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 not consistently checked during the day so phone communication is the best practice.

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 the 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.
Remind
• Families will need to subscribe to the app; more information to follow

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.

Parent Notes
• Jland and Discover Campers will receive a swim report from your campers’ swim instructor
• Counselors/Program Directors may send home a note at car line or after care

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

PARENT/CAMPER OPEN HOUSE:
JCC Rockland Camps will hold an open house for campers and parents to meet the staff, other campers and to get comfortable in the facility. Join us on Sunday, 6/28 from 3pm-5pm. Campers entering Kindergarten and J-Land will meet Sunday, 6/28 from 1pm-2:30pm. Camper shirts will be available to take home that day.

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 29-Friday, August 21; there is no camp on Friday, July 3. Program hours are 9am-4pm. Jland offers a half day option of 9am-12:30pm. Early care is available by the week from 7-9am and late care from 4-6:30pm for an additional fee.

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. If your camper is in early/late care please park in the main lot and walk your camper into the building through the main entrance.
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 in to the camp office where staff from their program will be notified of their arrival.
The dismissal car line will begin loading at 3:50PM; any camper not picked up by 4:15pm will be brought to late care and fees will be assessed. Feel free to come anytime between 3:50pm and 4:15pm as this will help traffic flow.
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 care line procedures:
• If you have a car seat you will be directed to the car seat line.
• If you have a car seat or booster please try to place it in the center or passenger side, staff will help buckle and unbuckle campers. Drivers must remain in their car at all times.
• Please follow directions given by the staff in the parking lot; do not cut 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!
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 fee’s increase by $25 per week after 6/1
• **Jland** - weeks can be added based on space and the difference between your original total and the new total will be owed.
• **Discover, All Star, Summer STEM,** - weeks can be added based on availability.
• **J-Teens** - Weeks can be added based only if your camper is registered for Session A or Session B
• **CIT** - there is no option to add weeks; you can add only a session.

Deleting weeks
Removing weeks can take place at any time, however NO refunds will be given as of 6/29/20.

Changing weeks
• A $25/per change fee will apply and changes will be accommodated based on space and availability.
• Any fees paid for camper (admission, hotel and supplies) will be billed as of 6/29/20.

Early & Late Care
• Early and/or late care can be added by the week by updating your CampMinder account.
• Refunds will not be made once early & late care fees are paid.
• Weeks can be switched for early and late care by updating your CampMinder account (no change fee will apply).

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 pick up early, please note that **NO early pick-ups will be accommodated after 3:15pm.** Please contact the camp office to make arrangements.
• If you have an alternate person picking up your camper 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)
• Money- there is NO need for money during camp, the vending machines are off limits except when campers are with their parent/guardian
• Jewelry
• Toys and Pokeman cards

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 the groups listed below to have the following items left at camp for the entirety of their summer with us.

**Jland** - 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

**Discover Lower (grades K, 1 and 2)** - Please provide a clear shoe box with a full set of clothing for your camper. Again please label both the box and the items inside.

**FOOD:**
All food provided onsite is Kosher. 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

**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 of our campers
HEALTH AND SAFETY
Camper Health History Form: No child can be admitted to camp unless their health history forms are complete and immunization records are uploaded 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 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 if needed. 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 communication.

In the event of a camper becomes ill while at camp, campers will be brought to the Camp Nurse who will assess the camper to determine if the camper is able to remain in camp or if they need to be sent home for the day.

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.

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. Your camper must stay 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. If your camper is sent home with a fever, they cannot return the next day.

**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 8th grade in Jland, Discover, and Summer STEM and will receive instructional and recreational time in the pool daily.
- All campers in All Star will have recreational swim daily. This period will be filled with fun games, activities, sports and challenges.
• 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 located near the small pool and three free standing tents between the small and large pools. The changing rooms have hooks for each camper to hang their bag, with cubbies for bag storage. Staff will be in all changing areas to assist our campers, help maintain a clean space and help to limit the lost and found items.

**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.

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

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

JCC ROCKLAND CAMPS TEAM:
Carrie Sakin, JCC Rockland Camps Director
Lisa Murphy, Camp Office Manager and Registrar
Rachel Kurland, J-land Program Director
Kelli Kersh, Discover Program Director
Morgan Bransky, Discover Assistant Program Director
Erik Lazerus, All Star Program Director
Eric Goldstein, Summer Stem Program Director
Jordan Sakin, Special Events Director
Jacob Schneider, CIT Director/J-Teens Program Director
Lori Tunis, Aquatics Director
Beth Miller, Aquatics Director