies (medicine, bees, other stinging insects)?	___	___	5. A. Have you ever had a head injury?	___	___
3. A. Have you ever passed out during or after exercise?	___	___	B. Have you ever been knocked out or unconscious?	___	___
B. Have you ever been dizzy during or after exercise?	___	___	C. Have you ever had a seizure?	___	___
C. Have you ever had chest pain during or after exercise?	___	___	6. Do you have trouble breathing or cough during or after exercise?	___	___
D. Do you tire more quickly than your friends during exercise?	___	___	7. Do you use special equipment, pads, braces, mouth or eye guards?	___	___
E. Have you ever had high blood pressure?	___	___	8. A. Have you had problems with your eyes or vision?	___	___
F. Have you ever been told you have a heart murmur?	___	___	B. Do you wear glasses, contacts or protective eyewear?	___	___
9. Have you ever had any other medical problems such as:					
_____ Mononucleosis _____ Diabetes _____ Asthma _____ Hepatitis _____ Headaches (frequent) _____ Tuberculosis _____ Eye injuries _____ Stomach ulcer _____ Other (explain) _____					
10. When was your last tetanus shot? _____					
11. When was your last measles immunization? _____					
*Explain all "YES" answers here: _____					
_____					
_____					
_____					

### CONSENT FORM

#### (Parent or Guardian and Student Permission and Approval)

I hereby consent to the above named student participating in the camp. This consent includes travel to and from the location to the airport and day trips. I further consent to treatment deemed necessary by physicians designated by camp authorities for any illness or injury resulting from his/her participation. I also consent to the release of any information contained in this form to carry out treatment and health care operations for the above named student.

PARENT OR GUARDIAN SIGNATURE \_\_\_\_\_ DATE: \_\_\_\_\_

This application to compete in the camp is entirely voluntary on my part.

SIGNATURE OF STUDENT \_\_\_\_\_

DATE: \_\_\_\_\_

**PHYSICAL EXAMINATION FORM**  
**(To be completed by the appropriate medical personnel)**

Height \_\_\_\_\_ Weight \_\_\_\_\_ BP \_\_\_\_\_ / \_\_\_\_\_ T \_\_\_\_\_ Pulse R \_\_\_\_\_

Visual acuity: R 20 / \_\_\_\_\_ L 20 / \_\_\_\_\_ Corrected: Y N

	<b>Normal</b>	<b>Abnormal</b>
Ears, Nose, Throat	_____	_____
Cardiopulmonary		
Pulses	_____	_____
Heart	_____	_____
Lungs	_____	_____
Skin	_____	
Abdominal	_____	_____
Genitalia	_____	_____
Musculoskeletal	_____	_____
Neck	_____	_____
Shoulder	_____	_____
Elbow	_____	_____
Wrist	_____	_____
Hand	_____	_____
Back	_____	_____
Knee	_____	_____
Ankle	_____	_____
Foot	_____	_____

**CLEARANCE / RECOMMENDATIONS**

Check and complete A or B

\_\_\_\_\_ A. Cleared for all camp-sponsored activities.

Recommendation: \_\_\_\_\_

\_\_\_\_\_ B. Not cleared for all camp activities

Restrictions: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**Examiner's Signature:** \_\_\_\_\_

**Examiner's printed name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**(This Physical form must be signed by a licensed physician, physician's assistant or nurse practitioner)**

**Address:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

## INDEMNIFICATION / WAIVER OF LIABILITY

1. The attendee of the camp (hereinafter referred to as "Attendee") held at Baru Sahib agrees that he/she alone is responsible for his/her safety and well-being and that of any visitor or guest of his/hers while on the property of The Kalgidhar Trust. The Attendee, his/her next of kin, heirs, executors, personal representatives, successors and assigns, specifically RELEASES and DISCHARGES, in advance, The Kalgidhar Trust and any of their officials, agents, representatives, officers, directors, employees, trustees, members, affiliates, or lessees (herein after referred to as "Releases") from any and all liability whether known or unknown, EVEN THOUGH that liability may arise out of negligence or carelessness on the part of the Releases.
2. The Attendee, on behalf of himself/herself, his/her next of kin, heirs, executors, personal representatives, successors and assigns, hereby agrees to WAIVE, RELEASE and DISCHARGE any and all claims for damages for death, personal injury or property damage which may hereafter accrue to him/her as a result of his/her attending the camp at Baru Sahib, whether such death, injury, or damage, was reasonably foreseeable by either party, or by any of the Releasees.
3. The Attendee, on behalf of himself/herself, his/her next of kin, heirs, executors, personal representatives, successors and assigns, hereby agrees to forever HOLD HARMLESS AND INDEMNIFY all Releasees from any and all liability for death, personal injury or property damage resulting to anyone in any way from the Attendee's attendance in the camp at Baru Sahib, including any such injury, damage, or liability which may accrue on account of any visitor or guest of the Attendee while at Baru Sahib.
4. The Attendee, on behalf of himself/herself, his/her next of kin, heirs, executors, personal representatives, successors and assigns, expressly agrees that the foregoing RELEASES, WAIVERS, DISCHARGES AND INDEMNIFICATION'S are intended by him/her and the RELEASEES to be as broad and inclusive as is permitted by the laws of United States of America/Canada/Himachal Pradesh, India and/or the law of any other state, province or jurisdiction whose laws are deemed to apply.
5. In addition to the foregoing paragraphs, numbered 1 through 4, in no way shall The Kalgidhar Trust be responsible for any costs or legal fees associated in any way with any death, personal injury or property damage, out of any action allowed or required by this Waiver Agreement.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Name: \_\_\_\_\_

Name of Attendee: \_\_\_\_\_

Relationship to Attendee: \_\_\_\_\_

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### **CAMP RULES**

The Camp Directors reserve the right to keep or remove any camper for any reason. All campers are expected to abide by the following rules and policies:

1. All campers will be expected to maintain exemplary levels of behavior.
2. Appropriate levels of physical and verbal interactions are expected at all times. Any violation will be dealt with appropriately and on a discretionary basis.
3. No camper shall be unaccounted for at any time.
4. ID tags must be worn at all times.
5. Willful damage of personal or camp property by campers will not be tolerated.
6. Campers will not be allowed to leave the property at any time or for any reason without the permission of the camp director.
7. No camper will be allowed in *restricted areas*.
8. Appropriate levels of personal hygiene shall be maintained.
9. Appropriate respect must be given to all staff, guests, and campers.
10. Any practice contrary to the Sikh code of ethics shall not be tolerated.
11. Parents/ contact person will be notified of any major injury or illnesses.
12. Physical relationships between male and female campers will not be allowed during camp.
13. YOU MAY NOT BRING: CD's, cell phones, etc.
14. Campers will be responsible for their own belongings and are discouraged from bringing jewelry etc.
15. Boys are expected to wear a dastar, patka or pagri at all times. Girls are expected to neatly braid their hair and wear a chunni or dastar at all times.

Signature of Attendee \_\_\_\_\_ Date \_\_\_\_\_

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

For further information, please contact: 571-243-3368, email: [camps@barusahib.org](mailto:camps@barusahib.org)

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### **RULES FOR PARENTS**

The camp management understands that you are leaving your child at Baru Sahib for 2009 Youth Camp and that you will want to *make* sure that your child is happy and satisfied. First let us assure you that during summer of 2008, Gurmat Youth Camp for North American campers was held at Baru Sahib and at present 181 foreign students from USA, Canada and other countries are enrolled at Akal Academy Baru Sahib. Our staff and faculty at the Baru Sahib complex are familiar with the special needs of foreign students. All campers will receive loving tender care, attention and discipline. However we have a few suggestions for you that will keep you happy, your children safe, sound and pleased and will help us out a great deal. We apologize early on for any inconveniences that these suggestions may cause, but we would appreciate your understanding and cooperation on these matters.

#### **The rules for visiting the camp are as follows:**

If you wish to stay at Baru Sahib during the duration of the camp, boarding and lodging will be provided for a fee of \_\_\_\_\_ per person (only one parent/adult per child may stay). During the duration of the camp, campers must stay with their assigned class at all times. Parents staying at the Baru Sahib complex will not interfere with the camp activities and they can be with their children on special assigned times only. There will be lot of opportunities of **SEWA** for the parents at the Baru Sahib complex

Out of camp, parents or identified others may visit the camper on **midterm function and Closing ceremony ONLY**. On the visitor days, your children must sit with their class in the Darbar Sahib. While visiting, we know you will respect the sanctity of the location, adhering to the established rules about shoes and head covering in the appropriate location.

Baru Sahib keeps the genders separate and we will adhere to that policy during the duration of this camp.

We do not encourage, and will **NOT ACCEPT ANY FOOD** via visits, mail, etc. Please do not leave any candy or food with your children.

Please leave any money that you would like your child to have while he/she stays at Baru Sahib, with the assigned adult staff member upon arrival. We suggest no more than \$50 for the entire duration. We cannot be responsible for any money or valuables that you leave with your child.

Due to our size and per scheduling, ***your child will ONLY be able to call you if there is an emergency or during the assigned days.*** Please do not encourage your child to contact you. Should there be an emergency or problem, you or the emergency contact in India will be contacted. However, you may send an e-mail message, which will be printed and handed over to your child. While sending the message by e-mail, please type child's **full name and registration** number on the "Subject line". E-mail address is: [camps@barusahib.org](mailto:camps@barusahib.org)

We will be having a closing ceremony, which will include award ceremony, Kirtan and other performances by the campers on closing ceremony day. We invite parents to attend this ceremony to encourage the participants.

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