

Welcome to Camp Rishon 2010

So much happens at camp each summer that parents sometimes feel they may never get it straight! We have compiled this guide in the hope that you will refer to it and find answers to your questions. Please sign the enclosed form stating that you have received and reviewed the materials and return it to us prior to your child's first day of camp.

The goal of Camp Rishon is to provide each and every child with a safe and happy summer experience. In order to do that most effectively, we ask for the support of the people closest to our campers – **YOU!** Whatever problems or concerns you might have, we urge you to share them with us as soon as possible. The only problems we can resolve are the ones we know about. So please keep us informed and give us a chance to make everyone happy.

CONTACTING CAMP

To reach the JCC Front Desk 445-2360

Direct dial to Lori Innella-Venne 445-2040 ext. 109

Direct dial to Amy Thrasher 445-2040 ext. 129

** Please note – camp staff is often out and about. If there is a pressing issue that needs immediate attention, please call the front desk and have someone paged.*

For Overnights:

*The JCC phone system is turned off after 9 pm. Camp Staff can be reached via cell phone during overnights only at **436-9630**. To guarantee that we receive your call, please do not leave a message on this line.*

Email:

Lori Innella-Venne linnella-venne@jccsyr.org
Camp Director

Amy Thrasher.....athrasher@jccsyr.org
Assistant Camp Director & Inclusion Specialist

Notes and Questions



MEDICAL EXAM

A physician must have examined all campers within the past two years. A current confidential medical history, including the camper's immunization record, which shall include immunization dates against diphtheria, measles, mumps, poliomyelitis, rubella, chicken pox, and tetanus needs to be updated and completed by a physician **each year**. Medical forms will be mailed to you with your camp confirmation forms. **The medical history form with a signature for emergency medical authorization MUST be completed and returned to the JCC two weeks prior to your child's first day at camp.**

MEDICATION

If your child should need to take medication during the camp day or on an overnight trip, please send it to us **in the original container**. Licensing requirements state that we **cannot** administer any medication without explicit written permission from your child's doctor allowing us to do so. A copy of the prescription or a note from a parent is not an acceptable substitute. Camp Rishon also requires additional consent from parents or guardians with instructions in writing that match doctor's written requests. This includes inhalers and epi-pens. Please discuss your child's medication needs with the Camp Director or Assistant Director prior to their start at camp.

BACKPACKS/ WHAT TO BRING

Each day your child should come to camp equipped with a backpack or bag with his or her name on it. Please do not send valuable or irreplaceable items or any toys from home. The following items should be brought to camp each day and fit into the pack:

- | | |
|---|---------------------|
| -Water bottle (full of water) | -Towel |
| -Swimsuit (2 nd swimsuit is recommended) | -Hat |
| - Labeled Waterproof Sunscreen | -Rain gear |
| -Non- meat lunch | -Non-DEET bug spray |

PLEASE NOTE: The JCC **DOES NOT** provide sunscreen to campers. For health reasons, campers are not permitted to share their sunscreen with others. Please provide sunscreen daily to prevent sunburn.

SECURITY

We believe in being proactive with regard to camper and staff safety. Your child will stay with his/ her counselors until checked out by a parent or authorized guardian. If a person other than a parent or guardian is needed to pick up a camper, the camp director must be notified beforehand **in writing** and their identification will be checked before they can sign your child out.

For security reasons parking or standing in the area near the front entrance of the JCC is strictly prohibited. This area is used for the purpose of bus drop off and pick up and fire emergencies only. Under **no** circumstances should your vehicle be in this area. Please use the upper and lower lots for parking.

INFORMATION STATION

The Information Station is the location for drop off and pick up (see the drop off/pick up section). It is located outside near the main entrance of the building. The table will have important flyers regarding the week's activities, notices, and more. A Head Counselor, Assistant Director, or Director will always be available at the Information Station for questions. You can leave a note for a counselor, drop off forms, or speak with supervising staff here. Parents should not go beyond this point into the KidZone. Counselors can escort your child to their camp group if needed.

SWIMMING

All campers have Red Cross swim instruction each morning and recreation swimming each afternoon in the JCC's heated pool. JCC lifeguards provide all instruction and a Water Safety Instructor will certify the progression from level to level.

Swimming is an essential part of every camper's daily activities. Each child has his or her swimming ability tested prior to the start of each week's swim sessions. Children are given a colored wristband to indicate their swimming level. Please **DO NOT** remove these wristbands during the camp week. They indicate where your child may go during the free swim period.

For everyone's safety, a child that does not participate in swim instruction on any day may not participate in free swim later that day. There are **no** exceptions to this rule.

OVERNIGHTS

Every school-age camper has the opportunity to attend four optional overnights throughout the summer. Campers must be enrolled in a camp the week of an overnight in order to participate. The overnight schedule is as follows:

July 8th at the JCC

July 22nd at MOST

August 5th at Highland Forest

August 19th at the JCC with a DJ Dance Party

Additional charges will apply for overnights, prices pending.

It is necessary for campers to bring a pillow, sleeping bag, change of clothes, toothbrush and toothpaste for the overnights. Dinner and breakfast will be provided for all campers who participate in the overnights. Camp Rishon has a cookout lunch for all campers on the Friday following an overnight and no lunch should be brought from home on those days, even if your child does not attend the overnight.

CHECKLIST FOR PARENTS

Did I:

- Pack a non-meat lunch?
- Pack a swimsuit or two and a towel?
- Label **all** items in my camper's bag?
- Apply sun block to my child, and provide **labeled** sun block for additional applications during the day?
- Include any special items like a leotard, baseball mitt, or golf clubs that might be necessary for my child's specialty camp?
- Send in all necessary paperwork (medical forms, waivers, permission slips, etc.)?
- Have my child wear sneakers?
- Include a hat and water bottle, especially on days when there is an outdoor field trip?
- Leave all toys, cell phones, and irreplaceable items at home?
- Send in a written note in any circumstance that my child's pick up or drop off changes?

CAMP HOURS

Camp Rishon's school-age camp runs from:

9:00 am to 4:00 pm, Monday to Friday

7:30 am – 9:00 am – AM Extended Care

4:00pm – 6:00 pm – PM Extended Care

All children are registered for the entire week and for the full day. If your child is not bussed, please be prompt in picking him/her up at the end of the camp day. AM and/or PM extended care options are provided on a weekly basis for your convenience. Additional charges will apply if your child is picked up late and/or dropped off early without being registered for extended care.

ABSENCES/LATENESS

It benefits your child greatly to be at camp consistently, for the sake of group unity and for the sake of your child's friendships and socialization skills. Should your child need to be absent from camp for any reason, please call the JCC by 8:00 am on the morning of the absence. This enables us to: make operational adjustments, keep accurate attendance, notify the bus drivers and keep them on schedule, and prevent us from worrying about your child.

Field trips cannot be held up to accommodate a late arrival at camp. Campers cannot attend a different camp group if they miss a scheduled field trip. Please note there are no credits or refunds for absences in any of the camps.

DAILY ACTIVITIES

The camp day will begin promptly at 9:00 am with our opening ceremony in the lower field of the JCC. **Parents are asked not to enter the ceremonies.** Drop off is at the entrance to the KidZone. All specialty camp groups and Nitzanim groups will join together in order to start the day off as a whole camp. After the opening ceremony, each camp group will continue with its own individual schedule until all the groups meet again for the closing ceremony at the end of the camp day at 4:00 pm. Please refer to each individual camp's confirmation flyer for additional information.

WHAT TO WEAR

All campers should wear sneakers with socks, caps for outdoor activities, loose fitting clothes that are conducive to art and sport activities, and be prepared for changes in the weather. Sandals, flip-flops, and jelly shoes are dangerous and will not be permitted other than going to and from the pool.

All clothing should be clearly labeled! Piles of clothing end up in the lost and found every year. Please check it frequently if your child is missing items.

DROP OFF/PICK UP

Again this year at Camp Rishon the “KidZone” will be in place. This is the area where you will drop off and pick up your child. It is located in the front of the building on the lower fields. The “Information Station” is your drop off and pick up point. If necessary, a counselor can help your child locate their camp group in the KidZone. We request that no parents come into the KidZone. Counselors will communicate via radio if you need to pick up your child early, which should be arranged in advance with the Director. At the end of the day, after closing ceremonies, your child’s counselor will bring the group over to the Information Station for pick up.

It is very important to make contact with a counselor when you come to pick up your camper(s). To ensure the safety of all campers, each camp group is required to wait with their respective counselors until a parent arrives. Signing your camper(s) in and out is only necessary during the extended care times and on the occasion when a camper is picked up earlier than normal.

The AM extended care occurs in the JCC lounge, located across the hall from the main office. Parents with campers participating in AM extended care **must** accompany their camper(s) to the lounge in the JCC. No child should **ever** be dropped off at the main entrance. The PM extended care occurs in several locations within the JCC and parents should come into the JCC and ask for their child at the front desk and a counselor will locate your camper(s).

Additional information regarding pick-up by someone other than parents can be found in the “security” section of this handbook.

LOST AND FOUND

The general Lost and Found is located in the Children’s Room of the JCC. Additionally, there is a “wet” Lost and Found on the pool deck. Please check them regularly for any missing items. Approximately every two weeks, we will place all lost and found items out front for parents and children to claim. Whatever is not claimed at this time will be donated to charity.

The JCC makes every effort to keep camper items from getting lost. It helps **tremendously** when items are labeled clearly with your child’s name. Many items our campers bring such as swimsuits, towels, water bottles, and sunscreen are **exactly** the same. We are more likely to recover lost items when they are labeled.

T-SHIRTS

Camp T-Shirts will be distributed on your child’s first day of camp. Each child receives one free T-Shirt. Additional T-Shirts can be purchased for \$8.00 each. Children are asked to wear their T-Shirts on field trips (Tuesdays, Wednesdays, or Thursdays for Nitzanim) for quick group identification and every Friday to promote camp spirit.

FOOD/LUNCHES

The JCC is a Kosher camp. We require that **all lunches be non-meat**. Such a lunch can include: cheese, yogurt, peanut butter & jelly, eggs, pasta, tuna, fruit, vegetables, hummus, etc. All lunches are refrigerated. Please do not send any food that must be cooked or heated up.

The JCC will provide an afternoon snack. On the day following an overnight we will have an all-camp cook out and children should **not** bring lunches from home on these days.

CELL PHONES

Many children have their own cellular phones. Use of cell phones during camp will be **strictly prohibited**. Calls cannot be monitored and counselors cannot be responsible for camper phones. Any cell phones being used during the camp day will be brought to the Director’s Office. If campers need to make a phone call, they must notify a counselor and make the call in the Director’s Office.

During overnights, cell phones are also not permitted.

BUSSING

A neighborhood bussing service is provided by the JCC for the standard camp day (9am-4pm). Stops are indicated in the camp guide. All bus use must be confirmed before the start of camp. Please be at your stop on time. If your child is not there at the designated time, the bus will continue to the next stop. If you plan to pick up your child, rather than using the prearranged bus service, you must notify us by 1:30 pm so that we do not put him/her on the bus to go home. Please notify Lori Innella-Venne for any changes in your campers’ schedule with advanced notice.

HEALTH AND WELLNESS

Please do not send your child to camp when he or she is sick. Your child will not be able to fully participate and enjoy the day, and it also presents a health risk to other campers. If your child has a contagious illness such as strep throat, chicken pox, or ‘pinkeye’, please contact the camp as soon as possible so that other parents can be notified. Should your child become ill at camp, you will be contacted and asked to pick him or her up.

In the normal course of supervised activities and play, children are occasionally injured. During camp, at least one RTE (responding to emergency) and CPR certified staff member is within close proximity of all campers at all times. First aid for scrapes, cuts or bumps is readily available; however, in the event of serious injury, parents will be contacted immediately and appropriate emergency steps will be followed.

We are an inclusive camp program serving children of all abilities. As such, there will be the possibility of service dogs within our program. If there is a serious health issue

concerning your child being in the presence of a service dog, please contact the director as soon as possible.