



2023 PARENT MANUAL INFORMATION BOOKLET

We ask that you please take time to read through this packet. The information inside is designed to help prepare you and your child, answer many of your questions, and give insight into how we strive to make B'nai B'rith Camp the best summer camp experience available.

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WELCOME LETTER

We cannot wait to share the 2023 summer season with you and your campers. Their time at Camp will be full of amazing activities, memorable experiences, and a community that will accompany them throughout their time at Camp. It is an honor to take this opportunity to welcome you to BB Camp.

Please carefully read this manual and share it with your child. The most successful campers are those who are prepared for the camp experience. Sharing the information in this manual is one of the ways to prepare your child for Camp.

For over 100 years, BB Camp has been a part of the Pacific Northwest Jewish community, inspiring generations of campers and staff. Since 1921, BB Camp has been dedicated to providing the finest summer experience for today's campers while preparing them to be tomorrow's community leaders. B'nai B'rith Camp has consistently proven to be a great place for youth to learn about themselves, their Jewish identity, their environment, and how to relate to others.

Our goals for campers include:

- ▶ Living Jewish values and ethics
- ▶ Growing self-confidence & self-reliance
- ▶ Discovering your strengths & respecting the strengths of others
- ▶ Building friendships for life
- ▶ Having fun!

We look forward to a safe and enjoyable camping season. If you have any questions, please feel free to reach out to Maddie, Associate Overnight Camp Director, at mnewman@bbcamp.org or 503-452-3443.

With Ruach (Camp spirit),

Maddie Newman
Associate Overnight Camp Director

Michelle Koplan
Chief Executive Officer

CONTACT NUMBERS & INFORMATION

B'nai B'rith Camp

Summer Camp Office Phone: 541-994-2218

In the event of a family emergency, Camp Directors can be reached at any time through the Camp Office. If the Office is closed, call our emergency number at 971-410-0616 (emergency use only, thank you.)

Michelle Koplan, Chief Executive Officer

Phone: 503-452-3444

Email: mkoplan@bbcamp.org

Maddie Newman, Associate Overnight Camp Director

Phone: 503-452-3443

Email: mnewman@bbcamp.org

Marisa Reby, Director of Community Care

Phone: 503-567-7154

Email: mreby@bbcamp.org

Chanel Bourdeau, Administration Manager

Phone: 503-567-7161

Email: cbourdeau@bbcamp.org

Contact Chanel for questions regarding **payment, financial aid, and grants.**



B'nai B'rith Camp office hours (during summer season)

Sunday-Thursday: 9:00 AM to 6:00 PM

Friday: 9:00 AM to 4:30 PM

Saturday: Closed for Shabbat

We check phone messages frequently when the Office is closed, including evenings and throughout Shabbat.

Camp mailing address:

Camper's Name / Grade in Fall 2023

BB CAMP

PO Box 110

Neotsu, OR 97364

We serve over 600 campers throughout the summer. It is imperative that you write your camper's grade (fall of 2023) on every item sent. This greatly helps us sort the bags of mail.

2023 SUMMER CALENDAR

May 15	Balance of all Payments Due . Payments are processed automatically by our registration system. Parents do not need to do anything unless changes need to be made.
May 15	Camp Forms & Information Due: Health History Form, Transportation Form, Trip Waivers, Photo Permission Form, Camper T-Shirt Form, and Camper Photo.
June 25	Family & Friends Day , 11:00 AM to 3:00 PM: Join us at Camp for lunch and fun activities, meet summer staff, & get a taste of Overnight Camp!
June 27	First Day for all Session 1 campers
July 10	Last Day for Session 1: 2 Week campers
July 18	First Day for Maccabee 1 week & Session 2: 4 week campers
July 25	Last Day for Maccabee 1 week & Session 1: 4 week campers
July 27	First Day for Session 2: 2 & 3 Weekers
August 9	Last Day for Session 2: 2 weekers
August 15	Last Day for all Session 2 campers

First Day of Session Information

- Families driving children to Camp must drop off between 11:00 AM and 12:00 PM
- Campers taking the buses should arrive at the pre-determined bus stop at their scheduled times. An email with your bus stop location and time will be sent out after you submit the transportation form.
- All flights should be scheduled to arrive at PDX between 8:00 AM and 11:00 AM

Last Day of Session Information

- Families picking up children at Camp should arrive between 10:30 AM and 11:00 AM
 - Note: Cars will not be allowed to enter Camp until after buses have departed
- Buses will depart at approximately 10:00 AM
- All flights should be scheduled to depart PDX between 2:00 PM and 5:00 PM

TRANSPORTATION

BUSES

The camping experience begins with the drive to BB Camp, and we are happy to offer busses from many cities around Oregon and Washington that start the camp experience with fun and friends. Depending on need, we provide transportation to and from the following cities (each city requires a minimum of 10 campers per session to register for this bus):

Eugene
Portland
Corvallis
Seattle

FLYING

Campers flying to Camp should fly in and out of Portland International Airport (PDX). Upon arriving at PDX, campers will be greeted and accompanied through the airport by BB Camp staff. Staff will be wearing a BB Camp shirt and will meet campers at their gate on the way to and from Camp.

Flying TO Camp:

Flights should arrive at Portland International Airport (PDX) between **8:00 AM and 11:00 AM** on the first day of your child's session.

Flying Home FROM Camp:

Flights should depart from Portland International Airport (PDX) between **2:00 PM and 5:00 PM** on the last day of your child's session.

CARS

Parents who would like to drive their child to BB Camp must arrive at Camp **BETWEEN 11:00 AM AND 12:00 PM**. The gates will not be opened before 11:00 AM. When you arrive at Camp, a staff member will greet you at the gate and direct you where to park.

Children that are being picked up by their parents must be picked up **BETWEEN 10:30 AM AND 11:00 AM** on the last day of their session. Please note that the gate will not be opened until after our buses have left. Scheduled bus departure is 10:00 AM.

PACKING GUIDE – 2, 3, & 4 WEEK CAMPERS

This list was developed to guide you when packing your child's belongings for Camp. Quantities are based on normal camp usage and typical weather patterns. **Remember to keep things simple and inexpensive.** Clothing should be able to survive a commercial laundry and should not require ironing or special care. **Please label each item with your child's full name, and be sure to label every item!** Please **pack with your camper present** so they know where to find the items in their luggage. For more information on clothing and labeling, please refer to the Clothing section in the manual.

Clothing and Shoes

- 12-15 underwear
- 12-15 Pairs of socks
- 5 Pairs of pajamas
- 1 Bathrobe
- 10 Short sleeve shirts or T-shirts
- 2-3 Long sleeve shirts
- 5 Pairs of shorts
- 5 Pairs of long pants/jeans/sweatpants
- 2 Sweatshirts
- 1 Warm jacket or coat
- 1 Raincoat
- 2 Swimsuits
- 1 Baseball caps or sun hats
- 2 Shabbat outfits
- 2 Pairs of sneakers
- 1 Pair of flip flops (for shower)
- 1 Pair of sturdy shoes or boots

Linens, Towels, and Toiletries

- 1-2 Sheets (flat)
- 1-2 Fitted single sheets
- 1-2 Pillowcases
- 1 Pillow
- 1 Blanket (Cabins are heated)
- 1 Sleeping Bag (for overnight camping)
- 2 Bath towels
- 1-2 Beach towels
- 1-2 Face towels

- Toothbrush & Toothpaste
- Comb or Brush
- Soap and soap dish
- Shampoo & Conditioner
- Sunscreen
- Lip balm
- 1 Laundry bag
- Box of tissue

Other Items

- Water bottle
- Stationary
- Pre-addressed & stamped envelopes
- Pens & pencils
- Pair of spare eyeglasses
- Pair of sunglasses
- Flashlight with extra batteries
- 1-2 Books for BB Reads!
- Swimming goggles

Optional Items

- Camera
- Musical instrument(s)
- Baseball glove
- Tennis racquet
- Bug spray (non-aerosol)
- Diary
- Playing cards

PACKING GUIDE – 1 WEEK CAMPERS

This list was developed to guide you when packing your child's belongings for Camp. Quantities are based on normal camp usage and typical weather patterns. **Remember to keep things simple and inexpensive.** Clothing should be able to survive a commercial laundry and should not require ironing or special care. **Please label each item with your child's full name, and be sure to label every item!** Please **pack with your camper present** so they know where to find the items in their luggage. For more information on clothing and labeling, please refer to the Clothing section in the manual.

Clothing and Shoes

- 8-10 underwear
- 8-10 Pairs of socks
- 3 Pairs of pajamas
- 1 Bathrobe
- 7 Short sleeve shirts or T-shirts
- 2-3 Long sleeve shirts
- 4 Pairs of shorts
- 3 Pairs of long pants/jeans/sweatpants
- 2 Sweatshirts
- 1 Warm jacket or coat
- 1 Raincoat
- 2 Swimsuits
- 1 Baseball caps or sun hats
- 1 Shabbat outfits
- 1 Pairs of sneakers
- 1 Pair of flip flops (for shower)
- 1 Pair of sturdy shoes or boots

Linens, Towels, and Toiletries

- 1 Sheets (flat)
- 1 Fitted single sheets
- 1 Pillowcases
- 1 Pillow
- 1 Blanket (Cabins are heated)
- 1 Sleeping Bag (for overnight camping)
- 1 Bath towels
- 1 Beach towels
- 1 Face towels
- Toothbrush & Toothpaste

- Comb or Brush
- Soap and soap dish
- Shampoo & Conditioner
- Sunscreen
- Lip balm
- 1 Laundry bag
- Box of tissue

Other Items

- Water bottle
- Stationary
- Pre-addressed & stamped envelopes
- Pens & pencils
- Pair of spare eyeglasses
- Pair of sunglasses
- Flashlight with extra batteries
- 1 Books for BB Reads!
- Swimming goggles

Optional Items

- Camera
- Musical instrument(s)
- Baseball glove
- Tennis racquet
- Bug spray (non-aerosol)
- Diary
- Playing cards

HEALTH CARE

While we expect and hope that most campers will stay healthy throughout the summer, occasionally, campers do get ill or injured at Camp. We have a professionally staffed Wellness Center and an on-call physician to care for various healthcare needs.

HEALTH SCREENING & HEAD LICE

All campers must be screened for contagious conditions, including head lice, at the start of their session. The screening will be conducted by Camp staff specifically trained to visually check for head lice, pink eye, and other conditions. Campers taking the bus to Camp will be screened before boarding the bus. Campers who are flying into PDX or getting dropped off at Camp will be screened upon their arrival at Camp.

MEDICATIONS

Any medications and over-the-counter health items should be turned in at the check-in table before boarding the bus, or at the Camp Wellness Center if your child is arriving in a private vehicle. All medication will be returned to parents at the end of the camp session upon bus or car pick up.

All medications or vitamins sent to Camp must be received in the **original container** with the label from the pharmacy indicating the name of the medication, dosage, frequency of administration, the individual who prescribed it, and the child's name.

All over-the-counter (OTC) medicines and vitamins, such as decongestants, antihistamines, melatonin, etc., sent to Camp **must be accompanied by a prescription/ order from the child's medical provider** with explicit instructions on dosage, frequency, timing, and use. All OTC's and Vitamins must be in original containers clearly labeled with item description, dosage taken, frequency of administration, and the child's name. We maintain a regular inventory of over-the-counter medications.

The staff at the Camp Wellness Center will be responsible for storing and administering all medications. **No one is allowed to keep any medication in their possession (with the exception of asthmatic inhalers and EPI pens).** Campers may keep inhalers with them in their cabins as long as an extra spare inhaler is kept in the Wellness Center.

Please do not place your children on "medication vacations". For a successful experience, youth need to be able to concentrate and focus while at Camp.

For out of Camp trips, the Wellness Center staff will measure and secure the medication and provide an orientation to the Trip Leader regarding the dispensing of medication during the trip. Dispensing of medication and all first aid treatment is noted in a written log during the trip and submitted to the Health Center Manager upon return.

ILLNESSES & EMERGENCIES

The Camp Wellness Center is staffed 24 hours a day. There is a medical professional at Camp or on-call during the entire summer. If you have any specific medical concerns, please contact our staff at Camp, and they will coordinate communication with our medical staff.

Treatment at the Wellness Center is consistent with the American Camp Association Standards and Standing Orders (approved treatment for ailments, injuries, and illnesses), which a physician reviews and approves annually. This results in quality and consistency in medical care.

Campers running a fever or showing symptoms of a communicable disease will stay under observation and treatment in the Wellness Center. Medical situations, which the Camp Wellness Center cannot handle, will be referred to Samaritan Coastal Clinic or the Samaritan North Lincoln Hospital. Both of these facilities are located 2 miles from Camp. The camp medical professional will decide on appropriate health care for the camper. Parents will be notified as soon as possible in cases of emergency or serious illness. In cases of serious illness, the Camp Director has the right to send a child home for the duration of the session.

Parents of campers referred to the Clinic or the Hospital for non-emergency or emergency treatment will be notified and updated on results and progress. Other reasons Camp's Wellness Center may contact a parent include prolonged fever, any ailment that requires an overnight stay in the Wellness Center, or if your child is prescribed medication (such as an antibiotic) by the camp medical professional. Parents will not normally be called in case of upset stomachs, colds, sore throats, headaches, scrapes, bruises, etc.

INSURANCE

B'nai B'rith Camp does not provide accident or health insurance for campers.

Charges will be billed through B'nai B'rith Camp to the camper's parents for accidents, injury, or illness involving health care outside of Camp. If your insurance requires designated facilities, you must make the appropriate arrangements with the hospital and your insurance carrier before your child's arrival at Camp.

DENTAL & OPTICAL CONCERNS

Scheduling a dental examination (as well as an orthodontic examination if applicable) for your child is advised prior to their first day of Camp. If your child uses orthodontic appliances, rubber bands, fixtures, and/or protective wax, please send an adequate supply for their entire time at Camp. Campers are permitted to keep these items in their bunk.

If your child wears eyeglasses, sending an extra pair is always a good idea. Similarly, if your child wears contact lenses, please send extra pairs and a backup pair of eyeglasses. If a camper needs more contacts or optical care, parents will be contacted by camp staff.

HEAT AND SUN PROTECTION

Your child will spend a great deal of their camp time outdoors! The following list includes recommended items that can be used to protect them from the sun and high summer temperatures:

- **A reusable water bottle is a must**, as campers will be using them daily

- A hat, preferably with a wide brim
- Sunscreen, preferably waterproof, hypo-allergenic, and with a high sun protection factor (SPF)
- Sunglasses

Please label all of these items with the camper's name so counselors can help them keep track of their belongings.

HOMESICKNESS

Whether your child is a new camper or has been to Camp for many years, it is normal for them to worry about what might happen at Camp or miss home while there. As a parent, you might also be anxious about your child's experience and feelings at Camp. Please read below for some tips on how to help your child both before and during Camp.

Before Camp:

- Be positive about the camp experience
 - Talk with your child about all of the fun things they will do at Camp. If they love swimming, remind them about the time they will spend in the pool and the lake. If they have been to a day camp or a Hebrew school retreat, remind them of how much they enjoyed meeting new kids or singing songs on Shabbat.
- Practice sleeping away and self-care
 - If your child has never spent nights away from home, now is a great time to start practicing with sleepovers at Grandma's or a friend's home. Use these practices to brainstorm ways your child can comfort themselves when they get homesick.
- Prepare with reviewing information about Camp
 - Having information about Camp can be comforting for some children. Take time to explore our website, read the parent manual, and watch our videos with your child; [check out this video of why our campers love Camp!](#)
- Avoid making deals
 - It can be tempting to make a deal with your child that you will bring them home if they want after a few days of Camp. This kind of deal sets a child up to fail because it starts them with negative ideas about Camp. Instead, encourage them to make an effort and remind them of their bravery.
- Share your worries with other adults, not your child
 - Just like your child, it is normal for you to feel anxious about sending them away or to miss them while they are at Camp. However, continuously telling your child how much you, grandma, and the family pet will miss them will often make children feel guilty about going and having fun at Camp. Instead, just say, "I love you and can't wait to hear about your new friends, the activities, and your counselors."

During Camp:

- Send a piece of home with them
 - Having something that reminds them of home while at Camp can be comforting. Send a picture of the family or their pet, a small safety blanket, or a pillow (but maybe not their favorite thing in case it gets lost).
- Send letters
 - You can write letters to your child at Camp! Receiving mail is always fun at Camp. Just remember to keep the letters positive and encouraging.
- Have fun yourself!
 - As we have mentioned, it is completely normal for you to miss your child. Just like you will encourage your child to have fun at Camp and try new things, we encourage you to

do the same. Take time to check our Facebook page for updates, but remember to do fun things to help you cope with your child being away.

We are proud to have a Community Care Team at Camp to support campers and staff during their time at Camp. This group is led by our Director of Community Care, who is available to connect with families before the summer to set campers up for success! Please don't hesitate to reach out to our Director of Community Care.

COMMUNICATION AT CAMP

OFFICE HOURS

Our Office is open from 9:00 AM to 6:00 PM, Sunday through Thursday, and 9:00 AM to 4:30 PM on Friday. Our Office is closed on Saturdays for Shabbat. BB Camp has a telephone system, two-way radios, and high-speed internet to serve our continuous communication needs.

In a family emergency, Directors can be reached at any time. If the Office is closed, call our emergency number at 971-410-0616. Only use this number in case of emergency.

COMMUNICATING WITH US

Maintaining open lines of communication with parents is of prime importance to us. If you have questions or concerns, please contact us. We strive to respond as quickly as possible. However, please keep in mind that the senior staff and administrators spend the majority of their time "in the field" with the campers, not in the Office.

HOW LONG DOES IT TAKE FOR SOMEONE TO GET BACK TO ME?

You should allow up to 24 hours for us to return your phone call or respond to your email. We are often able to work faster than this, but your patience is greatly appreciated. Due to Shabbat, messages received after noon on Friday may not be returned until Sunday.

IF I CAN'T REACH SOMEONE, IS IT BETTER TO TALK TO MULTIPLE PEOPLE?

No, please only contact one person. If you contact multiple people with the same concern, the overlap can cause a delay. If you do not hear back **after 24 hours**, email or call the Camp Director for follow-up.

WHO WILL CONTACT ME WHEN I HAVE AN ISSUE?

Senior staff members will return calls concerning your children. Our Unit Heads, Community Care Team, Year-Round Team, and Associate Overnight Camp Director handle the bulk of summer communication with parents.

CAMP VISITATION

We are very sorry, but **we do not allow any visitors at Camp**. We find that children have more successful camp experiences if their stays are uninterrupted by family visits. It is very important for your child's sense of independence and self-reliance to not have parents "dropping by." Even if your child would not be affected by a visit, other children at the Camp may be impacted. Visitors' days disrupt the normal flow of the campers' experiences, causing campers to go from being happy and well-adjusted to severely homesick. Write often, but do not plan on visiting BB Camp this summer.

If you want to see our beautiful facility and lakeside setting, please attend our **Family & Friends Fun Day on June 25th**.

TELEPHONE CALLS

An important part of Camp for your child is learning to function independently and grow. These are two reasons you send your child to Camp; we are honored to help them develop those skills. For these reasons, **no campers** will be permitted to make phone calls home unless there is an emergency. From years of experience, we have found that phone calls only inhibit the progress of a camper having difficulty adjusting to Camp.

Believe us when we say we know how difficult it is (especially in today's age of instant communication) to be out of communication with your child. We understand and ask that you realize this is an opportunity for your child to learn and grow in a safe and tech-free environment.

Campers will not be able to call home for parents or siblings' birthdays, anniversaries, etc., so please make arrangements to celebrate these special occasions either before or after Camp.

If a camper is celebrating their birthday at Camp, we will set up a phone call so that you may wish your child a happy birthday. A member of our Community Care Team will be in touch with you to host that call.

Should you have any questions or concerns about Camp, or your child's adjustment to the Camp program, please call the Camp Office, and we will be happy to provide an update on your child. Please bear in mind that our unit heads spend most of their time with campers and may require up to 24 hours to be back in touch with you.

PHOTOS

We post and share camper photos **after** the summer camping season is completed.

We are aware that some other camps do share photos during sessions; however, this policy is based on ongoing research and experiences of our staff and advisors, which shape our understanding of what creates the most meaningful and impactful camp environment. Our board and staff have determined that, while it may be a bit harder on the parents, giving the kids a few weeks in the summer free of their electronic tethers and their parents' loving eyes, significantly enhances their camp experience.

You are giving your children a great gift by sending them to Camp, where they are disconnected from technology and busy experiencing, exploring, playing, learning, and, yes, *Building Friendships For Life*. If there is an emergency, rest assured you will receive a call. And as stated in our Communication *Brit* (agreement), we promise to keep you informed on what is going on at Camp in other ways. In the meantime, we hope you understand that we are doing what we think is best for our campers.

Everybody loves to get mail! It is recommended that you write to your campers at least once a week. Postcards and letters go a long way at helping your child feel comfortable away at Camp.

MAIL & PACKAGES

WRITING TO YOUR CHILDREN

Correspondence with your children is a critical aspect of the camp experience. It is important that your children hear from you in the form of letters. We have some practical tips for letter writing:

- It's a great idea to send a letter or card before your child leaves for Camp so that mail is waiting for them at the beginning of their session at Camp.
- Keep your letters positive and upbeat.
- Two to three letters each week is plenty, as too many letters can make a well-adjusted camper homesick.
- If your child complains about a certain situation that is upsetting them, it is okay to acknowledge it when you write back. Please try to focus on a positive aspect and say you are confident they will work it out. We also encourage you to follow up with Camp staff via phone or email regarding any possible negative situation your child communicates.
- Avoid phrases like "the house is so empty without you," "dinners aren't the same without you," or "we can't do (an activity) without you."
- Letters **cannot** include food, gum, candy, or any contraband (complete list located in this Parent Manual).
- Make sure to put your child's full name and grade in the Fall.

Camper's Name / Grade In Fall

**BB CAMP
PO Box 110
Neotsu, OR 97364**

Mail received after a session is over will be forwarded when possible or returned to sender.

EMAIL

You will be able to write your camper through your CampInTouch account. There is a small fee associated with every email you send. You can send emails up until midnight, with the guarantee that your child will have it delivered with their mail the following day. The only exception is during Shabbat.

OUTGOING LETTERS

There is time every day for campers to write and read mail. But most campers prefer to read mail more than they like to write home! Every week all campers will receive a pre-stamped postcard, and the counselors help make sure campers send a note home. Between these weekly postcards, it is up to each camper how often they would like to write home.

Campers are often so focused on friends and new experiences that writing home can be challenging. Getting happy campers to write home is like getting them to come inside on a sunny day to do their homework. We do encourage campers throughout the session to write letters. As parents, please discuss this subject with your children and set expectations with them individually. If you find your child not writing home enough, we encourage you to write or email your child directly and express how important it is to you to hear from them.

For many campers, sending a letter is a new experience. Along with pens and stationery, it is essential that you provide your children with pre-addressed & stamped envelopes; this helps ensure letters are delivered correctly. Extra supplies are available for purchase in the camp store.

RECEIVING DIFFICULT LETTERS

Nothing is worse than receiving a disturbing letter from a child away at summer camp. Yet this is a completely normal thing. You may find that you receive a homesick letter or a letter complaining about a specific situation, but by the time you receive the letter, the situation usually has resolved itself. We work with and train our staff on how to handle many different types of homesickness and issues that may arise in a community living setting.

Of course, we welcome your calls but understand that sometimes letters describe a reaction to an event or momentary feeling of unhappiness or frustration. Once vented, those feelings subside or disappear. A good standard is this: a negative letter probably isn't serious, but it is worth checking out if it is a recurring issue. Please let us know if you continue receiving troubling letters or if you hear of something we should be aware of, so we can resolve the situation.

CARE PACKAGES

CONTRABAND

(This term covers all of the items that are not allowed at Camp.)

B'nai B'rith Camp will not hold and/or return contraband to campers. Whether arriving with the camper, brought to, or mailed to the camper, contraband will be confiscated by camp staff and collected by the Camp Director. This includes items sent to camp staff with the intent that they should then give them to a camper. Camp is a special and unique environment; there is no reason or exception for campers to have any of the following items while at BB Camp.

Camp is a place where the kids need to follow many rules for their safety and the safety of others. Before trying to send food or contraband items to your camper in a hidden fashion, please consider the message that this sends to your children about following those rules.

Contraband includes, but is not limited to:

Gum, food, beverages, herbs, vitamins, over the counter medications, drugs, alcohol, cigarettes, matches, lighters, candles, incense, fireworks, pets, pornography, television, all internet / wireless devices (i.e. cell phones, iPod touches, laptops, etc.), prank items (i.e. whoopee cushions), shaving cream, aerosol spray cans of any kind, silly string, squirt guns, balloons, slime, silly putty, skate boards, weapons, knives of any kind.

EMERGENCY PROCEDURES

Since safety is our top priority, emergency preparedness is always an area of intensive focus. We continue working closely with national agencies and local first responders to develop specific policies and procedures in various emergencies. We train our staff in emergency readiness and practice throughout the summer.

In an emergency, we will use an automated call/text system to communicate with families. The system lets us quickly relay information to camp families via pre-recorded calls, text messages, and emails. We will also use this system in non-emergency situations, such as alerting families that their child's bus has safely arrived at or departed from Camp. Parents' contact information will automatically be uploaded into the system; no additional sign-up is required.

- Our Security and Emergency Management Committee (comprised of lay leaders, industry professionals, and staff) meets regularly to review our safety and security systems, protocols, and best practices. The Committee actively works in partnership with local law enforcement, the Department of Homeland Security, our Regional Security Director, and our Camp operations team to ensure that our practices and protocols continue to exceed all safety standards.
- During our summer season, BB Camp partners with an outside security firm to help maintain security on our campuses.
- We maintain strong relationships with the Police, the Fire department, local first responders, the Department of Homeland Security, and other agencies throughout the year.
- We maintain an Incident Command protocol and train our staff each season on implementation in the face of crises or emergencies.

If a family emergency occurs at home and you need to contact someone at Camp, please call the Associate Overnight Camp Director.

CAMP LIFE

TYPICAL DAILY SCHEDULE

The following is a typical schedule for Sunday through Thursday. On Fridays, we have a similar morning schedule and then begin a schedule of showers and preparation time for Shabbat. Our Saturday Shabbat schedule is full of joyous celebration, services, and recreation time.

Boker Tov (Good morning): A Typical Camp day starts around 7:45. Counselors wake up their campers, share the schedule of activities, and help prepare them to get ready for the day.

Meals: Campers are served breakfast, lunch, dinner, and snacks each day at Camp. Meals are filled with tradition and spirit at Camp, and the time when campers fuel up to have energy for the day.

Chuggim (Activities): Each cabin group participates in 3-4 chugim a day along with their cabin groups. Examples of chugim are archery, dance, inner tubing, rock climbing, arts & crafts, drama, and Jewish Enrichment.

Cabin Clean up: It is important that the cabin group works together to keep their living space clean. For 45 minutes each day, campers have time to organize their belongings and contribute to the overall cleanliness of the cabin (i.e. Cabin sweep, sinks & mirrors, trash, etc.)

Clubs: Campers sign up from a variety of clubs that meet regularly throughout the session. Examples: tennis, theater, scouts, art, soccer, garden/cooking, aquatics

Individuals: Campers choose from a variety of activities each day (i.e., dancing, ga-ga, basketball, friendship bracelets, etc.)

Menucha (Rest): This time is dedicated for rest and relaxation. Campers can choose to do a quiet activity in their cabin. Some campers take this opportunity to take a nap, write a letter, read a book, etc.

Cabin Activity: This is when counselors and campers develop their own activities based on what the cabin group wants to do or any extra activities the counselors have created for their cabin group.

Evening Programs: Each night, campers look forward to special evening programs. Sometimes we do all Camp evening programs, such as a talent show or a camp-wide program hosted by teen leaders. Other evening programs are age-appropriate themes and activities for individual grade levels. Some examples are, Build your own Camp, team-building field games, scavenger hunts, or silly camp activities such as kazoo competitions or karaoke night.

Lila Tov (Goodnight): Campers end the day with an evening ritual and preparation for bedtime. Campers will typically have 15-20 minutes of "flashlight time," during which they can read a book or do a quiet and individual wind-down activity before bed.

JUDAISM AT CAMP

BB Camp is a gateway into Jewish life; a catalyst to build long-term relationships and friendships; a place where campers can encounter Jewish ideas, principles, practices, and values; a place where campers encounter Israel and explore the ideal of Jewish peoplehood in their lives; and a special space for convening important Jewish conversations.

We focus on 7 core *middot* (Jewish values) at BB Camp, including Chaverut (friendship), Dor L'dor (heritage), Kehila (community), Ometz Lev (courage), Shalom (peace), Simcha (joy), and Tikkun Olam (repair the world). Our immersive curriculum imparts these values to our camp community. While at Camp, campers are immersed in a Jewish environment with peers, where we believe seeds are planted, and roots strengthened for lifelong Jewish learning. The moment their camp experiences begin, campers and staff know that they are forever a part of something bigger. Under the direction of our Programming team and with input from clergy throughout the region, we work all year to develop cutting-edge curricula focused on active and engaging participation. We aim to provide everyone at Camp with a true connection to Judaism.

At BB Camp, we live Judaism, whether at the morning *degel* (flagpole gathering), meals, or infused in everyday activities. Our campers feel comfortable and love the *ruach* (spirit) evident throughout Camp. As a community camp serving children of all Judaic denominations and many children from inter-faith households, BB Camp creates an atmosphere where all campers and staff can explore their Judaism.

Every Shabbat, our majestic lakeside setting provides the ideal backdrop for spiritual exploration unique to the BB Camp experience. Shabbat is welcomed on Friday afternoon with a Shabbat walk, followed by a service in our outdoor amphitheater. Our Shabbat celebration continues with a special Shabbat dinner, complete with *challah* and matzo ball soup. After dinner, we have our special Shabbat song session and Israeli Dancing. We also offer a *tish* (Shabbat singing) for those that prefer a quieter environment.

Our Saturday morning Shabbat services allow for choice; campers may participate in either a traditional or an alternative Shabbat service. Shabbat afternoon is a particularly peaceful time at Camp where campers have the opportunity to select all of their own activities. Many campers spend some of this time reading a good book or relaxing in the pool. Shabbat is then concluded on Saturday night with a beautiful camp-wide Havdalah service under the stars.

Our Judaic program also includes Erev Yisrael (Israel Night), Maccabiah Games, and Global Judaism programming led by our international staff, as well as Bar and Bat Mitzvah tutoring upon request. These programs and the ongoing Jewish spirit that pervades Camp in program areas, such as arts and crafts and drama, allow our campers to explore and develop their Jewish identity.

CABIN ASSIGNMENTS

Campers are assigned to cabins based on gender and upcoming Fall grade level in school. Between 16 and 20 campers are generally assigned to each cabin. This is the group with which campers spend the most time, but they interact with other campers throughout the day and evening. A cabin may include campers from different backgrounds, religions, abilities, etc. We have found this diversity to enrich campers'



overall experience. Living together with a diverse group provides important opportunities for campers to grow, lead, and build understanding.

Additionally, some cabins might have a mixed group; for example, 4th and 5th graders may be together. Sometimes more than one cabin will have the same age group, such as two 6th grade girls' cabins. Each cabin will have at least two staff that live with the campers. Cabins have one large room; they do not have divided areas for sleeping. They do have private toilets and shower areas with communal sink facilities. Cabins have many windows, which can be opened, electric heat for warmth in cooler weather, and air conditioning for warmer weather.

During the online registration process, there was an opportunity to request cabin mates. If you missed this, you may add requests by completing the bunk request form in your CampInTouch account before May 15. We will do our best to honor cabin mate requests submitted before May 15. The best camp experience is a mix of new and returning campers in each bunk, so our emphasis is to balance returning campers and past friendships with new campers and new friendships. We put a great deal of thought and effort into the bunk assignments.

Campers must name each other on their respective forms, and be within one grade level in the same unit. A camper going into 5th grade and a camper going into 7th grade will not be in the same cabin. This is partly due to the differences in program content. But it is also out of respect for all in the cabin group. One camper who is older or younger can negatively affect his/her experience at Camp. Campers have many opportunities throughout the day and week to see campers that are outside of their own bunk.

OUR STAFF

B'nai B'rith Camp staff is comprised of approximately 130 young adults and professionals from all over the world. While most of our staff identify as Jewish, we welcome staff from various religious and cultural backgrounds. We partner with the Jewish Agency for Israel Summer Shlichim program and hire staff from across the globe through various reputable international staffing agencies. Many of our staff grew up attending BB Camp and/or other camps. We screen staff carefully for their maturity, good judgment, kindness, respect, and commitment to Jewish education. Our staff is primarily comprised of college/graduate students, along with professionals and parents. All staff are CPR and first aid certified. For 8 to 11 days, prior to campers' arrival, there is an intensive staff training period where camp leaders and experts from the community cover a variety of relevant topics, such as homesickness, bullying, child development, child abuse, ADD/ADHD, and our emergency evacuation procedures. Our Community Care Team provides additional training on mental, emotional, and social health and supports our team in meeting the needs of each camper.

Throughout the summer, the BB Camp Leadership Team supervises staff members very closely. During regular staff meetings, we address staff members' concerns and help them with difficult issues. We maintain an open and caring environment where campers are encouraged to communicate openly with their counselors and the leadership staff. Please help us by encouraging your camper to be open and communicative with the staff.

CAMP STORE

You may deposit money into your camper's account through CampInTouch. Campers can enjoy a tasty treat or take home a BB Camp souvenir when visiting the Camp Store. All money raised from the Camp Store goes to help fund camper financial aid.

The recommended amount of money for a camper to deposit in their account is \$25 to \$50 per week of attendance. We put all camper money in a bank account so campers do not need to handle money. Please do not pack money in your child's luggage. BB Camp is not responsible for money that is lost or stolen.

Campers do not need spending money for any off site trips. We cannot stress enough that campers should never keep money in their personal possession while at Camp.

BED-WETTING

This is something that children, even into their teen years, can experience. It is nothing to be ashamed of but it can become an issue for the child at Camp when families fail to notify us in advance of the possibility of bed-wetting occurring. If you know that there is a possibility your child may experience an episode of bed wetting, it is very important that you notify the Director of Community Care prior to Camp. We follow recommendations from our Medical Director and Community Care Team on managing bed-wetting and training our staff, to ensure that your child has a successful summer.

CELL PHONES & WI-FI ENABLED DEVICES

BB Camp strictly prohibits cellular and wi-fi enabled devices for campers at Camp. Unfortunately, in recent years, we have seen a rise in the number of campers who attempt to sneak their devices into Camp. We ask for the support of parents to ensure that BB Camp can remain an immersive environment for children to connect with their peers while disconnecting from their phones and screens.

The impact of cellular and wi-fi enabled devices at Camp is incredibly disruptive. It can intensify homesickness, lead to conflicts within the cabins, and cause campers not fully to immerse themselves in the camp environment and activities. You have made the decision to send your child to Camp, so that together, we can provide your child with the best possible experience of personal, social, and spiritual growth.

Cellular and Wi-Fi Enabled Device Policy

Cellular and wi-fi enabled devices are strictly prohibited at BB Camp. If your child comes to Camp with a cellular and wi-fi enabled device, your child will be asked to turn their device into the Camp Office upon arrival to Camp. Camp will safely store your child's device in the camp office during their stay. Your child will not have access to their cellular and wi-fi enabled device during their stay at Camp. If we find a device in your child's possession, after giving the chance to turn it in on the first day, we will confiscate the device, store it safely, and your child's camp account will incur a charge of a \$250 fine.

Children traveling by plane, or the Seattle-area bus, may travel with cellular and wi-fi enabled

devices. Upon arrival at Camp, staff will collect all devices, and store them securely until your camper's departure to the airport or home from Camp.

ELECTRONICS

Devices with the following capabilities are strictly prohibited at Camp:

- Connect to wi-fi for internet browsing
- Watch a video or movie

This means laptop computers, tablets, and gaming devices, are strictly prohibited at Camp. Mp3 players and E-readers are permitted, as long as they do not have wi-fi or video capabilities and that all content other than appropriate music and books have been removed prior to Camp. In specific situations, E-readers with wi-fi capabilities can be approved by the CEO or designee prior to being brought to Camp. Devices may be inspected by staff and administrators upon arrival, and any devices with any form of video or inappropriate content will be confiscated.

BB READS

We know how important reading is for the development of children. We have developed an innovative summer reading program so that Camp is never a place where reading skills diminish. Please make sure to pack your child with 1-2 books for them to enjoy while at Camp.

CLOTHING

The packing list is included in this packet. We suggest bringing comfortable and practical clothing. Weather can be chilly on the coast even in the summer; please follow the suggestions for long pants and other clothing quantities. It is suggested that you only send clothing and items that would not be missed if lost or ruined. We do our best to encourage individual responsibility for personal property.

On Shabbat, we request campers and staff dress up a bit more than usual. This helps to make our Camp Shabbat atmosphere more special. Some campers will usually wear dresses, skirts, or nice pant outfits. While others wear button down shirts and slacks. The B'nai B'rith Camp office welcomes your questions regarding appropriate clothing.

Labeling camper clothing with first and last names is strongly recommended.

Note: Returning lost items that are not labeled is nearly impossible.

Name tapes or name stamps should be attached as follows:

1. Shirt, pajama tops, sweaters, jackets, etc.: in the neckband
2. Pajama bottoms, shorts, underwear, pants: inside back of waistline
3. Blankets, pillows, sheets, towels: on outside corner
4. Socks: on toe section of the sock
5. Athletic equipment, toiletries, sneakers, etc., should be marked with indelible ink or labels.



You can purchase durable and waterproof labels for everything your child is bringing to Camp through your CampInTouch dashboard.

LOST & FOUND

B'nai B'rith Camp does not assume responsibility for lost or damaged items. Unclaimed items go to lost and found. We display lost & found daily throughout each session. During the session, every effort will be made to return clearly labeled lost items to their owner. If your child comes home and is missing items, please contact us immediately. All unclaimed items will be donated to charitable organizations shortly after the summer.

At the end of every summer, we end up with tons of lost clothing. Brand new towels, sweatshirts, socks, etc., amount to thousands of dollars of merchandise that is unmarked and unclaimed by the children. Items that are not labeled are difficult to identify by campers and camp staff.

We ask that you please ensure that every single item of clothing has your child's name attached. Also, please label all non-clothing items, books, toothbrushes, and other personal effects.

LAUNDRY

We offer laundry service for campers once for 2, 3, & 4 week campers (we do not do laundry during our 1 week session). Laundry is put into large bags as a cabin, usually one bag for dark clothes and one bag for light. Please only send non-fade, no-iron, and labeled clothing. *We are not able to follow any special care instructions when laundering camper clothing.* When the laundry is returned to the cabins, it arrives dried in the cabin's bag. The campers and counselors then sort the clothes, which is why **labeling is imperative**. This especially means underwear and socks! The labeling does not have to be big, just recognizable to your camper. Unclaimed items go to lost and found, which is shown to all campers in hopes of finding owners.

LUGGAGE

We recommend packing in two duffle bags or one larger duffle bag and a trunk. Storage space in each cabin is limited, so many campers choose to have a foot locker or trunk by their bed and store the remainder of their items in a bag underneath. A set of standing plastic drawers can also be used in between the bunks. Please avoid suitcase type luggage or hard sided items, as these tend not to store well.

Luggage restrictions may apply depending on the mode of transportation (i.e., airplane, train) your camper is using to travel to and from Camp.

HOW TO PACK YOUR CHILDREN

Make sure your child's name is clearly written on each piece of their luggage. This enables us to get their luggage to their cabin in a timely fashion on their first day and ensures that their luggage goes home with them on their last day. Please pack **with your camper present so they know where to find the items in their luggage**.

Families with more than one child must pack each child's belongings in **separate luggage**. When families mix luggage together, there is a serious likelihood that items will get lost, and it becomes impossible to pack your children at the end of their stay.

BEHAVIOR POLICY

Camp is a communal living experience. The success of this community depends on the cooperation and involvement of all participants. Every effort is made to establish a positive atmosphere and to inspire constructive behavior among both campers and staff. We encourage our campers and staff to respect themselves and others, our Camp and equipment, and our earth and environment. BB Camp is committed to providing a safe camp environment in which relationships are characterized by dignity, respect, and equitable treatment.

The BB Camp Board of Directors has established codes of conduct and behavior self-management based on those found in public schools. **Infraction of any of the following policies or practices may be cause for immediate expulsion of the camper from Camp with no refund of Camp fees.**

- Campers must stay with their assigned group with appropriate supervision.
- Campers may not leave Camp, except under the appropriate supervision of Camp staff during scheduled programs.
- Campers must attend all scheduled activities, meals and programs unless excused by the Camp Directors or medical staff, and then only if appropriately supervised.
- Campers must abide by curfew hours for their units.
- Campers must not bully, threaten, or cause any physical harm to other campers or staff. This behavior will not be tolerated.

Behavior Contracts:

B'nai B'rith Camp is dedicated to creating a positive summer experience for every camper. If a camper's behavior is taking away from their camp experience or that of other campers, a discussion regarding that behavior will occur between the camper and the counselor. The behavior and discussion will be documented, and the parent(s) will be informed of the behavior and will be asked for possible strategies to help their child. If the behavior persists, the Unit Head, with assistance from their supervisor, will write up a behavior contract that all parties must sign. Parent(s) will be called when a child is placed on a behavior contract. If the child violates the behavior contract, the Camp Directors reserve the right to expel the camper.

Health Hazards and Fire Risks:

BB Camp is a substance and smoke-free environment. Campers may not possess or use any kind of matches, lighters, e-cigarettes, or open flame for any purpose at Camp or on any Camp activity except as supplied and supervised by BB Camp staff.

Raids:

The only kinds of "raids" permitted are program planned, supervised by staff, and cleared through the Camp Director. Removal or destruction of personal property will not be allowed.

Weapons:

Weapons are not permitted at Camp or during off-site programs. In addition to those listed in the contraband list, a weapon includes any items, body parts, or words used in an inappropriate way, which may pose a threat, intimidation, or harm to others. Pocket knives and other tools supplied by BB Camp are only to be used under direct staff supervision during specified programs.

Personal Sports Equipment:

Campers may bring personal sports equipment to Camp. Any personal equipment is to be used only in the manner for which it was intended. Any other use may cause the equipment to be confiscated and returned only upon completion of the Camp Session. Personal sports equipment should be labeled with the owner's full name. Camper and camper's family acknowledge the risk of damage and/or loss of the equipment while at Camp and will not hold BB Camp responsible for any such damage or loss of Personal Sports Equipment.

Relationships:

BB Camp will not condone or tolerate any display or demonstration of sexual advances, sexual activity, or romantic touch between campers or between campers and staff. Campers are not allowed in the other gender's cabins, porches of cabins, bathrooms, or showers. All campers are required to sleep in their assigned areas.

Language:

To demonstrate respect for others and ourselves, only appropriate language is acceptable.

Graffiti and Vandalism:

Parents of campers involved in any vandalism or graffiti at Camp or during any Camp activities will be required to pay for any materials, parts, or labor necessary to repair or replace damaged property. Campers involved in such behavior may be required to participate in the repair of the damage.

Cabin Policies:

Additional rules and guidelines of camp conduct will be developed within cabin groups as appropriate for the age group. These will be determined and agreed upon by the campers, with the help of cabin counselors.

Camp Cleanliness

Individuals must act as responsible members of the Camp community for the wellbeing of everyone. As part of this process, Campers are expected to contribute to the overall cleanliness and appearance of their cabins and the Camp as a whole. They will participate in daily tidying of their own belongings (making their beds, putting away clothing), their cabins (sweeping, removing trash), and a common-use area (sweeping porches, picking up trash).

Expulsion from Camp:

The Camp Directors reserve the right to expel any camper for infractions of camp rules, inappropriate behavior or language, or verbal or physical abuse of campers or staff. In such a case, the parents or designated emergency contacts are responsible for arranging for the child to vacate Camp within 24 hours of notification. There will be no refund of any Camp fee when a camper is expelled under such conditions.

FREQUENTLY ASKED QUESTIONS

Camper-to-staff ratios: We use the American Camp Association standards of 6:1 for ages 6 to 8, 8:1 for ages 9 to 14, and 10:1 for ages 15 to 18. We also have extra staff on any off-site trips.

How will my child's needs be met at Camp? Our camp staff is dedicated to making sure each BB Camper's needs are understood and met. Our Community Care Team works to create accommodations for individual campers and supports and trains our staff to be accepting, respectful, & encouraging to all campers.

Does B'nai B'rith Camp serve kosher meals? In our ongoing mission to best serve our community's needs and prompted by the diminished access, variety, and quality of certified kosher proteins, BB Camp sought information from a variety of sources to learn about what other certified kosher protein options are available to us and to discover how our BB Camp families experience Kashrut (or keeping kosher), the Jewish regulations that guide what foods can and cannot be eaten. Thank you to those who participated with your open and honest feedback throughout our research and discovery process. After extensive research, listening sessions, and deep discussions, the Board of Directors has approved the updated Kashrut practice for BB Camp's Overnight Camp programs.

BB Camp's Board-approved Updated Kashrut Practice (as of March 2023):

- BB Camp will offer **certified Kosher protein meals** to welcome and accommodate our campers and staff who **keep Kosher at home**.
- BB Camp will serve **Kosher-style meals** for campers and staff who **do not keep kosher at home**. Our kosher-style meals will not include certified kosher proteins.
- **For all meals**, we will continue our practice of separating meat and milk, separating meat and milk dishes/utensils, and not serving any non-kosher animal products (pork, shellfish, gelatin, etc.).

One of our process outcomes was discovering the opportunity for additional Jewish education surrounding Kashrut for our campers. BB Camp is developing a curriculum focusing on the history and observance of Kashrut and food traditions from Jewish communities worldwide. This curriculum will be taught during our Overnight Camp sessions.

What if my child is vegetarian? What about other special diets? Many of our meals are vegetarian. We also offer a vegetarian option at all meals and a salad bar at lunch and dinner. In addition, special diets can often be accommodated if discussed in advance with the Camp Director. Please make sure to indicate your child's dietary needs on your camper's health history form.

Do campers have choices about what activities they do? Yes. Some of our day is structured so that each cabin group will rotate through activities. Three different *chug* (activity) periods occur when campers go as a cabin group to the pool, play sports, create arts and crafts, engage in Jewish Enrichment, etc. Then we have activities that campers choose. These activities are called Individuals and Clubs. Individuals are an elective period where campers are given a wide variety of Individuals to choose from on a daily basis. Clubs allow campers to choose the same activity for their entire session, allowing them to develop a skill further or complete a project.

Does everyone get to go on an overnight and a day trip? Yes, all campers spend at least one night camping (Maccabee campers camp under the stars at Camp) and travel to an off-site day trip. Unless there is a medical reason or act of nature, all campers will go on overnights and day trips.

Are the high ropes elements at Camp safe? We are proud of our high ropes elements, which include an adventure/challenge course, a climbing tower, and a zip-line. Our elements were designed and built by industry leaders Project Adventure and Synergo. Additionally, every spring Synergo closely inspects all of our elements for safety and provides training for our summer staff.

Excitement, surprise, understanding, trust, and teamwork are in store for every camper who participates in our challenge course programs. Trained facilitators supervise all activities. The important foundation of all challenge activities is the term “challenge by choice,” which means each participant contracts with the group only to do what they are comfortable with and support each person’s choices.

Is everyone at camp Jewish? Most campers and staff are Jewish; however, B’nai B’rith Camp welcomes all without regard to religion, race, color, sex, age, marital status, national origin, disability, sexual preference, or other protected status. We hope everyone who comes to Camp discovers elements about Judaism, Jewish values, and Jewish traditions they never knew before. It is a diverse and strong community that embraces songs, language, traditions, values, and teachings from our Jewish heritage.

What if my child wants to extend his/her stay? Often, campers desire to extend their stays beyond their original scheduled enrollments. If your child requests a longer stay, a member of the camp administrative team will call you at home prior to the camper’s scheduled departure to discuss options. If space is available, and you grant permission for your child to remain at Camp, we will make all the necessary arrangements.