

PARENT & CAMPER MANUAL



2009

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I. OUR VISION

A. Camp Sholom Philosophy

Camp Sholom is a place for children to have fun while growing and maturing through their interaction with others in a positive and stimulating Jewish environment. Through diverse activities, our camp creates an opportunity for warmth, community and personal growth. We hope to realize the Jewish atmosphere at Camp Sholom through all of our summer programming. Friday afternoons will also conclude with a special Shabbat program beginning at 3:15 pm. Parents are welcome to join us as song and spirit fill the camp.

B. Camp Sholom Overall Goals

- 1) To provide for the health and safety of each camper and staff member.
- 2) To share our vision of a camp family atmosphere,
- 3) To convey the importance of Mitzvot and other Jewish values.

C. About our Camp Sholom Family

Camp Sholom Counselors

Camp Sholom takes pride in its counselors and specialists who are thoroughly interviewed and screened prior to being hired. Camp Sholom counselors are at least 17 years of age and many are college students or graduates. Our Junior Counselors are a select group of entering high school Juniors who have stood out as positive, caring, and enthusiastic Camp Sholom volunteers during previous summers. All Camp Sholom staff members are trained and certified in First Aid and CPR.

Camp Sholom Volunteers

Camp Sholom loves to be able to stay in contact with campers who have graduated from the Avodah leadership program by offering camp volunteer opportunities to them. Camp Sholom volunteers are usually comprised of entering 10th, 11th, and 12th grade teens who want to gain more leadership experience while giving back to the Camp Sholom family. While at Camp Sholom, volunteers work alongside our counselors and are treated by all with equal respect.

Camp Sholom Avodahniks

While Avodahniks (7th-9th graders) are technically considered to be campers, they are invaluable leaders in our camp community. Campers enrolled in Avodah gain variety of leadership responsibilities including program planning and helping out with younger children. They are the next generation of Camp Sholom counselors. Please refer to the Avodah section of this manual for more detailed information pertaining to the Avodah Leadership Program.

II. SAFETY

A. Safety

Safety is our primary concern at Camp Sholom. Every counselor has been trained in CPR and First Aid prior to camp. There are many measures that you can take to help provide a safe and successful summer. Please discuss with your child the importance of staying near the counselor while off the camp premises and be sure that your child wears a camp T-shirt **everyday** (except Fridays). Let your camper(s) also know that all Camp Sholom staff will be wearing camp T-shirts as well so that we may be easily identified. This sends a clear message to our campers that safety is our top priority.

B. Emergencies

In case of an emergency, we will make every attempt to contact you as soon as possible. We will call the numbers provided on your registration form. If you need to contact us, please call the office at 714-628-4620. If there is no answer, please leave a message or call the Temple Beth Sholom main office at 714-628-4600. They will know how to reach the director in order to address any emergency.

C. Camp Sholom T-Shirts

Your camper will receive a Camp Sholom T-shirt the first day s/he attends camp (pre-ordered additional T-shirts will also be distributed). Additional T-shirts will be available for \$15 each after camp begins; however, the supply of sizes may be limited. Again, camp T-shirts must be worn everyday except Fridays.

D. Sunscreen - Sunscreen - Sunscreen!

The California summer sun is intense. PLEASE, each morning before getting dressed, have your camper apply sunscreen. Then send a large bottle with your camper to be used throughout the week. Counselors will make sure that campers reapply sunscreen throughout the day. Unfortunately, however, the sun can be stronger than we anticipate. Although we will make every effort to have campers reapply sunscreen throughout the day, there will be those who burn easily and may come home with more color than desired.

E. Transportation

Camp Sholom uses Certified Transportation Services for our bus service for all off-site events. They have an excellent reputation for safety. In the event of an emergency, your child will be transported via the director's or a qualified staff member's personal automobile.

F. Health and Medication

If you are sending your camper with any medication, it must be given to either the camp director or assistant director upon check-in on Monday morning. **The medication must be in the original bottle with directions from the doctor and pharmacist clearly marked on the bottle.** This assures we dispense the correct dosage at the appropriate times. We encourage that you refrain from giving your camper "medication holidays" during camp.

III. WHERE AND WHEN?

A. Communication

Prior to each week at camp, parents will receive the Camp Sholom weekly e-newsletter. **Please thoroughly read the e-newsletter each week as it contains important information about weekly programs, field trips, accessing camp pictures and more.** If you have any particular questions about camp, please call the camp office at 714-628-4620.

B. Camp Hours

Camp hours are Monday through Friday, **9:00 a.m. until 4:00 p.m.** Please make sure that your child eats breakfast before camp. **Campers may not be signed in to their units prior to 8:50 a.m.** Late Care is offered between 4:00pm and 6:00pm. Late pick-up may result in a Late Care fee being charged to your account.

C. Mondays/First Day of Camp

Monday marks the first day of camp for many of our Camp Sholom campers. Each Monday, "sign-in" takes place at a table at the entrance to the rotunda. You will be asked to sign your child in and write down names of any persons authorized to pick up your child from camp during the week. After you sign in your child on Mondays, you may then escort him/her to the appropriate Unit Room to greet counselors and store lunches and backpacks.

D. Sign-In/Sign-Out

EVERY CAMPER MUST BE SIGNED IN AND OUT OF CAMP DAILY BY A PARENT OR GUARDIAN.

Counselors will be in their designated Unit Rooms ready to sign campers in and out. Upon entrance, campers should place their bags in their cubbies and their lunch in the unit cooler (found at the entrance to the room). Camp will end at 4PM each day with "Closing Circle" in the Rotunda. **We ask that parents wait for Closing Circle to end before signing out their campers.** Sign-Outs will take place in each Unit Room after Closing Circle.

E. Late Care

Late Care is offered for a fee from 4:00 p.m. until 6:00 p.m. A Temple staff member, older than 18, will be on-site during Late Care hours.

PLEASE NOTE: FAILURE TO PICK UP A CAMPER BY 6:00 P.M. WILL RESULT IN A \$1 PER MINUTE CHARGE IN ADDITION TO THE LATE CARE FEES.

F. Beach Days

On Tuesdays campers spend the day at the north end of Corona Del Mar State Beach. We set up umbrellas and cones so the campers can easily identify our area. Campers may choose to go into the water, the shore, or on the dry sand. Depending on camper enrollment, there will always be 2-4 counselors in the water at all times. Other staff will rotate between shore and water duty throughout the day.

Please review the following **Beach Day Safety Procedures** with your Child prior to camp:

- Campers are required to wear camp T-shirts while in the water so that Camp Sholom staff can easily identify them. Campers may take off their camp shirts when they are on dry sand. **We recommend that campers bring an extra dry shirt on beach day.*
- Campers are to stay between the designated cones both on the shore and inside of the water.
- Campers may only be in the water during designated times when there are staff members posted in the water.
- Campers identified on their registration forms as "unable to swim" will be provided wristbands to wear so that they are more easily identifiable by our staff
- Campers must always use the restroom with a counselor
- Campers must not leave the group at any time for any reason without a Camp Sholom staff member
- Campers must bring additional bottled water/Gatorade on beach day in order to stay hydrated
- Campers must reapply sunscreen when asked. In the event that a child refuses to reapply sunscreen, parents will be called.

A special Note Regarding Parents at Beach Day:

Some parents choose to join Camp Sholom at the Beach on Tuesdays. While parents are welcome at the beach, **if their child is signed-in to camp the child must still follow all of the Beach Day rules.** If a parent wishes to take their camper to the bathroom or outside of the designated camp area, they must be signed-out for the day. This rule is set to ensure safety and avoid any confusion among our campers and staff.

G. Swimming on Wednesdays

Please send your camper to camp with their bathing suit on under their clothes on Wednesday mornings. Campers should bring a bag with sunscreen, a hat, and a towel. Please label everything! All campers will leave the Temple at approximately 12:45 p.m. and proceed to the William Woollett Aquatic Center at Heritage Park in Irvine. There will be alternative activities available for campers who don't want to swim. Campers identified as "unable to swim" on their registration sheets will be provided wristbands to wear to further ensure safety.

The William Woollett Aquatic Center is a large and beautiful facility with two main pools. Campers who wish to swim in the deeper pool or use the diving boards are required by the aquatic center to take a swim test **each time** we come to the pool. To pass the test, children must be able to swim a certain distance and be able to tread water.

IV. PARENT AND CAMPER RESPONSIBILITIES

A. Camper Eligibility

Camp Sholom is open to children entering Kindergarten-9th grades. All children must be potty-trained to attend Camp Sholom. While our counselors will always accompany campers to the restroom, campers must be able to go into the individual toilet stalls by themselves. Camp Sholom reserves the right to not enroll a camper if we feel that he or she is not ready for our program. If you have any questions or concerns regarding your child's readiness for camp, please speak with the Director prior to enrollment.

B. Addressing the Individual Needs of our Campers

Camp Sholom recognizes that each child is unique and will do it's very best to address any special needs or limitations that campers may have. If you feel that your child may need extra attention or assistance to have a successful summer at camp, please speak with the Camp Director **prior** to the beginning of camp so that, if necessary, special arrangements may be made.

In addition, if your child has any special needs or limitations pertaining to a specific field trip or event we would like to know so that we may provide a comfortable and safe experience for your child. Examples of concerns we would like to be made aware of include, but are not limited to: motion sickness, tendencies to wander, dietary concerns, fear of heights or enclosed spaces, etc

C. Attendance

Your child is expected at camp each morning. In the event of illness, please call the office at (714) 628-4620 and inform us of the absence. **There will be no refunds or substitutions made for days missed during the summer.**

D. Dress Code

- Please make sure to **label all of your children's clothes, including camp t-shirts** to ensure that if anything gets lost it will be returned to you.
- The camp logo T-shirt for the current year must be worn everyday except Fridays and on overnights. If your camper arrives without a camp T-shirt the camp will loan them one, however, it must be returned washed the next day or a \$15.00 charge will be applied to your account.
- Sneakers/athletic shoes are required every day. On Beach days (and other designated days), sandals are acceptable.
- Shorts and T-shirts are encouraged for the summer, however, no cut-off shorts or mid-drift shirts are allowed at camp.
- It is traditional to wear white on Shabbat. We hope that your camper will join us in wearing white on Fridays.

E. Lunches and Snacks

Your child is expected to bring lunch to camp every day. Please send lunches in a **zip-lock bag** with your camper's name clearly written on the bag. Please refrain from packing lunches in tupper-ware as we only have limited space in our coolers for lunches.

Please note:

Camp Sholom abides by Temple Beth Sholom's rules on kashrut which include **no pork or shellfish and no mixing dairy and meat in the same meal**. If your child forgets his/her lunch, we will provide one.

For safety reasons, **campers are not to share lunches**. Some campers have severe allergies to certain foods and we would like to avoid any mishaps.

Please send a morning snack with your camper. In the event that a child forgets to pack a snack, we will have some available. **Please send an extra snack if your camper will remain for afternoon Late Care.**

F. Behavior

Your child is expected to act appropriately. Foul language, rough-housing or hurting others (emotionally or physically) is unacceptable. Please read through the Camp Sholom rules below. If your child is misbehaving or disruptive, we will contact you. Please note that in an extreme case, you may be asked to pick up your child from camp during the day. If behavioral issues are not resolved after several warnings or if your child is endangering him/herself or others, Camp Sholom reserves the right to ask that your child not return to camp for the remainder of the summer.

Camp Sholom Rules

B'tzelem Elohim—We are all made B'tzelem Elohim, in the image of God.

- We value all Camp Sholom counselors, volunteers, Avodahniks, campers, and bus drivers. This means that we treat others as we wish to be treated. We speak kindly to one another and keep our hands and feet to ourselves.

Kavod--Respect

- We respect our surroundings and treat all property with care---Temple Beth Sholom, the beaches, the bus, amusement parks, etc.
- Campers listen to the directions of Camp Sholom staff

Acharayut—Responsibility

- Campers will refrain from bringing valuable personal items to camp. This includes electronics, trading cards, valuable jewelry, etc.
- We go to Camp Sholom counselors and staff when we have issues that we would like to resolve
- We take responsibility for our actions

Bitachon--Safety

- Campers always stay with their designated counselors and camper groups
- Campers are escorted to the bathroom when off site
- Everyone follows the dress code
- Everyone reapplies sunscreen and drinks lots of water!

V. THE AVODAH LEADERSHIP PROGRAM (ENTERING 7TH-9TH GRADES)

The Avodah program offers an incredible leadership experience for teens entering the 7th-9th grades. No longer a "regular" camper and not yet a counselor, Avodah mixes fun summer camp activities with some responsibilities and counselor training. Over the course of the summer, Avodahniks have an opportunity to:

- Attend leadership training sessions
- Plan weekly programs for the younger campers
- Assist counselors with various camper activities
- Participate in all-camp field trips (Avodahniks usually have half of the day with their friends and the other half assigned to help a counselor and unit group)
- Travel on the Avodah-Only two-day adventure
- Participate in Avodah mitzvah projects and other special field trips

A. Avodah Communication

Please pay attention to the Camp Sholom e-news each week for any additional information regarding Avodah activities. We often add special Avodah day trips or projects in the weeks prior to the beginning of camp and communicate these through our e-news and other emails.

There may be times when Avodah campers are driven to activities in private vehicles or rented vans driven by Camp Sholom staff or parent volunteers over the age of 25. Prior to such occasions, Camp Sholom will require parents to complete a driver-release form for their Avodahniks.

B. Special Avodah Responsibilities and Regulations

- While we give our Avodahniks many opportunities to assist and interact with younger campers, Avodahniks will never be asked to be in charge of a group of campers without a Camp Sholom staff member present. Avodahniks are never alone with campers.
- Each Avodanik is expected to be a *dugma*, or role model, to the younger campers. This means following camp rules, treating others with respect, and being a positive example. Avodaniks are expected to also follow the directions of the counselors in order to help insure a safe and positive camp experience for all.
- Avodah perk—On beach day Avodahniks do NOT have to wear their shirts in the water

VI. OTHER INFORMATION

A. Birthdays

We look forward to celebrating birthdays that fall during the camp week. Contact the office if you would like to bring cake or other goodies to be served to your child's group.

B. Cancellation Policy

Camp Sholom's cancellation policy is as follows:

\$30/Camper Registration Fee is non-refundable.

Prior to May 21st, 100% of the tuition will be refunded.

From May 22nd through June 1st, 50% of the tuition will be refunded.

No refunds will be given after June 1st.

C. Lost & Found

The camp lost and found is located in the Education Office. If your child misplaces anything, please contact your child's counselor, who will then try to locate the lost item.

Camp Sholom is not responsible for any lost objects that are brought to camp. Please do not send your camper with any valuable objects. Campers are responsible for their own belongings; such as boogie boards or games, which might be brought to the beach. Camp Sholom staff's first priority is to watch our campers and make sure they are safe.

Lost items which have not been claimed two weeks from the close of camp will be gratefully accepted by the Adopt-A-Social-Worker Program.

CAMP SHOLOM PARENT AND CAMPER MANUAL

SUMMER 2009

We acknowledge that Camp Sholom has provided us with the Camp Sholom Parent and Camper Manual for Summer 2009. We have read and understand all of the rules, regulations, and procedures set forth in the manual.

Camper Name (Print)

Parent Signature

Date

Camper Signature

Date