

JCC ROCKLAND CAMPS



PARENT GUIDE :: SUMMER 2025



450 West Nyack Road
West Nyack, NY 10994
camps@jccrockland.org

Summer 2025 is going to be awesome!

Camp is 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. Our mascots Rocky and Chip represents our camp values that we believe creates an exemplary camp community.

Thank you for supporting and trusting us!

Carrie, Lisa, Jay, Kelli, Rachel K., Wendee, Jordan, Eric, Marc, Scott, Rachel A., & Jodi

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

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



**JCC
ROCKLAND
CAMPS
LEADERSHIP
TEAM**

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. **lisam@jccrockland.org**

How will the camp contact YOU during the camp day?

Depending on the information that we need to share, you will be contacted via a personal phone call or an email. Please make sure your contact information is up to date in your camp account.

General information will be posted on our website, www.jccrockland.org. JCC Rockland Camps will use one, if not all, of the above methods of communication in case of unexpected change in our program or an emergency, such as a weather related challenge.

New myCAMPapp

We are so excited to introduce our mobile app for JCC Rockland Camps! Login to view camp news, photos, announcements, contact info, and more. Everything you need is easily and readily accessible in one single place, right at your fingertips.

1. **Download the app from the App Store or Google Play. Search for “myCAMPapp”**
2. **Tap “CREATE AN ACCOUNT,” enter the registration code **JCC2025**, your email address & set your password**
3. **Go back to the login screen and sign in!**

Check back often for news, photos, and videos!

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 email the camp office lisam@jccrockland.org
- If your camper has an unplanned absence please email the camp office and inform them of your camper's name and if they are out due to illness. Please let us know the diagnosis or symptoms in case we need to notify others.
- If you have a planned late drop off please email the camp office to let us know.
- **Early pickups MUST be pre-arranged. NO pick-ups will be accommodated after 3:00pm.** Please email the camp office to make arrangements.
- **If you have an alternate person picking up please email 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 your camp account BEFORE May 15th regardless of registered dates. 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.
- Medication Authorization form must be returned to the Camp Nurse prior to camp (applicable if your child needs medication during the camp day).
- Camper photo must be uploaded.
- Non Academic IEPs must be provided to the Camp Director.

PROGRAM DATES & HOURS:

JCC Rockland Camps run from **Monday, June 30–Thursday, August 21;** there is **no camp** on Friday, July 4 and Friday, August 22. Program hours are **9am–4pm.**

ARRIVAL AND DEPARTURE PROCEDURES:

Drop off & Pick up:

JLand, Discover, STEM, and CITs will drop off and pick up from Parking Lot B, the first lot on the right as you drive up the driveway (J-Tweens and J-Teens will drop off and pick-up in the front of the building). 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. Do not park in the fire zone.

The dismissal car line will begin loading at 3:50pm. Feel free to come anytime between 3:50 and 4:15pm as this will help traffic flow.

After 4:15 PM, your camper(s) will be placed in Late Care and there will be a late fee of \$35 per child for every 15 minutes or part thereof after 4:15. Fees will be automatically charged to your account.

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

INCLEMENT WEATHER SAFETY PROTOCOLS

In the event of inclement weather (heavy rain, thunder, lightning, etc.), the carline may be halted in accordance with safety guidelines for campers and staff. We appreciate your patience should these events occur.

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. If you arrive after 6:00 pm, there is a fee of \$35 per camper for every 15 minutes or part thereof. These fees will be automatically charged to your account. If a child is picked up late on a continuous basis, their enrollment in Late Care may be terminated without any refund for fees already paid.

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 May 1st

Additional weeks are based on program availability. There is no guarantee that you will be able to add weeks. Contact the Camp Office to inquire about adding weeks. Email lisam@jccrockland.org

Changing weeks

After April 30th a \$50/per change fee will apply and changes will be accommodated based on availability.

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 shoes. 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 sunscreen; 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

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WHAT NOT TO BRING TO CAMP:

- Ipads, cell phones and electronics of any kind are not needed at 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.
- Money- there is NO need for money during camp, the vending machines and cafe are off limits except when campers are with their parent/guardian
- Jewelry
- Toys/Trading 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:

(JLAND & KINDERGARTEN ONLY):

We ask each camper in JLand and Discover Kindergarten groups to have the following items left at camp for the entire summer:

Regular and swim diapers (JLand campers only), 2 pairs of underwear, 2 pairs of socks, 2 t-shirts, 2 shorts and sunscreen. You may also leave pool/water shoes if you choose. Please label everything!

LOST & FOUND

Items that are not labeled will not be returned to your camper if lost. Please label everything to ensure that lost items are found and returned. You will be notified once your campers lost items are found. Items can be picked up from the bins that are located outside of the camp office.

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

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**). 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**
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 will be applied.

HEALTH AND SAFETY

Camper Health History Form: **No child will be admitted to camp unless their health history form is completed and immunizations are uploaded into your camp account.** All campers MUST have a current health history record completed in their camp account by May 15th. Immunizations must be valid for the duration of the summer.

Emergency Contact (other than parent) must be entered into your camp account

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 sure 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 nurse who will assess the camper. **Please be sure that your personal contact information and emergency contact information is up to date in your camp account.**

Should your camper require an early pickup due to illness, you or your emergency contact MUST arrive within 30 minutes of being notified by the nurse. Refer to the late pick up fee should your child not be picked up within the 30 minute time allowance.

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 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
- COVID-19

Fever: Campers with temperatures 100 degrees or higher must be fever free (without assistance of fever reducing medication) for 24 hours prior to returning to camp.

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

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. Any non-academic IEPs **MUST** be shared with the Camp Director.

DISCIPLINE POLICY

All campers are expected to conduct themselves appropriately and follow camp rules while attending JCC Rockland Camps. We believe that discipline:

- Is based on logical consequences
- Places the responsibility on the behavior
- Keeps options open
- Is a learning opportunity
- Is an active teaching process that emphasizes teaching a person to act in a way that will result in more successful behaviors

The following actions will be taken when a child exhibits inappropriate behaviors or is found in possession of anything that can be deemed harmful to themselves or others during camp:

STEP 1 — Verbal Reminder: Staff will use verbal cues to redirect, correct, and remind the child about appropriate behaviors.

STEP 2 — Time In: When a child uses inappropriate behavior, the child will receive Time In. This is where the child and a staff member will sit and discuss the behavior and options as well as actions that can be put in place for the child to better handle a similar situation going forward.

STEP 3 — Time Out: This is when the prior two steps have been met with resistance or complete disregard. The child is given a short period of time (no more than one minute per age of child, not to exceed ten minutes) to relax and reflect on the situation. During this time, the child will be separated from the other campers but in the view of staff. The child may be asked to use this time to write or color about the situation.

STEP 4 — Parent Alert: Parents will always be notified of any behavioral issues that came up during the camp day. You will receive an email or phone call. If a parent/staff conference is necessary, a date and time will be arranged for a private meeting to take place and further discuss the behaviors and plan of corrective action.

SUSPENSION/EXPULSION

If the behavior of a child causes bodily harm with visual signs of abuse, the act is done with malice or there is continued behavioral issues, the Camp Director, in conference with the Chief Operating Officer may place a child on suspension for one to five days. If, upon the child's return to the program, the behaviors that caused the suspension or other issues arise the child may be expelled from the program at the discretion of the Camp Director and COO.

This policy will be followed by all staff. Special considerations will be handled on a case by case basis at the discretion of the Camp Director and COO.

PARENT/GUARDIAN INVOLVEMENT

We gain so much from our camper's parents. Your insight into what may be at the root of your child's behavior and strategies that will help us guide their behavior is welcomed.

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:

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Carrie LatimerJCC Rockland Camps Director

Lisa MurphyCamp Office Manager and Registrar

Jay CanniciCamp Facility Manager

Marc Greenbaum.... Camp Operations Manager

Kelli KershCamper Care and Parent Communications

Jodi SchillerCamper Care and Parent Communications

Rachel KurlandJLand Program Director

Wendee SorganJLand Program Director

Jordan SakinDiscover Program Director

Eric GoldsteinSummer STEM Program Director

Scott KaplanDirector of Teen Programming

Rachel AppellJ-Teens Program Director

JCC CAMPS QUICK FACTS

CAMP DATES: JUNE 30 — AUGUST 21

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CONTACT INFO & SOCIAL MEDIA

Phone: 845.362.4400 ext.199

Website: jccrockland.org/camps

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

CAMP HOURS

Early Care Begins: 7:00am

Late Care Ends: 6:00pm

Camp Begins: 9:00am

Camp Ends: 4:00pm

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 by May 15th.
- Campers medication (with pharmacy label) **MUST** be dropped off to the camp office the week of June 19th.
- Please call or email the office if there are any changes in your campers health after submission of health forms.