



CAMP

2020 Summer Camp

PARENT MANUAL



SUMMER CAMP • JEWISH COMMUNITY CENTER OF OMAHA

J Camp is more than just a fun place for kids to spend their summer. It's a place where we make a positive difference in young people's lives. We provide a wholesome, safe, supervised, and exciting environment where campers learn cooperation and teamwork, forge new friendships, and make memories that will last a lifetime.

Our mission is to provide a unique and complete camp experience where everyone can belong, connect, grow, and celebrate the present while preserving Jewish values and traditions. We provide an environment that allows campers to build special relationships, nurture their self-esteem, inspire an appreciation for nature, and explore their uniquely individual capabilities.

We welcome individuals of all backgrounds, regardless of race, faith, or national origin. Part of the J Camp experience includes exposure to Jewish culture and traditions. These special experiences, such as Shabbat, are wonderfully meaningful and educational for all of our campers. The Jewish values and traditions shared promote the acceptance, tolerance, and support of all individuals. We believe in teaching campers responsibility (achreiut), cooperation (shalom bayit), community (kehillah), and service (avodah) in a way that goes hand-in-hand with splashing in the pool, enjoying the perfect popsicle and shouting a camp cheer.

J Camp is a place for kids to have fun and grow. Our camp staff is committed to providing all campers with a safe and nurturing environment. All J Camps are fully accredited by the American Camping Association, meaning our camps have met the highest standards in the areas of camp administration, programming, personnel, site and safety.

Our Camp Goals are as follows:

- To provide a memorable, educational, enjoyable, and enriching experience for all campers.
- To instill a desire to help and serve others.
- To help children gain an appreciation of nature.
- To help enhance Jewish identity through exposure to Jewish culture.
- To help our staff develop and refine leadership skills.

At the end of summer when your child leaves our camp, they will take with them memories of fun, love and laughter. These experiences will stay with them for a lifetime, helping make them stronger people, kinder souls and better friends.

Thank you for choosing to spend your summer with us.

Allison Burger

J Camp & Youth Director

(402) 334-6409 | aburger@jccomaha.org



SUMMER CAMP • JEWISH COMMUNITY CENTER OF OMAHA

Camp staff spend a majority of their day with campers, meaning they are rarely at their desks. If you need to reach someone, please leave a detailed voicemail. Staff check messages throughout the day and will return your call as soon as possible.

www.jccomaha.org

JCC Member Services Desk: (402) 334-6426

J CAMP, SUMMER FUN DAYS, PREMIERE YOUTH CAMPS

Director of JCamp

Allison Burger (402) 334-6409 | aburger@jccomaha.org

Assistant Director of JCamp Programming

Amanda Welsh (402) 590-2152 | awelsh@jccomaha.org

Assistant Director of JCamp Administration

Jacob Geltzer (402) 334-6404 | jgeltzer@jccomaha.org



PREMIERE DANCE & MUSICAL THEATER CAMPS

Esther Katz (402) 334-6406 | ekatz@jccomaha.org

Jessica Westerlin (402) 334-6402 | jwesterlin@jccomaha.org

PREMIERE SPORT CAMPS

Lynette Brannen (402) 590-2144 | lbrannen@jccomaha.org

Jonathan Crossley (402) 590-2141 | jcrossley@jccomaha.org

SWIM & DIVE TEAM

Ben Novak (402) 334-6473 | bnovak@jccomaha.org

Renee Schomburg (402) 334-6473 | rschomburg@jccomaha.org

Sarah Waszgis (402) 334-6473 | swaszgis@jccomaha.org

MEMBERSHIP INFORMATION

Tracy Modra (402) 334-6427 | tmodra@jccomaha.org

REGISTRATION INFORMATION

Johanna Berkey (402) 334-6419 | jberkey@jccomaha.org

2020 Camp Dates

June 1 – August 7, 2020

Camp Hours

Before Care.....7:00 am – 9:00 am

Drop Off..... 8:55 am – 9:00 am

J Camp.....9:00 am – 4:00 pm

Pick Up.....4:00 pm – 4:10 pm

After Care.....4:00 pm – 6:00 pm

Premiere Camp.....9:00 am – Noon

Sport, Youth & Dance Camps

Half Day Add-On....Noon – 4:00 pm

Musical Theater.....9:00 am – 4:00 pm



WEEKLY NEWSLETTERS

Each Thursday campers will receive a weekly camp newsletter for the following week via e-mail. This newsletter will have details of upcoming weekly activities and special events. This newsletter will be sent via email to parents/guardians. This newsletter will also provide the theme for the Fun Friday dress up day.

TEXT ALERTS

In the event of **inclement weather** (rain or extreme heat) Drop Off and Pick Up will be at South Phil Sokolof entrance of the JCC. Weather related updates will be communicated through Remind.com via text message to parent cell phones. Parents must opt in to receive this service. A link to this service will be sent to all camp parents in an e-mail. Parents must then follow the link to opt in to receive the text alert service. You can also text @jcamp2020 to 81010 to opt in.

ABSENCE

If your child will be absent from camp, please contact Allison Burger, Camp Director, at (402)334-6409. In the event that Allison may not be reached you may contact Assistant Camp Director, Amanda Welsh at (402) 590-2152.

SPECIAL PICK UP

If your child is to be picked up by anyone other than the designated parent/guardian, a notification **MUST** be given to the Camp Director. This will be strictly enforced. We reserve the right to ID any individual wishing to pick up a child from camp.

OUR STAFF

We carefully select and screen our summer camp staff, choosing individuals who provide campers with a positive experience. We recruit camp counselors who possess leadership skills and are capable of inspiring campers with their enthusiasm, positivity, values and creativity. All camp staff undergo background checks and drug testing, in addition to completing over 25 hours of training in creative programming, group dynamics, child development, conflict resolution, first aid and CPR.

ACCREDITATION

The Jewish Community Center of Omaha's summer camp is proud to be accredited by the American Camp Association. Developed exclusively for the camp industry, this nationally recognized accreditation focuses on program quality, health and safety, requiring us to adhere to their strict standards for a safe, enjoyable and enriching camp experience for every participant.



TUESDAY, MAY 12 - *Kindergarten & New Parent Orientation* | 6:00 p.m.

Community Engagement Venue

If this is your first time sending your child to J Camp, then this session is for you. Get all of your questions answered, meet the Camp Directors, and learn what you need to get ready for camp.

For parents who need childcare, Fit & Sit will be open 5:30-7:30 p.m. Reservations are required 24 hours in advance. Please call Member Services at (402) 334-6426 to reserve your spot. Fit & Sit has a first-come, first-serve policy and is open to kids, ages 6 weeks to 12 years.

TUESDAY, MAY 19 - *Meet the Staff Ice Cream Social* | 6:30 p.m.

Community Engagement Venue

Parents and campers are invited to the JCC Auditorium where they can enjoy ice cream, get your camp t-shirt, meet the staff and learn about camp. It's also a great time to make sure all of your forms (JCC Health Form, Immunization Records, Medical Authorization Form, DDHS Licensed Child Care brochure) are filled out and turned in.

WEDNESDAY, MAY 20 - *Kindergarten Mini Camp Day* | 9:00 a.m. – 1:00 p.m. Pavilion

All incoming Kindergarteners attending one week or more of J Camp are invited to attend our Kindergarten Mini Camp Day and get a taste of what Summer Camp will be like. Meet some of our camp staff, learn camp rules, play some camp games, participate in a craft, go over bus safety at camp and go swimming!

MONDAY, MAY 25 - Youth Department CLOSED

The Youth Department will be CLOSED in observance of Memorial Day.

Thursday, June 25 – J Camp Family Night | 4:00-7:00pm Pavilion

Come hang out with our J Camp Staff and other campers for a fun family night. Enjoy some games and treats and meet the people your kids have been spending their time with. Come when you can and stay as long as you would like.

FRIDAY, JUNE 28 - *All Camp Talent Show* | 2:30 p.m. Community Engagement Venue

Parents and family members are invited to the All Camp Talent Show held at 2:30 p.m. in the JCC Theater. Parents who have attended who are then planning on picking their child up immediately following the talent show MUST sign their camper out with a camp staff member.

FRIDAY, JULY 3 - Youth Department CLOSED

The Youth Department will be CLOSED on July 3rd in observance of Independence Day and there will be no camp programs. Summer Fun Days (with daily registration options) will be offered on June 29th, 30th, July 1st and 2nd. Advanced registration is required for Summer Fun Day programming.

Special Event! All JCC Members are invited to attend the July 3rd pool party at the Outdoor Aquatic Complex on Friday, July 3rd from 12:00 a.m. – 4:00 p.m. There will be free games, music, and food for purchase.



Shabbat

Shabbat is a hallmark of the J Camp experience. In the Jewish religion, Shabbat is a day of rest and celebration that begins on Friday at sunset and ends on the following evening after nightfall. Every Friday we celebrate Shabbat as an entire camp. During Shabbat we light candles and enjoy Challah and grape juice. Shabbat often includes songs and Torah thoughts to nourish our souls, just as the bread nourishes our bodies. Parents are always welcome. Please contact your camp counselor if you would like to attend.

All Camp Talent Show

Parents and family members are invited to the All Camp Talent Show held Friday, June 28 at 2:30 p.m. in the Community Engagement Venue. Parents who have attended who are then planning on picking their child up immediately following the talent show MUST sign their camper out with a camp staff member.

Sport, Dance & Musical Theater Premiere Camp End of Week Events

Certain Sport, Dance, and Musical Theater Premiere Camps will end the week with a special event. Parents are welcome to attend. Please consult the applicable camp director to confirm dates and location of these events.

Become a Member

Are you a Non-Member thinking of joining the J? In addition to receiving our special Member pricing on all programs, you will also gain access to our expansive Fitness Center, Outdoor Aquatic Complex, New Indoor Pool, and professional staff. Please call Tracy Modra at (402) 334-6427 or e-mail membership@jccomaha.org for details.



WHAT TO BRING

Campers should bring the following items with them each day:



BACKPACK

Packed with everything your child needs for the day. Remember to include a hairbrush for after swimming.



SACK LUNCH & DRINK

Please send dairy lunch only (no meat). Avoid items that need to be microwaved. Lunches will be refrigerated.



WATER BOTTLE

Please label with your child's name in permanent marker.



SWIMSUIT & SUNSCREEN

These items must be taken home every night. Please label with your child's name in permanent marker. Towels are provided.

What Not To Bring To Camp

Electronics - We strive to provide a program free from video games, cell phones, audio players, toys and other distractions. Please do NOT allow your child to bring any of these items with them to camp. Kids will be busy throughout the day and these items will not be needed. These items also tend to get lost or misplaced when brought to camp.

Money - Campers will not need money while at camp, on field trips, or at undernights/overnights. Snack is provided to campers, therefore children **will not** be permitted to purchase food items from the pool concession stand or member services during camp hours. Additional money is not needed and should not be sent.

Lost & Found Items

The JCC does not assume responsibility, beyond reasonable care, for the personal property of campers. Children are responsible for their own items. Please label all items with your child's first and last name so they can be returned to your child's counselor when they are found. If an item is lost, report it at once. Every effort will be made to return lost items if they have been labeled.

Misplaced items will be gathered each day. Unclaimed or unlabeled items left or found OUTSIDE will be placed in a Lost & Found box in the Pavilion. Unclaimed or unlabeled items left or found INSIDE will be located in the Youth Lounge. Any items left at the end of the summer will be donated.



LUNCH & SNACKS

Please send your child with a sack lunch, clearly marked with their name and grade. Day Camp follows the Kosher policy of the JCC. We require that campers **ONLY** bring dairy or vegetarian lunches (no meat). Please pack food that does not need to be heated as there is no microwave available. All lunches will be refrigerated, unless otherwise noted. Please send your child with a drink or a reusable water bottle.

During field trips, lunches will be stored in coolers on the bus until lunch time. Please pack lunches that will not spoil without refrigeration. We will keep lunches as cool as possible during our field trips.

Pizza Friday

Every Friday J campers will participate in Pizza Friday. Pizza Friday is included in the cost of camp. Lunch will consist of pizza, fresh fruit or vegetables, a drink and a dessert item. Please let us know if your camper has any allergies. Pizza Friday is NOT included in Summer Fun Days.

Reusable Water Bottle

Please encourage your child to carry a reusable water bottle at all times during camp. There will be opportunities during the day to use a drinking fountain or to refill water bottles as needed. All water bottles should be non-breakable, labeled with your child's name. Frozen water bottles which thaw and remain cold throughout the day are permitted. Your child will be responsible for carrying their water bottle.

New this year, J Camp has ordered J Camp water bottles that will be for sale. We will have them for sale at the 'Meet the Staff Ice Cream Social' and throughout the summer. If at any time you would like to purchase one, please let a staff member know when you drop off your child, we will provide your camper with a water bottle and charge your J account \$5. We reserve the right to give your child a J Camp water bottle if they come to camp more than 3 days in a row without a water bottle and your account will be charged \$5.

Snack

Campers are provided with water and an afternoon snack every day. All snacks will be Kosher. We try to provide both delicious and nutritious snacks for our campers. Occasionally, fun treats may be offered to a group or to all campers. If your child has any particular food allergies, please let us know. We try to accommodate all allergies, but in some situations, we reserve the right to ask parents/guardians to provide appropriate snacks for their child with allergies.

Campers **will not** be permitted purchase food from the pool concession stand or member services during camp hours. Additional money is not needed for any camp activities.

LUNCH IDEAS

- Tuna Salad
- PB&J Sandwiches
- Cheese Sandwiches
- Yogurt & Granola
- Bagel & Cream Cheese
- Cheese Quesadillas
- Bean/Veggie Burrito
- Cold Cheese Pizza
- Mac N' Cheese
(in thermos container)
- Hummus & Pita
- Fresh Fruit
- Applesauce
- Juice box

CLOTHING & ATTIRE

Campers will play outside, do art projects and participate in fun (and sometimes messy) activities. We suggest your child be dressed in simple, inexpensive and **sturdy play clothes**. Please label every article of clothing (including swimsuits) with his/her name. Clearly label with a black permanent marker or other label.

Campers **MUST** wear **tennis shoes**. DO NOT send your camper in flip flops or sandals. Flip flops, although not necessary, may only be worn when campers are at the Outdoor Aquatic Complex.

Campers should bring a **swimsuit** and sunscreen with them every day. Both items should be labeled with your child's name. Swimsuits and sunscreen will not be stored at the J. They will be sent home every night. If sunburn is a concern for your child, please provide a swimshirt in addition to sunscreen for your child to wear while swimming.

Swimming Wrist Band. Children will be given a swim test and issued a colored wrist band that represents their swim level. To maximize free swim time, we encourage campers to leave their wristband on for the entire summer.

On cool days please send your child with a light jacket or sweatshirt.

Fun Friday Dress Up Days

Each Friday, K-7th grade campers are welcome to dress up and show off their camp spirit. Campers are encouraged to use their imagination to come up with an outfit that best represents that week's theme. Reminders will be posted in our weekly e-newsletter (sent on Thursdays the week prior) and online at www.jccomaha.org/camp.

Field Trip Attire & Camp Shirts

Camp t-shirts must be worn on field trip days, so that each child is easily identified as part of our group. All campers will receive one FREE camp t-shirt during the first session he/she attends. Additional shirts, if available, can be purchased for \$7. Please refer to the weekly newsletter for designated field trips. Additional field trip information can be found on page 11.



DROP OFF & PICK UP

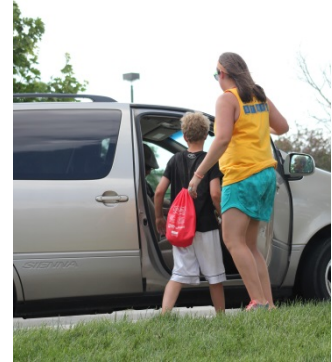
DO NOT allow campers to walk unaccompanied through any traffic, parking lot, or construction zones.

Please do not leave your car when dropping off or picking up your child. This causes traffic delays. Camp staff will walk your child to your car. If you need to talk to your child's camp counselor, please park in a parking lot and walk over to the Pavilion.

Drop Off - 8:55 a.m.

Camper drop-off is on the east side of campus, near the Pavilion.

Staff will be on duty beginning at 8:55 a.m. to meet campers and accompany them from their car.



If you need to bring your camper before 8:55 a.m., please sign up for our Before Care. Children enrolled in Before Care may be dropped off in the Youth Lounge, as early as 7:00 a.m. Before Care registration should be made a week in advance.

If a camper arrives after 9:15 a.m. on a field trip day, we cannot guarantee their participation in the field trip. Campers who miss the bus will spend the day with other camper groups still at the JCC

Pick Up - 4:00 p.m.

Camper pick up will be held in the same location as drop off. A J Camp staff member will accompany your child to your car. If your child is to be picked up by anyone other than the designated parent/guardian, a notification **MUST** be given to the Camp Director. This will be strictly enforced. We reserve the right to ID any individual wishing to pick up a child from camp. Campers will NOT be allowed to sign themselves out unless they are attending another organized program at the J. We require a written note stating the dates, child's name, and program to be attended.

If your child needs to stay after camp has dismissed, please sign them up for After Care. Children not picked up by 4:15 p.m., will automatically be enrolled in After Care at the "drop in" rate of \$15. Children will be walked over to the JCC Youth Lounge by a staff member. Children in After Care will be picked up from the Youth Lounge and will need to be signed out by a parent / guardian. After Care registration should be made a week in advance.

Special Circumstances

Anyone who must drop off their child during the camp day is responsible for making special accommodations with the Camp Director in advance. It is the parent / guardian's responsibility to meet the camper's group for special drop offs and pick-ups. The camp group will not wait to meet you.

Inclement Weather Drop Off & Pick Up

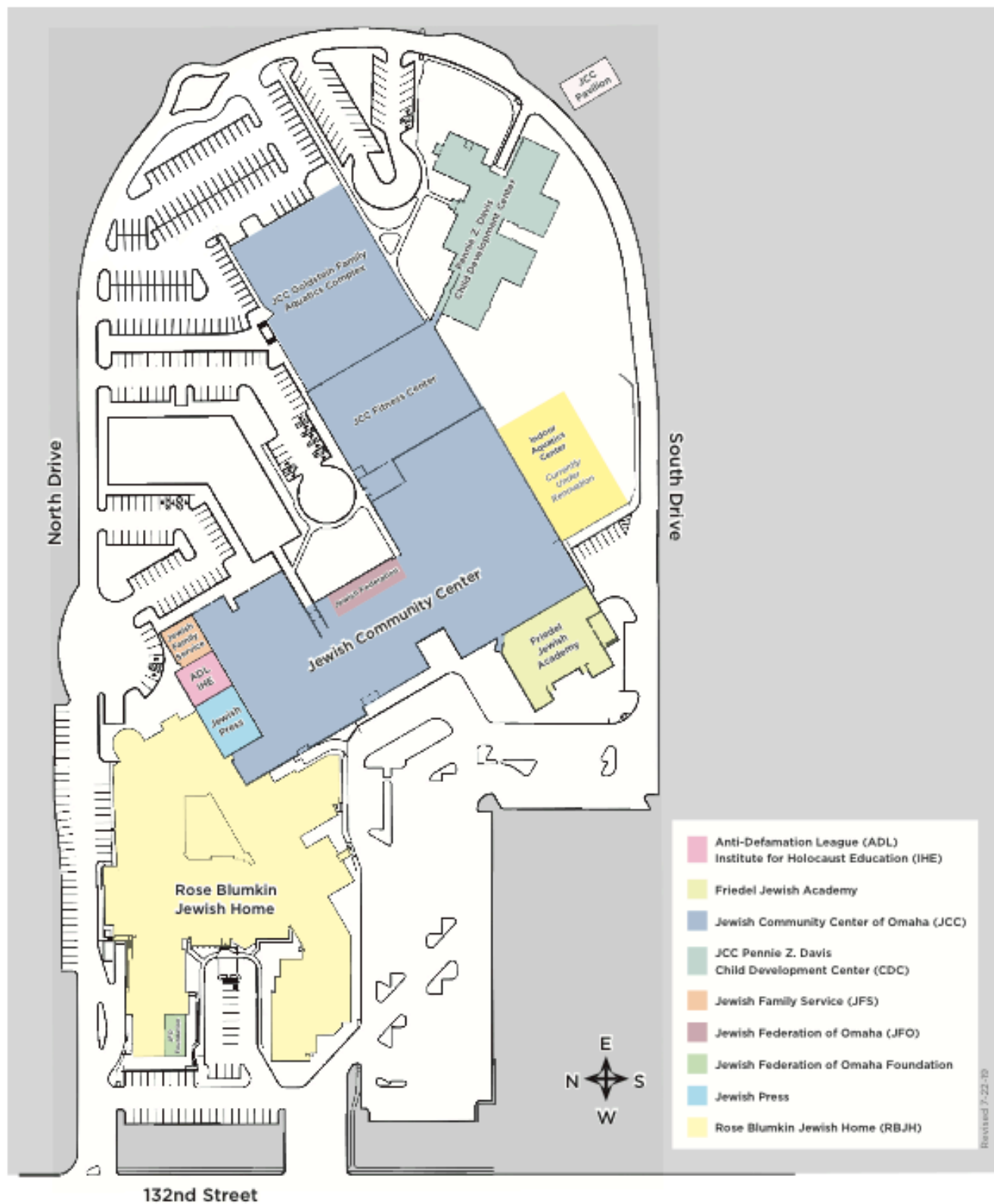
In the event of inclement weather (rain or extreme heat, the South Phil Sokolof Entrance will be used as the pick-up and drop-off site. (Weather related updates will be communicated through Remind.com via text message to parent cell phones. Parents must opt in to receive this service.) Please remain in your vehicle until a staff member comes to assist your child.



The Jewish Federation
OF OMAHA

Staenberg Kooper Fellman Campus

333 South 132nd Street • Omaha, NE • www.jewishomaha.org





CAMP OPTIONS

Before & After Care

We offer Before & After Care for campers that need to be dropped off early or picked up late. Children registered for Before and/or

After Care can be dropped off and picked-up at the Youth Lounge.

Before Care

- **Parents must walk their child(ren) into the Youth Lounge and sign them in.**
- Before Care hours are 7:00 - 9:00 a.m.
- Breakfast is included for those who arrive prior to 8:00 a.m.
- Campers will be walked over to the Pavilion from the Youth Lounge by camp staff.

After Care

- **All After Care children must be signed out by a parent / guardian when being picked up**
- After Care hours are 4:00 – 6:00 p.m.
- Children remaining at camp at 4:15 p.m. will automatically be enrolled in After Care at the drop-in rate of \$15.
- A late fee of \$1 per minute will be accrued if your child remains at the JCC after 6:00 p.m.

Field Trips

All field trips (with the exception of the 4th-7th grade Worlds of Fun) are included with camp registration. We explore local attractions and businesses that keep kids interested and engaged.

- Campers should NOT bring money. It will not be needed for the field trip or any field trip activities.
- Campers should wear their camp t-shirt on field trip days so they can be easily identified as part of our group.
- If a camper arrives after 9:15 a.m. on a field trip day, we cannot guarantee their participation in the field trip. Campers who miss the bus will spend the day with other camper groups still at the JCC.
- If your child is attending a JCC Premiere Camp in the morning and J Camp in the afternoon, they will not be allowed to attend the off-site field trip. After the conclusion of their Premiere Camp children will be dropped off at J Camp participate in planned, on-campus, activities until the rest of the group returns from the field trip.
- Bus/Van and all other behavioral rules must be followed at all times



Bus/Van Rules

1. The driver will not leave until EVERYONE is seated. There is no kicking, biting, hitting, throwing or rough housing.
2. The number of children transported in each bus/van will be no more than the number of seat belts available.
3. Eating or drinking in the bus/van is not permitted.
4. Voices need to be kept at a comfortable level. No screaming /yelling is allowed, however singing is encouraged.



Undernights & Overnights

Optional Undernights (K-1th Grade) and Overnights (2nd-7th Grade) are offered during weeks 3 and 6. **Additional registration is required by Tuesday the week of.** To register please email the Camp Director, aburger@jccomaha.org. Participants must be registered for the camp week in which the undernight/overnight is taking place. Undernights run from 4:00-8:00 p.m. and include: Special Games & Activities, Dinner, Snacks and Evening Swim. Overnights run from 4:00 p.m. Thursday through 9:00 a.m. Friday. Participants will go straight to camp on Friday morning. Overnights include: Special Games & Outdoor Activities, Dinner, Snacks & Breakfast, Evening Swim, Sleep-Over in Community Engagement Venue. 4th-7th Grade Overnights might be offsite, parents will be notified of location of the overnight at the beginning of summer.

Undernights

Optional undernights for Kindergarten and 1st grade will be offered during weeks 3 & 6. Additional registration is required by Tuesday the week of, but price is included in the weekly fee. Participants must be registered for the camp week in which the undernight is taking place. Undernights run from 4:00-8:00pm on Thursday evening and include: special game & activities, dinner, snacks and evening swim. Parents can pick up campers anytime before 8:00pm. Pick-up for the Undernight will take place at the Pavilion. In case of inclement weather, pick-up will move into the Youth Lounge.

Overnights

Optional overnights for 2nd-7th grade are offered during weeks 3 or 6. Additional registration is required by Tuesday the week of, but price is included in the weekly fee. Participants must be registered for the camp week in which the overnight is taking place. Overnights run from 4:00pm Thursday through 9:00am Friday and participants will go straight to camp on Friday morning. Overnights include; special games and activities, dinner, snacks, evening swim, breakfast and sleep-over in Community Engagement Venue. Parents have the option of picking up their camper Thursday evening without camper sleeping at the J, but please communicate with Camp Director in advance.

2nd & 3rd grade overnights will take place at the Jewish Community Center. 4th-7th grade overnights might occur offsite. Locations of 4th-7th overnights will be available by the beginning of J Camp. If a camper needs to leave an off-site overnight early, parents will be responsible for driving to the location of the overnight to pick up their camper. All campers and staff will return back to the JCC by 9:00am on Friday morning for all campers to attend camp.

Participants in the overnights should plan to bring: comfortable clothes to sleep in, clothes to wear at camp on Friday, toothpaste & toothbrush, sleeping bag and pillow. More details will be sent on in the weekly Thursday Newsletter the week prior to the overnight.



The completion of all the Camper Health Form, immunizations and DHHS brochure are mandatory. All forms must be returned to the JCC Youth Department before the camper's first day of attendance. **Campers will not be allowed to attend until a completed Health Form is on file.** The form is considered incomplete without vaccination records. Paper copies of the form can be obtained at the Youth Department. Digital copies can be downloaded from the "Camp / Parent Information" section of our website, www.jccomaha.org/healthforms.

Injury

If your child is injured at camp, prompt care will be given. Routine scratches and bruises receive common first aid. If a more serious injury should occur, the parent / emergency contact will be notified immediately. The child will be taken to an urgent care or emergency room as needed.

Illness

Children will be sent home for the following:

- Fever above 100 degrees
- Diarrhea
- Vomiting
- Visible Rash
- Head Lice
- Green Nasal Discharge or Watery Eye Discharge

There are no provisions at camp to provide constant nursing care/supervision. Parents are to immediately pick up their child if the child is ill. If your child has any of the above symptoms, we ask that you keep them at home until they have seen a doctor. Children with a fever are required to stay home for 24 hours after the fever breaks or until they are no longer contagious. If your child will not be at camp, please notify the Camp Director before 9:00 a.m. The Camp Director can be reached at (402) 334-6409.



Medication

Parents must fill out the Medication Authorization Form if any type of medication is to be administered to a child. This form grants permission for the Camp Director to administer medications. Medications (including Tylenol, Aspirin and Benadryl) will NOT be administered without a signed form. All medications, including over the counter, must be provided by the parents. J Camp does not keep any medication on-site, this included Tylenol, Aspirin and Benadryl.

If your child is taking any sort of medication you MUST notify the Camp Director. All Medications (prescription and over the counter meds) MUST be turned into the Camp Director for staff storage and handling. The Camp Director will record the administration of any medication to ensure that each child is getting their medications correctly.

All medications must:

- Be in the original bottle/container, placed in a clear zip lock bag
- Clearly marked with the child's name
- If necessary, send utensils for dispensing medication
- All medications must be sent with detailed instructions on how to administer the type of medication. If campers have Action Plans, please send those with the medication.

Sunscreen Policy

Campers spend a great deal of time outdoors and are exposed to the sun. All campers should bring their own bottle of sunscreen, clearly labeled with their name. Due to allergies we cannot give campers sunscreen from another child or staff member.

Camp staff are permitted to help children apply sunscreen, however we encourage you to teach your child how to apply their own. Staff will assist and supervise children in reapplying sunscreen to exposed skin prior to outdoor activities, at least twice a day. For children that require more frequent application of sunscreen, parents must provide written instructions on how often their child is to apply their sunscreen. The JCC staff will make every effort to watch children for sunburn, but cannot be responsible for children who do not have sunscreen, have a fair complexion or forget to apply sunscreen.

- **Please apply a layer of sunscreen to your child(ren) before they arrive at camp.**
- Parents are responsible for providing their child(ren) with enough sunscreen (in a sealed container) to take with them for applications later in the day.
- Camp may provide sunscreen unless there is written notice to the contrary from a parent/ guardian.
- Please provide a swimshirt in addition to sunscreen for your child to wear swimming if burning is a concern.



SWIMMING

K-1st Grade Swim Lessons

Campers entering Kindergarten and first grade will participate in both instructional and recreational swim.

The instructional swim is provided as part of the camp fees and is designed to strengthen a child's water confidence and basic knowledge of swim strokes. Instructional swim time will also cover water safety and water safe behavior. Instructional swim will take place in the indoor pool.

Recreational "free" swim will be held at the Outdoor Aquatic Complex. Kids who are enrolled in Swim Team may opt out of instructional swim time with parent permission.



Recreational Free Swim

Each afternoon (except when on field trips) campers will have an opportunity for free, recreational swimming in the Outdoor Aquatic Complex. Campers will have access to water features based on their color of swim band. We will never force a child to get into the water, but we do expect all campers change into a swimsuit each day. We have found that many campers who initially don't want to swim change their minds once he/she gets to the Outdoor Aquatic Complex. Our Aquatic Complex contains several "on-ground" water features that children can enjoy without having to get into a swimming pool.

General Safety Procedures

Safety is the number one priority while at the swimming pool. Whether campers are in the indoor or outdoor pool, our trained lifeguards will be on duty to supervise the waters to ensure everyone is safe. While at any aquatic area, campers must remain within eyesight of counselors at all times. Campers are expected to follow all pool rules while in any aquatic area.

Campers will not be permitted to leave the Aquatic Complex with anyone other than camp staff. Parents that wish to pick their camper up from the Outdoor Aquatic Complex, parents must first speak with the Camp Director. This ensures that all children are accounted for and keeps consistency within our camping policies and procedures.

Inclement Weather and Temperature Policy for Aquatic Areas

We follow the National Weather Service policy for inclement weather. In the event of weather involving lightning and thunder, the following policies and procedures will be observed in both the outdoor and indoor pools.

Thunder: When thunder is heard, the outdoor pool will close for 30 minutes, meaning no one is allowed any body of water.

Lightning: When lightning is spotted, the outdoor pool will be closed. Pool will re-open 30 minutes post storm or when deemed appropriate by staff.

the J omaha SWIMMING

Outside Temperature: The NOAA RADAR Pro App will be used for temperature readings. We will use the “feels like” reading to account for wind and sun. Open swim will be held if the reading is at least 35 degrees. Swim Team will be held if the reading is at least 65 degrees. Splash Pad usage will be held if the reading is at least 70 degrees.

J Camp has the option of using the New Indoor Pool in the case of inclement weather at the discretion of the Aquatics Director.

Swim Testing

All campers will be swim tested on the first day of each session. A colored wrist band will be issued dependent upon the swim test results. All swim levels will be determined at the discretion of the lifeguarding staff. Campers can advance the color level of their swim bands with the improvement of their swim abilities. Campers can be swim tested once a week. All campers must wear their wrist band every time they swim. To maximize free swim time, we encourage campers to leave their wristband on for the entire summer.

Red level swimmers: Red level swimmers are sometimes uncomfortable in water over his/her head and struggle with stroke movements. Red level swimmers must remain in the zero-depth entry pool area at all times and can use splash pad features when available. Campers with a red swim band will not be allowed to go down the waterslide or go in the lazy river.

Yellow level swimmers: Yellow level swimmers should be able to swim the length of the shallow end of the large pool. They must complete the swim unassisted, with minimal or no touching of the bottom or grabbing onto the wall or lane line. Yellow level swimmers will be allowed to access the shallow end of the competition pool, zero-depth entry pool, lazy river, and splash pad features when available. Campers with a yellow swim band will not be allowed to go down the waterslide.

Green level swimmers: Green level swimmers are able to swim the length of the pool without flotation, tread water for 30 seconds, and swim back to where they started completely unassisted. The swimmer must complete this to the satisfaction of the Lifeguard administering the test. Green level swimmers will be allowed access to the entire pool area, including the diving board and all water features.

Summer Swim & Dive Team

The JCC does offer summer swim team for those who are interested. If your child is attending camp, summer swim team practice will take place before camp from 8:00 a.m.-9:00 a.m. in the outdoor/indoor pool. *Subject to change based on availability. This is a great option if your child wishes to become a stronger swimmer and learn new strokes and turns. Swim team is only open to JCC members.





DISCIPLINE POLICIES

In order to ensure safety to all campers, staff and members, the Youth Department will follow the below discipline policy. All parents and campers will be required to submit a signed form with their J Camp Paperwork prior to attending the first day of camp.

To facilitate a safe, secure, fun environment for all participants attending JCC Youth Department activities the following policy has been implemented. This policy is not intended to be activated for minor “misbehaving” infractions. On a daily basis, the JCC Youth Department works with children who are having a “bad day”. Those types of behaviors, where neither malice nor destructive outcomes were intended will continue to be addressed at the Supervisor/Child level. Time-outs and, in some situations, loss of choice activity will continue to be the discipline implemented.

THE YOUTH DEPARTMENT DISCIPLINE POLICY WILL BE ACTIVATED WHEN:

1. The number of minor infractions has been excessive; and /or
2. The behavior constitutes a violation against other children or adults, including unwelcome intentional touching or grabbing of another child, explicit and offensive verbal remarks (either sexual in nature or general taunting), name calling, vulgar or identifiable unacceptable language, or other verbal or physical conduct in violation of the JCC Youth Department Code of Conduct; and/or
3. The behavior constitutes a violation against the JCC or other children's property and/or
4. The behavior constitutes a safety issue either for the child themselves, other children, or staff. In the event this policy is activated for any child, written documentation will be kept by the Director of all applicable dates, decisions and agreements (including a plan of action if needed.)

THE FORMAL DISCIPLINE POLICY IS AS FOLLOWS:

1. All enrolled children and their parents/guardian will sign a Conduct Contract acknowledging their notice and understanding of our Code of Conduct, and the potential repercussions of negative behaviors.
2. Upon occurrence of the first serious offense which is significant in nature to bring to the attention of the Youth Director, will result in a private discussion between the Youth Director and the child. The child will also be removed from their choice of activity for the day. The parent will be notified of the negative behavior and will be advised that if the same or related behavior is repeated, a parent conference will be required. The director will notify JCC management.
3. If the behavior continues, the child will again be removed from the group activities and the parents will be notified of the need for a Parent/Child/Director conference before the child can return to the program.
4. If the behavior still continues, a parent conference will again be required, (either with or without the child at the parent's discretion). The child may be suspended from the program for a period of time up to 3 days (at Director's discretion). The child will then be allowed to continue in the program only after the director and parent have prepared and agreed upon a plan of achieving acceptable behavior in the child.
5. If, after all of these steps, the behavior continues, the child will only be allowed to continue in the program if a professional counselor is involved (at the parent's expense) in modifying the negative behavior. At this point, the professional will be asked to recommend a time frame for compliance based on the situation. If a professional is not brought in, or the time frame set forth is expended, the child will be expelled from the program with a date for re-entry set by the Director.

Under extreme circumstances and/or in situations when that child or other children's safety is at risk, the Youth Director, with agreement from the JCC Executive Director, has the authority to ask a child to leave the program without following the above procedure.



Q: Will my camper be placed by the grade he/she is entering?

Yes, if your child just finished 1st grade and is entering 2nd grade in the fall, he/she will be placed in a 2nd-3rd grade group. All groups are mixed-gender.

Q: What is the counselor-to-camper ratio?

A typical camp group will have 12-15 children. Each group will have two counselors (college age or older). The maximum counselor to camper ratio is 1:6 for kindergarteners. 1:8 for 1st-3rd graders and 1:10 for 4th graders and older.

Q: Do I need a physician's signature on the Camper Health Form?

No, but we do recommend that you take your child to a physician prior to camp. We require copies of vaccination records and detailed description of any possible medical conditions, allergies or health problems that may arise.

Q: What is the heat / inclement weather policy?

In the event of rain or extreme heat, we move camp inside. We have a large building with plenty of space and our counselors are trained to provide the same camp experience regardless of location. On warm days when we remain outside we require frequent water breaks, applications of sunscreen and quiet cool-down programming. On inclement weather days, Drop off and pick up will be at the South Phil Sokolof Entrance. We will send out notification via Remind.com. Staff will be in the parking lots to direct traffic.

Q: Where are drop-off and pick-up locations?

Camp drop-off (8:55 a.m.) and pick-up (4:00 pm) are on the east side of campus, near the Pavilion. Please note that because of campus construction, all traffic using the north drive must be headed east. (See map on page 10)

Drop off and pick up are like a carpool lane at school. Camp staff will walk children to and from cars. Parents should NOT get out of the car to drop-off or pick up their child. If you need to get out of your car, please park in the Fitness Center parking lot and walk your child over to camp.

Q: Where are Before and After Care drop-off and pick-up?

Before and After Care campers will be picked up and dropped off in the JCC Youth Lounge. Members may use their membership card to enter through the South Phil Sokolof Entrance. This is most direct entrance to the Youth Lounge.

Q: How often do campers swim?

All campers swim daily. Depending on the age, some campers will receive daily swim lessons in addition.

**Q: Is lunch provided?**

No, all campers are asked to bring a non-meat lunch which can be refrigerated every day. A listing of acceptable lunch items can be found on page 7. Every Friday J campers will participate in Pizza Friday. Pizza Friday is included in the cost of camp. Lunch will consist of pizza, fresh fruit or vegetables, a drink and a dessert item. Please let us know if you camper has any allergies. Pizza Friday is NOT included in Summer Fun Days.

Are pictures or videos of camp available?

Absolutely! We have a Camp Facebook page that will be constantly uploaded with pictures and video of camp fun. Be sure to "like" us to receive notifications.

Where is Lost & Found?

Unclaimed or unlabeled items found OUTSIDE will be placed in a Lost & Found box in the Pavilion. Unclaimed or unlabeled items found INSIDE will be located in the Youth Lounge. Any items left at the end of the summer will be donated. We encourage children to label all items. We do our best to return all labeled items to the rightful owner.

Can I hire a J Camp staff member to work for my family?

The JCC does not endorse the use of our staff as babysitters or caregivers. If you choose to hire an individual you met through the JCC, please remember to conduct your own interview and professional background check to make sure this individual meets your own needs and criteria. The JCC does not take responsibility for individuals or their actions not under our employment.

Can I make changes to what I've registered for?

A \$25 camp change fee is assessed for changes in camp enrollment made within two weeks of the camp week start date. Several changes can be made in one request. Changes include canceling or switching camps. Subsequent changes will also be charged \$25. Adjustment fees and any additional costs should be paid in full at the time of change. Adding a camp is not considered a change and families will NOT be assessed a fee. The registration charge for additional camps must be paid at the time of registration if after April 30th, 2020. We will not change existing payment plans.

What if I need to cancel my registration?

Notify the Program Account Coordinator, Johanna Berkey, in writing of cancellations. Written cancellations can be e-mailed to jberkey@jccomaha.org. The \$50 weekly deposit will not be refunded for a cancellation.

Will I be issued a refund if my camper leaves a camp early?

No pro-rated or full refunds shall be permitted if a camper leaves after camp has started but before the end of the session.

If you have any additional questions on programming, please contact:

Allison Burger, *Camp Director*

(402) 334-6409 | aburger@jccomaha.org

Amanda Welsh, *Assistant Camp Director*

(402) 590-2152 | awelsh@jccomaha.org