



FAMILY HANDBOOK

Summer 2023

Winter

(August 20 – June 11)
Camp Ramah in Canada
100 Elder Street
Toronto, ON M3H 5G7
Phone (416) 789 2193
Fax (416) 789 3970

Summer

(June 12 – August 19)
Camp Ramah in Canada
1104 Fish Hatchery Road, Utterson,
Ontario, Canada P0B 1M0
Phone (416) 789 2193
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Camp Ramah in Canada operates under the guidance of the National Ramah Commission and the Jewish Theological Seminary of America and is governed by the Camp Ramah in Canada Committee, a subcommittee of the Jewish Theological Society of Canada.



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ברוכים הבאים - WELCOME!

"...שלום שלום לרחוק ולקרוב..."

"Welcome to those who are new and those returning." (Isaiah 57:19)

As Camp Ramah in Canada, we are committed to making our Jewish values manifest in how camp runs and is experienced. Camp is not merely a place where kids come for activities; it is a living Jewish community in which the whole camper is supported in their growth. The policies and practices of camp are in place to support a safe and healthy environment in which this growth is possible.

This can only be done as a partnership between camp's professional staff, summer staff, our lay leadership and our camp families. With this partnership in place, we are well equipped to navigate the challenges of this time and to bring the joy and meaning of camp to our community.

This handbook contains important information to help you prepare your child for camp. After reviewing it, if you have any questions or concerns, please let us know.

We believe deeply in the power of camp and are more committed than ever to bring our community a safe and successful camp season. We are in this together and we thank you in advance for your partnership, understanding and support!

L'Shalom,

Aviva Millstone
Associate Director
Co-Director

WHO TO CONTACT FOR WHAT?

Our year-round office telephone number is 416-789-2193. Here is a brief list of who to contact for what:

Issue	Contact Person	Ext.	Email
Camper Concerns	Naomi Dzaldov	2134	naomi@campramah.com
Busing, Baggage	Alana Vertleib	2100	info@campramah.com
Laundry, Lost & Found		2100	info@campramah.com
Fees, Scholarships	Mitch Small	2139	accounting@campramah.com
Donations	Messodie Carter	2138	messodie@campramah.com
Financial Matters	Mitch Small	2510	MSmall@campramah.com

Emergencies

If there is a family emergency, please state this when you call and ask to speak to your child's yoetzet. Your call will be handled as quickly as possible. When the switchboard is closed, you can leave a voicemail, or, in the case of a real emergency, you can reach us on our emergency number at 416-789-2193 ext. 9999. If your call is not an emergency, please refrain from using this system.

If you call regarding an urgent matter, please state this when you call and we will deal with it right away. Typically, we have a staff covering the phones from 9.30am ET to 5pm ET Sunday-Friday. If you have an emergency outside of these times and it cannot wait until the next time we have a staff member answering the phones, we can be reached at 416-789-2193 ext. 9999. This number is for emergencies only.

IMPORTANT DATES

Date	Who is Arriving/Leaving?
Sunday, June 18	Hanhallah Arrive
Wednesday, June 22	All Staff Arrive
Tuesday, June 27	Toronto Luggage Drop Off for First, 6 Week, Full and Tikvah Session Campers
Wednesday, June 28	First Session Begins
Sunday, July 23	First Session Ends/Visitor's Day
Monday, July 24	Second Session and Masa BaTeva Begins
July 24 - July 27	Garinim Program
Sunday, August 6	Tikvah/6 Week Campers Leave
Thursday, August 17	Camp Ends

FORMS

The following forms can be found under Forms & Documents in your CampInTouch Portal:
<https://ramahcanada.campintouch.com/v2/login.aspx>

**Please Note: there may be additional waivers and forms for COVID-19 to be sent this spring.

- Bunk Request Form
- Bar/Bat Mitzvah Information and Tutoring Form
- Camper Health Form
- Camper Care form
- Camper Connection Form
- Camper Questionnaire
- Medical and Hospital Authorization Form
- Medical Waiver
- *Brit HaMachaneh* (Ramah Community Agreement)
- Special Food Requirements Form
- Transportation Form

PREPARING FOR CAMP

As you spend the weeks leading up to camp packing and preparing, we recommend spending some time preparing mentally and emotionally as well.

Feeling anxious about camp is normal and something that many campers deal with.

Parents/Caregivers can help by:

- normalizing the worry
- assuring them that likely others may feel sad about leaving home for the summer
- help your child to develop strategies that may help if they are feeling homesick

If your child has been to camp before, help them focus on the parts that they loved and are looking forward to experiencing again. Help your child think about what they want to achieve or work on at camp. Remind your child to make the most of their time at camp by participating in all that camp has to offer.

If this is their first summer, visit www.campramah.com and visually acquaint your child with their home for the summer. Help your child get excited for the fun things to come and let them know that it's okay to feel both moments of sadness/homesickness and happiness at the same time. Your preparation before the summer with your child will help prepare them for the most impactful and memorable summer!

Bunking Requests

As part of the application process, all campers have the opportunity to request their bunkmates. Please understand that there are many factors we must consider forming cabin groups, including recommendations from the previous summers, camper and staff needs and creating a great overall cabin dynamic. We do our best to see that every camper who makes a request gets at least one of their choices. Please go to the Forms and Documents section of your CampInTouch portal to fill out your bunk request form prior to April 28th.

Click [here](#) to read more information about our bunking process.

B'nai Mitzvah Training

We are happy to assign staff members to review Bar/Bat Mitzvah preparations once per week with those campers whose Bar/Bat Mitzvah falls during the months of August to December 2023. If you are interested in this opportunity, please go to the Forms & Documents section of your CampInTouch Portal. Please be sure that your child brings all necessary materials to camp. Our staff is happy to review what your child has already learned but cannot be responsible for teaching new material.

Clothing and Jewish Observance

Jewish law requires that we are thoughtful and modest about our clothing choices.

- Please keep in mind the following expectations when packing:
- Clothes that are excessively tight, short, or revealing are not acceptable
- Bathing suits must cover private areas, bikinis are not allowed
- Clothing with profanity, inappropriate words, phrases, or symbols may not be worn.
- Shabbat clothing should be reflective of the sanctity of the day, everyone should wear clothing that is nicer than what they wear the rest of the week (i.e. a button-down shirt and khakis or skirts)
- Shoulders must be covered for t'fillot (daily prayers).

Technology

At camp, we aim to strengthen relationships, growth, and independence – technology can get in the way of this depth of connection and experience. Like other Ramah camps, we believe that unplugging over the summer enhances our connections, to each other and to our surroundings. We have found that a screen-free summer is an incredibly healthy experience for our campers.

As per the *Brit HaMachaneh* (Ramah Community Agreement):

I understand that we are all responsible for creating the Camp Ramah Community which values building friendships, growing as a person and creating independence. I understand that devices like smartphones, tablets, laptops, and gaming devices work against those values at camp. I will not bring these devices to camp and I know that if I am found with them, they will be confiscated.

What is the Policy for campers?

- Campers are not permitted to bring any devices such as smartphones, tablets, laptops, and gaming devices to camp.
- If these devices are found in camp, they will be confiscated and returned at the end of the summer.
- Campers who require a phone for travel to and from camp will be required to turn in their phone upon entering camp – the phone will be returned at the end of the session. Please label these phones with your child's name.
- The only acceptable music devices at camp are MP3/MP4 players that do not have a screen. Here are some examples of acceptable devices:
 - Player 1 Wiwoo U2 16GB Portable Clip MP3 Player
 - Player 2 Sony Flash MP3 Player with Built-in FM Tuner (4GB) - Black (NWZB183FB)
- If your child requires an MP3/MP4 player and you are unable to purchase one, please let us know and we are happy to provide one.
- E-Readers that are preloaded with books before camp are permitted. E-Readers will not be permitted for use on Shabbat, so please send your children with a paper book for Shabbat. Campers will not have access to WIFI to load more books and our staff will not be able to do that for our campers.

- Digital Cameras are permitted.

What NOT to Bring

THE FOLLOWING ITEMS HAVE NO PLACE AT RAMAH. PLEASE DO NOT SEND ANY OF THE FOLLOWING ITEMS TO CAMP WITH YOUR CHILD. THEY WILL BE CONFISCATED.

- DEVICES WITH SCREENS
 - As mentioned above, Ramah has adopted a SCREEN-FREE POLICY for campers. Portable screen devices
 - **Cellular Phones. Please note: We are tightening enforcement of this policy. *Parents, please do not allow your campers to bring their cell phones to camp!***
 - Portable DVD players
 - Portable televisions, game devices
 - Laptop computers, electronic games
- ADDITIONAL ITEMS
 - Hot pots, hot plates, kettles, sandwich makers (these are all significant fire and burn hazards and will not be tolerated)
 - Drones, Gopro-like cameras
 - Candles, lighters, matches
 - Knives, pellet guns, hammers
- FOOD

Camp Ramah provides three meals and two or more snacks every day. Additionally, campers will visit our *tuck shop* twice weekly. We ensure that our daily menu provides a balanced daily intake; no one should be going hungry. It is our duty to ensure that the camp population is properly fed, that exposure to food allergies is minimized, that our campers are safe, and that the animal population in camp is reduced, not increased.

Please read the following policy regarding snacks and food from home, **new for Summer 2023:**

- No drinks, including cases of water, should be sent to camp. All water in camp is safe to drink – it is treated and tested on a continuous basis.
- If you choose to send snacks, all food in the bunk is to be stored in a resealable plastic storage box provided by the parents. Please make sure it is clearly labeled with your child's first and last name. The box must be stored under the bed. The maximum size allowed is 14L (Sterilite brand [available at Wal-Mart](#)). Bins should be packed in your child's duffles.
- No food will be permitted into camp, either through drop-offs or packages. If your child has a specific need, you must reach out to their yoetzet.

- All snacks must have an appropriate kashrut symbol and be nut-free. We encourage individually wrapped servings (e.g., small bags of pretzels, granola bars). Due to the allergies of some children, homemade food is prohibited as ingredients cannot be checked.
- Due to our continued efforts to contain any viral spread in camp, we continue our NO SPITZ (including any brand sunflower or other seeds) policy.
- The use of small electric cooking appliances, including – but not limited to – sandwich makers, hot pots, and waffle makers, is strictly prohibited in camp. These will be immediately confiscated and donated, along with any food sent for use with these appliances.
- Please note that all food/drink that is not kosher and nut-free will be confiscated and donated. In addition, food that is not stored in accordance with the above criteria will be donated as well.
- This does not apply for campers in Garinim (our mini taste 3 day program).

Please help us to ensure a healthy and nutritious summer for the entire camp population by abiding by the above rules.

- **SPENDING MONEY**
 - Camp operates a kiosk (Tuck shop) with snacks and beverages. Campers will have the opportunity to choose a few treats twice a week, which is included as part of the camper tuition fee. We therefore ask campers not to bring cash to camp. Any cash or valuables brought to camp must be placed in the camp safe for safekeeping. Our insurance does not cover loss or theft of cash or valuables in the cabin.

PACKING LIST

****PLEASE LABEL EVERY ITEM CAREFULLY****

As a Jewish community we strive to build self-esteem, confidence and minimize social pressures through what we wear. Please be mindful while packing with your child(ren) for camp.

It is important from the standpoint of health and cleanliness that campers have sufficient and appropriate clothing. The following packing list is designed to provide the camper with a suggested two-week supply of washable clothing. At camp, a child wears clothes harder than at home. At camp, items can go missing, we recommend that you do not send expensive items or clothing to camp.

***Rain Gear:** Please remember that when it rains at camp, the camp roads can become muddy and filled with puddles. It is therefore critical that your child bring waterproof rainwear. Waterproof boots are strongly recommended.

****Sun Protection:** Due to the dangers involved with exposure to the sun, it is important that your child wear a hat as well as effective sunscreen during outdoor activities. Please make certain that your child has a hat suitable for active play, an ample supply of sunscreen, and water bottles. (Please note that water guns are prohibited and will be confiscated.)

PERSONAL CLOTHING

- Tallit and tefillin (mandatory for those living in a Boys Cabins 13 years and older, optional for others)
**Please label all tallit AND tefillin bags.*
- 4 kippot (mandatory for those living in Boys Cabins, optional for others)
- 4 long-sleeve T-shirts
- 10 short-sleeved T-shirts (no tube tops)
- 6 shorts
- 2 pairs of jeans
- 4 pairs of sweatpants
- 4 light sweaters/sweatshirts
- 15 pairs of underwear
- 15 pairs of socks
- 3 pairs of pajamas (some for warm weather and some for colder nights)
- 4 bathing suits - (must cover private areas, bikinis are not allowed), full coverage bottoms are required

- 2 sun hats**
- 1 heavier fleece/jacket
- 1 bathrobe
- 1 raincoat with hat or hood*
- 1 bathrobe
- 1 pair of rain boots*
- 1 pair of slippers
- 2 pair of flip flops/slides
- 2 pairs of shoes (running or sneakers/hiking)
- Appropriate Shabbat clothing that reflects the sanctity of the day. Nicer tops and bottoms (e.g. polo shirts, khakis, skirts, nice pants, dresses). Shabbat outfits should be nicer than clothes worn during the week. Shoulders need to be covered during services.

BEDDING

- 2 warm blankets/comforters

- 1 sleeping bag
- 4 sheets (single) -2 fitted, 2 flat
- 2-3 pillowcases
- 1 pillow

TOILET ARTICLES

- 7-8 towels (beach/shower)
- 2 face cloths
- 1 brush/comb
- 2 soap (liquid pump preferred)
- toothbrush, toothpaste
- shampoo, Kleenex, deodorant
- sunscreen lotion (minimum SPF 30)**
- insect repellent
- 1 water proof toilet bag or pail

OTHER ITEMS

- Letter writing material (paper, pens, pencils)
- Canadian stamps, envelopes (self-addressed are helpful)
- Inexpensive watch or portable clock (optional)
- Musical instruments (optional)
- Camera (optional)
- Books, magazines, journal
- Cards, portable games, activity books
- Athletic equipment (baseball gloves, tennis racquets, etc.)
- Flashlight and batteries (small reading light)
- Canteen or Water Bottle (2)**

*NOTE: Please do NOT send expensive jewelry, watches, cameras, or heirloom tallit or tefillin.

*Graphics and style of clothing should be appropriate for a setting with young children present.

HEALTH & SAFETY

Health Information Form

Adequate medical records are important to the wellbeing of our entire camp community. No camper will be received in camp without a current Health Information Form completed online. If you have not yet filled in your camper's Health Information Form in your CampInTouch Portal please do so as soon as possible. The Medical and Hospital Authorization form can be found in your CampInTouch Portal. Separate health information related to COVID-19 will be provided in the spring.

Immunization Policy

The health and well-being of all campers and staff are our top priority. All children attending Camp Ramah must be up-to-date in their immunizations as determined by the provincial schedule. The vaccination of all campers and staff is an important public health matter, especially in the confined environment of a sleep away summer camp, which is a congregate setting. Outbreaks of infectious diseases have occurred in these settings.

For summer 2023, it is strongly recommended that all campers under the age of 18 be up to date in their COVID-19 vaccination in accordance with the recommendations of Public Health Ontario and the National Advisory Committee on Immunization. The COVID-19 vaccines are required for all campers and staff who are over the age of 18.

Required Immunizations

1. **DTPT (Diphtheria, Tetanus, Polio, Pertussis (Whooping Cough))** - A series of a minimum of four doses, with the last dose within 10 years of the start of the camp session. Please ensure this is up to date before the start of camp. Booster vaccinations are done ages 14-16.
2. **MMR (Mumps, Measles, Rubella)** - A series of two doses.
3. **Chickenpox** - History of illness or Vaccination: 2 doses are required, 1 month apart.
4. **Meningococcal C-C/ACYW** – 1 dose (given routinely in Grade 7 by local public health units in Ontario) as recommended as per the local public health unit schedule.

Strongly Recommended Immunizations

1. **COVID-19** - full primary series completed and bivalent booster completed at least 2 weeks before the start of camp.
2. **Hepatitis B** – 2 doses when given in adolescence (given routinely in Grade 7 by local public health units in Ontario).
3. **Hepatitis A** - (not publicly funded but recommended). Two doses given 6 months apart provide long-term protection.
4. **Meningococcal B** – (not publicly funded)

Boosters, Injections, and Inoculations

Most recent tetanus immunization must be specified on the Health Information Form. It is received at age 14-15 and then every 10 years after that. It is advisable to complete all such inoculations by the end of May.

Infirmery (Marp)

There is always a doctor and a team of registered nurses on call. Our camp policy is that parents are notified when:

- there is an emergency that requires your child to be taken to the hospital or an outside doctor,
- your child is in the infirmary overnight,
- your child needs to be taken for x-rays or lab tests and a cost may be incurred,
- your child needs to be put on antibiotics, or
- your child has lice

Keep in mind that Ramah has a highly experienced medical staff that is qualified to make appropriate decisions concerning your child's health. If you have any questions about the medical care your child is receiving, please feel free to call the infirmary. Please notify camp immediately of any medical condition that develops immediately before the summer.

Eyeglasses

Children who wear glasses should bring an extra pair to camp in case of breakage or loss. Please make sure your child's name is marked on their eyeglasses. If glasses need to be repaired or replaced at camp, you will be billed for this service.

Dental Work

It is important that children's dental and orthodontic needs are attended to before camp. There is no dentist in camp, and it is difficult for us, and expensive for you, to have us take children to a dentist in town. If your child must have dental or orthodontic treatment, you will be billed for this service. Camp medical insurance does not cover dental work.

Lice

Camp Ramah in Canada will check all campers and staff for head lice upon arrival at camp this summer. To avoid an uncomfortable situation, we ask that you please check your child's head before the start of camp. If your child is found to have lice or nits in camp, your child will be treated immediately, at the family's cost, and we will contact you.

Unfortunately, lice are easily spread in environments where people live closely together, like camp. Sharing towels, beds, barrettes, headphones, hats, kippot, T-shirts, and other personal items (i.e. combs and brushes) contribute to their ability to spread. Please discourage your child from sharing such items while in camp.

Medications

The infirmary is stocked with a variety of over-the-counter drugs and specialized equipment. Please note that provincial law requires that all medications be kept in the infirmary at camp. There can be NO medications of any kind in the cabin.

****BLISTER PACKS:** All medications that are to be dispensed to your child during camp must come blister packed by a pharmacy. Please give your pharmacy a few weeks to prepare this to ensure it will be ready for medication drop off.

For Toronto campers, medications will need to be dropped off at luggage drop off with the appropriate labelling.

Medication "Vacation"

We understand that some parents wish to give their child a break from their regular school-year dose of medication over the summer. Often, this is because camp is assumed to be a less structured, stress-free environment. While camp is a time for relaxed fun, there are many different situations to deal with: new social situations, changes in routine, a longer day and different levels of structure depending on the day.

For these reasons, we strongly recommend that you discuss the above factors with your physician before considering taking your child off medication. If after speaking with your child's physician, it is still decided to take your child off medication, it is very helpful for the camp to know that this is happening. It helps us to support the camper's behaviours and needs.

Mental Health

We understand that as we learn more about child and adolescent mental health more and more young people are being diagnosed with and treated for mental health issues. We strive to make Camp Ramah a safe and supportive place for all. We know that for those who are struggling with mental health, there can be no better environment than camp, away from the pressures of school, social media and city life. We also know that leaving the safety and comfort of home can be challenging for those who struggle with mental health. We will do our best to support those dealing with mental health issues, but we need your help. Please know that we believe that the more information we have, the better we can support your child. Please complete this information on your child's health form. Please look at our Privacy Policy to see how we handle this important and sensitive information.

While we will do our best to support your child and their mental health needs, please note that Camp Ramah is not equipped to deal with any campers who may be putting their physical safety or the safety of others at risk. In a case where we feel we are not the best place to support your child, we will discuss with our doctor, nurse and mental health supports.

Safety

Since Camp Ramah's inception over 60 years ago, we have an excellent track record for safety and security. Ramah is a caring and nurturing environment in which all programs, in and out of camp, are planned with safety as the number 1 priority.

To ensure as secure an environment as possible for our campers, the professional and lay leadership have designed the following protocols regarding safety and security:

- Thanks to a Government of Canada Safety Grant and our Security Levy, we are very pleased that we have a number of new security features at camp. These include: a gate across the front of camp, more substantial gates and security cameras.
- All visitors and deliveries will be stopped at the security gate.
- All visitors will be required to check in at the main office and to wear identification.
- No unexpected visitors will be allowed into camp.
- Our security guards patrol the camp regularly between the hours of 10:00 pm and 6:30 am.

TRANSPORTATION

Required Proof of Citizenship for Non-Canadian Residents

•**Traveling by Bus/Car** - When crossing into Canada by bus/car, every camper must have his/her valid original passport or a copy of his/her birth certificate and a completed Camper Travel Permission form. (If you are over the age of 18, you must travel with a valid passport).

•**Traveling by Air** - When crossing into Canada by air, every camper must have his/her valid passport.

All camper travel documentation such as birth certificate, passport, airline tickets and travel money will be collected and stored in the office safe and returned on the day of departure.

****Note:** *Camper passport must be valid until February 2023.*

BEING AWAY and COMMUNICATING WITH CAMP

Jewish tradition emphasizes that leave taking supports deep experience. Avraham was told "lech l'cha"/ Go to yourself/Go away, Ya'akov was on the run in the wilderness when he saw the Sulam/Ladder, and Moshe was in the wilderness with his herd when he witnessed the Burning Bush. These critical moments in the spiritual life and growth of the Jewish people required *being away from home*.

You have made the decision to send your child to sleep-away camp. The "away" part is significant. Indeed, living at camp, away from parents and the comforts and habits of home gives children an opportunity to grow into new levels of maturity. At camp, campers experience a wonderful, new sense of responsibility and independence. For many of us, throughout the school year our children are only a text away. We are in near constant contact. Camp is by its very nature a departure from that kind of immediate contact.

Yet, at the same time, we recognize that ongoing communication is so important – we want you to know of the amazing things that are happening at camp, and we want our campers to know you are thinking of them.

Yoatzot (Advisors)

Camp is a community consisting of over 400 campers. Each rosh edah (division head) has been trained to provide your child with a rich, safe, healthy, and rewarding Jewish summer camp experience. Each rosh edah receives further support, supervision, and advice from their yoetzet. Ramah is fortunate to have talented professionals serving in this advisory capacity. For issues concerning your child's adjustment to camp, or for other questions about your child's experience

in camp, please contact your child's edah yoetzet. The yoetzet provides a crucial link between home and camp in addition to their role as advisors.

Click [here](#) to read more about our Yoetzet guidelines and communication.

Emergencies

If there is a family emergency, please state this when you call and ask to speak to your child's yoetzet. Your call will be handled as quickly as possible. When the switchboard is closed, you can leave a voicemail, or, in the case of a real emergency, you can reach us on our emergency number at 416-789-2193 ext. 9999. If your call is not an emergency, please refrain from using this system.

Homesickness

During the summer, parents may receive letters from their child that may leave them feeling unsettled. Homesickness is a normal part of the sleep-away experience; our staff is trained to support your child through it. If you are concerned because your child is not seeing a positive arc of improvement, please contact your child's yoetzet who will investigate the situation with the rosh edah and counselors and will respond to you within 24 hours.

Birthdays

Campers whose birthdays fall during the camp season will be able to celebrate with their cabin at camp. A birthday cake and birthday decorations will be provided. Campers whose birthdays occur during the season will be permitted a call home. Please note that it is camp policy that campers do not call home for others' birthdays; only their own.

Communicating by Mail

Letters FROM Campers

Campers are required to write home twice a week. Please do not be concerned if you have not heard from your child for a few days. Mail is sent from camp daily but is occasionally delayed. Please write to your child frequently. If you do not hear from your child for longer periods of time, you may want to contact your child's yoetzet. For younger campers, we highly recommend sending pre-addressed, pre-stamped (with Canadian postage) envelopes.

Letters TO Campers

Your child will want to hear from you! It is especially important that younger campers and first-time campers receive mail from home within the first 24 hours of camp. Please write to your child before camp begins, so they can receive a letter the first day. It is a

good idea to mail your first letter one week before camp begins. (Some parents will even include a note in their child's duffels.) Letters should be addressed to:

(Name of Camper), Cabin ___
Camp Ramah in Canada
1104 Fish Hatchery Road
Utterson, Ontario
POB 1M0
CANADA

Communicating by E-Mail

We are very excited to be continuing our on-line Summer Services through your CampInTouch (CIT) Portal. Every parent has their own account where they will be able to email their child and view photos regularly during the summer. You may also set up guest accounts so that other friends and family can also email campers and view photos.

Starting June 5, 2023, you will be able to log in and set up your account for the summer. We encourage you to login before the start of the summer, so you can play around with the summer services that will be available to you and ensure that your account is all ready to go, come the start of camp.

Communicating by Phone

One of the goals at Ramah is to create a positive, immersive Jewish summer camp experience. One of the things that allows us to achieve this goal is the creation of an environment that is free from some of the modern technologies of today and unaffected by the hustle and bustle of modern life.

If you need to discuss something with your child, please contact the yoetzet of your child's edah. The yoetzet will help you communicate with your child in the case of family emergencies or other special circumstances where a message needs to be delivered to your child.

The summer switchboard at camp is open from 9:30a.m to 5:30pmEST. The switchboard is closed on Shabbat – from Friday 4:00 p.m. until Sunday morning. When the switchboard is closed, you can leave a voicemail.

Packages

We strongly discourage all unnecessary packages at camp. If a parent must send a package, please ensure that it is a flat package only, and that you adhere to the following guidelines:

1. Do not send food (including Spitz) or candy or plastic water bottles or drinks of any kind. All packages will be opened, and campers will not receive any food or candy contents; they will be donated.
2. If you need to send clothing or other emergency items to your children, please contact your child's yoetzet and arrange to have it sent to her attention.
3. Please be mindful of the feelings of other cabin mates – often packages engender feelings of inequity and disappointment. Please keep packages and their contents to a minimum.

POLICY AND PROCEDURE REMINDERS

"All Jews are responsible for each other" (Sanhedrin 27b)

Our primary goal is to provide a safe and healthy summer experience for each member of our camp community. We therefore ask that both camper and camper parents take note of, and agree to abide by, the following rules and regulations. Please carefully review these with your child.

Drugs and Alcohol

The use of drugs and the consumption of alcoholic beverages are strictly prohibited at camp. Any campers or staff members found in possession or under the influence of illegal drugs or alcoholic beverages may be subject to immediate dismissal from camp. Legalized cannabis will be treated in the same way as we treat alcohol at camp (i.e. zero tolerance).

Cigarette Smoking or Vaping

Camp Ramah is a smoke-free environment. Campers and staff are not permitted to smoke cigarettes or vape anything at any time or any place during their stay at camp.

Gambling

With the increased marketing of gambling in the general culture, we are seeing campers coming to camp with an expectation to play cards for money. Our camp policy is that while occasional recreational card playing is permitted, gambling for money is absolutely prohibited and is grounds for dismissal from camp.

Curfew

Life at camp is in many ways more active than one's normal routine at home. Each edah, depending on the age of the campers, has a set curfew time. Consistent violation of curfew is unacceptable and may result in dismissal from camp.

Respect for Property

All campers and staff members are responsible for maintaining the beauty and physical condition of camp. All campers, along with their counselors, are responsible for the cleanliness and general safety conditions of their cabin. In addition, everyone participates in a general camp clean-up several times per week.

Any vandalism or destruction of camp property by campers will result in damages being assessed and charged to the camper's family. There will be a minimum standard charge of \$100.00 per incident each time graffiti is placed in any public place including on a new building or a recently painted or re-paneled wall.

Writing of names is ONLY permitted inside one's own camper cabin.

Graffiti can appear in many different ways. Sometimes one camper or a group of campers take it upon themselves to write the names of all of the campers in their tzrif on camp property. Since we have no way to determine who caused the damage, the cost will be assessed and divided up among the whole tzrif unless the responsible party comes forward. Please review this policy with your child before the camp season.

Camp Ramah prides itself on developing a warm, supportive community. We place a great deal of trust in every member of our camp community, and we expect everyone to respect the privacy and personal property of others. Please discuss the importance of this respect with your child and remind them that it is crucial that they never disturb, borrow, or take anything from another person's belongings.

While the privacy of individuals at camp is a value we teach and respect, the needs of the community sometimes supersede the needs of the individual. If the health or safety of other campers or staff indicates a need, campers may be asked to have their belongings searched and inventoried in the presence of two designated staff members.

Respecting the Other

Romantic relationships sometimes develop during the summer. All contact and displays of affection must be respectful and appropriate. Please note that no one is allowed to visit another cabin unless they are invited in and in the same age group, exceptions will also be made for siblings. Any inappropriate behaviour or being in another persons' cabin without permission may result in dismissal from camp.

Online/Social Media Policy

In general, we view social media use positively and respect the right of campers to use them as a medium of self-expression. While campers will not have access to social media during the summer at camp, we recognize that what happens before and after the summer impacts the experience and wellbeing of campers during the summer. For this reason, if, during the off-season, a camper identifies himself or herself as a camper of our Camp on such venues, some readers of such websites or blogs may view the camper as a representative or spokesperson of our Camp. In light of this possibility, our Camp requires, as a condition of registration at the Camp, that campers observe the following guidelines when referring to the Camp, its program or activities, and its campers, online or in social media:

- Campers must be respectful in all communications and blogs related to or referencing the Camp, its campers, and/or employees.
- Campers must not use obscenities, profanity, or vulgar language.
- Campers must not use blogs or personal websites to disparage the Camp, campers, or employees of the Camp.
- Campers must not use blogs or personal websites to harass, bully, or intimidate other campers or employees of the Camp.
- Campers must not use blogs or personal websites to discuss engaging in conduct that is prohibited by Camp policies, including, but not limited to, the use of alcohol and drugs, sexual behavior, sexual harassment, and bullying.
- The use of our Camp Ramah in Canada name or logo is not allowed without written permission.

Any camper found to be in violation of any portion of our Online/Social Media Policy will be subject to appropriate consequences, up to and including dismissal from camp or denial of the opportunity to return to camp.

Withdrawal of Camper

If a child is to be withdrawn from camp on an involuntary basis, i.e. where the camp requires the parents to withdraw the child, the refund is at the Discretion of the Camp Directors, less the Administrative Fee of \$1000.00. THERE ARE NO REFUNDS FOR VOLUNTARY WITHDRAWALS OF CAMPERS. Voluntary withdrawals are, for example: child is homesick, bunk placement is undesirable, parents miss the child, change in family plans, family vacations, and promises made by parents to withdraw the child after a "trial period at camp". We urge you not to make "deals" with your child to "try it for a while". Such promises usually make it impossible for a child to adjust to camp properly.

SPECIAL NOTE: Ramah is an ongoing educational experience. Please do not interrupt or cut short your child's experience at camp by scheduling events that will take him/her out of camp.

Gratuities - "A mitzvah is its own reward" (Pirkei Avot 4:2)

Staff at Camp Ramah is engaged in an important educational enterprise. They are dedicated to this task. As professional educators, who do their utmost for everyone, they may not accept any gratuities. Please do not embarrass them by offering either money or gifts. Appreciation can be shown by contributing in a staff member's name to the Staff Appreciation Fund. A card will be sent to the staff member in whose name the gift is made out to. Contributions may be made in the camp office and will be used to enhance staff life at camp. Please make all cheques payable to "Camp Ramah in Canada." Or to donate on-line, please click [here](#).

CAMP RAMAH IN CANADA PRIVACY POLICY

Camp Ramah is committed to protecting the privacy and confidentiality of the personal information collected from our campers, camper parents, staff, alumni, prospective family members and interested community members. Our Privacy Policy includes:

Information Collection:

Personal information is collected to meet the needs of our programs. We collect data in our application forms, on our website, and through our fundraising efforts. All data, including personal and medical information is collected with your full consent. Your signature on all forms acknowledges your consent. Information may include:

- Camper/Staff and Family Personal Information, such as address, phone numbers, e-mail addresses, and birth date
- Camper/Staff Immunization, Health, and Personal History data
- Emergency Contact information
- Banking or credit card information

Security and Use:

- Information gathered on forms, telephone conversations, or from our website is stored in our files which are secured in our locked offices and processed in a secure database with access controls. All electronic information is protected by use of confidential passwords.
- Your information will only be shared with those who need the specific data, including medical personnel at camp.
- Camper mailing and e-mail addresses are provided to current camper families for the use of staying in touch throughout the year. If you do not wish to have your mailing and e-mail address shared, please e-mail: info@campramah.com.

- Information is not sold or rented to third parties. Information forwarded is only done with your permission.
- Your information is retained so that we can communicate with you in the future.
- We retain paper and related information required by government legislation for 7-20 years, as legislated.

Contact Information:

- If you have any questions regarding our Privacy Policy, please contact our Director of Finance and Operations who serves as our Privacy Officer.
- We will assume that you understand that we can collect, use, disclose as necessary and store information as set out in our Privacy Policy. Any changes to our policy will be made available on our website.
- If you do not accept our Privacy Policy and decline to allow us to use your personal information, we will not be able to provide the care and services in order to make your child safe in our setting, and we will need to discuss the status of your application for your camper this summer

PARENT CHECKLIST

Have you...

- Carefully and thoroughly read this Family Handbook?
- Reviewed with your child, Signed, and Submitted *Brit HaMachaneh* (Ramah Community Agreement) In your CampInTouch Portal?
- Completed your online Health Form for each child?
- Submitted your Medical and Hospital Authorization Form? (Ontario residents only need to complete the first page.)
- Submitted your Camper Travel Permission Form? (Non-Canadians Only)
- Submitted your Camper Transportation Form?
- Submitted your Camper Care Form? And have your child fill out the Camper Questionnaire?
- Notified camp of any change of address or phone number?
- Notified camp if you will be out of town anytime between June 30 – August 19 and contact information during this time?
- Put name tags/ labels on all articles being brought to camp?