

JCC ROCKLAND  
CAMPS



# Parent Guide

## SUMMER 2022



450 West Nyack Road  
West Nyack, NY 10994  
[camps@jccrockland.org](mailto:camps@jccrockland.org)

# SMILE! Summer 2022 is going to be awesome!

Camp will be filled with all the JCC Rockland Camp traditions and meaningful moments that make your campers live 10 months for 2. In keeping with our JCC values, we are committed to creating a warm and nurturing environment for your children. Summer 2022 will introduce our new Rocky philosophy. ROCKY, our camp mascot, represents our camp values that we believe create an exemplary camp community member.

## **Respect. Others. Choose. Kindness. Yes You Can!**

Campers and Staff will be encouraged and motivated to display these qualities through continuous recognition of their efforts.

Camp is a safe place where kids laugh and play and we are committed to providing an awesome and memorable summer experience.

Thank you for supporting and trusting us!

**Carrie, Lisa, Jay, Kelli, Rachel, Brooke, Jordan,  
Eric, Marc and Adam**

**JCC ROCKLAND CAMPS LEADERSHIP TEAM**



# WELCOME TO JCC ROCKLAND CAMPS!

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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. [lisam@jccrockland.org](mailto:lisam@jccrockland.org)

## 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](http://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

### 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.
- Early pickups **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 email Lisa Murphy, [lisam@jccrockland.org](mailto:lisam@jccrockland.org), 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.



## STICKERS

Stickers will be used for our younger campers regularly as an extra reminder about an upcoming event, supplies your camper may need or a 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 and updates, etc...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
- COVID 19 vaccination card (campers ages 12 and up)

# PROGRAM DATES & HOURS:

JCC Rockland Camps run from **Monday, June 27-Friday, August 19**; there is no camp on Monday, July 4. 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. 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.

The dismissal car line will begin loading at 3:50pm. Feel free to come anytime between 3:50 and 4:10pm 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.

## 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

# EARLY AND LATE CARE PROCEDURES:

## Drop off & Pick up:

For those campers attending early/late care, please park your car in the main parking lot and enter the building through the main doors. The JCC reception staff will direct you to the drop off/pick up location where you will need to sign in/out your camper.

# ALTERING YOUR CAMPER'S 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 1st

- 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, J-Teens – 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 a \$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.

## Covid Policy

Should there be a positive case of Covid 19 in your camper's group, fully vaccinated campers who are asymptomatic can attend camp and are not required to quarantine. Those campers who are not vaccinated, will need to quarantine according to the NYS DOH (Department of Health) guidelines and no refunds will be given.





# WHAT TO BRING/WEAR DAILY:

Please make sure your camper has the following items daily:

- 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 swimsuit 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

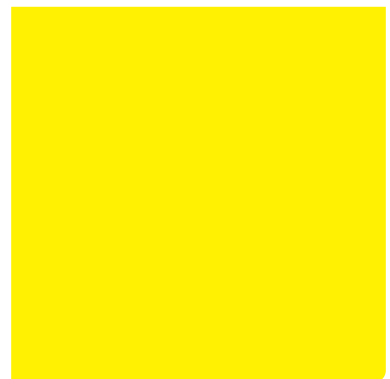
**DON'T FORGET to LABEL, LABEL, LABEL**



# WHAT NOT TO BRING TO CAMP:

- Ipads, cell phones, electronics of any kind as these items are not needed in camp and the use of such will not be permitted. If brought to camp, 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 on site 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

- Afternoon snack of ice cream or ices is provided daily to all programs
- Fresh fruit is available throughout the day 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
- If the health history form on **CampMinder** is not completed. Your camper's allergies will not be on record





## STAFF TIPS

For families who would like to acknowledge the staff for a job well done, we recommend that you use the **Grazzee app** instead of sending cash with your camper. Grazzee is a contactless tipping app (search for Grazzee app on iPhone or Android). You can also access this service online ([www.grazzee.com](http://www.grazzee.com)). The app is easy to use and the cash gifts will be sent directly to each staff member. Below are instructions on how to download and use Grazzee.

### GRAZZEE INSTRUCTIONS:

1. Go to [www.grazzee.com](http://www.grazzee.com)
2. Go to the top right and click on "Signup" and fill out your information.
3. Click on "Give \$ / Get
4. Go to "give to new entity"; Click on "Camp" and then type in "[name of camp].
5. Find your child's group/; Staff members will be listed under each group.
6. Enter tip amount and a note if you wish.
7. Click continue then pay - select your payment method. You can pay by credit card or with your checking account. Follow the prompts to pay.
8. Once you hit send, the staff members are immediately notified (by email and push notification). Parents will also get a receipt via email.
9. If you have any trouble using the app, please contact Grazzee directly through their website or app.

\*2.5% Grazzee fee



# 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.

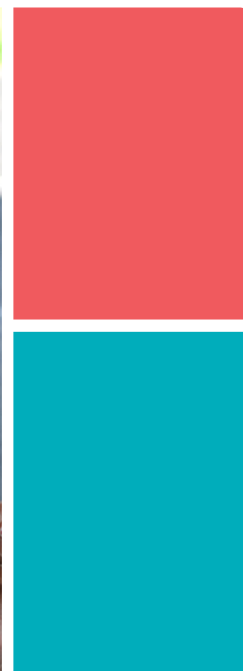


**If your child does not feel well:** If your child feels ill first thing in the morning please do not send him/her to camp. Our experience tells us that children generally feel worse as the day progresses. For your child's benefit, as well as those in their group, please be sure they are healthy prior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





# AQUATICS

- All of our campers' ages 18 months- entering 5th grade in Jland, Discover, and Summer STEM will receive instructional and recreational swim periods.
- All campers in J-Teens will have recreational swim on Monday and on days they return early to campus after a trip. 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. The changing rooms have hooks for each camper to hang their bag or 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.

## 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

## 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 Directors

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.

**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.**



# JCC ROCKLAND CAMPS TEAM:



**Carrie Latimer**, JCC Rockland Camps Director

**Jay Cannici**, Camp Operations Manager

**Lisa Murphy**, Camp Office Manager and Registrar

**Kelli Kersh**, Camper Care and Parent Communications

**Marc Greenbaum**, Director of Camp Programming and Special Events

**Rachel Kurland**, Jland Director

**Brooke Hershfield**, Discover Program Director

**Jordan Sakin**, Discover Program Director

**Eric Goldstein**, Summer Stem Program Director

**Scott Kaplan**, Director of Teen Programming

**Adam Lubatkin**, J-Teens Program Director



# JCC CAMPS QUICK FACTS

**CAMP DATES: JUNE 27 – AUGUST 19**

## CONTACT INFO & SOCIAL MEDIA

**Phone:** 845.362.4400 ext.199

**Website:** [jccrockland.org/camp](http://jccrockland.org/camp)

**Email:** [camps@jccrockland.org](mailto:camps@jccrockland.org)

**Facebook:** [facebook.com/familiesrock](https://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

## CAMP HOURS

**Early Care Begins:** 7:00am

**Late Care Ends:** 6:00pm

**Camp Begins:** 9:00am

**Camp Ends:** 4:00pm

**Parent Drop Off/ Parent Pick Up:**

See transportation information  
for more details.

## CAMPER BACKPACK

- Filled water bottle
- Sunscreen
- 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 CAMPER'S NAME!

## From Our Health Center

### Health Info:

- Campers' health forms must be completed ASAP via camp minder.
- Campers medication (with pharmacy label) MUST be dropped off to the camp office the week of June 20th.
- Please call or email the office if there are any changes in your campers health after submission of health forms.



