

J-Camp Family Handbook



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Camp Overview

Welcome to Camp!

The purpose of this guide is to provide answers to your questions about J-Camp. If you have questions or concerns not addressed here, please feel free to contact the J-Camp office.

Camp Philosophy

Every camper has the right to a happy and safe summer. All JCC Camps feature a child-centered program focusing on the individual needs of each camper and the collective needs of each camp group. Every experience is a learning experience and it is the responsibility of the counselors to provide a well-rounded program for all children. We are all here for the campers and want everyone to go home each day looking forward to his or her next day at J-Camp!

Camp Goals

Our goal is to help each camper develop new skills and a greater appreciation of his/her capabilities. Additionally, we hope to provide a community setting whereby children will have the ability and confidence to explore new realms and meet new friends. This community environment is the basis for all JCC Camps.

Objectives include:

- Ensuring each one of our campers has the Best Summer of Their Life.
- Aiding in each child's personal and social growth through the development of a positive attitude, new interests, and skills.
- Providing the opportunity for our campers to positively identify themselves with Jewish life, culture, and the community in which they live.

JCC Mission Statement

The Barshop Jewish Community Center of San Antonio is committed to helping individuals develop to their maximum potential as citizens of our community and our nation. The JCC strives to inspire Jewish journeys, while strengthening individual life, family unity, and community involvement. We will achieve this through creative and constructive programs, which meet the cultural, educational, and recreational needs of individuals, families, and the community at large.

Camp Staff

We feel confident that we have the best staff around! Our staff is as diverse as our campers. Many members of our staff team are enrolled in teaching credential programs, are college students, or are full-time teachers. The JCC strives to hire highly qualified staff to conduct all JCC camp programs. Our junior staff members are at least 16 years old and our senior staff members are at least 18 years old. All staff have been properly screened, receive a multi-day training, and continue to attend weekly staff meetings throughout the summer. All camp staff have basic first aid and emergency training and many have CPR/AED certifications. Most importantly, our staff are people who love working with kids. They are good people with warm hearts who are silly enough to sing camp songs at the top of their lungs!

Children with Different Abilities are Included at Camp

Children with special needs will participate in inclusive programs at Camp this summer. These children may have a variety of diagnoses, including autism spectrum disorders, cerebral palsy, hearing and vision impairments, physical disabilities, epilepsy, ADHD, and chronic illness. At Camp, however, we emphasize the abilities and talents that all children bring to Camp, not disabilities. At the JCC, they have the opportunity to develop friendships with typically developed peers as they take part in a full range of camp activities and are not limited to participation in segregated camps exclusively for special populations.

Each child will be included as a unique and equal member of a camp group. Some campers will have one-on-one assistance from an Inclusion Support Facilitator. Camp staff receive training in how to include a child with different abilities into group activities. This unique learning opportunity is provided through generous support from United Way of San Antonio, Jewish Federation of San Antonio, the Lazarus Foundation, and several individual donors. For further information about Inclusion and Accessibility Services at J-Camp and at the JCC, or if you have specific questions about a situation your child has encountered, please contact Rachel Rustin Henson at 210-302-6969.

Communication

Most communication from the J-Camp office will be via email. In addition, please keep in mind that the camp administrative staff spends most of their day with our campers and may not be immediately accessible by phone or email. If you have an urgent matter, please contact the camp office. However, please check your child's backpack and lunchbox every night for any important notes or reminders. In addition, the Camp Information Station, located in the main lobby, has information such as your child's group, schedules, and camp calendar.

Please remember, a camp session is over fast. Don't hesitate to contact one of the camp supervisors, the director, or your child's counselor with any concerns, questions, suggestions, or needs you may have.

Important Phone Numbers

Youth & Camping Office	210-302-6859	JCC Main Line	210-302-6820
JCC Fax	210-408-2341		

Camp Administrative Staff

Rachel Rustin Henson, Camp Director	210-302-6969	rustinr@jcc-sa.org
Dylan Ashworth, Camp Associate Director	210-302-6868	ashworthd@jcc-sa.org
Elie Allen, Camp Assistant Director	210-302-6869	billsteind@jcc-sa.org
Betsy Cowan, JCC Vice President/CFO	210-302-6824	cowanb@jcc-sa.org
Randy Holland, Sports Camp Director	210-302-6843	hollandr@jcc-sa.org
Rodney Munoz, Tennis Camp Director	210-302-6832	munoza@jcc-sa.org

Contact an administrative staff person if you have questions or concerns. Please do not ask for counselors' phone numbers as they will direct you to the numbers listed above.

Family Communication

Exchange of information between parents and staff provides insights for both parties. The format may be formal or informal. It is vital that you inform us of changes happening in your family. Changes at home include: moving, hospitalization of a sibling or parent, changes in the parents' relationship status, etc. These situations influence the way in which your child relates to others. Staff members can better provide for a child's needs if they are aware of the situation. We will treat this information with the utmost confidence.

Custody Situations

Communication with the JCC Camp staff is crucial to the well-being of the camper. J-Camp will not be the go-between for families. This includes legal situations beyond custody disagreements.

Documentation regarding which parent has legal custody is required in the case of separation or divorce. If there is no legal documentation, then both parents have the right of access to camp records and to pick up their children. It is the responsibility of the custodial parent to provide legal documentation verifying custody arrangements. Any court orders (with relevant sections highlighted) must be submitted to the J-Camp office two weeks before the camper begins camp.

Important Communications (Absences, Early Release, Out-of-Town)

Absences: If your child will not be attending camp, please leave a voicemail message in the Youth & Camping Office at 210-302-6859 prior to 9:00am.

Early Release: If your child needs to be picked up early, please send a written note for your child's counselor. You must sign your child out.

Out-of-Town: If you plan to be out-of-town while your child attends camp, please advise us accordingly and give the contact information of adults who can be reached in your absence.

Social Media

Families, including both parents and campers, may not post information or photos of other campers on the internet or any social media.

Camp Descriptions

Grouping Assignments

Any special request regarding the group assignment of a camper must be indicated on the camp application or submitted to the camp office in writing by Memorial Day. The camp director will honor these requests whenever possible. While we make every effort to keep groups together, a camper's group could change over the course of the summer at the discretion of the camp director.

Traditional Camps (Four-week sessions)

Camp Chaverim (Kindergarteners)

Campers entering kindergarten participate in Camp Chaverim (Friends). This program is designed to initiate new campers to the great outdoors and the JCC camp community. Schedules are geared to the interests of the younger camper: arts and crafts, creative dramatics, spirited singing and dancing, hikes and nature activities, instructional and recreational swimming, enthusiastic sports and games, and a wide variety of counselor-led activities. The camp Shlichim (Israeli emissaries) will enhance the Judaic and Israeli programming. Campers are provided with the individual care that is needed to limit their fears and anxieties that sometimes accompany a new experience. Chaverim campers get a great taste of what camp has to offer.

Camp Shalom (Grade 1)

Campers entering first grade participate in Camp Shalom (Peace). This program is perfect for campers who are ready to try new things. Schedules are geared to this high energy and quickly developing age group. The program is enhanced by arts and crafts, creative dramatics, spirited singing and dancing, instructional and recreational swimming, hikes and nature activities, enthusiastic sports and games, storytelling, and the appreciation and acceptance of all people through all of these activities. The camp Shlichim (Israeli emissaries) will enhance the Judaic and Israeli programming. These campers will participate in one field trip each session.

Camp Yeladim (Grade 2)

Campers entering second grade participate in Yeladim (Children). This program is geared to the camper who is ready for new adventures and activities. The program is enhanced by arts and crafts, creative dramatics, spirited singing and dancing, instructional and recreational swimming, hikes and nature activities, enthusiastic sports and games, and much more. The camp Shlichim (Israeli emissaries) will enhance the Judaic and Israeli programming. This summer Yeladim campers will have two field trips each session. This program is a great transition to the specialty camps that begin in third grade!

Camp Sayarim (Grades 3-4)

Campers entering third and fourth grade can participate in Camp Sayarim (Voyagers). The program is designed to provide a transition from typical camp life into the exciting world of a traveling camp by providing both traditional camp activities and exciting field trips. Each week Sayarim campers participate two field trips. These activities are designed to enhance the

confidence, self-esteem, and interpersonal relationships of the participants. Although travel is a significant part of the program, three days out of the week will be spent at the JCC participating in art, drama, nature, music, Israeli culture, recreational swimming, as well as a wide variety of counselor-led activities. Camp Sayarim will also have one overnight at the JCC each session.

Camp Chanichim (Grades 5-6)

Campers entering fifth and sixth grade can participate in Camp Chanichim (Campers). The program is designed to have many of the perks of Navigator Camp while still providing age-appropriate activities and supervision. Chanichim campers spend two days each week traveling on field trips, providing the group of campers with a sense of independence. Chanichim is highlighted by two extended overnights each session, generally one overnight stay at the JCC and one at a nearby Texas state park. Sites are equipped with indoor accommodations and offer a wide variety of activities.

- JCC staff are present in all sleeping accommodations, whether in rooms at the JCC or in cabins at State Parks
- All food, activities and transportation will be provided. All food served will be kosher.
- Red Cross certified lifeguards will be present for all aquatic activities.

These trips are an integral part of the Chanichim program. Alternative camp options will not be provided for those choosing to not participate.

Performing Arts Camp (Grades 3–8) *First Session Only*

Performing Arts campers receive a well-rounded introduction to the fun world of theatre arts. The program emphasizes the process of theatre, teamwork, and self-confidence, which translates into an exciting atmosphere for campers at all levels of performing experience. The program is enhanced by arts and crafts, creative dramatics, spirited singing and dancing, recreational swimming, nature activities, enthusiastic sports and games, and much more.

Academies

JCC Academies are special one-week camps for campers who have a specific interest and/or talent. Academy campers spend most of the session in their specialty area, but also spend a portion of each day in recreational swimming, as well as Kabbalat Shabbat and special programs with similar age groups.

Exploration Academy (Grades 1-2)

Exploration Academy introduces new ideas and provides enrichment opportunities that will expand campers' interests and minds. Campers will discover their own distinctive abilities and build new strengths in a supportive environment. Each week campers explore different themes and programs with the opportunity to work with local professionals and/or certified teachers in a variety of fields.

Sports Academy (Grades 2-8)

Sports Academy is designed for the active, athletic-minded camper. The day features both fitness and athletic development and focuses on skills, rules, competition, games, and contests, while reinforcing the values and benefits associated with teamwork and sportsmanship.

Discovery Academy (Grades 3-6)

Discovery Academy introduces new ideas and provides new experiences and overall enrichment opportunities for your camper to expand their interests and minds. Each week campers explore different themes and programs with the opportunity to work with local professionals and/or certified teachers in a variety of fields.

Tennis Academy (Grades 3-9)

Tennis Academy is custom designed for all levels of players. Each day is fun-filled with tennis instruction, games, and rules. Our staff is committed to helping each child develop their complete tennis game. We stress the importance of a positive self-image, honesty, and strong mental focus.

Camps for Teens

Navigator (Grades 7-9)

Navigator is our program designed for older campers. Community service, field trips, overnights, and special projects are the main components of Navigator Camp. These program features are designed to enhance the confidence, self-esteem, and interpersonal relationships of the participants. Each one-week session is made up of exciting in-town day-trips and time at the JCC participating in art, drama, nature, music, Israeli culture, recreational swimming, counselor-led activities, and relaxing in the Youth Lounge.

Navigator Travel (Grades 7-9)

Navigator Travel is our travel camp designed for older students. These opportunities to travel are designed to enhance the confidence, self-esteem, and interpersonal relationships of the participants. Each one-week session is made up of exciting travel to places such as local hotspots, restaurants, and often to the Jewish Community Center of another community. This is a great alternative to a sleep-away camp since it is only a one-week experience.

Counselor-in-Training (Grades 9-10)

The Counselor-in-Training (CIT) program provides teens with an opportunity to learn and develop counseling skills in a nurturing setting. CITs spend their time with camp groups (mainly campers in grades K-4) and in training sessions with their supervisor and other specialists. Our goal is to train future counselors and provide them with the tools necessary for success in working with children. A stipend for perfect attendance, special CIT field trips, and JCC staff preference for future employment are some of the rewards of participating in this program.

Camp Curriculum and Goals

Our Camp's curriculum complies with the Barshop Jewish Community Center's mission statement and camp goals. These programs are "specialties" that are part of most camps. The camp curriculum is designed to be educational and fun!

- **Wednesday/Friday Programs:** Wacky Wednesday and Friday programs provide a sense of community. Wednesday dress-up programs usually focus on creative expressions that allow the children to experience new and different things. Friday programs provide special activities based on the theme of the week and with an element of Jewish education.
- **Israeli Culture:** This program is an introduction to Israel. We host a Shaliach each summer to lead enjoyable activities with the campers. The activities teach the children about living in a different country, tolerance of others, and history.
- **Aquatics:** This program is fun for campers in addition to teaching them an important life-saving skill. Campers are also able to develop their gross motor skills while increasing their swimming abilities and levels.
- **Sports:** This program is important for encouraging a healthy life style and healthy habits. Campers learn teamwork and problem solving during the various sports activities. Campers are also able to develop their gross motor skills in a social, friendly, and low competitive environment.
- **Theatre and/or Music:** This program offers a non-visual alternative for creativity. The activities allow campers to express themselves and develop self-esteem while gaining an appreciation of theatre arts and music, as well as creative movement and dance.
- **Nature and/or Science:** This program allows us to incorporate science and outdoor education in a fun, entertaining way. The campers enjoy this interactive approach to exploring the world around us. In addition to learning facts about animals, plants, and rocks, campers learn to appreciate the environment and its inhabitants.
- **Arts and Crafts:** This program allows campers to use their creativity and imagination. The activities become take home memories of their days at J-Camp. In addition to learning about aesthetics, instruction, and feeling a sense of achievement, campers are able to develop their fine motor skills.
- **Field Trips and Overnights:** The objective for the field trips/overnights is to provide a sense of adventure for our older children. The trips allow campers to feel a little more independent while exploring interesting and educational aspects of our community. Overnights provide campers an opportunity to grow in independence, self-confidence, and social skills.
- **Shabbat:** The Friday afternoon Kabbalat Shabbat gathering provides campers an opportunity to celebrate this Jewish ceremony as a community.

A Day at Camp

J-Camp hours are from 9am-3:30pm (early stay begins at 7am and late stay ends at 6pm). The JCC business office opens at 8am and closes at 5pm. The Camp Administrative Assistant can be reached from 9am-5pm at 210-302-6859. If you are in the building and need to reach someone from camp, please check in at the Central Information Desk in the main lobby. If we are not available when you call, please leave a voicemail message and we will call you back as soon as possible.

Participation

Many of J-Camp's programs and activities are new experiences for our campers. Since parents are important members of our J-Camp family, we urge you to stress to your child the need to try new things and not to be afraid to tell their counselor when they may need extra help or encouragement. Please feel free to call us with special concerns about your child's participation at J-Camp. We hope campers go home every day having tried something new.

Parking

Please remember to drive slowly and carefully in the parking lot. In accordance with the Texas State law, the use of a cell phone is not permitted while driving in our parking lot. All parents must park and come inside in order to sign out their campers in grades 4 and below. Campers in grades 5 and older may sign out themselves (but not younger siblings) and may be picked up in the circle lane in front of the building. Parking is not allowed in the circle drive.

Visiting Camp

For the benefit of the group and all campers, parents are not permitted to stay with their child's group for an extended period of time. All visiting arrangements should be made through the Camp Director in advance. Family Nights and Kabbalat Shabbat are the best opportunities to see J-Camp.

Arrival/Pick-up

Campers not signed up for early stay may be dropped off in the auditorium between 8:55 and 9:05am. In an effort to ensure a safe and secure camp setting, a parent or a parent designee (adults 16 years of age or older only, please, and listed on the health form/emergency card) must check campers entering kindergarten through grade 4 in and out of Camp each and every day. After 9:15am, all campers must be walked into the building by a parent or parent designee.

Campers not signed up for Late Stay must be picked up from the auditorium by 3:35pm. In order to sign your child out, you or your designee (listed on the emergency card & with a picture ID) will need to write your first initial, last name, and time of pick-up on our sign-in/sign-out sheet. If you are unable to arrive by 3:30pm, please call the Youth & Camping Office at 210-302-6859. Your child will be placed into Late Stay. Children not picked up by 3:45pm will automatically be placed into Late Stay and parents will be charged \$15/day.

Campers in grades 5 and up may check themselves into J-Camp, but absolutely may not check in or sign out siblings who are younger.

Campers may not ride in or on camp staff vehicles unless prior written notice has been submitted to the

camp office.

Early/Late Stay at Camp

During Early and Late Stay, children will be involved in organized activities under the supervision and guidance of our staff. For those children who need to be dropped off at camp early and are registered in advance for extended care, Early Stay begins at 7am in the After School Center for grades K-4 (back end of the building towards the JCC/EKHLA playground), and at 7:30am in the Youth Lounge for grades 5 and up (upper floor next to Federation offices). Late Stay begins at 3:30pm and runs until 6pm in the After School Center and the Youth Lounge for those children who are registered in advance for extended care.

Campers in grades 5 and up are expected to be responsible for themselves and to stay in the JCC Youth Lounge or other areas designated by the JCC youth staff. Campers who do not follow these guidelines may be switched into the K-4 program and additional charges will apply.

Late Stay concludes at 6pm and all campers, including those in grades 5 and above, must be picked up at this time. A late pick-up fee of \$10 will be charged for all pick-ups after 6pm; an additional \$2/minute will be charged after 6:05pm. We rely heavily on our staff to provide the quality care you expect. Please do not inconvenience them by abusing this policy. Although it is necessary that all children be pre-registered for both Early and Late Stay, emergencies do arise. If you find that you need care, please call the Youth & Camping Office to make sure that your child is added to our Early/Late Stay list for the day (\$10/day for Early Stay and \$15/day for Late Stay; allowed up to three times during the summer). The Jewish Community Center reserves the right to switch a child into Late Stay and bill the family, if that child is being picked up late on a consistent basis.

Daily Schedule

The day is divided into program periods that feature activities with our camp specialists (arts and crafts, nature, drama and music, sports, and Israeli Culture), playground time, swimming, and counselor-led group times. All Camp programs and special field trips round out the weekly schedule. Campers in Specialty Camps spend about half of the day in their specialty Camp and the rest of the day in the other Camp activities.

Sample Schedule

Your child's activities and times will vary from this schedule. Schedules for camp groups may change during the course of the summer.

9:15 – 9:30	Opening Ceremonies	12:05 – 1:05	Lunch and Group
9:35 – 10:15	Arts and Crafts	1:10 – 1:50	Sports (Gym)
10:20 – 11:00	Group Time	1:55 – 2:35	Nature
11:05 – 11:45	Swim	2:40 – 3:20	Music
11:50 – 12:00	Change	3:30	Pick-up or Late Stay

Food at Camp

Please communicate with counselors and camp administrators about food allergies or dietary restrictions. This will enable camp staff to make necessary arrangements during meal times and cooking activities. On overnights, late nights or out-of-town trips, all necessary food (after lunch on departure day) will be provided. Campers are not allowed to use vending machines during camp hours. As all campers spend

time outdoors we ask that each camper bring a water bottle to camp every day.

Kashrut

The JCC observes a Kashrut policy (Jewish dietary law) throughout all of our programs; all food provided at camp is kosher. Food for overnight and travel camps may be kosher-style, with kosher certified meals available upon advance request.

All campers should bring a lunch that is either dairy or meat (i.e. does not contain both a dairy and meat product) and without pork or shellfish. Suggestions of items to include in a dairy lunch include string cheese, yogurt, cheese pizza, and macaroni and cheese. Items that are neither meat nor dairy (Parve) such as fish, eggs, bread, fruits, vegetables, and soy products may be included in either a meat or a dairy lunch.

Lunch

Campers should bring their lunch in a lunch box that is clearly labeled. The JCC does not refrigerate or heat any lunches. We suggest lunches include ice packs and juice boxes/water instead of soda.

Snacks

Campers will receive one snack each day. Parents are encouraged to send extra snacks for their camper. Snacks at camp include items such as graham crackers, pretzels, animal crackers, and challah (on Fridays).

Birthdays

At camp, we love to celebrate birthdays! Please remind us in advance so that we can acknowledge your camper at Opening Session and throughout the day. If you want to bring a treat to celebrate your child's birthday at camp, it must be fruit or kosher fruit popsicles. Following this policy allows all campers to enjoy the treat. In order to ensure that camp remains an inclusive, supportive environment, party invitations may only be distributed at camp if each child in the group is invited and the party is not held on Saturday (*Shabbat*).

What to Bring to Camp

Campers will get messy, wet, and have fun! Campers should wear clothes that are serviceable and comfortable. Don't wear or bring anything to camp that you don't want to get wet or dirty. **All items brought to camp should have child's name clearly marked.** Every reasonable precaution is taken to protect the camper's personal items but the camp is not able to assume liability for loss or damage to property of the campers. The following items are recommended:

To Wear Daily:

Please put on sunscreen in the morning before coming to camp. Hat, swimsuits under clothes, shorts or pants, T-shirt, and Tennis shoes (sneakers) are required. No dress shoes, flip flops or sandals should be worn (except at the pool); only closed-toe shoes are acceptable. Children will not be allowed to participate in activities for which they do not have the appropriate footwear. For

Sports Camp, proper non-marking soled court shoes are required. We also urge proper sport-specific footwear where appropriate.

Please note: Baggy pants, short shorts, halter, and spaghetti strap tops are not permitted. Campers wearing clothes/items that are deemed too distracting/inappropriate for a camp setting will be asked to change.

To Bring Daily *in a sturdy cloth or nylon bag or backpack:*

Lunch, water bottle, sun protection (sun rated), swimsuit, a plastic bag for wet items, and towel. If needed, campers may leave a change of clothes at Camp, including one of each: shorts, T-shirt, pants, socks, and underwear. Every camper will receive a camp T-shirt. Additional shirts may be available for purchase at the Youth & Camping Office. Campers are encouraged to wear their camp T-shirts on field trips and Fridays!

What Not to Bring to Camp

Campers should not bring cellular phones, iPads, MP3 players, video games, or other expensive electronic personal items to J-Camp. Irreplaceable family heirlooms, expensive and/or uncomfortable jewelry, new and/or expensive clothing and shoes, money, trading cards, and/or games should not be brought to camp. These items may get wet, damaged, lost, and/or stolen.

Also, for the health and safety of all campers please do not bring personal sports equipment (except for shoes & tennis racquets), animals (including pets), weapons/dangerous materials, including lighters, knives, play or real guns. Illegal drugs or alcohol are not permitted at J-Camp. Medications must be handled by the Camp Medic. Campers suspected of having these items will be subject to search and seizure of the items with parental knowledge. These items will be collected and parents will be asked to come to Camp and meet with the Camp Director. The JCC is not responsible for any items that are lost or stolen, and under no circumstances will reimburse for lost, stolen, or broken items.

Gratuities

Please do not give gratuities to staff. Small tokens of appreciation may be given at the end of summer, but please note that counselors are not allowed to accept cash.

Cell Phones

Cell phones, video games, iPods, etc., become disruptive to camp life and detract from the camp experience. Please do not send these items to camp. If your child does bring a cell phone to camp, they will not be allowed to use it during the camp day. Campers in Early Stay or Late Stay in the Youth Lounge will be permitted to use their cell phones to contact their family. Please contact the Youth & Camping Office if there is an emergency in which you need to contact your child. During overnights campers are allowed to call home during a set time on the schedule. After that time, phones may be collected and returned to the campers in the morning.

Lost and Found

Please mark all lunch boxes, backpacks, water bottles, clothing, hats, sunscreen, and insect repellent with first and last name. Lost and found items are kept near the After School Center and displayed at all family activities. All unclaimed lost and found items will be displayed at the JCC for two weeks after the J-Camp season ends. At the end of this time, unclaimed clothes and other items will be donated to a charitable organization.

Swimming

Campers will participate in recreational and/or instructional swimming in the JCC's outdoor pool. Groups swim once a day, with the exception of some Fridays due to special programs and on some field trip days. The swim program is an important and integral part of J-Camp life and is greeted with enthusiasm by campers. Alternative programming is not available for campers who do not wish to swim; campers who chose not to swim will be seated in the shade at the pool.

Our pool staff are lifeguards and water safety instructors trained in helping campers to adapt to the water and to develop stronger swimming skills. Traditional campers entering Kinder through second grade, and some Academies, will have instructional swim. Instructors encourage campers to participate in the program, but will at no time force a child to swim. Counselors may limit the free swim time of campers who choose not to participate during instructional swim. At the end of each session, progress reports will be sent home to inform you of how children in instructional swim are progressing.

Field Trips

During the summer, some campers will go on field trips and return to J-Camp by 3:30pm. The signed release on the camp application will serve as permission for most local excursions. Please let us know the day prior to the field trip day if your camper will be picked up before 3:30pm. All Camps will send out notices when they plan to arrive back to the JCC later than 3:30pm. Field trips are an integral part of many of our camps; no alternative programming is available during group field trip times.

Overnights

Navigator and Chanichim have overnight trips on and off-site and Sayarim overnights are all on site. Detailed schedules and packing lists will be sent home the week before the trip. All transportation, activities, food, and lodging are pre-arranged and are included in the price of the session.

- All food served on Sayarim and Chanichim trips is either kosher or vegetarian.
- A vegetarian option is provided for each meal. If you require any additional food restrictions, please notify your child's program director at the beginning of the session.
- We ask for your assistance by sending no additional food on overnights. Ample snacks are provided by Camp.
- Medication can only be given with a doctor's signed permission form. Please complete and submit this form before each trip.
- Please note that campers may need to return an additional permission slip for some field trips.

Behavioral Expectations

We aspire to create a safe and stimulating environment for all campers - an environment where sensitivity, respect for others, and cooperation are valued.

Camp Code of Conduct

We have developed and maintain a Code of Conduct for the members of our community. The code is intended to be a guide for general behavior and must be signed and returned to the Camp office.

J-Camp Expectations:

1. Each person is respected and valued.
2. Each person has a responsibility to help make J-Camp a better place.
3. Each person is expected to choose appropriate behaviors/language and encourage others to do so.
4. Each person is expected to think about the results of one's actions and how they affect others.
5. Each person is expected to solve disagreements by talking, listening, and compromising.

Consequences for Inappropriate Behavior

If a counselor is unable, through discussion with a camper, to solve the problem, the counselor will bring the camper to camp administration (Program Director, and/or Camp Director) where the following procedures will be implemented:

1. **First Time:** The Counselor gives a warning which includes a clear understanding of the concern and some alternative behaviors that should be used in the future.
2. **Second Time:** The Counselor gives a second warning and the Program Director sends communication to parent(s) explaining the concern.
3. **Third Time:** A conference with the camper, parent(s), Program Director, and Camp Director will be arranged to discuss a plan of action for resolution of the concern. This could include suspension from Camp for a period of time. No refunds will be made for any time a camper is suspended due to inappropriate behavior.

If the situation is judged by the administration as very serious, the above steps may be waived and a parent/guardian may be asked to pick up the child from Camp, and the camper will be asked not to return to Camp for a designated period of time.

Medical Care

Campers receive the best care and attention possible by the Camp Medic. The Camp health program operates with efficiency and high standards. Parents are encouraged to call the Youth & Camping Office if they wish to speak with the Camp Medic about any health concerns. The Camp Medic will be on duty from 8:45am-3:45pm during most of the summer. We will communicate with parents as

warranted by the Health Department regarding contagious diseases, when it is applicable.

In order to attend J-Camp, children must be healthy enough to participate in the program's daily routine. We do not have the facilities to care for sick children and therefore do not allow them to attend the program. Please keep your child at home and notify camp whenever there are symptoms of illness, especially contagious diseases (lice, scabies, bed bugs). In some situations, children may need to be cleared by the Camp Medic in order to return to camp. For instance, campers must be nit-free in order to return to camp after contracting lice. Counselors are instructed to bring campers directly to the Camp Medic if there is ever a health question or concern. Please make a special note to tell the Camp Medic and your child's counselor about any allergies or special medical concerns that are included on the camp health form.

If your child wears hearing aids, earplugs, glasses, or contact lenses, the counselor will take special care in helping your child maintain responsibility for these items.

Maximum sunscreen protection is recommended throughout the day. Parents should apply a sweat/water resistant product with SPF 25-30 at home prior to the start of each Camp day. All campers will reapply before afternoon outdoor activities or swimming.

Accidents

If your child is injured or ill at Camp, the Camp Medic will immediately examine your child and will notify parents of the injury or illness. Appropriate action as determined by the Camp Medic, in consultation with the Camp Director and the parents, will be taken. If the injury is minor, an Accident Form will be completed and given to the parent at the end of the day. If the injury/illness is deemed more than a scrape or minor bruise and needs more immediate care, the Camp Medic will contact the parents. Families must make prompt (within the hour) arrangements for the child's return home. Any major accident or incidences will be documented on an Incident Report.

Medication

Campers are not allowed to carry medications of any kind with them. We encourage you to give your child medication at home whenever possible, but our Camp Medic is available to administer medication during the camp day. If your child needs medication while at Camp, you must submit the camp medication administration form along with medication in its original container to the Camp Medic or other J-Camp Program Director.

Texas State law permits us to dispense prescription medication from the original container only. We cannot dispense any medication, including over-the-counter medication (Tylenol, Triaminic, Pepto-Bismol, etc.), without a doctor's prescription.

Medical Examination

It is very important that campers coming to camp are in good health and free of any infections. It is the decision of your doctor if a physical examination is needed. For the health and safety of your child, and in accordance with our accreditation from the American Camp Association, all children must have a current health form on file at the JCC, by May 18. All immunizations must be current. There are no

exceptions to this rule. Please give this your utmost attention as it concerns the health of the entire camp. Children will not be permitted to attend camp if a current ACA health history form is not on file.

See You This Summer!

The staff and administration at J-Camp are committed to providing the safest, most fun-filled, rewarding, exceptional camp experience for all campers. Our staff is sensitive to the needs of each camper as an individual in all aspects of the physical and emotional camp environment. We are available at any time to discuss your children's progress and development at camp, and we welcome your comments.