



**SUMMER 2024**

*Please read!*

**THIS DOCUMENT  
CONTAINS UPDATED  
& IMPORTANT  
INFORMATION**

# **FAMILY HANDBOOK**

**WWW.CAMPRAMAH.COM | 416.789.2193**





## WELCOME TO CAMP RAMAH IN CANADA

# ברוכים הבאים

Welcome to the 64th kayitz of Camp Ramah in Canada!

We are thrilled to have you join our community, where laughter, friendship, and unforgettable experiences await.

At Camp Ramah in Canada, we take pride in fostering a warm and inclusive environment where traditions come to life, and each day is an opportunity for personal growth, exploration, and building lasting connections.

Your journey begins with this handbook, a key resource designed to ensure a smooth and enjoyable experience for you and every camper. We kindly ask you to partner with us in making this summer extraordinary by thoroughly reviewing the policies and guidelines within these pages.

**Get ready for a summer filled with laughter, learning,  
and the magic of Camp Ramah in Canada!**

Aviva Millstone & Yitzi Hartman  
Co-Directors

### WINTER OFFICE

100 Elder Street  
Toronto, ON M3H 5G7  
Phone (416) 789 2193  
Fax (416) 789 3970

### SUMMER OFFICE

1104 Fish Hatchery Road  
Utterson, ON P0B 1M0  
Phone (416) 789 2193  
Fax (416) 789 3970

**Please carefully read this handbook and  
review the policies with your family.**



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# GENERAL INFORMATION

## CONTACT US

Our year-round office telephone number is 416-789-2193.

Here is a brief list of whom to contact:

ISSUE	CONTACT	EXTENSION	EMAIL
Camper Concerns	Naomi Dzaldov	2134	naomi@campramah.com
Busing & Baggage	Reena Cohen	2100	info@campramah.com
Fees & Scholarships	Netta Zweig	2133	netta@campramah.com
Donations	Messodie Carter	2138	messodie@campramah.com

## EMERGENCIES

In the event of 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. Our phone lines are typically staffed from 9:30 am to 5:30 pm ET, Sunday to Friday. Outside of these hours, you can leave a voicemail. For genuine emergencies during closure, please contact our Co-Directors, Aviva Millstone at 647-500-4570 and Yitzi Hartman at 917-753-5606. If your call is not an emergency, we kindly ask that you refrain from using these emergency contact numbers.





# GENERAL INFORMATION

## IMPORTANT DATES

DATE	WHO IS ARRIVING/LEAVING?
Sunday, June 16	Hanhallah Arrive
Wednesday, June 19	All Staff Arrive
Sunday, June 23	Toronto Luggage Drop Off for First, Six-Week, Full, Tikvah and Shorashim Alef Session Campers
Wednesday, June 26	First Session Begins
June 26 - July 7	Shorashim Alef: Grade 2 Program
July 10 - July 21	Shorashim Bet: Grade 3 Program
Sunday, July 21	First Session Ends/Visitor's Day
Monday, July 22	Second Session begins
July 22 - August 1	Shorashim Gimmel: Grade 2 Program
July 22 - August 4	Taste of Nitzanim and Taste of Arazim Programs
July 22 - July 25	Garinim Program
Sunday, August 4	Tikvah and Six-Week Campers Leave
August 5 - 11	Taste of Tikvah Program
Thursday, August 15	Camp Ends





# FORM CHECKLIST



**BRIT HAMACHANEH**



**CAMPER CARE FORM**



**HEALTH HISTORY FORM**



**BUNK REQUEST FORM**



**TRANSPORTATION FORM**



**MEDICAL AUTHORIZATION**



**BAR/BAT MITZVAH FORM**  
(OPTIONAL)



**SPECIAL FOOD REQUIREMENTS**  
(OPTIONAL)



**TRAVEL PERMISSION FORM**  
(FOR NON-CANADIAN CAMPERS)



**CAMPER CONNECTION FORM**  
(OPTIONAL)



# 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.

It is common to feel anxious about camp, parents/caregivers can help by:

- Normalizing the worry
- Assuring them that others may feel sad about leaving home for the summer
- Developing strategies with your child that may help if they are feeling homesick

If your child has been to camp before, help them focus on the parts that they love 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](http://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!

We do our best to create wonderful experiences for everyone at Camp Ramah. While most of this takes place at camp and during the summer, we believe there are some things that can start at home and to do this, we need your help. When campers hear the same messages at camp that they hear at home they will know that we are working together in order to help them have their most successful summer. We can achieve this by collaborating on camper goals and expectations. Please read through the topics below and discuss them with your campers.

## 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 previous summers, camper and staff needs and creating a great overall cabin dynamic. We do our best to ensure that every camper receives at least one of their requests. Please go to the Forms and Documents section of your CamplnTouch portal to fill out your bunk request form prior to April 15th 2024

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



# PREPARING FOR CAMP

## TRAVEL

### 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 2025.

## CLOTHING

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

### 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).

## LAUNDRY

Laundry is done once a week, outside of camp. Please keep this in mind when packing for your child. We recommend packing enough clothing for 9 days. We will provide your child with a laundry bag. Our laundry service is not intended to launder dry clean only clothing. Campers should not plan on washing their own clothing. Campers are expected to change their sheets weekly and participate in the laundry process. Throughout the summer, we make exhaustive attempts to return lost items to their owners. After the summer, lost items that are labeled will be available for pick up. On the following page, you will find a suggested packing list. Adjust this list to fit your child's own needs.



# PACKING LIST

## CLOTHING & SHOES

- ☐ **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**
- ☐ **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)
- ☐ **4-5 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 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 or 1 comforter**
- ☐ **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)\*\*\*\*



# PACKING LIST

## PLEASE LABEL EVERY ITEM CAREFULLY

**Note:** 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. Our 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 critical that your child bring waterproof rainwear, including waterproof boots.

\*\*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.

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

\*\*\*\*Older Campers should bring at least 1 large water bottle (1 liter) for camping trip

## 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

- Ramah has adopted a SCREEN-FREE POLICY for campers.
- 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 — they will be removed and donated
- Drones, Gopro-like cameras
- Candles, lighters, matches
- Knives, pellet guns, hammers
- Water guns are prohibited and will be confiscated

### SPENDING MONEY

We ask campers not to bring cash to camp. Any cash or valuables brought to camp must be placed in the camp safe for safekeeping. 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. Our insurance does not cover loss or theft of cash or valuables in the cabin.



# MEDICAL INFORMATION

## HEALTH INFORMATION FORM

The health and well being of all campers and staff is our top priority. Complete medical records ensure that we can take proper care of your children and our entire camp community. Only campers with their current Health Information Form completed online will be permitted into camp. If you have not yet filled in your camper's Health Information Form in your CampInTouch Portal please do so as soon as possible by clicking [here](#). The Medical and Hospital Authorization form can be found in your CampInTouch Portal. Once completed, the medical staff will be reviewing your child's form and contact you if any information is missing or if they have further questions about their health. Once the health forms due date has passed you will no longer be able to edit the form. Any changes (eg. Dose changes, fractures) must be emailed directly to the infirmary.

## IMMUNIZATION POLICY

All children attending Camp Ramah must be up-to-date in their immunizations as determined by the provincial (or state) schedule. The vaccination of all campers and staff is an important public health matter, especially in the confined, congregate setting of sleep away summer camp, in which outbreaks of infectious diseases can occur.

## REQUIRED IMMUNIZATIONS

Please ensure these are up-to-date for the entirety of the camp session. (Ontario's vaccine schedule's recommended ages are in brackets for reference). Your state or country may be different. We will take this into account when reviewing your child's history.

VACCINE	DOSES/AGES (ONTARIO)	NOTES
DTaP (Diphtheria, Tetanus, Polio, Pertussis (Whooping Cough) (or TDAP- Tetanus, Diphtheria and Pertussis)	5+ doses: 2, 4, 6, 18m and a booster dose age 4-6 + booster every 10 years after	*up to date tetanus dose <b>MUST</b> be done before the summer
IPV (Polio)	5 doses: 2, 4, 6, 18m and a booster dose between ages 4-6	
HiB (Haemophilus influenza b)	4 doses: 2, 4, 6, 18m	
MMR (Measles, Mumps, Rubella)	2 doses: 12m, 4 years (may be given as MMRV)	
Chickenpox (Varicella)	2 doses: 15m, 4 years (may be given as MMRV)	OR history of chickenpox illness — <b>MUST</b> include date of illness
Pneumococcal Conjugate 13 (Pneu-C 13)	3 doses: 2, 4, 12m	
Meningococcal Conjugate C (Men-C C)	1 dose: 12m	
Meningococcal Conjugate ACYW (Men-C ACYW)	1 dose: Grade 7	Given by local public health units in schools



# MEDICAL INFORMATION

1. **DTPT (Diphtheria, Tetanus, Polio, Pertussis (Whooping Cough) (TDAP or DTaP - Tetanus, Diphtheria and Pertussis).** A primary series of four doses (2, 4, 6, 18 mos), a booster dose between ages 4-6, 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. **IPV (Polio)**  
Primary series of four doses (2, 4, 6, 18 mos) and a booster dose between ages 4-6 & HiB (Haemophilus influenza b). Primary series of four (2, 4, 6, 18 mos)
3. **MMR (Mumps, Measles, Rubella).** A series of two doses (age 1, age 4)
4. **Chickenpox (Varicella).** 2 doses required (age 15 months & 4 years MMRV OR History of chicken pox illness — must include date!
5. **Pneumococcal Conjugate 13 (Pneu-C-13).** Primary series of 3 doses (2, 4, 12 mos)
6. **Meningococcal C-C (Men-C C).** 1 dose at 12 months
7. **Meningococcal C ACYW (Men-C-ACYW).** 1 dose (given routinely in Grade 7 by local public health units in Ontario)

## 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). Two doses given 6 months apart provide long-term protection.
4. **Meningococcal B** - (not publicly funded)

## INFIRMARY (MARF)

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

- Your child needs to leave camp for any reason, including emergency trips to the hospital, x-rays, lab work or to see a specialist
- your child is in the infirmary overnight
- your child needs to be put on any new prescription medication
- your child has lice

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 or email the infirmary. Please notify camp immediately of any medical condition that develops after the medical form has been submitted. This includes changes to any medications.



# MEDICAL INFORMATION

## 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 and expensive to take children to a dentist in town. You will be billed if your child requires dental or orthodontic treatment while at camp. 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. 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 medications. Please note that provincial law requires that all medications be kept in the infirmary at camp. As such, medications are NOT allowed in the cabin. This includes over the counter medications (eg. Ibuprofen, acetaminophen, restoralax), vitamins (eg. D or C) or supplements (eg. Melatonin). Any medications found in the cabin will be brought to the infirmary and you will be contacted.

**\*\*BLISTER PACKS:** All medications that are to be dispensed to your child during camp must come blister packed by a pharmacy (not self packed). Please allow 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 labeling.

## 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.

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, you determine to take your child off medication, please inform us of any dosing changes prior to the first day of camp as we will be better equipped to support your child's behaviours and needs.



# MEDICAL INFORMATION

## MENTAL HEALTH

We understand that more and more young people are being diagnosed with and treated for mental health disorders. We strive to make Camp Ramah a safe and supportive place and believe there is no better environment than camp, away from the pressures of school, social media and city life for those struggling with mental health disorders. We also know that leaving the safety and comfort of home can be challenging for those who struggle with mental health and with your help, we do our best to support those campers. The more information we have, the better we can support your child. Please complete this information on your child's health form and read through 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 nor is it a safe environment 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 this with our doctor, nurse, other mental health supports and family.

## SAFETY

Ramah is a caring and nurturing environment in which all programs, in and out of camp, are planned with safety as the number 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:

- Our security guards are present 24 hours a day
- We have a gate across the front of camp, substantial gates and security cameras around camp.
- All visitors and deliveries will be stopped at the security gate.
- All visitors will be required to check in at the main office.
- No unexpected visitors will be allowed into camp.





# COMMUNICATION

Camp provides a unique opportunity for young people to learn and foster their independence. In making the decision to send your child to overnight camp, you are giving them the gift of this growth opportunity. The separation can be challenging for parents, and sometimes campers, as you are accustomed to often being only a text message away from each other.

Please remember that Ramah is a community where we work hard to help our campers gain self-confidence in handling things on their own, away from home. Part of what makes camp magical is that they are exercising a different kind of independence under the watchful eye of their counselors and the rest of our staff. Please don't expect to speak with them regularly during the session. Remember – we will contact you immediately if there is any major problem or emergency. **Campers are not permitted to use the phones except in special circumstances. Please do not expect to communicate regularly with your camper by phone.** Cell phone usage is not permitted at camp. If a camper comes to camp with a cell phone, it will be stored in the office for the summer.

We encourage you to write to your camper frequently using your CampMinder account. We welcome you to be in touch with Yoetzet if you receive a letter of concern.

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

Our photographer works hard to cover all areas of camp in an efficient manner, while remaining unobtrusive. She cannot be in all areas at all times. **Please understand that not every camper will be in every photo update.**

## COMMUNICATING BY MAIL

### LETTERS FROM CAMPERS

Campers are expected 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. 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

Please write to your child frequently. 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



# COMMUNICATION

## COMMUNICATING BY E-MAIL

We are very excited to continue our online Summer Services through your CampInTouch (CIT) Portal and through our brand-new Campanion app. Through CampInTouch and the Campanion app parents can 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.

You will be able to log in and set up your CampInTouch account for the summer beginning June 3, 2024. 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 before camp begins.

## PACKAGES

We strongly discourage sending packages to 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:

- Sending food and drinks is prohibited. All packages will be opened, and campers will not receive any food or candy contents; they will be donated.
- 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.
- 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.

## 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.](#)

## 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.

## 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.



# POLICY & PROCEDURES

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.

## **CHILD ABUSE**

There are rules and policies at Camp that we consider to be non-negotiable and breaking of these rules and policies is grounds for dismissal. The rules that fall into this category are in place to ensure the physical health and emotional well-being of everyone at camp, the most important and essential role of a Camp Staff is to ensure the safety of our Campers and each other. We believe that close and trusting relationships between campers and staff are the backbone of the Ramah experience. We also believe that these relationships need to be appropriate with proper boundaries in place.

[Click here to read Child Abuse Prevention Policy policy in full.](#)

## **DRUGS AND ALCOHOL**

The use of drugs and the consumption of alcoholic beverages are strictly prohibited at camp. Possession of illegal drugs, legalized cannabis or alcoholic beverages, or being under the influence of drugs or alcohol is grounds for immediate dismissal.

## **CIGARETTE SMOKING OR VAPING**

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

## **GAMBLING**

With the increased marketing of gambling in the general culture, campers may come 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.

## **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.

## **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.



# POLICY & PROCEDURES

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

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. If we cannot 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.

## **BOUNDARIES AND PERSONAL SPACE**

We discourage visitation inside of cabins other than one's own, particularly between campers of different ages. Exceptions may be made for siblings with permission from cabin mates and staff.

Romantic relationships sometimes develop during the summer at camp and as such, no physical displays of affection are permitted in the tzrif space. Any such displays as well as inappropriate behavior, including entry into a cabin other than one's own without permission are grounds for dismissal.

## **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.



# POLICY & PROCEDURES

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.

## TECHNOLOGY POLICY

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 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.

## POLICY REGARDING SNACKS AND FOOD FROM HOME:

- 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.



# POLICY & PROCEDURES

- 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).

## WITHDRAWAL OF CAMPER

If a child is to be withdrawn from camp on an involuntary basis, i.e. when the camp requires 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.





# POLICY & PROCEDURES

## CAMPER BEHAVIORAL EXPECTATIONS

Camp Ramah strives to help our campers learn from their experience and grow as responsible, independent young individuals. In situations where they do not follow program rules or uphold the values of Camp Ramah, consequences may result.

The discipline policy of Camp Ramah in Canada is designed to create a safe, healthy and secure environment at camp, to help children further develop self-control and to help children assume responsibility and understand the impact of their actions.

Clear and consistent, age-appropriate rules and limits are established at camp. Any consequences used will relate to the child's specific actions and will be handled in a timely fashion. Consequences may include dismissal. However, disciplinary consequences may vary based on circumstances.

If a child's behavior is chronically disruptive, even after reasonable measures have been made to assist the child in adjusting to the camp setting, parents are contacted by camp staff to determine if the child is able to continue at camp. Staff always work toward developing a cooperative plan of action to maximize a camper's chances of success at summer camp. If disruptive behavior continues, the camper may be dismissed from the camp program. Camp Ramah reserves the right to immediately dismiss a camper from our program without prior warning.

Participation in the following behaviors may result in **immediate dismissal** from camp. Camp administration will immediately be in touch with families to discuss such behaviors. Camp administrative fees will not be refunded and future enrollment may be prohibited.

- Possession or consumption of alcohol
- Possession or consumption of illegal drugs
- Possession or consumption of non-prescribed legal drugs
- Possession or consumption of tobacco products
- Possession of illegal substances or related paraphernalia, including but not limited to marijuana in any form
- Possession or use of e-cigarettes, vape pens or similar devices with or without tobacco or marijuana products
- Possession of guns, knives or weapons of any kind
- Leaving Camp property without proper authorization
- Physical, sexual or verbal abuse
- Repeatedly and purposefully harming others at Camp, emotionally or physically
- Gambling for money
- Self injurious behaviors
- Inappropriate sexual behavior



# POLICY & PROCEDURES

Participation in the following behaviors may include consequences up to and including dismissal from camp. Camp administration will immediately be in touch with families to discuss such behaviors.

- Harassment
- Hazing and bullying
- Inappropriate use of social media before and after camp
- Defiance, disrespect, and/or harassment towards staff
- Entering program areas, including but not limited to: the agam, ropes course, or climbing tower without supervision.
- Usage of inappropriate and/or offensive language
- Usage of fireworks, making a fire without permission, usage of a fire extinguisher not for safety
- Entering a cabin without being invited in (same age campers) and any inappropriate behavior.

In other behavioral circumstances, including — but not limited to — stealing belongings from others, vandalism, disruptive behavior, absence from programming, consistent violation of curfew, the following course of action is generally followed:

**FIRST OFFENSE:** Counselors will be the first line of intervention with camper behaviors. They will utilize collaborative problem solving to address camper misbehavior in consultation with senior staff and help the camper understand the impact of their actions.

**SECOND OFFENSE:** Rosh Edah (Unit Head) will meet with the camper and counselor to decide on appropriate logical consequences, such as cleaning an area of Camp or cleaning the dining hall, or writing an apology letter for missing an evening activity. Yoetzet will work with the Rosh Edah in development of the consequence and may also meet with the camper to develop a behavior plan for success with the camper. Parents will be called and informed of the misbehavior and behavioral plan.

**THIRD OFFENSE:** Camper and Rosh Edah will meet with the Yoetzet and the Co-Directors. Parents will be called and included in the consequence plan. Dismissal from Camp may occur by the discretion of the Yoetzet and the Co-Directors. Some behaviors that put the camper or others at risk may result in immediate dismissal from Camp (see above). Campers who are dismissed from Camp — due to behaviors or breaking of Camp rules — result in immediate expulsion from Camp with no refund of tuition or fees.



# POLICY & PROCEDURES

## 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](mailto: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 Co-Directors Aviva Millstone or Yitzi Hartman.
- 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.