

5TH ANNUAL

Higher Ground Camp Out

July 20 - 22, 2017

From Sun Up
To Sun Down



South Fork Indian Reservation

Live Music Wellness Workshops Sweats Shoshone History
Spirituality Ceremonies Food & Prizes

To Register Please Contact:
Debbie Honeyestewa (775) 744-4273

REGISTRATION DEADLINE IS JULY 15, 2017

Higher Ground Camp Fest Schedule

Thursday, July 20 - 2017
South Fork Indian Reservation, Nevada

THRUSDAY	ACTIVITIES
6:00 a.m.	Drum Roll/Sunrise Services
7:00 a.m. to 8:00 a.m.	Breakfast
8:00 a.m. to 9:00 a.m..	Introductions- Outside
9:00 a.m. to 10:00 a.m.	Substance Abuse w/Karla D. Conference Room
10:15 a.m. to 11:30 a.m.	Suicide Prevention with Stormy R. (conference room)
11:30 a.m. to 12:00 p.m.	Break
12:00p.m. to 1:00 p.m.	Lunch - Music with Kevin Brady
1:00p.m. to 2:30 p.m.	Crime Prevention w/Darla L. (conference room)
2:30 p.m.. 3:30 p.m.	Talking Circle with Marlene D.
3:30 p.m. to 4:30p.m.	Arts and Crafts with Chet S.
4:30 p.m. to 5:00 p.m.	Clean Up & Get Ready for Dinner
5:00 p.m. to 6:00 p.m.	Dinner - Music w/Lenny K.
6:00 p.m. to 7:30 p.m.	Domestic Violence w/Dallas
7:30 p.m. to 9:30 p.m.	Music w/Kevin Br.
9:30 p.m. to 10:00 p.m.	Get ready for bed
10:00 P.M.	LIGHTS OUT
BOOTHS SWEATS	First Aide 6:00 p.m.

Friday, July 21 - 2017
South Fork Indian Reservation, Nevada

THRUSDAY	ACTIVITIES
6:00 a.m.	Drum Roll/Sunrise Services
7:00 a.m. to 8:00 a.m.	Breakfast
8:00 a.m. to 9:00 a.m..	General Session - Outside
9:00 a.m. to 10:00 a.m.	Diabetes Prevention (conference room)
10:15 a.m. to 11:30 a.m.	Law Enforcement (current scams) conference room
11:30 a.m. to 12:00 p.m.	Break
12:00p.m. to 1:00 p.m.	Lunch - Music with Kevin Brady
1:00p.m. to 2:00 p.m.	Diabetes Prevention with Jan Boyer (conference room)
2:00 p.m. to 3:30 p.m.	Housing Workshop w/Jody Abe
3:30 p.m. to 5:00p.m.	Crime Prevention w/Darla L. (conference room)
5:00 p.m. to 6:00 p.m.	Dinner - Music w/Lenny K.
6:00 p.m. to 7:30 p.m.	Bingo - Outside
7:30 p.m. to 9:30 p.m.	Music w/Kevin Br.
9:30 p.m. to 10:00 p.m.	Get ready for bed
10:00 P.M.	LIGHTS OUT
BOOTHS	First Aide
SWEATS	6:00 p.m.

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Saturday, July 22 - 2017
South Fork Indian Reservation, Nevada

THRUSDAY	ACTIVITIES
6:00 a.m.	Drum Roll/Sunrise Services
7:00 a.m. to 8:00 a.m.	Breakfast
8:00 a.m. to 9:00 a.m..	General Session - Outside
9:00 a.m. to 10:30 a.m.	Domestic Violence w/Dallas (Outside)
10:30 a.m. to 12:00 p.m.	EPA Workshop (Outside)
12:00p.m. to 1:00 p.m.	Lunch - Music with Kevin Brady
1:00 p.m. to 2:30 p.m.	Crime Prevention w/Darla L. (outside)
2:30 p.m. to 4:00 p.m.	Diabetes Workshop w/Mary G. (outside)
4:00 p.m. to 5:00 p.m.	Closing Remarks
5:00 p.m. to 6:00 p.m.	Dinner - Music w/Kevin B.
	Camp take down
10:00 P.M.	LIGHTS OUT
BOOTHS SWEATS	First Aide 8:00 a.m. to 10:00 a.m.

HIGHER GROUND CAMP 2017

CAMP RULES

1. Absolutely **NO USE OF ALCOHOL, DRUGS OR CIGARETTES**
2. No foul language
3. No going into one another's tent
4. No name calling
5. Respect one another's feelings
6. No physical violence
7. Listen and follow directions of the adults and elders
8. No side conversations during talking circles, groups or presentations
9. Respect each other's beliefs
10. No Coupling – (boy/girl; girl/girl; or boy/boy)
11. No Spitting
12. **Absolutely NO ELECTRONICS on campout**
13. No Weapons
14. Please keep your shirt and shoes on
15. Need to participate in all activities
16. No carving on trees
17. **No POP!!!!!!!**



YOU ARE RESPONSIBLE FOR:

1. Cleaning up your campsite
2. Sweeping out your tent
3. Picking up your trash
4. Helping with daily cleanup around main campsite

HIGHER GROUND CAMP OUT

Hygiene & Clothing

PERSONAL HYGIENE

- Tooth Brush & Paste
- Shampoo, Soap, Deodorant, Hair Brush, etc.
- 3- day change of clothes
- Towel & Wash cloths
- Sun screen
- Cap
- Tennis shoes/hiking boots
- Light jacket
- **Allergy Medication – Inhaler – Medication - etc.**

SWEAT – Girls

- No tanks tops
- No short shorts
- No white t-shirts
- No pants or sweat pants
- Wear dress or skirt
- Color t-shirts
- Long shorts to the knees – acceptable if you don't have a dress
- Need to bring a towel
- **Girls are not to be on their period**

SWEAT – Boys

- No short shorts
- No pants or sweat pants
- Need to bring a towel
- Wear long shorts

CAMPING GEAR

- Tent
- Sleeping Bag

2017 HIGHER GROUND CAMP

Youth/Adult Medical History and Liability Release Form

INSTRUCTIONS: Complete all parts of this form, front and back. Parent's signature is required if participants is under 18 years old or a special need child.

NOTE: Full disclosure if your current health is required for participation

GENERAL INFORMATION

Name: _____

Home Address: _____

(Street) (City) (State) (Zip)

Home Phone or Cell #: _____ Date of Birth: ____/____/____

Male Female Age: _____

Family Physician Name & Phone # _____

Emergency Contact Information (In the event of an emergency, who do we contact):

Name: _____

Phone (Day): _____ (Night): _____

2nd contact's Name: _____ Relationship: _____

Phone (Day): _____ (Night): _____

INSURANCE INFORMATION AND/OR HOSPITAL INFORMATION

Insurance Company Name: _____ Policy#: _____

IHS Facility & Phone Number: _____

HEALTH HISTORY

Height: _____ Weight: _____ Do you wear glasses? ____ Yes ____ No

Do you wear contacts? ____ Yes ____ No

Are you under the care of a physician ____ Yes ____ No If yes, please Explain: _____

Are you currently taking medication? ____ Yes ____ No If yes, please list and explain: _____

Do you have asthma? ____ Yes ____ No If yes, bring your inhaler along.

Do you have any disabilities? ____ Yes ____ No If yes, please explain: _____

Do you have any recent injuries, illness or operations? ____ Yes ____ No If yes, please explain: _____

Do you have diabetes, seizures or frequent fainting/dizziness? ____ Yes ____ No If yes, please explain: _____

Do you have any back, neck or spine injury/pain? ____ Yes ____ No If yes, please explain: _____

HEALTH HISTORY continued

Do you have migraines or suffer from headaches? ____ Yes ____ No If yes, please explain: _____

Do you have a history or heart problems? _____ Yes _____ No If yes, please explain: _____

Are you pregnant? _____ Yes _____ No If yes, you can not actively participate without written permission from your physician.

Individuals suffering from Musco-skeletal injuries or cardiovascular illness will not be permitted to participate in such activities without written permission from their physician.

Please state the type of physical condition you're in: _____ Athletic _____ Good
_____ Fair _____ Poor

ALLERGIES: (please check all that apply. Bring your epi-pen or other medication along.)

Poison Ivy Insect stings/bites Penicillin Aspirin
 Foods (please list) _____
 Other (please explain) _____
Please list. Include allergies to medication: _____

IMMUNIZATIONS: (give date of latest inoculation or booster)

_____ D.T.P Series _____ Tetanus Booster _____ Polio Series
_____ Smallpox _____ Measles _____ Rubella
Tuberculosis Test, result: _____ Pos _____ Neg

Please indicate any other health information we should know to provide you with a safe experience such as special diet requirement, physical activity restrictions, etc... _____

SOUTH FORK BAND ALCOHOL & DRUG PROGRAM ACCIDENT/INJURY WAIVER

I certify that the information provided above is a complete and accurate statement of the physical factors which may affect my son/daughters participation in the South Fork Band Council – Higher Ground Camp Out. I realize that failure to disclose such information could result in harm to my son/daughter or their fellow participants. I give permission for my son/daughter to participate in all campout activities. In addition by signing this waiver, I give permission in case of emergency to obtain medical care if necessary for my child. I shall not hold the South Fork Band Council of the Te-Moak Tribe of Western Shoshone Indians, any employees/volunteers involved in the supervision or transportation of my child or myself liable or any personal lawsuits resulting from death, injury, damage or loss to personal property that may occur while participating in the campout.

Participants Signature

Parent/Guardian Signature

Debbie Honeystewa, A&D Counselor

Date