

**Off-Season Address:**  
 1607 90th Ave SW  
 Calgary, Alberta  
 T2V 4N7

**Year Round Phone:**  
 (587) 988-9771

**Year Round Toll-Free:**  
 1-800-267-2267  
 1-800-267-CAMP

**Toll Free Fax:**  
 1-888-896-9771

**Office E-mail:**  
[info@campbb.com](mailto:info@campbb.com)

**Summer Address:**  
 201-24508 TWP RD 361  
 Red Deer County, Alberta  
 T0M 1R0

**Website:**  
[www.campbb.com](http://www.campbb.com)

**Facebook:**  
[facebook.com/CampBB](https://facebook.com/CampBB)



**CAMP  
 BB  
 RIBACK**

**PINE LAKE, AB**

**Parent/Guardian  
 Manual**



Canadian Camping Association  
 Association des camps du Canada



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# Letter From the Director

Dear Parents,

We are overjoyed to have the opportunity to provide your children with a lifetime of memories and friendships at Camp BB-Riback. You may have chosen Camp BB-Riback because of its location, facilities, fine program, or because of its 55-year-plus history in the Alberta Jewish Community. We want you to feel confident you have made the right choice and that your child will be cared for while attending Camp BB-Riback. We want to ease your concerns as you prepare your child for his or her camp experience, and we want to have your trust and cooperation as we prepare to welcome your child. This manual is designed to help you enter a partnership with Camp BB-Riback that will lead to a healthy, secure, successful, and enjoyable experience for your child.

# Preparing For Camp

Preparing for Camp takes both physical and emotional energy. The physical energy is easy – we provide you with plenty of information and lists about what to bring (and not to bring) to Camp. The emotional energy will ensure a smooth adjustment. You will help your child by asking yourself the questions that you think he or she faces: “What will I miss at home?” “Will I be liked?” “Will I have fun?” “Do I have enough clothes?” As a parent, you need to find a balance between validating your child’s concerns, and treating the concerns rationally and calmly. **It is important for you to be encouraging and positive.** For example, an encouraging response to the first question might sound like this: “It is only natural to miss home a little at the beginning of Camp, but you will make lots of friends and have a wonderful time!”

## HOMESICKNESS AT CAMP

The best people to help a child deal with his or her homesickness are the counselors. Our counselors are at Camp to help children adjust to their new environment, and are always available for comfort and encouragement. They are well trained; in many cases the counselors were former Camp BB – Riback campers, and thus can draw upon their own experiences. What should you do when you receive a letter from your child that tells you that he or she is not having a wonderful time at camp, and begs you to come and pick him or her up? *First, stay calm (try not to panic).* Although this does not happen often, it is not uncommon. *Second, be strong.* It is difficult, upsetting, and frustrating to know that your child hurts, and that you cannot be there to offer comfort. Getting into your car and driving to camp to pick up your child is not the solution. Remember that a few days have already passed since the letter was written. So much occurs in a day at camp and many things have probably happened to alleviate the situation. There are some things you can do. Write an encouraging letter, wait for the next letter, or phone the camp office who can update you on the situation. It is very important not to make deals with your child that you will pick them up if they want or need you to. These sorts of promises are detrimental to the camp experience. If you want some extra assistance or tips on talking to your child about homesickness please contact the camp office.

## SUCCESS

There have been very few cases where a child remained inconsolable and left camp early. In most cases this happened when parents forced the adjustment process to end prematurely and insisted on picking up their child. Our experience has taught us that even when campers feel that they might not return in the future, they need to finish what they started, even if it means just being able to say, “I did it!” Small accomplishments add up and strengthen a child’s self-esteem. When a child overcomes his/her fear and remains for the full term of the session, there is personal growth, success, and accomplishment.

# Transportation

## **BUSES – Calgary and Edmonton**

Buses will be scheduled to transport campers from Calgary and Edmonton to and from camp. Scheduling information will be sent out to families prior to the summer.

## **AIRPORT**

Camp BB-Riback is proud to provide meaningful experiences to campers from all over the world each summer. At the beginning of each session, staff members will happily greet flying campers at the Calgary International Airport and transport them to camp. At the end of the session, we will assist campers with flight check-in and will wait with them until their flights depart.

To ensure all traveling campers can be accommodated in a timely manner, please follow the following guidelines when booking tickets:

- **Arrival to Camp:** Please book your child's flight to arrive at the Calgary International Airport between 8:00am and 10:00am on the first day of the session.
- **Departure from Camp:** Please schedule your child's return flight to depart from the Calgary International Airport between 1:00pm and 2:00pm (no earlier) on the last day of the session.

## **Note to all non-Canadian Campers:**

When traveling, all campers arriving from outside of Canada must have in their possession: official identification (Passport or Notarized or Certified copy of his or her Birth Certificate), and a short letter indicating that he or she will be staying in Canada, at Camp BB-Riback (give dates), and that the parent(s) authorize the child to enter Canada to attend Camp BB-Riback. A parent must sign this letter. The letters and passports, and other pieces of identification, will be kept in the Camp safe until the end of camp. **Travel medical insurance is mandatory.**

## **DRIVING**

Please contact the Camp office if you intend to drive your child to or from camp. Campers should be dropped off at camp between 10:30am and 11:00am on the first day of the session. On the last day of the session, parents electing to pick-up their children from camp should do so between 9:30 & 10:00 am.

# Programs and Facilities

Camp BB-Riback is located approximately 30 minutes outside of Red Deer, Alberta. It is located on the beautiful shores of Pine Lake and is bound by wooden acres. Amongst the stables, the ropes course, and the waterfront, Camp BB-Riback consists of camper side (both girl's and boy's side) as well as the Meloff Village, which has cabins that house LTP and CIT campers and various staff. The program and age of your child is what determines where they live on camp. The entire camp enjoys three daily meals together in the Chadar (dining hall) with the exception of picnics, barbecues, and outdoor adventure meals! Campers are also provided with two nutritious and delicious snacks each day.

Your child will get the opportunity to participate in a variety of thrilling activity areas including horseback riding, climbing wall, canoeing, water skiing & wakeboarding, arts and crafts, a ropes course, swimming, pottery, sports, and mountain biking. Cookouts and overnights make the summer memorable and whether it's on-site overnights (for younger campers) or three-day camping trips (for older campers), outdoor programming is adventurous and exciting.

Campers in each bunk/section will experience a full day of specialty activity areas as well as creative evening programs coordinated by their staff. The emphasis is on fun in a safe and supervised environment that provides opportunities for learning and personal skill development.

| <b>Camper Unit</b>                | <b>Grade(s)</b> |
|-----------------------------------|-----------------|
| Wonder Week                       | 1-3             |
| Cochavim                          | 1-4             |
| Ruach                             | 5 and 6         |
| Machon                            | 7 and 8         |
| Leadership Training Program (LTP) | 9               |
| Counselor-In-Training (CIT)       | 10              |

# A Typical Day at Camp BB-Riback

Each day at breakfast, cabins will receive a schedule to let them know what activities they will be participating in for the day. Activities include horseback-riding, water sports, arts and crafts, Judaic learning, performing arts, bike-riding, rock-climbing and ropes courses, just to name a few! We also understand how important downtime is for campers and offer campers with rest periods called “chofesh” after breakfast and dinner. During this period, campers have the choice of resting, engaging in relaxing activities with their cabin mates, or playing on our sports courts.

**8:00am – Wake Up Time!**

**8:30am – Degel (Flagpole)**

**8:45am – Breakfast**

**9:30am – Cabin Clean-up**

**10:00am – Activity Period 1**

**11:10am – Activity Period 2**

**12:30pm – Degel**

**12:35pm – Lunch**

**1:00pm – Chofesh (Rest Period)**

**2:30pm – Activity Period 3**

**3:40pm – Snack Time**

**3:50pm – Activity Period 4**

**5:00pm – Activity Period 5**

**6:15pm – Degel (Flagpole)**

**6:30pm – Dinner**

**7:15pm – Chofesh, camper mail-pickup**

**8:30pm – Evening Programs**

**9:30-11:30pm – Bedtime, varying depending on age**

# Communicating with Your Child During Camp

## MAIL

It is very important for both campers and parents to send and receive mail. We urge you and your child to write each other regularly. Please address mail as follows:

Camper's Name  
**C/O Camp BB – Riback**  
201-24508 Township Road 361  
Red Deer County, Alberta  
T0M 1R0

- Please be sure to send enough supplies of envelopes, paper, pens, and stamps with your child. We will encourage him/her to write to you, however if you do not receive mail right away, don't be alarmed.
- It is easier for younger children to write home if they are equipped with pre-addressed and stamped envelopes or postcards.

## PACKAGES

- Packages are to be sent by mail only. Please do not use couriers or delivery services to deliver packages or mail to camp, as delivery vans driving in and out of camp are a safety hazard and for security reasons our gate will be closed.
- Any packages without a return address will not be opened for security reasons.
- Please do not send food or candy as packages are checked and any inappropriate items or food will be taken away. We operate a nut-aware camp, and make effort to reduce the amount of bugs and pests snack foods can attract.



## **TELEPHONE CALLS**

- Campers cannot use the phone or receive phone calls. You are welcome to call us at 587-988-9771 (Office Phone) or 1-800-267-2267 (Toll Free) to speak with the Camp Director or one of the Managers with any questions or concerns about your child at any time.
- A camper may call home on their birthday. Birthday telephone calls are made after dinner between 7:15 and 8:15 p.m. Please make arrangements to be home during this time as campers look forward to hearing their birthday wishes from you.

## **VISITATION**

- PLEASE DO NOT VISIT CAMP. For the safety, security, and integrity of the camp experience, visitors are not allowed in camp at any time, as it is extremely disruptive.
- Please do not come to camp property expecting to see your child, as you will politely be asked to leave. We appreciate your understanding.
- If you want to see what our camp facilities are like and where your child will be spending time this summer, we encourage you to attend our open house in June

## **LEAVING CAMP**

- It can be disruptive to the camp experience when people leave camp during the session – even for a short period of time. As such, we cannot grant any leave requests once camp has begun. In case of emergency or life cycle events, we will evaluate all requests on an individual basis.

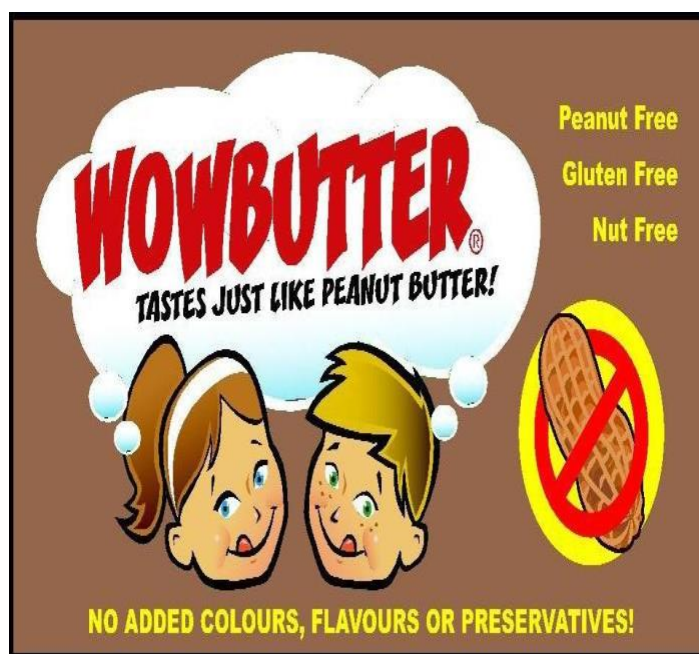
# Food and Dietary Concerns

## SNACK FOOD

- Please **do not send any food, candy, pop, sunflower seeds, cup-a-soup, etc.** Food and candy attract animals and bugs into your child's living space. We provide three nourishing, well-balanced meals each day, as well as a snack in the middle of the afternoon and after evening programming. **All food that is sent despite this notice will be confiscated - No exceptions!**

## PEANUT AND NUT ALLERGIES

- Peanuts are a life threatening food for many children. At Camp BB-Riback we have respect for each individual camper, and while we are not a "peanut-free" camp, we do what we can to remove peanut products from camp.
- We do not serve peanut butter, or any other peanut/nut products! Instead we serve wow butter, jam, cream cheese, and other spreads so children have a variety of alternatives.
- Upon their arrival at camp, all staff and campers are given a clear message that nut products are strictly prohibited.



## DIETARY RESTRICTIONS/PREFERENCES

- Dietary needs that have been indicated in the registration process and/or on medical forms will be accommodated as required. Alternate meals will be provided.
- Please ensure any severe food allergies are indicated on the Camper Medical Form, and feel free to contact the camp office and we will discuss dietary needs on a case-by-case basis.

# Health and Safety

## A SAFE AND HEALTHY CAMP STARTS AT HOME!

Here are some things that you can do to make sure your child has an incredible experience at Camp BB-Riback this summer.

1. If your child shows signs of illness or fever before camp, please consider keeping them at home for a few days. Contact the camp office to discuss this option, as it can help reduce the spread of infection at camp.
2. Teach your child to sneeze in his or her sleeve/crook of their arm, and to wash his or her hands often and thoroughly.
3. Closed-toed sturdy shoes or runners are a safety requirement for activities such as sports or horses. This will help avoid slips, trips, and falls, which could cause injuries. Please Stress to your child the importance of wearing closed-toed shoes to prevent a toe, foot and/or ankle injury while doing activities that present and increased risk of slips, trips or falls. **Sandals and flip-flops that offer little support and come off when running or walking may increase the risk of accidents or injury for your child.** Campers will not be able to participate in certain high-risk activities without the footwear necessary for that activity.
4. Send enough clothes so your child can wear layers. Mornings can be chilly and by afternoon it can be quite hot. Our suggested packing list is found on page 16.
5. Fatigue plays a part in injuries and illnesses at camp. Explain to your child that camp is not like a sleepover in that they should not try to stay up all night. Getting rest is important so that they can make the most of their camp experience.
6. The possibility for inclement weather at Pine Lake means that it is important to send your child with proper rain gear: a rain jacket, rain pants and rain boots. Please read the label carefully as water-resistant is not enough rain protection to keep you child dry. Rain ponchos and light windbreakers may not offer the same protection as proper rain gear.

## SUN HATS AND SUNSCREEN

Although bright and beautiful, the sun can be dangerous! Therefore, we ensure that campers and staff understand that wearing a hat is not just a request, but also a rule! We work hard to ensure campers are wearing sun hats and putting on sunscreen every day. Find out from your child what type of hats they like to wear. Send your child with sunscreen and mark their name on it and tell your children you want them to come home with an EMPTY BOTTLE – it will encourage them to use it more.

## **PRE-CAMP DOCTOR'S VISIT**

- It is imperative that every camper sees his or her family doctor before arriving at camp. In order to ensure the safety of everyone at camp, please attend to this most important detail of camp preparation. **Without a medical form completed by a doctor, the camper will not be permitted to attend camp.**

## **DISCLOSURE**

- It is the responsibility of a parent to let us know everything emotionally, physically, and psychologically relevant regarding your child. This will assist us in working with your child in a sensitive and caring manner.
- Please be proactive – the more information we have, the better we can respond to your child and help them get the most out of their camp experience. All of the information gathered is stored in our files that are secured in our locked offices and processed in a secure database with appropriate access controls.

## **THE CAMP INFIRMARY**

- The camp is well stocked with over the counter medications your child may need.. All camper medications (both prescriptive and over the counter) are securely locked in the infirmary at all times.
- If you have any medical questions, please do not hesitate to contact the camp office prior to your child's departure for camp.
- Our medical staff and facilities meet or exceed the accreditation standards of both the Alberta Camping Association and the Canadian Camping Association.
- We have a volunteer doctor program with a licensed physician, often on-site – if you know of a doctor interested in volunteering at camp and bringing their family for R&R, please contact the camp office.
- We will contact you if your child stays in the infirmary for more than 24 hours, is prescribed any medication, and/or sent to a clinic or hospital in Red Deer. Please make sure that the information regarding your emergency contact is accurate and up to date.

## **MEDICATION AT CAMP BB-RIBACK**

- For the health and safety of all campers, all camper medications are kept locked in our infirmary and dispensed to campers by our medical staff as needed.
- Please ensure that any medications (including vitamins) that you wish for your child to have at camp are given to the staff who greet you and your children at the buses.
- For logistical reasons, we ask that you have your child's medications packed in weekly blister packs for camp. This is generally done free of charge by your local pharmacy.
- If you are unable to get your child's medications packed into blister packs at your pharmacy, please contact the camp office and we will arrange for our local pharmacy to assist you.



## **Packing for Camp**

**You will find a packing list on page 16. We encourage you to follow the checklist as you and your child pack for camp.**

### **LUGGAGE**

- Please note that only 2 duffel bags or hockey bags per child are permitted. Trunks are not allowed. Large suitcases should be avoided (if possible) so that the luggage can be easily stored under the bunks.
- One bag should hold all bedding, shoes, sleeping bag and miscellaneous equipment. The other should hold all carefully folded clothing.
- Please ensure that all bags are clearly labeled or tagged with the campers first and last name.**
- Expensive clothing, fancy outfits, and clothing that require dry-cleaning should be

left at home. We cannot assume responsibility for any clothing. There is an overnight laundry service available at the mid-way point of each session. It is unnecessary to send more than an 11- day supply of clothing.

- If your child is not hard on clothing, feel free to reduce the number of items you send. **It is essential to label every article that is brought to Camp BB-Riback!** Care should be taken to see that labels are wash proof and attached very securely.

## **LAUNDRY**

- As the camp does not have laundry facilities for general use, we send campers' laundry to a laundering service in Red Deer. Laundry is done by cabin, and as such we ask you to not send clothing that requires special care (dry clean only, delicate cycle, etc.)
- There will be one laundry day during the July session and one laundry day during the August session. Laundry for Wonder Week campers is done at camp on an emergency basis only.
- To ensure your child's laundry is returned to him/her, please label each garment separately.

## **ELECTRONICS, CELL PHONES, AND VALUABLES**

- Please **DO NOT** send any electronics. Camp is a place full of activities where campers get away from what they do in the city and form bonds with each other and nature.
- Please **DO NOT SEND YOUR CHILD WITH A CELL PHONE!** Cell phones that are brought to Camp by your child will be confiscated and delivered home at your expense. If a cell phone is needed for traveling purposes, it will be stored in our safe and fully charged and given back to your child for his/ her return trip.
- Expensive cameras, iPods, jewelry, and clothes can get lost! – Stolen! – Broken! – Abused! To avoid this risk, we ask that you not pack them. ***We do not and cannot take any responsibility for these types of items. They may be confiscated and/or stored or shipped at owner's risk and cost.***

## **MONEY**

- Please do not send any money with your child to camp! There is no camp store and nothing for campers to spend money on.
- If your child requires money for airport travels, please let us know that you will be sending money, and we will store it safely and return it to him/her before departure from camp.

## **BOOKS, INSTRUMENTS, COSTUMES**

- Feel free to send a few books for your camper to read in their free time.
- If your camper plays a musical instrument that is easily portable, sturdy, and inexpensive, they are welcome to bring it to camp.
- Throughout the summer we have themed days at camp. Parents will be sent an e-mail of what the theme days will be and suggestions for costume ideas related to the theme closer to the beginning of the camp season.

## **LOST & FOUND**

- Camp BB – Riback cannot assume responsibility for the loss or damage of any items.
- During the Camp Season, all items misplaced around camp will be brought to the lost and found.
- We will do our best to ensure that your child comes home with everything you sent with him/her, however due to the large amount of clothing we receive in our lost and found, we will be unable to return clothing without labels.

**All items without labels will be donated to camp or another charitable organization after the closing of the camp season.**

# Packing List

## July/August Session Stay

### TOPS

- T-Shirts (8-10)
- Long-Sleeved Shirts (3)
- Sweatshirts (3)
- Sweaters (3)
- 1-2 Plain White T-shirts (for tie dye or other activities)

### BOTTOMS

- Jeans/pants (3)
- Sweatpants/athletic pants (3)
- Shorts (4)

### UNDERGARMENTS/MISC.

- Socks (15)
- Underwear (15)
- Pajamas (4)
- Sun Hats (2)
- Bathing Suits (2)

### STAYING WARM AND DRY

- Lightweight Jacket
- Warm Jacket (wool or synthetic fabrics preferred)
- Water-proof rain jacket
- Water-proof rain pants
- Toque

### LINENS

- Bath Towels (3)
- Beach Towels (2)
- Face Cloths (2)
- Single/Twin Fitted Sheet (2)
- Sleeping Bag
- Pillow
- Pillow cases (2)
- Laundry Bag

### GENERAL EQUIPMENT

- Writing pad
- Envelope
- Stamps
- Flashlight and Extra Batteries
- Water Bottle

### TOILETRIES - BIODEGRADABLE AND PHOSPHATE-FREE PREFERRED

- Toothbrush and Toothpaste
- Hairbrush/Comb
- Soap (in travel case)/Body wash
- Shampoo and Conditioner
- Sunscreen, Insect Repellent
- Kleenex (small packs)

### OPTIONAL

- Camera
- Swim goggles
- Tennis Racket
- Basketball Mitt

### SHOES

- Shower Sandals
- Beach/Sport Sandals
- Running/Athletic shoes
- Water-proof rain boots

### SHABBAT

1 nice Shabbat outfit per week at camp

**Your rain gear does not need to be Gore-Tex brand (or similar), and does not need to cost a lot of money. Items that are only water-resistance (not water-proof) can quickly become saturated and negatively impact your**

## Wonder Week (per week)

### TOPS

- T-Shirts (4)

**child's health and/or ability to have fun in bad weather.**

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Long-Sleeved Shirts (2)  
Sweatshirts (3)  
1 – 2 Plain White T-shirts (for tie dye or other activities)

#### **BOTTOMS**

Jeans/pants (2)  
Sweatpants/athletic pants (3)  
Shorts (3)

#### **UNDERGARMENTS/MISC.**

Socks (8)  
Underwear (8)  
Pajamas (2)  
Hats (2)  
Bathing Suits (2)

#### **STAYING WARM AND DRY**

Lightweight Jacket  
Warm Jacket (wool or synthetic fabrics preferred)  
Water-proof rain jacket  
Water-proof rain pants

#### **LINENS**

Bath Towels (2)  
Beach Towels  
Face Cloths  
Single/Twin Fitted Sheet  
Sleeping Bag  
Pillow  
Pillow cases  
Laundry Bag

## Out Trips

### MACHON, LTP AND CIT CAMPING TRIPS

- Machon, LTP and CIT campers will be given the fantastic opportunity to travel to campsites located in one of three pre-determined locations including Bragg Creek, Kananaskis and the Red Deer River.
- Machon campers will participate in a range of activities which may include hiking, biking, fishing and climbing.
- LTP campers will participate in a rafting trip first session and another exciting camping experience second session.
- CIT campers will participate the legendary canoeing down Red Deer River.



### COHAVIM AND RUACH OVERNIGHTS

- Grade 1-6 campers get to experience an “out trip feel” at our sequestered overnight locations on Camp BB property.
- Here, they will get to experience one night of setting up and sleeping in tents, outdoor camping games, stories around a campfire, stargazing and much more!
- This experience will give campers the opportunity to experience the great outdoors, while still having the comfort of being close to camp.



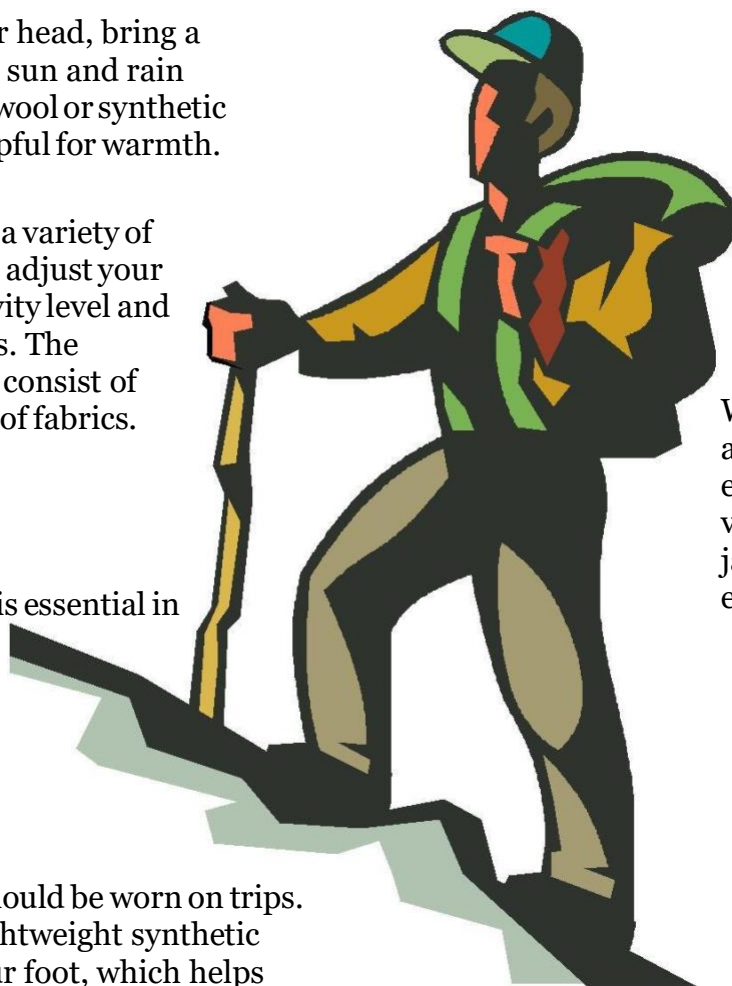
# Gear Guide

**HATS:** To protect your head, bring a wide-brimmed hat for sun and rain protection. At night, a wool or synthetic fleece toque can be helpful for warmth.

**LAYER UP** - By having a variety of layers clothing you can adjust your layers to suit your activity level and the weather conditions. The clothing layers should consist of several different types of fabrics.

A waterproof rain jacket is essential in case of bad weather.

Two layers of socks should be worn on trips. You should wear a lightweight synthetic liner sock against your foot, which helps wick moisture away from your foot. On top of this you wear a wool/nylon-blend hiking sock. Since wool doesn't absorb water, it passes the moisture from your foot outwards, keeping your foot drier. If your feet get damp, they get wrinkled and are more prone to blisters. Wearing two sock layers means that your socks will slide against each other so that any friction from your boots is between the sock layers rather than directly against your skin.



**Backpack:** It is important to have a backpack or stuff-sack that will fit all the items you need for your out-trip. Once lined with a garbage bag, it provides a waterproof place to keep your gear dry.

Wool or synthetic fleece fabrics don't absorb water, so they keep you warm even if they get wet. Fleece also dries very quickly. A wool sweater or fleece jacket provides warmth on a cold evening.

Cotton is comfortable and breathable, but absorbs and retains water, and will not keep you warm if it gets wet. As such, sweats and jeans are not ideal trip clothing. Cotton T-shirts and underwear are fine as are lightweight cotton or cotton/synthetic blend shirts and pants.

# Camper Conduct

Developing and displaying positive character values is important to us. Learning about and practicing Jewish values such as shalom (peace), ahavah (love), tzedakah (benevolence and generosity), achdoot (harmony), and kavod (respect) help develop strong and supportive communities at camp, in our homes, cities, and the world. The following is a copy of the “Behaviour Contract” that required signatures of camper and parent in your online forms. Please be sure to review this with your child.

## EXPECTATIONS OF CAMPERS AND FAMILIES

Camp will not tolerate any deliberate abuse, disrespect, or bullying to any of our staff, campers or guests. Because everyone has the right to feel safe and secure at all times on camp, it is important that the following expectations are understood and followed

| <b>Campers are expected to:</b>  | <b>Campers are expected <u>not</u> to:</b>   |
|--|--|
| ✓ Treat everyone with respect and try to get along.                                  | ✗ Take part in any form of bullying, teasing, or physical or emotional violence or abuse.  |
| ✓ Speak politely using positive and encouraging language.                            | ✗ Use offensive and/or abusive language, including swearing, putdowns, and other inappropriate terms.  |
| ✓ Participate in all aspects of camp and be where they are meant to be at all times. | ✗ Skip activities, leave the camp or be in “out of bounds” areas, other’s cabins or use equipment without permission.  |
| ✓ Respect self, others, and other people’s and camp’s property.                      | ✗ Change personal appearances, which might include piercing, hair colouring or hair cutting.<br>✗ Steal, borrow without asking or in any way abuse or damage another’s belongings.<br>✗ Create health, safety and pest concerns by bringing food, candy or other treats to camp. * |
| ✓ Enjoy the atmosphere and community of camp.  | ✗ Bring items to camp that take away from the atmosphere and community of camp including cell phones, computers, TVs, and other electronics. **  |
| ✓ Respect the safety of others, the laws of the land, and the values of camp.        | ✗ Be in the possession of items that might cause damage or injury including knives, sharp tools, fireworks, matches, mosquito coils, candles, etc. ***<br>✗ Possess, use or share tobacco products, alcohol, or other drugs and dangerous substances. ***                          |

\* Foodstuffs will be confiscated, redistributed, donated, or destroyed at the discretion of Camp Leadership.

\*\* Electronic and related items may be confiscated at the discretion of Camp Leadership. We assume no responsibility for such items whatsoever including damage and loss. These items may be returned to parents/guardians at their own expense and risk. We assume no responsibility for safe/secure storage.

\*\*\* Possession/usage, and/or suspicion of possession/usage of such items may result in dismissal from camp (without refund) at the Director’s discretion. To ensure health, safety & security we reserve the right to check/inspect cabins and personal belongings of campers under our care/supervision.

## **DISCIPLINE PROCEDURES**

We understand that while everyone will try to demonstrate and practice positive character values and behaviours that sometimes individuals or groups may have challenges doing so. Given that campers understand the responsibilities and expectations as outlined on the previous page, it is important that they also understand the possible structures/consequences in place should they choose not to follow them.

When possible/reasonable, Camp Leadership will cue/warn a Camper that their behaviour is inappropriate and the Camper will be given the opportunity to correct the behaviour and/or meet the expectations. If this does not occur:

- The Camper may be required to take a short “time out” (often 1 minute per year of age).
- The Camper may be required to sit out for some or all of an activity or program.
- The Camper may be required to make a verbal and/or written apology.
- The Camper may be required to meet with a Coordinator, Manager, or the Director.
- The Camper may be required to complete an appropriate task in place of regular activities.
- The Camper may lose some privileges.
- The Camper may be required to discuss their behaviour with a parent/guardian over the phone.

Although not anticipated, if these steps fail to help the Camper make appropriate choices regarding their conduct and the behaviour expectations the Camper may be required to leave camp. The parents/guardians would be contacted to arrange transport home.

Camp will always strive to use a behaviour management progression and give Campers opportunities to learn and grow from their mistakes. In extreme circumstances, especially if the Camper poses a risk to themselves or others, it may be necessary to immediately remove a camper from the camp program.