



2024 Summer Camp
PARENT MANUAL



WELCOME TO SUMMER CAMP!

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 (achreiyut), 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.

Amanda Welsh

J Camp & Youth Director

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

Contacting Us

Camp staff spend a majority of their day with campers, meaning they are rarely at their desks. The best way to reach a J Camp Leadership Staff is through their email. Please leave a detailed email and we will get Back to you as soon as possible.

www.jccomaha.org

JCC Member Services Desk: (402) 334-6426

J CAMP, SUMMER FUN DAYS, PREMIERE YOUTH CAMPS, L.I.TS

Camp Director

Amanda Welsh (402) 334-6409 | awelsh@jccomaha.org

Assistant Director of Camp Programming

Andrew Wilson (402) 334-6408 | awilson@jccomaha.org

Assistant Director of Camp Administration

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

PREMIERE DANCE & MUSICAL THEATER CAMPS

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

PREMIERE SPORT CAMPS

Jebb Fish (402) 590-2144 | jfish@jccomaha.org

MULTI-MEDIA CAMPS

Scott Shinbara (402)-334-6405 | sshinbara@jccomaha.org

SWIM & DIVE TEAM AND AQUATICS CAMPS

Conner Debban (402) 334-6473 | cdebban@jccomaha.org

MEMBERSHIP INFORMATION

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

REGISTRATION INFORMATION

Jared Schroedter (402) 334-6452 | jschroedter@jccomaha.org



2024 Camp Dates

June 3 – August 2, 2024

Camp Hours

Before Care.....7:00am – 9:00am

Drop Off..... 8:45am – 9:00am

J Camp.....9:00am – 4:00pm

Pick Up.....4:00pm – 4:15pm

After Care.....4:00pm – 6:00pm

Premiere Camp.....9:00 am – Noon
or

.....9:00am-4:00pm

Half Day Add-On....Noon – 4:00pm



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

All camp-related updates and reminders will be communicated through Remind.com via text message to parent/guardian 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 in the email to opt in to receive the text alert service. Please join the group with the letters of your camper(s) last name, this will help eliminate our groups going over capacity and people not receiving messages. All messages will be shared over all 3 groups.

- Last Names A-H text @jc24a-h to 81010
- Last Names I-R text @jc24i-r to 81010
- Last Names S-Z text @jc24s-z to 81010

ABSENCE

If your child will be absent from camp, please send an email to Amanda Welsh, Camp Director, at awelsh@jccomaha.org.

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 in writing. 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 35 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.



Thursday , May 2 - Parent Orientation | 6:00 p.m. | Theater

If this is your first time sending your child to J Camp or you just want a refresher on our camp policies and procedures, 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 4:30-7:30 p.m. Reservations are required 24 hours in advance through your Daxko Account. Fit & Sit has a first-come, first-serve policy and is open to kids, ages 6 weeks to 12 years.

Sunday, May 19 - Kindergarten Mini Camp Day | 1:30-4:00 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, and go over some camp safety rules. Parents do not need to stay with their campers for this event.

Thursday, May 23rd - Meet the Staff Ice Cream Social | 6:30 p.m. | Pavilion

Parents and campers are invited to the JCC Pavilion where they can enjoy ice cream, get your camp t-shirt, meet the staff and make sure all your required camp forms are submitted.

Monday, May 27th - Youth Department CLOSED

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

Thursday, June 20th - All Camp Family Night | 4:00-7:00pm | Pavilion

Campers who are registered for any week of camp are invited to bring their family and join us for dinner and games. This event is free with camp registration, but we ask that you RSVP so we have enough dinner.

Friday, June 28th - All Camp Talent Show | 2:30 p.m. Virtual

Campers and Staff will put on the Annual J Camp Talent Show and stream it live for parents and families to view at home or work. A link to view the show will be sent out to all families enrolled in "Triple Threat Talent Show" camp. Unfortunately, due to limited space parents and families are not able to attend the Talent Show in person.

Thursday , July 4 - Youth Department CLOSED

The Youth Department will be CLOSED on July 4th in observance of Independence Day and there will be no camp programs. Summer Fun Days (with daily registration options) will be offered on July 1st, 2nd, 3rd, 5th. Advanced registration is required for Summer Fun Day programming.

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



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 a vegetarian lunch (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. 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.

We will have a Lost and Found Day on Wednesday, August 14th from 10:00am-9:00pm in the Goldstein Engagement Venue. All items will be displayed on tables for parents/guardians to come and view and claim any lost items. All leftover items will be donated on Thursday, August 15th.



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 you camper has any allergies.

Afternoon-Add on kids are included in Pizza Friday. Musical Theater, Acting Camp and Dance Boot Camp will participate in Pizza Friday.

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. Your child will be responsible for carrying their water bottle.

New this year, J Camp has purchased a large amount of J Camp Stickers. Please feel free to grab 1 or 2 at one of our pre-camp events to label your child's water bottle. Counselors will also have these available during camp to help label camper's water bottles.

Snack

Campers are provided with an afternoon snack every day. We try to provide both delicious and nutritious snacks for our campers. We will always have a Kosher option. 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 through the Remind App.

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 - 8:45 a.m.

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

Staff will be on duty beginning at 8:45 a.m. to meet campers and accompany them from their car.

If you need to bring your camper before 8:45 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 – 3:50 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.

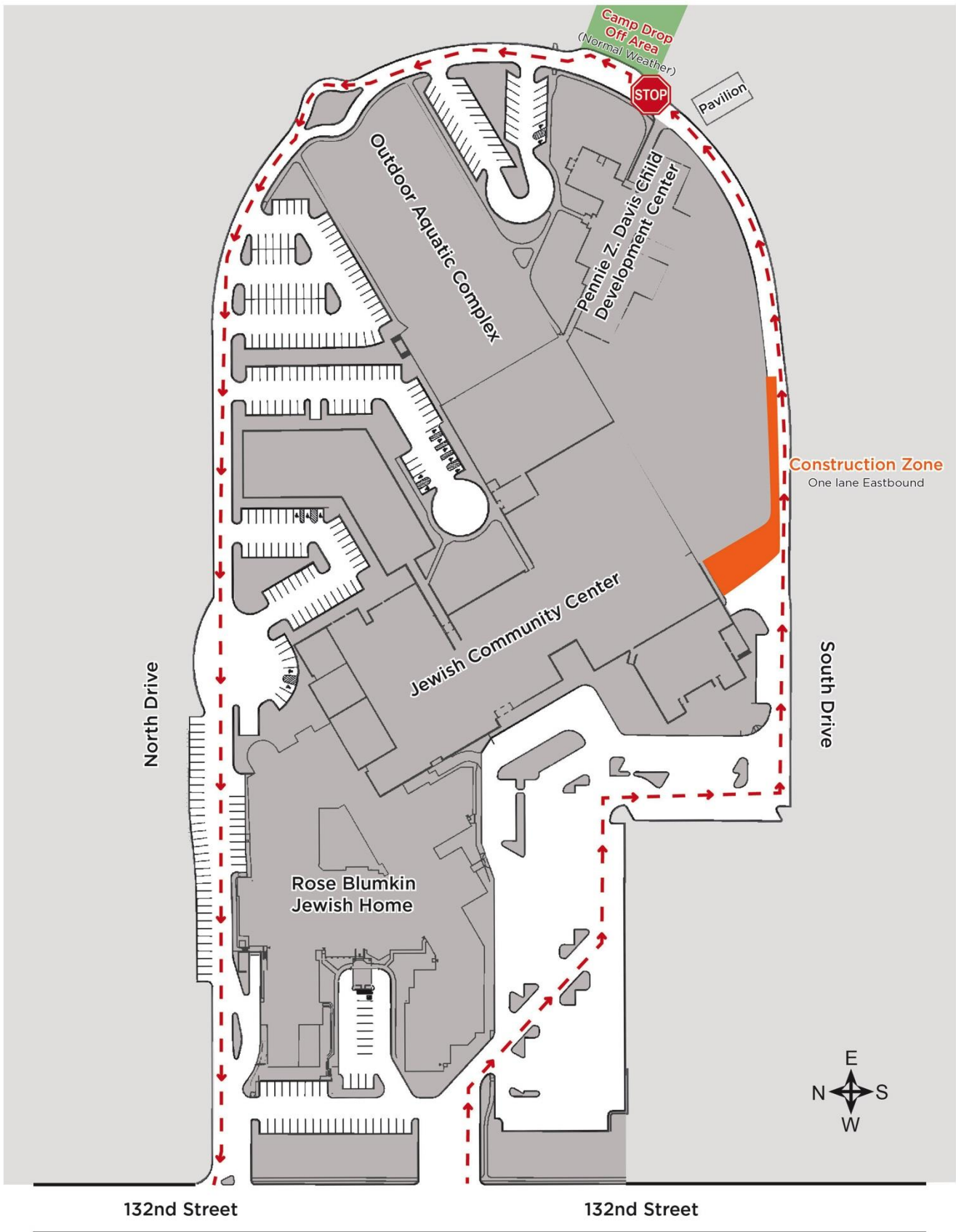
Special Circumstances

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 the front Main Entrance off 132nd Street 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.





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 daily rate.
- 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 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 J Camp Field Trip. Only campers who are enrolled in J Camp will attend off-site field trips, on-site field trips, and overnight/overnights.
- 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 2 and 6 and campers must be enrolled in J Camp the week the undernight/overnight takes place. Undernights run from 4:00-8:30 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 2 & 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 4:00-8:30pm 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 2 or 6. Additional registration is required by Tuesday the week of, but price is included in the weekly fee. Participants must be registered for J Camp the 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.



HEALTH POLICIES

This summer we will be utilizing an online platform, called PlayerSpace, to collect and manage camper health information, waivers, and contact information. All forms will be handled online and will be accessible to parents once their camper(s) is registered for camp. Our JCC Discipline Policy Form and DHHS Parent Brochure Form must be downloaded, signed, and then uploaded to your PlayerSpace account. Your child's most recent Immunization records must also be uploaded to your PlayerSpace account. Parents must also fill out the red, Emergency contacts tab on their PlayerSpace account and identify who is allowed to pick up your child(ren). Completion of these forms and waivers are **mandatory** and must be completed before your child's first day of camp. If you have any questions regarding any of this requested information, please contact Jacob Geltzer at jgeltzer@jccomaha.org, or at 402-334-6404.

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 100.4 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 by sending an email to awelsh@jccomaha.org

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.

Allergy Policy

Any camper who has a food allergy will be required to have a 'JCC Youth Department Allergy Form' on file. There will be a copy of this kept in the JCC Camp Office and the campers group binder. Parent/guardians will need to fill out the form for their camper before their child attends any JCC Summer Camps. Families will then be provided a list of all snacks regularly served during our program and will need to list which ones are safe for their camper to eat. Parents/Guardians will be required to provide extra snacks to be kept at the JCC for when a snack is served that is not safe for their child to eat. Parents/guardians will also need to provide special snacks in case camp is serving a treat that is not safe for their camper. All snacks from home will be kept in individually labeled bins in the Camp Office.

The 'JCC Youth Department Allergy Form' can be located on the JCC Website under Parent Information, on your Playerspace Account, or by emailing awelsh@jccomaha.org.

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.

the omaha SWIMMING

Recreational Free Swim

Monday-Thursday afternoons (except when on field trips) campers will have an opportunity for free, recreational swim time. 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 pool. Our Aquatic Complex contains several "on-ground" water features that children can enjoy without having to get into a swimming pool.



Kindergarten and First Grade groups will swim in our Indoor Family Leisure Pool.
2nd-3rd and 4th-7th Grade groups will swim in our Outdoor Family Aquatic Center.

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.

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.

the J omaha SWIMMING

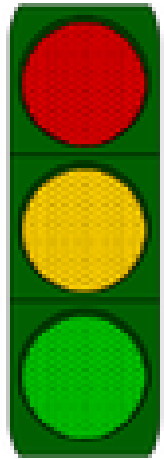
Swim Testing

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 or touching the wall. 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 JCC Members 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.



DISCIPLINE POLICIES

In order to facilitate a safe, secure, and fun environment for all participants of JCC Day Camp, the following policy has been implemented. This policy is not intended to be activated for minor “misbehaving” infractions. On a daily basis, Camp Counselors work 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.

We will not tolerate any sort of bullying during camp and will address issues if they occur. We want our campers to have fun and enjoy their experiences in a safe environment.

As with any zero-tolerance policy, there will be consequences for the following types of misconduct:

1. Failure to follow rules, policies and procedure of the JCC Day Camp Program.
2. General misconduct, including loud or boisterous behavior that tends to disturb other students, running in the halls, minor defacement of property, and pushing or shoving others.
3. A campers’ persistent refusal to follow the instructions of program staff, administrators, or any JCC staff.
4. Use of obscene, vulgar, profane, disrespectful, demeaning or threatening words, actions and/or gestures directed towards, or in the presence of, any student, adult or staff member.
5. Mutual physical confrontations between students (fighting).
6. A behavior that may result in physical or mental abuse to one’s self, another child or staff member.
7. Committing an act of indecent exposure in the presence of any other camper, staff, JCC member or visitor.

Disciplinary Actions

1. Minor Offenses: Redirection with possible verbal warning, proximity to counselor, loss of privilege.
2. Multiple On-going Minor Offenses or First Serious Offense: Child will be temporarily removed from activity to discuss with Unit Head or Camp Director and come up with a solution or consequence together. Child may return to normal activities if the child is in control of his/her actions. Parents will be notified.
3. Second Serious Offense: Child will be removed from group activities. Parents will be notified. A parent / child / Director conference will be needed before the child can return to the program. Director will notify JCC management.
4. Third Serious Offense or If Behavior Continues – A parent conference will be required, either with or without the child (at parents discretion). The child may be suspended from the program for up to 3 days. The child will be allowed to continue in the program only after the Director and parent have prepared and agreed upon a plan of action to achieve acceptable behavior from the child.
5. If, after all these steps, the behavior continues the child will only be allowed to continue if a professional counselor is involved (at the parent’s expense). The counselor must be actively working with the child in modifying the negative behavior. The counselor will be asked to recommend a time frame for compliance based on the situation. If a counselor is not brought in, or the time frame set forth is expended, the child will be removed from the program with a date for re-entry set by the Camp Director.

Under extreme circumstances and/or when any child’s safety is at risk, the Camp Director, with agreement from the JCC Executive Director, has the authority to ask the 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 15-20 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 (8:45 a.m.) and pick-up (3:50 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 Youth Lounge Emergency Entrance. This is most direct entrance to the Youth Lounge.

Q: How often do campers swim?

All campers swim 4 times per week.



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 and will consist of pizza, fruit, a drink and a dessert item.

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 change fee may be assessed for switching camps after registration. A family may be subject to a \$25 fee if subsequent changes are made. Any registration changes may be made by May 1, 2024. Changes will NOT be allowed after this deadline. Adding a camp is not considered a change and families will not be assessed a fee unless the change falls under the Late Fee Policy.

What if I need to cancel my registration?

Please notify the business department and camp director of any cancellations in writing. Written cancellations should be made to billing@jccomaha.org. Cancellations made prior to May 1, 2024 will receive a credit on your account for your payment minus the \$50 deposit. Any cancellation made after May 1, 2024 will not be eligible for a refund or credit.

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:

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Andrew Wilson, *Assistant Camp Director*

(402) 334-6408 | awilson@jccomaha.org

Jacob Geltzer, *Asst. Director of Camp Admin*

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