

Berlin Youth Services / Berlin Upbeat

2025 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, and a tick-borne illness information sheet. **Registration forms must be signed by both the participant and a parent or guardian** (There are 3 separate sections to sign the registration forms). Packing lists and additional trip details will be provided to registrants before each trip.

Return the signed, completed forms to 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

2025 Berlin Youth Services / Berlin Upbeat Summer Leadership Experience - Trip Descriptions

Saco River, Maine Canoe Expedition (Camping in route)	7:00 a.m. Tuesday – 7:00 p.m. Friday
Enjoy the clear waters and sandy beaches of the Saco River as we paddle from the Swan's Falls dam to Hiram, ME on this 4-day adventure. Tents, cooking gear, food, and technical gear will be provided, and we have dry bags, sleeping bags, and other gear to loan.	June 17 – 20
Catskills Slackpacking (Camping)	9:00 a.m. Monday – 6:00 p.m. Friday
Join us for five Days of adventure in the beautiful Catskill Forest Preserve in New York. From our base camp we will venture out each day to hike challenging peaks, visit high waterfalls, and explore ice caves! Tents, cooking gear, food, and technical gear will be provided	June 23 – 27
Connecticut Rock Climbing Day	7:00 a.m. – 4:00 p.m. Monday
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 30
Hiking Daytrip – Sleeping Giant	8:00 a.m. – 4:00 p.m. Wednesday
Expect a fun and challenging day as we explore some of the over 32 miles of trails at Sleeping Giant State Park. The trails offer rocky scrambles, distant views, remote quiet woods, pleasant pine groves, and cascading brooks.	July 2
Hiking Daytrip – Talcott Mountain	8:00 a.m. – 4:00 p.m. Tuesday
We will hike along the shore of West Hartford Reservoir #6 and through Talcott Mountain State Park up to the historic Heublein Tower, enjoying the great views from lookout points along the way	July 8
Massachusetts Rock Climbing Day	7:00 a.m. – 5:00 p.m. Thursday
Join us for another fun day on the rocks. We'll head out to one of the challenging cliffs in central Massachusetts to sharpen our skills. Beginners and experienced climbers are welcome. All ropes, harnesses, helmets, and other technical gear will be supplied	July 10
Connecticut River Canoe Trip	8:00 a.m. Sunday – 3:00 p.m. Tuesday
Looking for a shorter trip? Join us for three days of canoe camping on the Connecticut River. Tents, cooking gear, food, and technical gear will be provided, and we have dry bags, sleeping bags, and other gear to loan.	July 13 – 15
New York Caving Day – Knox Cave	7:00 a.m. – 6:00 p.m. Friday
Knox Cave with its famous Gunbarrel passage is one of the best-known caves in New York. Once operated as a commercial cave, you'll get to learn about the cave's past while exploring the various passages. Helmets, headlamps, and technical gear provided.	July 18
Western Massachusetts Adventure Week	9:00 a.m. Monday – 5:00 p.m. Friday
We will be camping in Pittsfield State Forest and sampling the variety of adventures available in Western MA and the tri-state area. Activities are likely to include visits to waterfalls, challenging hikes, and rock climbing. Each day we'll be out seeking new adventures (and maybe ice cream). Tents, cooking gear, food, and technical gear will be provided.	July 21 – 25
New York Caving Day – Onesquethaw Cave	7:00 a.m. – 6:00 p.m. Monday
With over a mile of mapped passages Onesquethaw is the second longest cave in Albany County. This will be a challenging experience as we encounter climbs, crawls, mud, and cold water. Helmets, headlamps, and technical gear provided.	July 28
New York Caving Day – Balls Cave	7:00 a.m. – 6:00 p.m. Thursday
Balls Cave is one of the oldest known caves in the state of New York, with more than 3,000 feet of mapped passage. You'll be harnessed up and on belay to negotiate the entrance ladder, then it's off to explore the large rooms and small passages in the "dry" section of the cave. Helmets, headlamps, and technical gear provided.	July 31
Finger Lakes, New York Adventure Week	7:00 a.m. Sunday – 6:00 p.m. Thursday
On this five-day trip we'll be camping at Stoney Brook State Park in the Finger Lakes Region of New York. This area offers a variety of adventures, including a mecca of waterfalls, gorges (Letchworth & Watkins Glen), and challenging hikes. Each day we'll head out seeking new adventures (and more ice cream). Tents, cooking gear, food, and technical gear will be provided.	August 3 – 7
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	

2025 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 17 – 20	Saco River Canoe Expedition	\$200.00 7:00 a.m. Tuesday to 7:00 p.m. Friday
	June 23 – 27	Catskills Slackpacking	\$240.00 9:00 a.m. Monday to 6:00 p.m. Friday
	June 30	Connecticut Rock Climbing Day	\$25.00 7:00 a.m. to 4:00 p.m. Monday
	July 2	Hiking Daytrip – Sleeping Giant	\$25.00 8:00 a.m. to 4:00 p.m. Wednesday
	July 8	Hiking Daytrip – Talcott Mountain	\$25.00 8:00 a.m. to 4:00 p.m. Tuesday
	July 10	Massachusetts Rock Climbing Day	\$25.00 7:00 a.m. to 5:00 p.m. Thursday
	July 13 – 15	CT River Canoe Trip	\$160.00 8:00 a.m. Sunday to 3:00 p.m. Tuesday
	July 18	New York Caving Day – Knox Cave	\$25.00 7:00 a.m. to 6:00 p.m. Friday
	July 21 – 25	Western Mass Adventure Week	\$240.00 9:00 a.m. Monday to 5:00 p.m. Friday
	July 28	New York Caving Day – Onesquethaw	\$25.00 7:00 a.m. to 6:00 p.m. Monday
	July 31	New York Caving Day – Balls Cave	\$25.00 7:00 a.m. to 6:00 p.m. Thursday
	August 3 – 7	Finger Lakes Adventure Week	\$240.00 7:00 a.m. Sunday to 6:00 p.m. Thursday
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			

2025 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, Zyrtec), 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	

2025 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

Ticks and Lyme Disease



How to prevent tick bites during outdoor activities

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

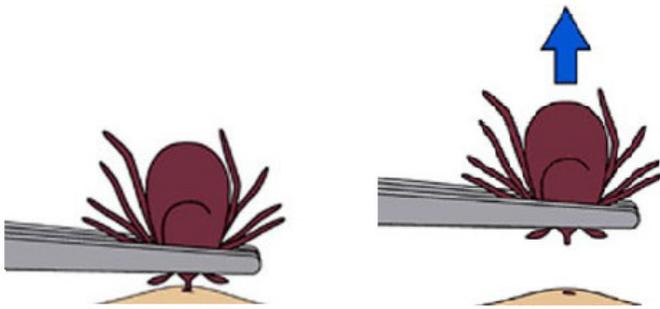
- Use insect repellent that contains 20 - 30% DEET.
- Wear clothing that has been treated with permethrin. **Sawyer's permethrin spray is available at Walmart and outdoor supply stores.**
- Take a shower as soon as you can following outdoor activities.
- Look for ticks on your body. Ticks can hide under 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.