



Camp Sisol

Parent Manual

2018

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MISSION, GOALS, AND PHILOSOPHY

Our Mission:

Camp Sisol is a vibrant camping community that helps develop confident, happy, kind children through an integrated program that builds lifelong memories and respect for community.

Our Goals:

- Build independence and self esteem
- Develop new skills
- Have fun and make friends
- Experience a sense of community and camaraderie
- Explore hobbies and interests
- Create a partnership between camp and families
- Learn Jewish values and culture

Our Philosophy:

At Camp Sisol, we relate to children as unique individuals who should have opportunities to learn new things, experience new challenges and develop new skills (both physical and social), while feeling good about themselves. We believe that this can be accomplished most successfully in a relaxed, fun atmosphere, with support provided to bring out the best in every single camper. Being part of a group, children share, work, and play together, and strive for common goals and to better understand the needs of others. Each camper takes pride in the group's achievements and recognizes the significance of his or her own contributions to the group's success. Every day at camp is filled with activities, friendship, spirit, and adventure. All of this is intertwined with important Jewish values, enabling our campers to connect good feelings for themselves and camp to their own identity. Weekly camp themes throughout the summer are based on character assets, allowing children to explore our values and culture.

THE UNITS

Younger Camp:

Kindergarten	Nitzanim	"Little Buds"
1st Grade	Ofarim	"Young Deer"
2nd Grade	Tzofim	"Scouts"

Older Camp:

3rd & 4th Grades	Tayarim	"Explorers"
5th & 6th Grades	Ramot	"The Heights"

Teen Travel Camp:

7th & 8th, 9th Grades	Chalutzim	"Pioneers"
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CIT:

10th Grade

Machon

“Leaders in Training”

Specialty Camp, Kid Sport, Kid Stage:3rd – 6th Grades**THE CAMP DAY**

9:00 Flagpole

Each morning the entire camp comes together. We sing songs and learn of any special camp news. We may learn a Hebrew word or two and then we’re off to another great camp day!

9:40 – 10:20 Activity Period 1

10:20 – 10:35 AM Snack (fresh fruit)

10:40-11:20 Activity Period 2

11:30-12:10 Nitzanim/Ofarim Lunch; Period 3 for all other units

Lunch is served “family style” in the Dining Hall. Camp Sisol plans well-balanced lunches with a varied menu.

12:15-12:45 Nitzanim/Ofarim Rest Period; Lunch for all other units

12:45 – 2:00 Nitzanim/Ofarim Instructional and Free Swim; Hobbies for all other units

2:30 – 3:20 Nitzanim/Ofarim Hobbies; Free Swim for all other units

3:30 – 3:45 Afternoon Snack/Loading of Buses

3:50 Buses Leave/Pick-up at Sisol

*Times are approximate and subject to change.

BEFORE AND AFTER CAMP CARE

To accommodate every family’s schedule, Camp Sisol offers an extended hours program. Quiet games and activities are provided at the JCC in the morning beginning at 7am, and afternoons until 6pm. Please contact the camp office for further information.

THE CAMP SISOL STAFF**ROLES**

All camp staff members—at every level— are responsible for camper safety. Here is a breakdown of who does what at camp:

COUNSELORS: Counselors are directly responsible for campers, as they spend the entire day together with them. As a result, campers and staff form valuable relationships that become part of the reason many campers return! Pairs of counselors are assigned to groups of campers within a unit and supervised by a Unit Head. Counselors ride the buses to ensure camper safety.

UNIT HEADS: The Unit Head is responsible for the supervision, administration, and management of the counselors and campers in a unit. The quality of program activities and

guidance for campers and counselors relies heavily on the Unit Head. Unit Heads coordinate all overnights, trips & late nights. Any parent concerns will be directed to the Unit Head.

SWIM STAFF: Swim Staff are certified lifeguards who teach daily swim lessons, lifeguard during free swim and creek & pond activities, and go on trips to oversee aquatic safety when necessary. Unit Heads and Swim Staff communicate on a regular basis to ensure that all camper needs are met regarding swimming. Swim staff are supervised by the Aquatics Director.

PROGRAM SPECIALISTS: Program Specialists coordinate planning for their program area. Our program areas are: Athletics, Music, Arts and Crafts, Drama, Nature, Archery, Jewish/Israeli Culture, Team Building and the Low Ropes Course. Program specialists enhance the overall quality by bringing new, exciting programming to camp.

ASSISTANT DIRECTOR OF CAMPER WELLNESS: The Assistant Director of Camper Wellness oversees all aspects of the Special Needs program; including supervising special needs staff and working with families to make each camper successful.

CIT/MACHON DIRECTOR: Leads, supervises, trains, and schedules participants in the CIT program.

HEALTH CARE COORDINATOR (Camp Nurse): The Health Care Coordinator handles the day to day health needs of the campers, administers first aid and medication as needed, and advises the staff on proper health practices.

REGISTRAR: The Registrar processes all registrations and changes to camp registrations during the summer, the day to day attendance of the campers, as well as other office and administrative tasks.

PROGRAM DIRECTOR: The Program Director oversees the Friday Programs, Hobbies, scheduling and supervising the Program Specialists.

ASSISTANT DIRECTOR: The Assistant Director handles personnel, hiring, and payroll, as well as directly supervising the Unit Heads and overseeing special programs.

DIRECTOR: The Camp Director works with JCC administration and lay leaders to set the vision for Camp Sisol. Additionally, the director oversees all operational aspects of the camp.

THE CAMP SISOL PROGRAM

Camp Sisol has a diversified program that offers a little something for everyone.

We have PROGRAM SPECIALISTS for each of the following:

- Athletics
- Music

- Arts and Crafts
- Nature
- Adventure
- Drama
- Jewish/Israeli Culture

CORE PROGRAM COMPONENTS

Choice and Structure

Our programming emphasis is on exposure to a wide variety of activities and development of a range of skills. Campers visit each specialist once a week.

Hobbies

Campers have hobbies Monday-Thursday. Campers select one choice from a variety of hobbies—they participate in their choice each day for a week at a time. Hobbies give campers more opportunities to build skills in an area of their choice. For our Nitzanim and Ofarim campers, they have an opportunity to choose daily.

Judaism

We weave the concepts and values that Judaism teaches us into every aspect of Camp Sisol. Hebrew songs and words are used and Kabbalat Shabbat is celebrated each week. The entire camp comes together on Fridays to experience the joy and peace of Shabbat with lighting of candles to celebrate Creation and prayers of thanks for the fruit of the vine (grape juice) and for bread (challah). Children who are not Jewish learn aspects of Judaism, which overlap with many core values, including community (kehillah) and respect (kavod). Camp Sisol is inclusive of all belief systems, and children who are not Jewish enjoy learning new songs and traditions.

Nature

We build on outdoor experiences gradually, beginning with visits to our Teva (Nature) Specialist. As the years go by, campers progress from late nights to overnights to overnight trip experiences, discovering the basics of outdoor living and appreciation of nature. They explore the pond, creek, garden and woods at camp and visit local and state parks.

Swimming

Camp Sisol's swim program operates under the guidelines of the American Red Cross. All instructors have experience teaching children how to swim. Each child will receive a progress chart, as well as Red Cross cards of achievement. Instructional swim lessons are held Monday through Thursday, weather permitting.

Free-swim reinforces swim skills and emphasizes fun. Campers will be evaluated to determine their swimming ability, and wear colored wristbands matching their skill level. These wristbands should be worn for the entire session, as they help us to ensure your child's safety in the water. Swim specialists will replace the wristbands if needed and change the color of the wristband as campers advance to higher swim levels. For the swimming experience to be meaningful, it

should also be consistent in nature. Please notify us in writing if you do not wish for your child to swim on any given day.

FOOD AT CAMP

CHECK THE CAMP WEBSITE FOR WEEKLY MENUS!

All of our meals are Kosher!

Morning Snack: Fresh Fruit

Afternoon Snack: Popsicle or Ice Cream

Every Day Lunch Options:

- Peanut Butter & Jelly
- Bread
- Salad bar
- Water & Juice Drink

Additional Lunch Options on Dairy Lunch Days:

- Egg Salad
- Tuna Salad

Examples of Camp lunches:

- “Chicken” Nuggets
- Pasta & Sauce
- Pizza Bagels
- Potato Pancakes
- Macaroni & Cheese
- Hamburgers/hotdogs (Fridays only)

Friday is a camp-wide cookout at lunchtime! We all gather together for a large picnic lunch. If your child has any food allergies or concerns, please make sure to note it on the registration form, as well as talk to your child’s Unit Head. The kitchen staff is well-versed in the ability to provide food for any child with allergies. We provide an allergy friendly table, so if your child has severe allergies, they may eat at that table.

BILLING, TIPPING, FORMS

Billing

Final payments for ALL CAMP SESSIONS are due on June 1, 2018, unless arrangements have been made with the JCC accounting office.

Campers will not be permitted in camp until all fees are paid and all required forms have been received.

NO REFUNDS will be made after camp has begun unless the camper is unable to participate due to medical reasons. A written confirmation by a physician will be required, and refunds will be pro-rated.

Tipping

In keeping with the philosophy of the JCC and Camp Sisol, staff does not accept tips or gratuities. If you want to say “thanks” for a job well done, we encourage you to make a

contribution to our Camp Sisol Fund or the JCC's Campership Fund in the name of a staff member.

Registration

Campers will not be allowed to attend camp unless all necessary completed forms have been received by the Camp Office. Camp Sisol uses CampMinder to consolidate the required forms. Parents will need to create a CampMinder account in order to submit health forms and medication forms. If you have a returning camper, information will need to be updated for the current summer. You will not need to create a new account.

CAMP SISOL BEHAVIOR PROCEDURES

Camp Sisol strives to give campers a sense of control over their actions and environment. Punitive methods of discipline are not acceptable and are not used. Behavior management techniques are used to enhance a child's experience and add to their self-esteem.

Campers and their families are our customers. Our primary purpose at camp is to find ways for each camper to be safe and successful—growing socially, physically, cognitively and emotionally. Success is measured according to each camper's individual growth—not as compared with others.

Each camper brings his/her own unique qualities, history and challenges. Formulas don't work. Human problems require human solutions. Upon encountering camper issues, including "behavior challenges", camp staff is expected to respond with **kavod (respect), patience, kindness, thoughtfulness and creativity**. If unable to provide these at any moment for any reason, staff is expected to seek help from others.

"Behavior challenges" are most often the outward manifestation of internal feelings. Our job is to determine the underlying feelings and assist the camper in working out the situation— involving leadership staff and parents as partners and resources.

Corrective plans and actions are not to be confused with punishment. These **must not be vindictive or humiliating**; instead behavior issues and conflicts can be viewed as **opportunities to teach socially-appropriate and acceptable behavior**. In this way, campers can learn how to solve problems and grow from them as part of a healthy community through:

Role Modeling:

Appropriate social behaviors being modeled to the group.

Positive Reinforcement:

Rewarding sought-after behavior with the use of positive comments, tangible rewards, or special privileges. Ignoring can eliminate small negative behaviors. We focus on and give attention to positive behaviors.

Predictable Environment:

Establishing a consistent routine with clearly stated limits and rules.

Problem Solving:

Settling disagreements without aggressiveness, predictable consequences, and thinking about the feelings of others. Adults mediate without passing judgment, helping children to think through a problem and find a win-win solution.

Guiding Behavior:

- Telling children what they can do instead of what they cannot do.
- Focus on the behavior, not the child.
- Offer clear, reasonable choices.
- State expectations clearly, not allowing a power struggle.
- Pay attention to non-verbal cues – not what is said but how it is said.
- Plan appropriate activities that can be modified to meet children's needs.
- Redirect behaviors to more acceptable activities.
- Develop consequences that are fair and appropriate.
- Catch them being good.
- Follow through with any limits and consequences set.

We understand that behavioral difficulties arise from time to time for a variety of complex reasons. We are proud of our history of helping many campers and their families work through these challenges. Still, the safety of every member of the Camp Sisol family is of paramount importance to us. Your child's Unit Head, and/or the Camp Administration will be in contact with you if any serious behavioral concerns arise. We will make every effort to ensure a positive camp experience for all children, but we reserve the right to request withdrawal from camp if serious problems cannot be resolved.

SECURITY

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At Camp Sisol we hold the safety and security of your child as our highest priority. We work with our staff to make the drop off and pick-up process as convenient and friendly as possible. We ask for your patience and cooperation with our staff as we load and unload the buses. It may take some time but we can't afford mistakes.

Each camper will be mailed a **bus identification tag** before the camp season. This should remain fastened to the outside of your camper's bag, for the duration of attendance at camp. Please notify the camp office immediately of any errors with bus tags, or of a misplaced bus tag, so that a new tag can be issued as soon as possible.

Each camper has also been issued a **security number**. Security numbers ensure that only people you authorize may pick up your child. Camp Staff will ask for your camper's security number every day from anyone who attempts to pick up your child. **Campers will not be released unless the correct security number is given. Photo ID may be required from the pick-up person, especially if the pick-up person is someone staff has not seen before. Please make sure that whoever picks up your child has photo ID with them.**

If you must arrange to have your camper picked up by someone not on your list of authorized adults, you must:

1. Provide camp with written permission in advance, signed and dated by a parent. An e-mail to campsisol@jccrochester.org is acceptable.
2. Advise the person picking up of Camp's policies and that they must bring photo ID **AND** know the camper's security number.

If a designated adult is not at the bus stop when the bus arrives, the bus will wait 1-2 minutes, after which the camper will be brought back to the JCC. Parents will be charged for one day of after camp care.

TRANSPORTATION

Campers are picked up and dropped off at designated bus stops. Each bus is supervised by camp counselors to ensure the safety, security and comfort of each camper. Significant time and effort on the part of camp administrators goes in to ensuring that there are adequate staff on the bus, and at the various bus stops. Due to unforeseen circumstances, there may be times(s) when a staff member may not be present at the bus stop. We apologize in advance for the inconvenience, and assure you that there is adequate staff for the bus, loading at a previous bus stop.

If the bus is more than 15 minutes late for the morning pick-up or if you miss the bus, please call camp and bring your child to Markus Park. If the bus will be more than 15 minutes late in the afternoon, you will receive notification from the Camp Office via text message or e-mail. If the bus is late, and you have not had notification, please contact the camp office. If you miss pick-up at the afternoon bus, please go to the JCC to pick up your child. You will be charged for one day of after camp care each time this occurs.

BUS RULES FOR CAMPERS

Please discuss these rules with your camper prior to the first day of camp.

1. Campers and parents must check in with the bus counselor before boarding the bus.
2. Campers must remain seated at all times while the bus is in motion.
3. Campers must wear their seatbelts at all times.
4. Campers may sing or talk on the bus. Shouting is not permitted as it may disturb the driver's concentration.
5. Campers must alert bus counselors of any problems as soon as they arise.

6. For their own safety, campers must follow the instructions of the bus driver and bus counselor at all times.
7. Campers must keep their hands to themselves at all times while on the bus.

BUS RULES FOR PARENTS

1. Parents will wait in line at the bus stop in the afternoon, and stand a respectful distance from the person speaking with the staff during pick-up. This is to ensure that security numbers are not overheard and shared.
2. Parents may not chase down the bus for any reason. For safety reasons, the bus will only pull over at designated bus stops. Once the bus has pulled away from the stop it will not stop.
3. Bus counselors are not allowed to accept medications. Please see the Health section of the Parent Manual for information on dropping off medication.
4. Parents will go over the bus rules for campers with their child before and during their attendance at camp.

DROP-OFF AND PICK-UP AT CAMP

Late-arriving campers must first check in with an office staff member at the Camp Office. Parent or responsible adult must sign them in. Staff members ONLY will then bring campers to their groups/ activities. Campers seeing others with their parents can provoke separation anxiety and disrupt activities.

Parents who need to pick up their child during the camp day are asked to notify the Camp Office as early as possible (preferably by 11:00am). Campers will be brought to the Camp Office to meet their parents. Please do not look for your child around camp. Instead, please come directly to the Camp Office. Any person picking up a child at camp will be required to provide the camper's security number and sign him/her out on our office log. Photo ID may also be required for verification.

TRANSPORTATION CANCELLATIONS OR CHANGES

- All scheduled events at camp run rain or shine. Programs may be changed or cancelled due to severe weather conditions. The decision to cancel an event (i.e. late nights and overnights) will be made by 2pm that day, allowing enough time for parents to be notified.
- When buses are running late, the JCC's Front Desk is notified and office staff at camp and the JCC is on alert for parent calls. If a bus is running more than 10 minutes late, all parents will be contacted as soon as possible.
- If a child is not taking his/her regular bus home, a written note, phone call or e-mail must be received by 1pm that day.
- In the case of an extreme emergency, where all camp buses are involved, support staff at the JCC will contact all camp families within minutes, informing them of the delay and other pertinent information.

DIRECTIONS TO MARKUS PARK AND CAMP SISOL:

1. Heading towards Pittsford (on Monroe Ave.) take a right turn on to Clover Street.

2. Go Straight out Clover Street past third entrance to Mendon Ponds Park.
3. Turn left at Route 251 (roundabout)
4. Go one block and take first right turn (Quaker Meeting House Road).
5. Go downhill to Markus Park entrance on your right.

HEALTH & SAFETY

Personal Property Policy

- Camp Sisol is a smoke free environment. Smoking anywhere on premises, including the parking lot, is prohibited. Use of alcohol or any illegal drugs is prohibited on the premises. This applies to all people on Markus Park (Camp Sisol) property.
- No pets are allowed on campgrounds without prior authorization from the Director.
- Vehicles must be parked in the designated camp parking lot. Vehicles may not be driven on camp grounds without prior authorization from the Director. There are no exceptions.
- Weapons of any kind are never allowed on park property.
- Personal sports equipment may be brought on to campground with prior authorization from the camp director.

THE CAMP INFIRMARY is staffed by our Camp Nurse. The infirmary personnel can be contacted by calling the Camp Sisol office.

Medication

The **ONLY** acceptable means of dropping off medication include bringing it directly to Camp Sisol's nurse, or bringing it to the designated person at Before or After Camp Care. **NO MEDICATION SHOULD BE SENT ON THE BUS WITH CAMPERS.** Counselors **WILL NOT** accept medication.

Medication to be administered to your child during the camp day must be turned in to the camp infirmary, clearly labeled, and in its original pharmacy container. The authorization form must be completed for over-the-counter as well as prescription medications, and signed by both parent and physician. Medication will not be given based on telephone instructions.

Accident/Injury

Camp staff is always mindful of the health and safety of campers. In the event an accident or injury occurs, First Aid will be administered on site, and you will receive a written report that day. Should the accident or injury require more than basic First Aid, 911 will be called and the camper will be taken to the hospital. In this event, you will be contacted immediately. Most families have personal insurance which fully covers accidents. Please be sure to provide us with that information in your Camper Information Packet, so that we have it available if necessary during the camp season. If you do not have medical coverage, you will be directly billed for any situations requiring medical attention beyond what is provided at camp.

ILLNESS

The health and safety of all campers is our first priority. Please do not send your child to camp if he or she is not feeling well.

When children become ill at camp, they will be brought to the infirmary and a parent or emergency contact will be notified immediately to pick the camper up within one hour. This policy protects your child and all of our campers and staff.

Standing Orders

Please keep the following basic rules in mind when in doubt about sending your child to camp:

Fever. If your child is running a fever he/she will not be admitted. Your child must be fever free for 24 hours (without the use of medication) to be re-admitted to camp.

Abdominal Symptoms. Children with abdominal symptoms, vomiting, or diarrhea must be symptom-free for 24 hours before re-admission to the program.

Antibiotics. A child being treated with antibiotics may usually return 24 hours after beginning the medication, provided he/she can participate in normal activities. Please check with your doctor about specific medications.

Sore Throat. We recommend a throat culture for a child who has a sore throat, swollen and tender glands, a stomach ache, and fever. If a strep infection is diagnosed, the child should be isolated for 48 hours after starting an antibiotic.

Rashes and Sores. Children with undiagnosed rashes and sores will not be admitted until diagnosis and treatment by a physician occurs.

Chicken Pox. If chicken pox is diagnosed, the child should be isolated until all lesions have crusted, usually 5 or 6 days.

Head Lice. If your child is diagnosed with head lice, immediate attention must be given and appropriate medication applied. Children will not be admitted until there is no evidence of white nits or gray-black bugs attached to the child's hair or scalp.

Ear Pain. A physician should evaluate any signs of ear pain, soreness or discharge to rule out infection. Campers may return with physician's permission.

Conjunctivitis. Children with a pink or redness in the white portion of the eyeball, yellow or green drainage from the eye, or itchiness or frequent rubbing of the eyes, should see a doctor immediately. A child must be using a prescription antibiotic for at least 24 hours before he/she is no longer considered contagious.

Colds. Symptoms of a cold are nasal congestion, sneezing, scratchy throat, fever and clear nasal discharge. Other symptoms may include red and watery eyes, dry cough, mild swelling of lymph nodes, and stuffiness/mild pain in the ears. Some viruses that cause the common cold may be present for up to two weeks.

Children who have a thick yellow or green nasal discharge, pus-like discharge from eyes, ears, or nose, enlarged or tender neck glands, breathing difficulty, severe headache, chest pain, stiff neck, or chills need to stay home.

These are not symptoms of a cold. Campers must remain at home until these symptoms disappear.