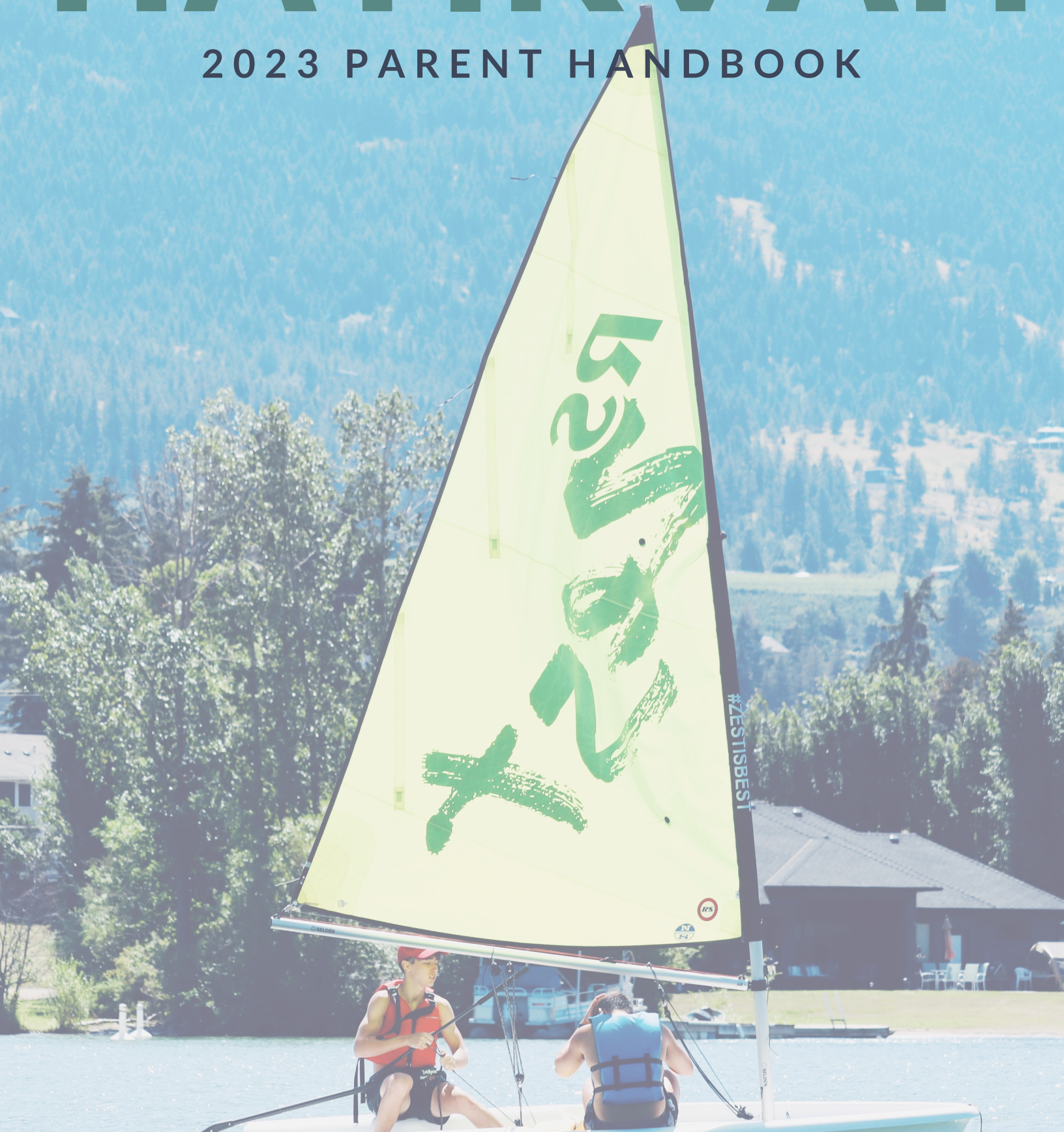


HATIKVAH

2023 PARENT HANDBOOK





INTRODUCTION

This handbook has been compiled to prepare you and your child for the summer experience ahead. Please read through it carefully and discuss relevant sections with your child.



SAFETY, HEALTH & WELLNESS

We know that sending your child to overnight camp can be both exciting and nerve-wracking. All year long, you take great care of your children and you want to be sure that the camp is going to do the same.

This section of our handbook is designed to to give you a bit of background into our general safety, health and wellness procedures so that you can rest assured that your children are in an environment where they will not only have fun but also be well cared for.

SAFETY

Our first priority at Camp Hatikvah is to ensure that your children are experiencing all we have to offer in a safe environment. To follow are some examples of how we strive to offer your children the safest summer experience possible:

Counsellors: The team at Camp Hatikvah is composed of approximately 70 youth. Most were campers with us or in our Young Judaea sister camps across Canada and all have a rich love for Jewish Camping. We are also very lucky to be able to welcome Israeli staff to help us create a meaningful connection between our countries.

In order to be selected to be a counsellor at Hatikvah, candidates must go through a careful application process including an interview and reference check. They also must exhibit compassion, intelligence, leadership ability and show a keen excitement for working with children.

Childcare: We have an excellent counsellor to camper ratio of close to 1 to 3 and very strict guidelines regarding supervision and care. We provide our counsellors with extensive pre-camp training to ensure that they are able to meet the diverse needs of our campers as well as constant supervision and evaluation during camp so that we can ensure they are emulating all that we expect from them.

Procedural Preparedness: During training, our counsellors are mandated to learn all of our emergency preparedness plans and practice fire, unwanted intruder, missing camper, water and emergency drills. Each counsellor has either their Emergency First Aid certification or their Standard First Aid.

Prevention: Above all else, we practice the importance of prevention. While we are prepared to deal with many different emergencies that may arise, our goal is not to have to use those skills at all. We have well established rules and regulations for both our campers and staff and strive daily to create an environment that is as safe as possible for your children.

HEALTH & WELLNESS

Healthcare: We have a very well-equipped infirmary on site that is always staffed by at least one Registered Nurse who is there to promote good hygiene and health in our participants, distribute medications and deal with any medical issues that arise during Camp. Our nurse(s) will be supported by volunteer doctors who will either be onsite or practicing telemedicine throughout the summer.

Nutrition: Meals are planned with great care. We provide campers with 3 well-balanced kosher-style (meat is kosher and not mixed with dairy) meals per day as well as healthy snacks throughout the day.

Physical Activity: Camp is action packed! Whether kids are engaging in our organized programming or just walking from activity to activity, our campers spend the vast majority of the day on their feet enjoying their surroundings and our many incredible activities.

Emotional Growth: Summer camp is a place where a great deal of personal growth is encouraged. Our program is designed to allow participants to strengthen relationships, discover new talents and develop a strong sense of independence and self-confidence. This allows campers to grow in a way unparalleled with most other childhood programs.

Your children are in great hands at Camp Hatikvah. Rest assured that we will contact you if there are issues that we feel you should be made aware of and we will work together with you to come up with positive solutions that are in the best interest of your child.



ANTICIPATED SAFETY, HEALTH & WELLNESS QUESTIONS

My child needs to take daily medication. Can you accommodate this?

Many of our campers come to us with medical routines including medication regimens. We can happily and safely accommodate these campers.

In order to ensure the safety of all our campers, all prescriptions, over the counter medications and vitamins sent to camp must be stored in the infirmary. If your child takes daily medication and supplements, please ask your pharmacist to prepare these meds in "7 day card" bubble packaging. Any non-daily medications as well as creams, inhalers etc. can be sent up to camp in their original packaging with your child's name labeled clearly on it.

If your child's medication has been altered in any way from what is indicated on their medical form, please contact the camp office in advance of your child's arrival to camp.

Will I be notified if my child visits the infirmary?

No. Campers visit the infirmary for a variety of matters and most reasons are minor.

Will I be notified if my child is placed on prescribed medication?

Yes. If your child is prescribed medication by the camp Doctor, you will be notified.

Will I be notified if there is a confirmed case of COVID at camp?

No. Families should expect that there will be COVID cases at camp this summer and trust that it will be managed.

How do you create the camp menu?

This year we surveyed all of the campers and counsellors to ask what their favourite camp foods are. We have used those responses to create our 2023 menu.

Given that you are building the menu based on what the kids want, how will you ensure that there are healthy choices?

The main choice at every meal will be made up of a kid-friendly base but it will always be accompanied by a salad or veggie option. In addition to this, campers and counsellors can always enjoy our plentiful salad bar (see page to follow).

What is on the salad bar?

We will strive to offer the following items on our salad bar most days: Assorted Leaves, Broccoli, Carrots, Cauliflower, Cheese (dairy meals only), Chickpeas, Cucumber, Edamame, Eggs/Egg Salad, Olives, Peppers, Pickles, Tomatoes, Tuna Salad, Hummus and Dressings.

Will fresh fruit be available?

Fresh fruit will be a part of the daily breakfast menu and will also be available for snacking.

Are mid-day snacks available?

This year we are adding in a 30-minute snack time between lunch and dinner where participants can grab a popsicle and visit our bagel bar.

Can my child pick their portion sizes at camp?

Yes. Campers and counsellors will be allowed to self-select both their choices and their portions. With that said, everyone will be expected to remember that they are a part of a community. Campers and counsellors will be asked to think of the needs of others when choosing the size of their first portion. Once everyone has made their first plate, everyone is welcome to take seconds (or thirds and fourths if desired).





PROGRAM APPROACH

This section of the handbook is designed to give you a little insight into how your children will be spending their days at camp with us.

PROGRAM APPROACH

Overview: Camp Hatikvah takes a recreational approach to programming where the focus is on building confidence and relationships. While we are pleased to be able to offer a wide array of activities (click here for a list: <https://www.camphatikvah.com/our-program>), we believe that the true value of our program is not measured by what participants do all day but how they do it. Campers are immersed in a group setting where they must learn to live and cooperate with others. In doing so they learn a great deal about themselves and what it means to be a member of a community. This personal growth, along with the lifelong Jewish friendships camp inspires, is what truly makes a summer at Hatikvah an experience not to be missed!

Units: Our campers are broken into the following units by age for both programming and supervision:

Camper Grade	First Session Unit	Second Session Unit
2	N/A	Giborim or Chalutzim
3	Chalutzim	Chalutzim
4	Chalutzim	Gesher
5	Gesher	Gesher
6	Gesher	Kochot
7	Kochot	Kochot
8	Kochot	Kochot
9	SITS	SITS
We are also delighted to welcome 1st time campers in Grades 1 & 2 to our special NEW Sleepover @ Hatikvah program for two days at the end of Second Session.		

Accommodations: Campers in our Sleepover @ Hatikvah Program, Giborim, Chalutzim and Gesher units live in large cabins that house maximum of 14 or 16 campers and, in most cases, 3 counsellors. These cabins include toilet and sink facilities. Shower facilities are just a short walk away.

Campers in Kochot and SITs live in small cabins that house between 4 to 6 campers. As one of the purposes of Kochot and SITs is to encourage independence, counsellors live separately from campers in cabins that are close by. Washroom & shower facilities are also just a short walk away.

PROGRAM APPROACH CONTINUED

Daily Schedule: To follow is a sample of a regular day at camp. Please note that Shabbat and other special days will look different:

	Chalutzim/Gesher	Kochot	SITS
7:45	Wakeup	Wakeup	Wakeup
8:15	Mifkad (flag)	Mifkad (flag)	Mifkad (flag)
8:30	Breakfast	Breakfast	Breakfast
9:15	Nikayon (cabin cleanup)	Nikayon (cabin cleanup)	Nikayon (cabin cleanup)
9:30	Land Chug	Dock Period	Dock Period
10:30	Land Chug	Dock Period	Dock Period
11:30	Dock Period	Land Chug	Land Chug
12:15	Rechitzah (change for lunch)	Rechitzah (change for lunch)	Rechitzah (change for lunch)
12:30	Lunch	Lunch	Lunch
1:15	Menucha (rest)	Menucha (rest)	Menucha (rest)
2:45	Dock Period	Unit Activity	Sports
3:30	Bagel Bar/Popsicle Fun	Bagel Bar/Popsicle Fun	Bagel Bar/Popsicle Fun
4:00	Dock Period	Sports	Hadracha (leadership)
5:00	Cabin Activity	Dock Period	Dock Period
5:45	Rechitzah (change for dinner)	Rechitzah (change for dinner)	Rechitzah (change for dinner)
6:00	Mifkad (flag)	Mifkad (flag)	Mifkad (flag)
6:15	Dinner	Dinner	Dinner
7:30	Evening Program	Evening Program	Evening Program



COMMUNICATION

This section deals with communication between you and the camp
and you and your child.

CAMP/PARENT COMMUNICATION

We view you as our partners in your child's care and we will absolutely contact you in the following circumstances:

- If your child is experiencing serious medical/dental situations you will be contacted by the Camp Nurse or Doctor, and/or the Executive Director.
- If your child is being placed on prescription medication by a Physician you will be contacted by our Camp Nurse or Doctor.
- If your child needs to stay overnight in the infirmary, you will receive a phone call from one of our camp Nurses/Doctor or Executive Director
- If your child is experiencing significant social or behavioural concerns, (including serious homesickness) you will be contacted by the Executive Director or Associate Director.

If you do not hear from us, your child is likely having a wonderful and successful experience with us. Please remember, no news is good news.

If you need to contact us:

If you have a question, comment or concern please visit www.camphatikvah.com to submit a contact request and someone will get back to you as soon as possible.



PARENT/CHILD COMMUNICATION

Incoming Email: Parents and grandparents are invited to send emails to their children by visiting our website. We are delighted to be able to offer this service on a complimentary basis from Monday to Friday. Please note that campers DO NOT have the opportunity to respond to emails; this is a one-way service.

Other family members and friends are welcome to send mail to their children via Canada Post.

Camp Hatikvah has a no-package policy. Please do not send anything to your child from home or have online shopping delivered to them as the packages WILL NOT be accepted.

Outgoing Mail: Outgoing mail will be sent via Canada Post. However, if you live or are travelling outside B.C., your child will be able to send you an email on Tuesdays and a Shabbat-O-Gram on Fridays (see below).

Shabbat-o-Gram: Every Friday, campers will be offered the opportunity to send one electronic "Shabbat-o-Gram" to their parents if desired (see below). These emails will be sent by us to the person listed as "Parent 1" in your child's campminder account.

Camper/Parent Communication Policy: Receiving letters from you is a very important part of your child's camp experience and we encourage you to write to your child at least twice a week. The amount a child chooses to write home to you, however, is left entirely up to them. Some children write home daily while others choose not to write home very often or at all. We recognize that not hearing from your child can be very difficult but we hope that you will come to appreciate that letting your child dictate if and when they communicate with you is all a part of the important growth experience they are having while with us.

Helpful Hint: We receive A LOT of return mail during and after the summer. To ensure your child's letter gets to you please PRE-ADDRESS and STAMP your children's envelopes for them in advance of camp.

ANTICIPATED COMMUNICATION QUESTIONS

How do I contact the camp during the summer?

If you have a question, comment or concern please visit www.camphatikvah.com to submit a contact request and someone will get back to you as soon as possible.

Why do I need to use your contact request form? Why can't I just email you my question or concern?

Camp is a busy place. Sometimes an email will be read but a response cannot be immediately given and then the request 'drifts down' the inbox. We would like to avoid this.

Our contact request form connects to a database that allows us to make sure that every question or concern is tracked and answered. This creates a simple "check and balance" system to ensure that your needs are met.

Should I let the camp know if I receive a concerning letter from my child?

Absolutely! If you receive a letter from your child that indicates that they are unhappy or had a negative experience please let us know so that we can check in on them. It is very important to us to have this information so we can help solve the issue. Most of the time the issue has been resolved by the time you receive the letter, but we are still grateful to be kept informed.

Why can't my child's uncle or friend send them an email?

We have over 200 campers on camp and receive well over that number of emails per day from parents and grandparents. Each of these emails have to be printed and sorted and so we simply have to put some limits on what we can manage. Unlike other camps, we offer this service on a complimentary basis and are trying to balance needs and capabilities.

Extended family and friends are, however, welcomed and encouraged to write via Canada Post. We have not included the address here because this handbook is posted online but it will be sent out to all parents in advance of camp.

Why do you not accept care packages?

Kids have everything they need at camp – great activities and great friends – and we think that should be the focus. Packages create unnecessary emotions in the cabin environment and unnecessary pressure on parents. This policy is intended to simplify things for all involved and we are grateful for your cooperation.

What happens if I don't see a photo of my child on your website for a few days? Does this mean that they are having a miserable time? Should I contact you to let you know I haven't seen them?

We appreciate that every parent wants to see photos of their child regularly. However, parents must understand that each camper responds to the photographer differently. Some kids love to have their photo taken and others just aren't that interested. This, more than anything else, affects the number of times you will see them on our website.

If you don't see your child as often as you would like, please **DON'T WORRY** and please **DON'T CONTACT US**. The amount a child appears in photos is not reflective of the type of experience they are having! Do not read too much into what you see – it will cause you unnecessary stress at a time when you should be relaxing and enjoying your partner, friends or other children.



TRANSPORTATION

This section on transportation is for campers in our regular sessions only. Campers attending the Sleepover @ Hatikvah program should read the blue section on the following page.

Bus Transportation to and from Vancouver:

Camp Hatikvah is pleased to be able to offer bus transportation to camp from Vancouver and from camp to Vancouver on a complimentary basis provided your transportation forms are completed by June 1st (beyond that date, service will be space dependent). These forms can be found in your Campminder account.

Buses depart from the Magee Secondary School (6360 Maple St. Vancouver) parking lot off of West 49th at 7:00 am

To ensure efficiency, please follow these instructions upon arrival:

- Please arrive at the Magee parking lot between 6:30 and 6:45 am
- Please enter the parking lot from Maple Street where you will be checked in by a volunteer and then asked to find a parking spot.
- Please park and then remove your child's luggage from your car and place it on the luggage truck.
- Please walk your child to their assigned bus for a hug and a goodbye.

Buses will return to the Magee Secondary School parking lot on the final day of the session. The exact time will be based on traffic but we will send regular updates throughout the morning.

Air Transportation to and from Kelowna:

- Campers from outside British Columbia are welcome to fly to and from the Kelowna airport at their own expense. Camp Hatikvah will provide complimentary transport to and from camp from the airport for these campers if provided with the flight information.
- All children traveling by plane must have appropriate identification. Please consult with the airline to ensure all requirements are met.
- If your child's luggage is overweight, the camp will pay the additional charges on your behalf at the airport and then charge your credit card on file upon return to camp.

TRANSPORTATION

Parent drop-off/pickup at camp:

Families are welcome to drive their children to and from camp.

If you wish to drop your child off at camp, please do so between 10:45 am and 11:30 am on the first day of their session. **Please note, that we will not be allowing visits or tours at this time. Drop-off will be a quick 5 minute experience where parents will be required to stay by their car.**

If you wish to pick up your child from camp, please do so between 7:30 am - 8:30 am on the final day of their session. At this time, we would be delighted to allow you to walk around camp with your child if desired (provided your child is not in Giborim or Kochot Plus as we cannot welcome guests while our program is in session).

INSTRUCTIONS FOR SLEEPOVER AT HATIKVAH PARTICIPANTS:

Campers participating in our Sleepover @ Hatikvah session should be dropped off at our camp gate on Sunday, August 13th between 11am and 11:30 am.

Please note, that we will not be allowing visits or tours at this time as camp will be in session for our older campers. You will be dropping off your child outside the camp gate.

At the end of the program on August 15th, campers can either:

1. Be picked up from camp between 7:30 am - 8:30 am. At this time, we would be delighted to allow you to walk around camp with your child if desired.
2. Sign up for bus transportation back to Vancouver for the cost of \$100. Parents will then pick their children up at Magee Secondary School with the other returning campers.



PACKING

Campers are welcome to bring up to two duffle bags to camp this summer.

If your child is travelling by plane, please note that you will be required to repay the camp for any excess luggage charges incurred at the airport.

Laundry service by an outside company will be provided at least two times during First Session and once during Second Session/Giborim.

Please clearly label each item your child brings to camp with their first and last name.

PACKING LIST - REGULAR SESSIONS

This packing list is for campers in our regular sessions. If your child is participating in the Sleepover @ Hatikvah program, please see the list on the next page.

CLOTHING:

- 10 short-sleeved or sleeveless tops
- 2 long-sleeved tops
- 3 sweatshirts
- 6 pairs of shorts
- 4 pairs of pants
- 12 pairs of underwear
- 10 pairs of socks
- 2 pairs of sleepwear
- 5 swimsuits
- 1 bathrobe or shower towel
- 1 warm rain jacket
- 2 special outfits for Shabbat/Banquet
- 2 pairs of running shoes
- 2 pairs of sandals or flip-flops
- 4 hats (visors are not acceptable)
- 2 kippas for boys

BEDDING AND TOWELS:

1 Duvet/blanket, 2 fitted sheets, 1 flat sheet, 1 pillow, 2 pillow cases, 6 thin beach towels, 2 bath towels, 1 face cloth, 1 sleeping bag for overnights/overnights.

TOILETRIES:

1 Shower caddy, 1 bottle liquid soap, 1 bottle of shampoo, 1 bottle of conditioner, 1 toothbrush in a closable case, 1 tube of toothpaste, 1 comb/brush, 2 bottles of sunscreen, 1 bottle of moisturizer, 2 bottles of mosquito repellent, 1 bottle of afterbite.

MISCELLANEOUS:

1 mesh laundry bag labeled with your campers name (no garbage bags please), paper, envelopes & stamps for letters, 5 pens, 1 flashlight with batteries, 2 reusable water bottles.

PACKING LIST - SLEEPOVER @ HATIKVAH

This packing list is for campers in our SLEEPOVER @ HATIKVAH PROGRAM. If your child is participating in our regular sessions, please see the list on the previous page.

CLOTHING:

- 3 short-sleeved or sleeveless tops
- 1 long-sleeved top
- 1 sweatshirt
- 3 pairs of shorts
- 1 pairs of pants
- 4 pairs of underwear
- 2 pairs of socks
- 1 piece of sleepwear
- 3 swimsuits
- 1 bathrobe or shower towel
- 1 warm rain jacket
- 2 special outfits Banquet
- 1 pair of running shoes
- 1 pair of sandals or flip-flops
- 2 hats (visors are not acceptable)

BEDDING AND TOWELS:

1 Duvet/blanket, 1 fitted sheet, 1 flat sheet, 1 pillow, 1 pillow case, 3 beach towels, 1 bath towel, 1 face cloth.

TOILETRIES:

1 Shower caddy, 1 bottle liquid travel sized soap, 1 bottle of travel sized shampoo, 1 bottle of travel sized conditioner, 1 toothbrush in a closable case, 1 tube of toothpaste, 1 comb/brush, 1 bottle of sunscreen, 1 bottle of mosquito repellent, 1 bottle of afterbite.

MISCELLANEOUS:

1 flashlight with batteries, 2 reusable water bottles.



THE A.B.C'S OF CAMP HATIKVAH

The following section has been designed to provide you with a quick reference guide to anything and everything you may need to know while your child is under our care this summer. We have arranged it alphabetically for ease.

THE A.B.C.'S OF CAMP HATIKVAH

Allergies: All allergies should have been listed on your child's camper medical form. Any changes or new developments that occurred after you submitted the form should be sent to the office IN WRITING to admin@camphatikvah.com as soon as possible.

Birthdays: Campers who are celebrating their birthday at camp are able to call home on their special day. If this applies to your child, please complete the following form to schedule your call: <https://form.jotform.com/231194598634264>. Calls will ONLY be made to people who complete this form by July 1st so please ensure to do so in a timely manner.

PLEASE NOTE: If your child has been having a challenging time at camp, it may not be in the best interest of your camper to receive their birthday call. This will be discussed between the Camp Director and the birthday campers parents. If you believe your child is likely to experience some homesickness, please do not tell them about the potential of a birthday call in case it isn't in their best interest to make it.

Cabin Requests: In March, all campers were invited to submit cabin-mate requests. Returning campers were required to submit a minimum of 4 names and we are happily able to guarantee that they will be placed with at least 1 of those requests. New campers/campers changing sessions can submit as many or as few requests as they want and we are happy to be able to guarantee that they will be placed with at least 1 of those requests. Beyond that, campers should expect to be in a cabin with friends old and new. Please encourage your children to be open and excited about the opportunity to build new friendships; after all that is a huge part of what camp is all about.

Care Packages: Camp Hatikvah has a no-package policy. Please do not send anything to your child from home or have online shopping delivered to them as the packages WILL NOT be accepted.

Cash: Please do not send your camper with cash as it is not needed.

Cell Phones & Electronics: Electronics have become a very important part of our daily lives. While we appreciate the value they provide, we also feel that camp offers the perfect (and important) opportunity for children to 'unplug.' This allows them to focus their time and energy on enhancing their experience and relationships. With this in mind, most electronic devices are prohibited at camp (for a complete list of prohibited items, please see the appendix of this handbook).

Dress: Clothing & bathing suits should be appropriate for a children's camp setting. If a camper's clothing or bathing suit is deemed inappropriate or offensive, they may be asked to change.

Food & Nutrition: Meals are planned with great care. We provide campers with 3 well-balanced kosher-style (meat is kosher and not mixed with dairy) meals per day. Additionally, healthy snacks are available throughout the day if campers are hungry.

Please do not send your children to Camp with any food. We have many children with severe (and often life-threatening) allergies. Thus, all food consumed at camp must be provided by the camp. Any food items brought on to camp will be confiscated and not returned.

Head Lice: In an effort to prevent lice at Camp Hatikvah, we hire an outside company to come on the first day of camp to assist in the head screening and treatment (if required) of lice. Camp Hatikvah covers the cost of the screening. However, if lice is present at that time, parents will be responsible for the cost of the treatment.

Health Card: All campers from B.C. must provide us with a valid B.C. Care Card Number. For our international and out of province campers, please make sure you have coverage in B.C. and/or insurance. Any medical expenses not covered by the B.C. Health card or insurance, will be charged to your credit card on file.

Homesickness: Homesickness is a very normal part of the camp experience and we are very good at dealing with it. Please allow us to care for your child during this learning experience and rest assured that we will call you if their homesickness reaches a level that is not considered normal or healthy.

Infirmery: We have a very well-equipped infirmary on site that is staffed by at least one Registered Nurse at all times. The nurse(s) promote good hygiene and health in our participants, distribute medications and deal with any medical issues that arise during Camp. Our nurse(s) will be supported by volunteer doctors who will either be onsite or practicing telemedicine.

Insects: Mosquitoes and other insects are part of life in the outdoors at Camp. Please make sure that your camper has enough bug repellent packed for their length of stay. Bugs are attracted to perfumes so please pack non-perfumed toiletry items for your camper's comfort.

Laundry: Laundry service, which is done by an outside company, is available at least two times during First Session and one time during Second Session. Campers in Giborim and our Sleepover @ Hatikvah program will not receive laundry service.

Medication: All prescriptions, over the counter medications and vitamins sent to camp must be stored in the infirmary. If your child takes daily medication or supplements, please ask your pharmacist to prepare these meds in “7 day card” bubble packaging. Any non-daily medications as well as creams, inhalers etc. can be sent up to camp in their original packaging with your child’s name labelled clearly on it. These items must also be stored in the infirmary.

Personal Property: With their schedules filled with friends and fun, campers misplace things and sometimes leave things behind. We try to get as many labeled items as possible back to the rightful camper but please know that this doesn’t always happen. Campers need to understand that they are responsible for knowing where their belongings and personal property are at all times. Camp Hatikvah is not responsible for any lost or stolen property at camp. It is up to the campers and parents to have all items (not just clothing) brought to camp clearly labeled with the camper’s name. We recommend items of high value (sentimental or otherwise) are left safely at home.

Phone Calls: Campers are not permitted to speak to their parents on the phone unless it is their birthday (please see restrictions listed under "Birthdays").

Photos: We are pleased to be able to offer you complimentary access to view and download our summer photos.

Summer photos will be posted from Sunday to Friday (there will be no photos posted on Shabbat). We will make every effort to post photos between 9:00 am and 12:00 pm but there may be a delay from time to time. Thank you in advance for your understanding and patience.

Please also be aware that access to our photo gallery is relegated to parents and grandparents of current campers and counsellors ONLY and each person will need to apply for a new access each year. We will not be approving requests from friends, aunts, uncles, cousins, etc. because it is too hard for us to discern who should be given access or not. If your loved ones would like to see photos of your children at camp, you are welcome to download the images and send them directly to them.

Prohibited Items: Camp Hatikvah has strict policies in place surrounding prohibited items at camp. All parents are required to read our “Prohibited Items Policy” (see appendix) in advance of camp and share appropriate sections with their child. We will also explain all of our rules and expectations to your children upon arrival at camp.

Special Dietary Needs: All special dietary needs should have been listed on your child's camper medical form. Any changes or new developments that have occurred since you submitted the form should be sent to the office at admin@camphatikvah.com as soon as possible.

Social Behaviour: Camp Hatikvah has strict policies in place surrounding behavioural expectations. All parents are required to read our "Camper Social Behaviour Policy" in advance of camp and share appropriate sections with their child. We will also explain all of our rules (including those not included in the Social Behaviour Policy) and expectations to your children upon arrival at camp.

Sun Protection: We encourage all camper to wear a hat and to apply and reapply sunscreen regularly. For the health and safety of your camper, please discuss the importance of remembering sunscreen, and wearing of hats prior to camp.

Swimming: For safety reasons, each camper's swimming ability will be assessed at the beginning of each session. This is not a "Pass or Fail" test – it is an assessment to ascertain the swimming ability of each camper. Depending on each individual assessment, campers may be required to wear a Personal Flotation Device (PFD) while swimming.

ALL campers regardless of ability are required to wear a PFD when playing on the inflatable water toys or while in boats.

Visitors: Visitors during camp sessions are not permitted.



SETTING YOUR CHILD UP FOR SUCCESS

While you are not physically at camp with your child, you do play a huge role in the success of their summer experience. The following section provides you with some of things you should and should not do to help ensure that your child has the most successful summer possible.

THINGS TO TALK ABOUT WITH YOUR CHILDREN

Camp Rules: While camp is a super fun place to be, we also have a lot of rules which are designed to keep our campers safe and happy. We believe children are more inclined to follow the rules when they know that their parents support the rules as well. With this in mind, in the appendix of this handbook you will find a copy of our Social Behaviour Policy and our Prohibited Items Policy. As a requirement of sending your child to us, you are required to read these policies and discuss appropriate sections with your child. Please act as our partners in their care by articulating your support of our policies to your children before they go to camp.

Kindness: Please speak to your children about kindness and your expectation that they will be inclusive to all of their peers. While we offer a plethora of incredible activities, the most important part of what we do is teaching children the value of community and the responsibilities that go along with being a part of one.

Opportunities: Please remind your children that they are at camp to have a good time and to try new things. Encourage them to embrace every opportunity to the fullest. We will do our best to expose them to new activities but we know our chances of success, and thus their chances of enrichment, are greater if parents share this messaging as well.

Reporting: Please remind your child that the people at camp are there to ensure that they have a wonderful summer experience. Please stress to them, as we will, that we cannot solve a problem if we are not aware of it and that they should feel safe and comfortable to advise Liza or Eden if anyone (camper or counsellor) is making them feel unsafe or unhappy. Please also advise that if they are not comfortable expressing a concern verbally, they can leave a note in a special white mailbox at the front of the Diamond Kneset.



THINGS NOT TO TALK ABOUT WITH YOUR CHILDREN

Your emotions: Sending your child to camp is difficult and most parents feel some stress when they do so. Often parents deal with their own feelings by telling their children how much they are going to miss them. They do so with the belief that this will help their child feel secure. Unfortunately, it often has the opposite effect. Believe it or not, many children start to feel guilty when they think their parents are going to miss them too much and this makes it harder for them to be successful. With this in mind, when preparing your children for camp, we encourage you to use language like "I am so excited for you to get to have this experience" or "I can't wait to hear all about the wonderful new things you try at camp" etc.

Exit Strategies: Please do not tell your children that you will come and get them if they are homesick or that you will be vacationing in the area in case your camper needs you. When a child knows that they can simply leave if things get a little hard for them, they are less likely to put the effort in to get through a challenging time. We have very good systems in place to support homesick campers. Please trust that we will care for your children and that we will advise you if we think their homesickness has reached a point that is not considered normal.





APPENDIX - POLICIES

Camp Hatikvah aims to provide children with a rewarding experience by allowing them to grow and learn in a safe and fun environment. This requires the cooperation and consideration of all members of the Camp Hatikvah community.

While we will be going over all of our camp rules and policies with your children upon their arrival at camp, we wanted to share two of our policy documents with you in advance of their arrival so that we can work together to ensure your child's success.

The policies to follow provide a framework for behavioural expectations and transparency on how breaches of our policies and rules will be addressed. Please read through them and share appropriate sections with your children so that, together, we can create and maintain a safe and enjoyable experience for all.



SOCIAL BEHAVIOUR POLICY

All parents/guardians are expected to read our Social Behaviour Policy and discuss appropriate sections with their children.

Camp Hatikvah Camper Social Behaviour Policy

Purpose: The purpose of this policy is to foster a safe, respectful and caring camp environment for both individual campers and the camp community as a whole.

Definitions:

For the purpose of this policy:

- (a) **Camp Hatikvah Community** means any camper, employee, volunteer or guest of the Camp Hatikvah Foundation (**Camp Hatikvah**).
- (b) **Camper(s)** means a participant in the activities and programming offered by Camp Hatikvah, regardless of where the activity and programming occurs.
- (c) **Counsellor** means an employee or volunteer of Camp Hatikvah, whether charged with supervision of camper responsibilities or not, including the Management Team.
- (d) **Executive Director** means the individual employed by Camp Hatikvah to manage and operate the operations of Camp Hatikvah (the **Camp**) as its Executive Director.
- (e) **Management Team** means the following employees: the Executive Director, the Associate Director, and those Employees designated by the Executive Director as the next most senior management tier at the Camp, whether termed managers, senior staff, or otherwise.
- (f) **Summer Board** means a small group of Board members authorised to make decisions on behalf of the entire Board during the summer season.
- (g) **Unit Head** means an employee or volunteer of Camp Hatikvah that is charged with the supervision of a camper unit.

Policies:

1. Unkind Behaviour Policy:

Definition:

Unkind behaviour occurs when someone says or does something that is deemed by the Management Team to be hurtful or derogatory to another person.

Policy: Campers are required to treat all members of the Camp Hatikvah Community with kindness and respect.

2. Violent Behaviour Policy:

Definition:

Violent behaviour occurs when someone hits, shoves, pushes, kicks, punches or is otherwise physically aggressive to another person.

Policy: All Campers are required to refrain from any and all acts of violence.

3. Disruptive Behaviour Policy:

Definition: Disruptive behaviour occurs when a camper's behaviour is deemed by the Management Team to negatively affect the experience of others and/or the implementation of our program.

Policy: All campers are required to be positive members of the Camp Hatikvah Community. This means that they participate in Camp programming, follow the rules outlined by the Management Team and show respect to the counsellors responsible for their care and experience.

4. Unsafe Night-Time Behaviour Policy:

Definition: Unsafe night-time behaviour occurs when campers violate curfew by leaving their designated sleeping quarters unsupervised after bedtime.

Policy: Camp Hatikvah's curfew rules have been designed to protect the health and safety of all members of our Camp Hatikvah Community and, therefore, all campers are required to comply.

5. Offensive Language Behaviour Policy:

Definition: Language or behaviour that negatively refers to race, ethnicity, nationality, class, religion, belief, sex, gender, language, sexual orientation, gender identity, sex characteristics, age, health, physical attributes or other status of another person.

Policy: Campers are required to refrain from using language or behaviour that negatively refers to race, ethnicity, nationality, class, religion, belief, sex, gender, language, sexual orientation, gender identity, sex characteristics, age, health, physical attributes or other status of another person.

6. Threatening or Intimidating Behaviour Policy:

Definition: Threatening or intimidating behaviour occurs when a camper threatens or intimidates by word or conduct to cause physical injury to another person.

Policy: Campers are required to respect the dignity and safety of others. They must never threaten or intimidate another member of our Camp Hatikvah Community.

7. Hazing Behaviour Policy:

Definition: Hazing occurs when an individual camper or a group of campers intimidates, humiliates, degrades or risks emotional and/or physical harm to another member of the Camp Hatikvah Community.

Policy: Hazing is prohibited at Camp regardless if one is a willing participant.

8. Bullying Behaviour Policy:

Definition: Bullying is a pattern of unwelcome or aggressive behaviour that hurts others physically and/or emotionally.

For a situation to be considered a bullying incident, three indicators are usually present:

- Power – individual(s) who bully acquire their power through physical size and strength, by status within the peer group, or by recruiting support of the group.
- Repetitive – bullying is not a random act.
- Intent to harm – individual(s) who bully generally do so with the intent to either physically or emotionally harm the target of such behaviour.

Policy: Bullying behaviour, as defined by Camp Hatikvah, is prohibited.

9. Anti-Social Behaviour Policy:

Definition: Anti-Social behaviours occur when Campers show a pervasive disregard for the rights and safety of others or themselves.

Policy: All Campers are required to respect the rights of others.

Policy Violations:

The action(s) that Camp Hatikvah will take to address a violation of any of the above will be dependent on the Management Team's assessment of the nature, impact, and/or frequency of the policy violation in consultation with the Summer Board. The range of actions that Camp Hatikvah will apply to policy violations include one or more of the following:

- A member of the Management Team, or an individual designated by the Management Team, will talk to the Camper(s) about their behaviour while verbally outlining future expectations.
- The Camper(s) will be required to remedy the situation with their peer(s).
- The Camper(s) will be required to perform a service to the camp in lieu of an activity.
- The Camper(s) will not be able to participate in an upcoming activity. This could include an on-camp or off-camp experience as determined by the Management Team.
- The Executive Director will place the Camper(s) on a "Behavioural Expectations Contract" with clearly defined behavioural expectations. If the Camper(s) cannot abide by the terms of the contract, they may be sent home at the discretion of the Executive Director in consultation with the Summer Board. No refund of fees will be given and families will be responsible for the cost of transport home.
- The Camper(s) will be sent home at the discretion of the Executive Director in consultation with the Summer Board. No refund of fees will be given and families will be responsible for the cost of transport home.
- The Camper(s) will not be able to return to the Camp and may be prohibited from participating in any Camp Hatikvah programming in the future.

Notwithstanding anything in the Camp Hatikvah Camper Social Behaviour Policy, Camp Hatikvah reserves the right, in its sole discretion, to remove any camper from its program if the Executive Director in consultation with the Summer Board feel it is in the best interest of the Camp Hatikvah Community to do so. If this occurs, no refund of fees will be given and families will be responsible for the cost of transport home.

Camp may also report any illegal conduct to the appropriate Municipal, Provincial, or Federal authorities at any time the Camp has, or reasonably believes it has, an obligation to report pursuant to Provincial or Federal laws. In addition, the Camp, in its sole discretion, may report any conduct to the appropriate authorities if it is deemed appropriate in the circumstances.



PROHIBITED ITEMS POLICY

All parents/guardians are expected to read our Prohibited Items Policy and discuss appropriate sections with their children.

To ensure your child is in compliance of our prohibited items policy, we urge you to be aware of what they are bringing to camp by packing with them and confirming with them that they are not breaching any of our rules.

Please note that many of these policies are designed for our older campers and may not need to be shared with young campers. Please use your parental discretion when deciding what to review with your child in advance of camp.

Camp Hatikvah Prohibited Items Policy for Campers

Purpose: Camp Hatikvah (**Camp**) is committed to creating a safe, secure and wholesome environment for our campers, volunteers and staff.

Definitions:

For purposes of this policy:

(a) **Alcohol** includes, but is not limited to, wine, beer, distilled spirits and any liquid containing ethyl alcohol (excluding hand sanitizer), whether or not intended as a beverage.

(b) **Camper(s)** means a participant in the activities and programming offered by Camp Hatikvah, regardless of where the activity and programming occurs.

(c) **Cannabis** means any type of cannabis product, regardless of whether purchased legally, illegally, or obtained by legal prescription.

(d) **Communication Devices** include, but are not limited to, cell phones and any devices that are capable of communicating information via email, text messaging, social networking, blogs, personal websites or otherwise.

(e) **Drugs** means any substance other than Alcohol or Cannabis that can change the way the body and/or mind functions. Note that drugs obtained by legal prescription are not prohibited if they are submitted and stored in the infirmary and their use at camp is allowed and monitored by our medical team.

(f) **Drug Paraphernalia** means any equipment, product or material of any kind which is primarily intended or designed for use in manufacturing, compounding, converting, concealing, producing, processing, preparing, injecting, ingesting, inhaling, or otherwise introducing Drugs into the human body, including without limitation bongs, roach clips, miniature spoons, rolling papers and various types of pipes.

(g) **Electronic Devices** include, but are not limited to mobile phones, tablets, kindles, walkie-talkies, televisions, and computers. Notwithstanding this however, electronics that only play music or take pictures (i.e., without cellular or wi-fi capabilities) are permitted.

(h) **Executive Director** means the individual employed by Camp Hatikvah to manage and operate the operations of Camp Hatikvah (the **Camp**) as its Executive Director.

(i) **Flammable Items** include, but are not limited to, matches, lighters, mosquito coils, butane, incense, hot pots, fireworks and candles as well as anything else that can create a flame.

(j) **Management Team** means the following employees: the Executive Director, the Associate Director, and those Employees designated by the Executive Director as the next most senior management tier at the Campsite, whether termed managers, senior staff, or otherwise.

(k) **Medical Team** means the following: the Board Medical Director, the Volunteer Doctor and our Camp Nurse(s).

(l) **Recording Devices** include any item that is capable of recording video.

(m) **Summer Board** means a small group of Board members authorised to make decisions on behalf of the entire Board during the summer season.

(n) **Tobacco Products** include, but are not limited to, cigarettes, cigars, vaping liquid and paraphernalia, and other tobacco products.

(o) **Weapons** include any item used, designed to be used or intended for use in causing death or injury to any person or animal.

Policies:

1. Alcohol, Cannabis, Drugs, Drug Paraphernalia, Tobacco Products and Weapons Possession Policy

Policy: No Camper shall be in possession of Alcohol, Cannabis, Drugs, Drug Paraphernalia, Tobacco Products or Weapons.

Searches: Where the Management Team has reason to believe that a Camper is in possession of Alcohol, Cannabis, Drugs, Drug Paraphernalia, Tobacco Products or Weapons, the Executive Director or a member of the Management Team identified by the Executive Director may direct a search of the Camper's property. All searches shall be conducted by at least two members of the Management Team and may not be in the presence of the Camper.

Policy Violations: A Camper found in violation of this policy:

1. Will have the Alcohol, Cannabis, Drugs, Drug Paraphernalia, Tobacco Products or Weapons of which they are in possession confiscated and such items will be disposed of without further notice; and
2. Will be sent home from Camp for the duration of the summer. If this occurs, no refund of fees will be given and families will be responsible for the cost of transport home.

2. Alcohol, Cannabis, Drugs, Tobacco Usage Policy

Policy: No Camper shall use or be under the influence of Alcohol, Cannabis, Drugs or Tobacco.

Enforcement: Whenever any member of the Management Team has reason to believe a Camper has Alcohol, Cannabis, Drugs or Tobacco in his or her body in violation of this policy, the member of the Management Team shall immediately escort the Camper to the Executive Director or a member of the Management Team identified by the Executive Director.

Policy Violations: A Camper found in violation of this policy:

1. Will have the Alcohol, Cannabis, Drugs, Drug Paraphernalia or Tobacco Products of which they are in possession confiscated and such items will be disposed of without further notice; and
2. Will be sent home from Camp for the duration of the summer. If this occurs, no refund of fees will be given and families will be responsible for the cost of transport home.

3. Flammable Items Possession Policy

Policy: No Camper shall be in possession of any Flammable Items.

Searches: Where the Management Team has reason to believe that a Camper is in possession of Flammable Items, the Executive Director, or a member of the Management Team identified by the Executive Director, may direct a search of the Camper's property. All searches shall be conducted by at least two members of the Management Team and may not be in the presence of the Camper.

Policy Violations: A Camper found in violation of this policy:

1. Will have the Flammable Items of which they are in possession confiscated; and
2. May face additional consequences including, but not limited to, a loss of privileges or being sent home from camp at the discretion of the Executive Director and the Summer Board. If the camper is sent home, no refund of fees will be given and families will be responsible for the cost of transport home.

4. Communication & Recording Devices Policy

Policy: No Camper shall be in possession of any Communication or Recording Devices.

Searches: Where the Management Team has reason to believe that a Camper is in possession of a Communication Device and/or a Recording Device, the Executive Director, or a member of the Management Team identified by the Executive Director, may direct a search of the Camper's property. All searches shall be conducted by at least two members of the Management Team and may not be in the presence of the Camper.

Policy Violations: A Camper found in violation of this policy will have the Communication Device and/or the Recording Device of which they are in possession confiscated. It will not be returned under any circumstances.

Camp may also report any illegal conduct to the appropriate Municipal, Provincial, or Federal authorities at any time the Camp has, or reasonably believes it has, an obligation to report pursuant to Provincial or Federal laws. In addition, the Camp, in its sole discretion, may report any conduct to the appropriate authorities if it is deemed appropriate in the circumstances.



QUESTIONS?

**CALL US AT
604-263-1200**