



**SUMMER 2026**

*Please read!*

**THIS DOCUMENT  
CONTAINS UPDATED  
& IMPORTANT  
INFORMATION**

# **FAMILY HANDBOOK**

**WWW.CAMPRAH.COM | 416.789.2193**



## WELCOME TO CAMP RAMAH IN CANADA

# ברוכים הבאים

Welcome to the 66th 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.**

# 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 PERSON	EXT.	EMAIL
Camper Concerns	Yitzi Hartman	2520	yitzi@campramah.com
Busing, Luggage	Shanin Bugeja	2100	info@campramah.com
Fees & Scholarships	Netta Zweig	2133	netta@campramah.com
Donations	Messodie Carter	2138	messodie@campramah.com
Medical	Chanie Mandelbaum		medical@ramahcanada.ca

## EMERGENCIES

In the event of a family emergency, please state this when you call and ask to speak to your child's yoetzet. 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 21	Toronto Luggage Drop Off for First, Six-Week, Full, Tikvah and Shorashim Alef Session Campers @ Promenade Mall, Parking Lot 9 1 Promenade Cir, Thornhill, ON L4J 4P8
Wednesday, June 24	First Session Begins
June 24 - July 5	Shorashim Alef: Grade 2 Program
July 5 - July 19	Taste of Nitzanim Aleph: Grade 3 Program
Sunday, July 19	First Session Ends/Visitor's Day
Monday, July 20	Second Session Begins
July 20 - July 30	Shorashim Bet: Grade 2 Program
July 20 - August 2	Taste of Nitzanim Bet: Grade 3 & 4 Program
July 20 - July 23	Garinim Program: Grade 1
Sunday, August 2	Tikvah, Taste of Nitzanim Bet and Six-Week Campers Leave
Thursday, August 13	Second Session 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.

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.

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 when 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 20th, 2026.

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



# PREPARING FOR CAMP

## NON-CANADIANS TRAVELING TO CAMP

Required Proof of Citizenship for Non-Canadian Residents:

- **Traveling by Bus/Car:** When entering Canada by bus or car, every camper must have a valid original passport or a copy of their birth certificate, along with a completed Camper Travel Permission form. (Campers 18 and older must travel with a valid passport.)
- **Traveling by Air:** When entering Canada by air, every camper must have a valid passport.

All camper travel documents, including birth certificates, passports, airline tickets, and travel money, will be collected upon arrival, securely stored in the office safe, and returned on the day of departure.

\*Note: Camper passport must be valid until February 2027.



# PACKING FOR CAMP

## CLOTHING AND JEWISH OBSERVANCE

As a Jewish community, we strive to foster self-esteem, confidence, and minimize social pressures through what we wear. Jewish tradition encourages thoughtful and modest clothing choices, and we ask all campers to be mindful of the following expectations:

- Clothing should be appropriate for a camp setting with young children present.
- Excessively tight, short, or revealing clothing is not permitted.
- Bathing suits must provide full coverage; bikinis are not allowed.
- Clothing with profanity, inappropriate words, phrases, or symbols may not be worn.
- **Shabbat Attire:** Clothing should reflect the sanctity of the day and be nicer than everyday wear (e.g., a button-down shirt and khakis or a skirt).
- **Tefillot (prayer) Attire:** Shoulders must be covered for all prayer services, including Kabbalat Shabbat and Shabbat morning tefillot.
- Male campers must wear a hat or kippah during meals.

## PACKING CONSIDERATIONS

Proper clothing is essential for health, cleanliness, and comfort at camp. Please keep in mind:

- Camp clothing should be durable and washable, as it will experience heavier wear than at home.
- Items can get lost at camp — avoid sending expensive clothing or belongings, including jewelry, watches, cameras, or heirloom tallit or tefillin.

## SPENDING MONEY

Campers **should not bring cash** to camp. Any cash or valuables brought should be placed in the camp safe for safekeeping.

**Please note:** Our insurance **does not cover loss or theft** of cash or valuables left in the cabin.



# PACKING FOR CAMP

## WHAT NOT TO BRING

The following items are not permitted at Camp Ramah. Please do not send them with your child. If found, they will be confiscated. For full electronics, food, and appliance policies, see the Policies and Procedures section of this handbook.

- **Cell Phones** – Campers may not bring a cell phone, regardless of age or session length.
- **Other Screened Devices** – The following are also not allowed:
  - Portable DVD players, televisions, or gaming devices
  - Laptop computers, electronic games
  - Smartwatches (including Apple Watch)

### Additional Prohibited Items:

- **Drinks**
- **Appliances** – Hot pots, hot plates, kettles, sandwich makers
- **Electronics** – Drones, GoPro-style cameras
- **Fire and Safety Hazards** – Candles, lighters, matches
- **Weapons or Dangerous Items** – Knives, pellet guns, hammers
- **Water guns**

As these items are not allowed at camp, **senior leadership reserves the right to search bags and personal areas** to ensure compliance with this policy.

## LAUNDRY

Laundry is done once a week off-site. Please pack enough clothing for **nine days**. Each camper will receive a laundry bag when they arrive. **Dry-clean-only clothing should not be sent to camp.** Campers should not plan to wash their own clothes.

Campers are expected to **change their sheets weekly** and participate in the laundry process.

On the next page, you'll find a **suggested packing list** — feel free to adjust it based on your child's 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, tissues, 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 (3)
- Goggles for swimming

# 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 CamplnTouch Portal please do so as soon as possible by clicking here. The Medical and Hospital Authorization form can be found in your CamplnTouch 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 Marp (health centre) at [medical@ramahcanada.ca](mailto:medical@ramahcanada.ca).

## 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
DTP (Diphtheria, Tetanus, Polio, Pertussis (Whooping Cough))	Minimum 5+ doses with the last dose within 10 years of the start of the camp session.	*up to date tetanus dose <b>MUST</b> be done before the summer
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
Meningococcal Conjugate ACYW (Men-C ACYW)	1 dose: Grade 7	Given by local public health units in schools

# MEDICAL INFORMATION

## **STRONGLY RECOMMENDED IMMUNIZATIONS:**

**COVID-19** - full primary series completed and bivalent booster completed at least 2 weeks before the start of camp.

**Hepatitis B** - 2 doses when given in adolescence (given routinely in Grade 7 by local public health units in Ontario).

**Hepatitis A** - (not publicly funded). Two doses given 6 months apart provide long-term protection.

**Meningococcal B** - (not publicly funded)

**Influenza**

## **HEALTH CENTRE (MARP)**

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.

## **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 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, kipot, 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.

# MEDICAL INFORMATION

## MEDICATIONS

Per **OCA (Ontario Camps Association)** standards, campers may not keep any medication in their cabins.

- All medication must be stored and dispensed from the infirmary.
- Our well-staffed infirmary ensures campers receive their medication as needed.
- If a camper is found with medication:
  - First occurrence: Parents will be notified.
  - Repeated occurrences: Camp medical staff, leadership, and parents will discuss the camper's ability to remain at camp.

**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 six 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.

## 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.

# COMMUNICATION

Sending your child to overnight camp is an incredible gift — an opportunity for growth, independence, and confidence-building. We understand that the separation can be challenging for both campers and parents, especially when you're used to being just a text away.

At Ramah, we create a supportive environment where campers learn to navigate challenges independently under the watchful care of their counselors and staff. Part of what makes camp so special is this sense of independence. Campers are **not permitted** to use the phone except in special circumstances, and we will always contact you if there is a major issue or emergency.

We also recognize the importance of keeping you connected to camp life. Our photographer works hard to capture moments across all areas of camp while remaining unobtrusive. Not every camper will appear in every photo update, but we are committed to sharing glimpses of the amazing experiences happening at camp.

## COMMUNICATING BY MAIL LETTERS FROM CAMPERS

Campers are expected to write letters **twice a week**. Please don't worry if you haven't heard from your child for a few days—while mail is sent daily, occasional delays can occur. If an extended period passes without a letter, feel free to reach out to your child's **Yoetzet**. For younger campers, we highly recommend packing **pre-addressed, pre-stamped envelopes** (with Canadian postage) to make letter writing easier.

## LETTERS TO CAMPERS

Hearing from home is so important! We encourage you to write frequently, especially during the first few days of camp. For younger and first-time campers, receiving mail within the first 24 hours can be especially reassuring. To ensure this, mail your first letter a week before camp begins—some parents even tuck a note into their child's duffel!

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 continue our **online Summer Services** through your **CampInTouch (CIT) Portal**. Every parent has their own account, where they can **email their child and view photos** regularly throughout the summer. You may also set up **guest accounts** so that friends and family can email campers and view photos as well. Campers will have the opportunity to write letters that will be scanned and emailed to parents, allowing them to stay connected while fully immersing themselves in the camp experience.

You will be able to log in and set up your account for the summer beginning **June 3, 2026**. We encourage you to log in before camp starts to explore the available summer services and ensure your account is set up and ready to go!

# COMMUNICATION

## PACKAGES

We strongly **discourage sending packages** to camp. If it is absolutely necessary, please ensure it is a **flat package only** and follows these guidelines:

- **NEW: Sending food, drinks, or snacks of any kind is strictly prohibited.** All shipped packages will be opened. Any food or candy will be **removed and donated** — campers will not receive them.
- If your child needs **clothing or other emergency items**, please contact the camp office to make arrangements.
- Please be **mindful of other campers' feelings** — packages can create inequity and disappointment within the cabin. We ask that you **keep packages and their contents to a minimum.**

## YOATZOT (PARENT LIAISONS/ADVISORS)

We are so grateful to have a vibrant camp community filled with over 500 energetic and enthusiastic 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 please email your child's 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. Consistent violation of curfew is unacceptable and is grounds for dismissal.

## **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.

[Click here to read this policy in full.](#)

# POLICY & PROCEDURES

**NEW FOR SUMMER 2026: In order to ensure the safety of our entire camp community, all bags will be searched when they arrive at camp.** This includes duffel bags, backpacks, food bins, and tool boxes. Please make sure none of these arrive at camp with locks on them.

Any food (not in designated food bin) or cooking devices found will be confiscated and donated.

Any cell phone found will be confiscated and securely stored until the end of camp. Any camper found with a phone at any point during the summer will be suspended from camp.

Any cooking devices found will be confiscated. Any camper found with a cooking device during the summer will be suspended from 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.

### What is the Policy for campers?

- Campers are not permitted to bring any devices such as smartphones, tablets, laptops, smart watches, and gaming devices to camp.
- **Campers may not bring a cell phone to camp.** This applies to all campers, regardless of age or session length.  
Any cell phone found will be confiscated and securely stored until the end of camp. Any camper found with a phone at any point during the summer will be suspended from camp.
- Campers who require a phone for travel to and from camp will be required to turn in their phone before getting off the bus in camp. Rest assured, the phone will be returned at the end of the session. Please label these phones with your child's name prior to camp.
- The only acceptable music devices at camp are MP3/MP4 players that do not have a screen.
- 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 & PROCEDURES

## SNACK AND FOOD POLICY

To maintain our kashrut standards, protect campers with allergies, and ensure safety at camp, the following policies will be in place:

- Campers may bring one clear snack bin to camp. All food must be packed inside the bin.
- Food bins must be resealable and be able to be stored under the bed. We highly recommend the Sterilite brand available at Wal-Mart.
- All food must be kosher and nut-free.
- We encourage families to pack snack bins with nutritious, filling options that campers genuinely enjoy — snacks that will help keep them energized between meals and throughout busy camp days. Think protein-rich and sustaining choices alongside some fun favorites.
- No ramen or any food that requires hot water or a cooking device is permitted.
- Snack bins must be placed on the luggage truck or under the bus; they should not be brought onto the bus with campers
- Food drop-offs from visitors or staff members are not permitted at any time during the summer.
- Campers may receive flat packages only, and these packages may not contain food of any kind.

### Drinks:

- **Cases of water and other beverages are not allowed.**
- **Camp water is safe to drink** — it is continuously treated and tested.

### Cooking Appliances:

For safety reasons, no cooking devices of any kind are permitted at camp. This includes (but is not limited to):

Kettles

Hot pots

Hot plates

Sandwich makers

Waffle irons



# POLICY & PROCEDURES

## 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.

## CODE OF CONDUCT

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. Consequences may include dismissal. However, disciplinary consequences may vary based on circumstances.

Here are some of the most common conduct violations and the disciplinary action(s) that parents and campers expect for that violation:

CONDUCT VIOLATION	DISCIPLINARY CONSEQUENCE
Possession or usage of any Drugs or Alcohol	Dismissal from camp
Cigarette Smoking or Vaping	Dismissal from camp
Inappropriate sexual behavior	Dismissal from camp
Violent behavior toward campers	Dismissal from camp
Harassment	May include consequences up to and including dismissal from camp, parents contacted
Bullying	May include consequences up to and including dismissal from camp, parents contacted
Hazing	May include consequences up to and including dismissal from camp, parents contacted

# POLICY & PROCEDURES

CONDUCT VIOLATION	DISCIPLINARY CONSEQUENCE
Inappropriate use of social media before and after camp	May include consequences up to and including canceling enrolment for the upcoming summer, parents contacted
Defiance, disrespect, and/or harassment towards staff	May include consequences up to and including dismissal from camp, parents contacted
Vandalism	1st incident - warning, call to parent, charged for cost of repair 2nd incident - May include consequences up to and including dismissal from camp, parents contacted and charged for cost of repair
Entering program areas, including but not limited to: the Agam, ropes course, or climbing tower without supervision.	May include consequences up to and including dismissal from camp, parents contacted
Leaving camp property without permission	May include consequences up to and including dismissal from camp, parents contacted
Usage of inappropriate and/or offensive language	May include consequences up to and including dismissal from camp, parents contacted
Inability to follow program rules (including but not limited to disruptive behavior, absence from programming, consistent violation of curfew, etc.)	1st incident = warning 2nd incident may include missing out on a program 3rd incident may include consequences up to and including dismissal from camp, parents contacted
Gambling for money	May include consequences up to and including dismissal from camp, parents contacted
Possession of weapons or flammables	Device will be confiscated, parents will be contacted, possible dismissal
Possession of a device with a screen	Device will be confiscated and securely stored until the end of camp. Any camper still found with a phone will be suspended from camp.
Possession of cooking devices	Device will be confiscated. Any camper found with a cooking device during the summer will be suspended from camp.
Usage of fireworks, making a fire without permission, usage of a fire extinguisher not for safety	May include consequences up to and including dismissal from camp, parents contacted
Entering a cabin without being invited in (same age campers) and any inappropriate behavior.	May include consequences up to and including dismissal from camp, parents contacted

## 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. [Click here to read our full Privacy Policy.](#)