



JCC ROCKLAND CAMPS

PARENT GUIDE
2021



CAMP IS NEEDED NOW MORE THAN EVER!

We are here to support our camp families! This summer, we believe it is more important than ever to provide your children with a positive and safe place to be with their peers. To have role models that will care for them and rebuild their self-confidence for them to go back to school in the fall. Camp will be filled with all the favorite JCC Rockland Camp traditions and meaningful moments that your campers live 10 months for 2. Take comfort in knowing that this summer we will take great care of their emotional and social well-being. In keeping with our JCC values, we are committed to creating a warm and nurturing environment for your children.

Thank you for supporting and trusting us!

Carrie, Jay, Jordan, Kelli, Eric, Lisa, Marc and Rachel

JCC Rockland Camp Leadership



PERSERVERANCE



COMMUNITY



PLAY



LOVE



FRIENDSHIP



KINDNESS

WELCOME TO JCC ROCKLAND CAMPS!

We can't wait until the first day of camp! We are busy getting the facility ready, running staff orientations and making sure all of our programs are set for this coming summer.

All of the information in this packet is designed to help our families get ready for an awesome JCC Rockland Camps summer. We have included information on the following aspects of camp for you to review and become familiar with:

- Camp communication
- Drop off and pick up procedures
- Camp gear-what to and what not to bring to camp
- Food policies and information
- Health and safety policies
- What's in a JCC Rockland Camps summer
- Tips for a terrific camp experience

CAMP COMMUNICATION

How should you contact JCC Rockland Camps during the camp day?

Please call us at **845.362.4400 ext. 199** to speak directly to someone in our camp office. Email is the quickest way to reach someone during the camp day.

How will the camp contact you during the camp day?

- Our first line of communication is a personal phone call from camp to make you aware of any pertinent information.
- General information will be posted on our website, www.jccrockland.org
- Email will be used as a secondary means of communication when appropriate.
- JCC Rockland Camps will use one, if not all, of the above methods of communication to our parents in case of unexpected changes in our program or an emergency, such as a weather related challenge.

Camp Office

Lisa Murphy, Office Manager, can be reached at **845.362.4400 ext.199** or **camps@jccrockland.org**. The best way to reach Lisa during the camp day is via email.

Stickers

Stickers will be used regularly as an extra reminder about an upcoming event, supplies your camper may need or an "Ask Me About" conversation starter to get your camper to share a bit more about their day.

Weekly Newsletters

Newsletters will inform you of any changes at camp and serve as a reminder for upcoming events.

Social Media

- Please like and join us on Facebook at Families Rock at JCC Rockland
- Follow us on Instagram @jcc_rockland_camps
- Photos, updates, specials and more are posted on both platforms year round

CAMPER INFORMATION PROFILE:

Camper registration and profiles must be completed in CampMinder BEFORE your camper attends camp. Campers missing required information will not be able to attend camp until their profile is complete.

- Health History (must be completed and on file for EVERY camper)
- Immunizations must be uploaded

PROGRAM DATES & HOURS:

JCC Rockland Camps run from **Monday, June 28-Friday, August 20**; there is no camp on Monday, July 5. Program hours are **9am-4pm**.

ARRIVAL AND DEPARTURE PROCEDURES:

Drop off & Pick up:

All camps will drop off and pick up from Parking Lot B, the first lot on the right as you drive up the driveway. **The dismissal car line will begin loading at 3:50pm. Feel free to come anytime between 3:50 and 4:10 as this will help traffic flow.**

We have a car line for your convenience. Staff will greet and accept campers at 8:50AM, and we will accept our last campers at 9:10AM. If you arrive after 9:10AM please drive to the front of the building and walk your camper into the camp office where staff from their program will be notified of their arrival.

Note: Campers will only be dismissed to those who have been listed in their profile or that we have a written notification of pick up instructions. Our staff are instructed to check ID if necessary.

Every camper will be given a car sign to be placed on your dash board.

Please observe the following car line procedures:

- Drivers must remain in their car at all time
- Please follow directions given by the staff in the parking lot; do not cut out of the line or try to pull forward before being directed
- If your camper is having a hard time getting in or out please pull off into a parking spot so we can keep the line moving
- Please do not take it personally if we are moving quickly
- If you have a car seat you will be directed to the car seat line

ALTERING YOUR CAMPERS SCHEDULE:

Please be aware of the policy regarding adding, deleting or changing your camper's weeks of attendance:

Adding Weeks - Please note all camp rates increase by \$25 per week as of June 30th

- **Jland** - weeks can be added based on space and the difference between your original total and the new total will be owed.
- **Discover, Summer STEM** - weeks can be added based on space.
- **CIT** - there is no option to add weeks or a session once the program is CLOSED

Deleting weeks

Removing weeks can take place at any time, however families will be charged \$25 administrative fee for any changes.

Changing weeks

- A \$25/per change fee will apply and changes will be accommodated based on space and availability.

Reporting Absences, Late Drop Off, Early Pick Up or Change in Pick Up Person:

- If your camper will have a planned absence please call the camp office.
- If your camper has an unplanned absence please call the camp office and inform them of your camper's name, and if they are out due to illness what the diagnosis or symptoms are in case we need to notify others.
- If you will be having a planned late drop off please contact the camp office to let us know.
- If you need to be picked up early, please note this MUST be pre-arranged.

NO pick-ups will be accommodated after 3:15pm. Please contact the camp office to make arrangements.

- If you have an alternate person picking up please call the camp office with the campers name and person's full name who will be picking up. Please also remind them to have their ID ready for review.

WHAT TO BRING/WEAR DAILY:

Please make sure your camper has the following items daily:

DON'T FORGET to LABEL, LABEL, LABEL

- 2 swim suits (campers should come swim ready, girls are requested to wear two piece suits to make it easier for changing and use of the restroom)
- Swimwear is needed daily rain or shine
- Underwear if wearing swim suit to camp
- Sneakers or other rubber soled, sneakers are required in order to participate in camp activities (crocs, flip flops and open toe sandals will ONLY be permitted at the pool)
- Sunscreen- campers should arrive at camp with a fresh layer of sun screen; we will re-apply
- Reusable water bottle
- Towel
- Hat is recommended
- Backpack or bag to carry items
- Plastic bag to bring home wet items is recommended
- All campers should wear their camp shirt every Thursday

WHAT NOT TO BRING TO CAMP:

- Ipads, cell phones, electronics of any kind- these items are not needed in camp and the use of such will not be permitted (these items will be collected and given back to parents at the end of the day) (J-Teens see your sub section for electronics policy)
- Money- there is NO need for money during camp, the vending machines are off limits except when campers are with their parent/guardian (J-Teens see your sub section for money policy)
- Jewelry
- Toys

JCC Rockland Camps is not responsible for any items brought to camp that are lost, stolen or damaged.

ITEMS TO BE KEPT AT CAMP:

We ask each camper in Jland to have the following items left at camp for the entire summer.

Diapers (both regular and swim) 2 pairs of underwear for those who are potty trained, 2 pairs of socks, 2 t-shirts, 2 shorts and sunscreen. You may also leave pool/water shoes if you choose. Please label everything!

FOOD:

All food provided onsite is Kosher and nut free. We do not allow any outside food due to allergies and kosher restrictions.

Lunch

- Lunch is provided by a local caterer
- The full menu is posted on our website

Snacks

- Morning snack is provided daily for all programs
- Afternoon snack of ice cream or ices is provided daily to all programs
- Fresh fruit is available in the afternoon at our fruit stand

Allergies & Food Restrictions

- It is very important that you notify camp of any food allergies and restrictions
- We take allergies and food restrictions very seriously and make all accommodations possible for campers to eat and participate in activities involving food
- Each day there are several options offered at lunch to meet the needs of all campers

HEALTH AND SAFETY

Camper Health History Form: **No child can be admitted to camp unless their health history form and immunization records are entered into CampMinder.** All campers MUST have a current health history record completed in CampMinder before they may attend. Immunizations must be valid for the duration of the summer.

Emergency Contact (other than parent) must be entered into CampMinder

Sun Protection: We ask that parents apply sunscreen to their camper before they leave home each morning. We also recommend campers bring in sunscreen to be kept in their backpack during the summer. Our staff will make certain that sunscreen is reapplied throughout the day. JCC Rockland Camps has a minimum of 30 SPF sunscreen available for use if a camper forgets or runs out during the course of the day. We will apply to each camper after their swim period.

Camp Nurse: We have an experienced registered nurse on site every day. If, for any reason you need to be notified of an illness or incident you will be called immediately. Please understand that not every trip to the nurse warrants a phone call home.

In the event a camper becomes ill while at camp, campers will be brought to the Camp Nurse who will assess the camper.

Medications: Over-the-counter and prescription medications to be administered by the Camp Nurse must be kept in the nurse's office, labeled by the pharmacy, and accompanied by a note/prescription from your doctor along with our Medication Authorization Form (forms are available in the camp office).

If your child has a special need or medical condition, please call the camp office prior to the start of camp to schedule an appointment with the director and other necessary staff members. The goal of this initial meeting is to establish a plan of support that is appropriate for your camper.

If your child does not feel well: If your child feels ill first thing in the morning please do not send him/her to camp. Our experience tells us that children generally feel worse as the day progresses. For your child's benefit, as well as those in their group, please be sure they are healthy prior to sending them to camp. Please keep your camper home if they are experiencing:

- A new cold, where mucus runs clear
- A cold (green mucus) with a drop in your camper's energy level or change in behavior
- Vomiting, at any time in the past 24 hours
- A stomach ache or little to no appetite
- Diarrhea at any time in the past 24 hours
- Pink eye (characterized by pus and redness in one or both eyes)
- Chicken pox, when all the pox are not yet scabbed over
- Throat infections such as strep
- Nits or lice
- Urinary tract infection

Fever: Campers with temperatures 100 degrees or higher must be fever free for 24 hours prior to returning to camp.

Head Coverings: Disposable liners are used inside all of our helmets for your child's protection.

JCC Rockland Camps has developed a written plan that includes maintenance of the facility, provisions for staff training, orientation for camps, supervision of campers both on site and off, as well as camp site hazards, emergency procedures, drills, safety procedures and equipment checks for all programs and activities. These are on file with the Rockland County Department of Health.

AQUATICS

- All of our campers' ages 18 months- entering 5th grade in Jland, Discover, Summer STEM will receive instructional and recreational time in the pool daily.
- All campers in J-Teens will have recreational swim on Monday and Wednesday. This period will be filled with fun games and activities.
- Our Jland campers change in and out of swim wear in their classrooms, all others will use the outdoor changing areas by the pool complex. These areas are made up of changing areas near the small pool and free standing tents between the small and large pools. The changing rooms have hooks for each camper to hang their bag, the tents are sectioned off and have cubbies for bag storage. Staff will be in all changing areas to assist our campers, help maintain a clean space and limit the lost and found items.

JCC ROCKLAND CAMPS TEAM:

Carrie Sakin, *JCC Rockland Camps Director*

Jay Cannici, *Camp Operations Manager*

Lisa Murphy, *Camp Office Manager and Registrar*

Rachel Kurland, *Jland Director*

Kelli Kersh, *Discover Program Director*

Eric Goldstein, *Summer Stem Program Director*

Jordan Sakin, *Special Events Director, CIT Director*

Marc Greenbaum, *Sports and Adventure Coordinator*

RIGHTS & RESPONSIBILITIES

The regulatory program of the New York State Department of Health places specific responsibilities on camp operators, and on local health departments that enforce department regulations. Following is a summary of rights and responsibilities:

Rights of Parents and Guardians

- To be informed by the camp director, or his or her designee, of any incident involving your child, including serious injury, illness or abuse.
- To review inspection and investigation reports for a camp, which are maintained by the local health department issuing the camp a permit to operate (present and past reports are available).
- To review the required written camp plans. These are on file at both the camp and the health department issuing the permit to operate.

Responsibilities of the Camp Operator

- To inform you and the local health department if your child is involved in any serious injury, illness or abuse incident.
- To screen the background and qualifications of all staff.
- To train staff about their duties.
- To provide supervision for all campers 24 hours a day at overnight camps, and during hours of operation for day camps.
- To maintain all camp physical facilities in a safe and sanitary condition.
- To provide safe and wholesome meals.
- To have and follow required written plans for camp safety, health and fire safety.

Responsibilities of Local Health Departments

- To review and approve the required written camp plans for compliance.
- To inspect camps to assure that: (1) all physical facilities are properly operated and maintained; and (2) adequate supervision exists to provide a healthy and safe environment in accordance with the New York State Sanitary Code.
- To issue a permit to operate when the required plans and inspection results are satisfactory.
- To investigate reports of serious incidents of injury, illness and all allegations of abuse or maltreatment.
- When requested, to provide parents or guardians of prospective campers an opportunity to review inspection reports and required plans.

TERRIFIC TIPS TO MAKE EACH DAY A GREAT DAY

For some children, this may be their first camp experience. We offer the following suggestions to make every day fun-filled for your camper:

- If you think your child may be hesitant, arrange a tour of camp so that your child becomes familiar with our campus
- Let your child know that it's ok to feel both excited and scared at the same time
- Talk about what a camp day might be like
- Encourage your child to talk with their counselors as they are always ready and willing to help
- Because your campers are so active during the day, they often come home tired. Early dinners and consistent bedtime routines will help make the evening enjoyable for all

WHAT'S IN A JCC ROCKLAND CAMPS SUMMER?

- Nonstop activity
- Opportunities to learn new skills
- Increased confidence and self-esteem
- Swim, sports, crafts, special events and traditions
- Life-long friendships and camp memories
- A strong sense of community involvement and belonging
- Values such as respect, kindness and cooperation
- Enriching the lives of children; one camper at a time

JCC CAMPS QUICK FACTS

CAMP DATES: JUNE 28 – AUGUST 20

CONTACT INFO & SOCIAL MEDIA



Phone:
845-362-4400 ext.199



Website:
jccrockland.org/camp



Email:
camps@jccrockland.org



Facebook:
facebook.com/familiesrock



Instagram:
[@jcc_rockland_camps](https://www.instagram.com/jcc_rockland_camps)

Camp Address:

JCC Rockland Camps
450 West Nyack Road
West Nyack, NY 10994

From Our Health Center

Health Info:

- Campers health forms must be completed ASAP via campminder.
- Campers medication (with pharmacy label) **MUST** be dropped off to the camp office the week of June 21.
- Please call or email the office if there are any changes in your campers health after submission of health forms.

CAMP HOURS

Camp Begins: 9:00am

Camp Ends: 4:00pm

Parent Drop Off/ Parent Pick Up:

See transportation information for more details.



CAMP BACKPACK

- Filled water bottle
- Sunscreen
- Face Covering in a zip-lock bag
- Towel
- Hat (optional)
- Change of clothes
- Thursday Camp Shirt

Hey! don't forget to wear shorts, sneakers with socks, 2 bathing suits & sunscreen (applied prior to arrival)

LABEL EVERYTHING WITH YOUR NAME!

