



Parent Manual

Charles Schusterman Jewish Community Center
2021 E. 71st Street, Tulsa OK, 74136
(918) 495-1111
www.csjcc.org

Parents,

Thank you for choosing Camp Shalom to help give your child a summer of fun and a lifetime of memories. We ask that you read this manual in its entirety and please do not hesitate to contact us if you have any questions. In its 40 plus years, Camp Shalom has been providing happy summer memories for generations for children throughout northeastern Oklahoma. We look forward to providing your child with a fun, safe, and exciting experience they will never forget!

Sincerely,
Martha Kelley
Deputy Director
Charles Schusterman Jewish Community Center

Who and how to reach us

Martha Kelley, Deputy Director and Camp Director, 918-495-1111, MKelley@jewishtulsa.org
Camp Office, 918-495-1111 ext. 130, acdshalom@gmail.com
Charles Schusterman Jewish Community Center Website, www.csjcc.org
Shelly Callahan, JCC Membership and Camp Payments, 918-495-1111,
jccmembership@jewishtulsa.org

2022 Camp Dates

During Camp Shalom weeks, campers are grouped by grade.
During Specialty weeks, campers are grouped by which specialty camp they chose.

Week 1: May 31-June 3: Camp Shalom (Closed Monday May 30th for Memorial Day)
Week 2: June 6-10: Specialty
Week 3: June 13-17: Specialty
Week 4: June 20-24: Specialty
Week 5: June 27-July 1: Specialty
Week 6: July 5-8: Camp Shalom (Closed Monday, July 4th for Independence Day)
Week 7: July 11-15: Specialty
Week 8: July 18-22: Specialty
Week 9: July 25-29: Specialty
Week 10: August 1-5: Camp Shalom

Campers 3 years old to Kindergarten

- Send your child in their swimsuit (under their clothes) *every day*.
- Please put sunscreen on them in the morning before camp every day.

On **Monday**, their backpacks need to contain the following....

- A bottle of sunscreen with your child's name on it to stay in the classroom. We will send a note home when it runs out.
- Towel labeled with their name.
- Filled water bottle
- Blanket and/or small toy for rest time
- Flip flops / Crocs / other water shoes for them to wear to the pool. (The pavement will start to get hot)
- An extra set of clothes to keep at camp in case of accidents.
- A hat to leave at camp so they can wear it when we go outside in the afternoon.
- We do Show & Tell every day. Your child is welcome to bring something as long as it's small and inexpensive.

Other Information:

- Counselors will send home Monday-Thursday a wet bag that contains your campers swim suit and towel. Please send in the wet bag each morning with a dry towel and clothes changing into each day after swimming.
- All art projects go home Friday
- Label all your child's items. Sometimes they forget what towel they brought. If you are missing any of your child's items, let me know and we will do our best to locate it.
- **Children must be potty trained and are not allowed to wear diapers/pull ups.**
- **Lunch and afternoon snacks are provided each day.**
- Campers 3-years to Kindergarten have at least a 45 minute rest time.

A day at camp involves a variety of activities. It is suggested that campers wear "self help" clothes that are comfortable and enable them to participate in all activities. It is important to dress your child appropriately for the weather every day, Camp Shalom is during the summer, so please do not send your camper in long pants or long sleeve shirts. Remember that camp is a place to play, have fun and interact with the environment, so please make sure your camper has clothes that will not be damaged if stained. It is essential that all clothing and belongings be labeled with your child's full name. Please do not send any valuables to Camp Shalom with your camper, as they may be lost or damaged.

Swimming: Swim lessons are 30 minutes per group in the bigger pool on Monday, Wednesday and Friday. Free swim in the wading pool is Tuesday and Thursday mornings for 30 minutes per group.

Campers 1st-10th Grade

What To Bring

A day at camp involves a variety of activities. It is suggested that campers wear "self help" clothes that are comfortable and enable them to participate in all activities. It is important to dress your child appropriately for the weather every day, Camp Shalom is during the summer, so please do not send your camper in long pants or long sleeve shirts. Remember that camp is a place to play, have fun and interact with the environment, so please make sure your camper has clothes that will not be damaged if stained. It is essential that all clothing and belongings be labeled with your child's full name. Please do not send any valuables to Camp Shalom with your camper, as they may be lost or damaged. **CAMP SHALOM CANNOT BE RESPONSIBLE FOR LOST OR DAMAGED GOODS.**

Daily:

- Wear:
 - Socks and shoes or athletic sandals that are comfortable and able to be worn for hours at a time. Crocs, slides or flip flops are not allowed unless it is a pool activity.
 - Shorts or weather appropriate pants
 - Cool, lightweight T-shirts
- Bring:
 - Cap or hat
 - Sunscreen - every camper must bring their own
 - Swim Suit
 - Towel
 - Water Bottle
 - Lunch: non meat lunch and one that does not require a microwave.
 - Friday is pizza day- be sure to order pizza via the online account.

1st-6th Monday Swim Test

Every Monday, campers will take a swim test. The swim test will determine your camper's swim bracelet color. Red bracelets will be allowed only in the wading pool. The yellow bracelets will be allowed in the wading pool and only in the bigger pool with a counselor. Green bracelets and their green band buddy are allowed to go anywhere in the big pool. Please help your camper keep their bracelet on for the week. If campers do not want/refuse to take the swim test, a red bracelet will be given. Both the Camp Shalom smaller pool and our standard regulation pool will be used, depending on your child's readiness. As with any children's activity, gaining confidence is our first step. Campers will advance and be encouraged to learn new skills and develop to their fullest potential. For particular questions or concerns about your child's progress, please call our pool and aquatics training manager, 918-495-1111.

REGISTRATION

Registration Agreement: I agree to enclose a non-refundable and non-transferable registration fee of \$50 per child per week, which will be applied against that week's camp fee. I understand that full payment for camps must be made prior to the first day of each week's camp unless prior payment arrangements have been made. I understand fees for Camp Shalom cannot be prorated on a daily basis. If cancellation is within two weeks of the start of that week's camp, no refund will be given.

Payments: Weekly camp balances must be paid in full the Friday before camp starts on Monday.

Add and Change Policy:

- **Before May 1st:** If a camp is added and/or changed before May 1 the early bird price will still be in effect.
- **After May 1st:** If a camp is added and/or changed the camp will have the REGULAR camp price (not the early bird price). Cancel camp:
- **All deposits are NON-REFUNDABLE and NON-TRANSFERABLE** after the first day of camp. If camp is canceled within 2 weeks of that week starting, the full price will be charged.

CSJCC Member Discount: Charles Schusterman Jewish Community Center members will receive a discount off non member rates. To become a CSJCC Member, please call Shelly Callahan at 918-495-1111.

Scholarships: No Jewish child will ever be denied the right to attend Camp Shalom due to financial restrictions. Adjusted fees, payment plans and scholarships can be discussed confidentially. Scholarship applications are available upon request and are due by April 1st. Please see Shelly Callahan at 918-495-1111 for more details.

Hours/Extended Care: Our camp hours are Monday-Friday from 8:30 AM to 4:30 PM. Without exception, a parent or legal guardian must accompany all campers to their camp's staff. Campers may **NOT** be dropped off and allowed to enter the building on their own.

- Drop off begins at 8:20 AM and ends at 8:45 AM. If you need to drop off your camper(s) before 8:20 AM, your camper(s) must use Before Care.
- Pick up begins at 4:20 PM and ends at 4:45 PM. If you need to pick up your camper(s) after 4:45 PM, your camper(s) must use After Care.

Before Care begins at 7:30 AM and costs \$25 per week per camper.

After Care ends at 6:00 PM and costs \$30 per week per camper.

Camp Shalom Grounds: Camp Shalom is located at the Charles Schusterman Jewish Community Center on the grounds of Zarrow Campus. This campus also hosts Mizel Jewish Community Day School, the Jewish Federation of Tulsa, the Sherwin Miller Museum of Jewish Art and Zarrow Pointe Retirement Community. The Zarrow Campus and other facilities' property may not be defaced, damaged or destroyed in any way. Parents/Guardians will be held responsible for any damages to Zarrow Campus Property. When parking at Zarrow Campus, camp families may not block any of the traffic lanes or accessibility areas at any time.

Camper Age Groups: Camp Shalom campers range from ages 3-15. Camp Shalom provides an environment where playful learning and Jewish culture are experienced through our camps, daily HaMotzi prayers, and weekly Shabbat celebrations. Our activities are camper centered and focused on their developmental needs and interests. We ask that our campers have had an experience of being separated from their parents and are fully potty-trained. Please keep in mind that our camp is an all-day event. Campers 3-years to Kindergarten have at least a 45 minute rest time.

HEALTH PROTOCOLS

Medication: If your child takes medication that needs to be administered during camp hours, it must be dropped off in the Camp Office by a parent along with the Charles Schusterman Jewish Community Center Medication Authorization. All medications must be in original containers.

Medications will be secured in the camp office and will be administered by camp supervisors. A daily log is also kept to record the times and dosages administered.

Illness & COVID-19: Parents are asked to cooperate by carefully monitoring your camper's health and by keeping them home when there is any indication of physical illness, particularly symptoms of associated with COVID-19 as well as nasal congestion, coughing, fever, stomach cramps, diarrhea, vomiting or rash.

- Please assess your camper's health PRIOR to arriving at camp.
- Any camper with any signs of ill health during the day will be isolated and the parents will be notified. The parents must make arrangements for the camper's prompt pick up within 30 minutes of the notification.
 - This includes but is not limited to a temperature over 100.4 degrees, any symptoms associated with COVID-19, uncontrollable coughing, vomiting or diarrhea, or the appearance of conjunctivitis (pink eye), ringworm, lice, impetigo, Hand, Foot and Mouth, etc.
- Campers may not return to camp until they are fever and/or symptom free for a minimum of 24 hours without the assistance of medication. Camp Shalom reserves the right to require a doctor's note for a camper to return regardless of the symptoms the camper presented.
- If a child is sent home or has been absent two or more days, parents should call the Camp Office to explain the nature of the illness or other reasons for absence.
- In the event your camper contracts a communicable disease such as COVID-19, chickenpox, mumps, measles, diphtheria, scarlet fever, strep throat, viral meningitis, etc. Please notify the Camp Office immediately.
- Should a camper, counselor or staff member test positive for COVID-19 Camp Shalom will follow the guidelines and recommendations set forth by the CDC and THDP and regarding notification to Camp families and cleaning, sanitizing, and disinfecting all camp areas.

COVID-19: In accordance with the Centers for Disease Control (CDC) and the Oklahoma State Department of Health (OSDH).

ISOLATION (Positive test)

If your camper tests positive for COVID-19, regardless of vaccination status - isolate. The length of isolation is determined by the following criteria:

If you have COVID-19 symptoms, stay home until:

- 5 days have passed since symptoms first appeared, AND
- Symptoms are improving, AND
- If fever is present, continue to stay home until 24 hours has passed since fever has resolved without the use of fever-reducing medications

If you never have COVID-19 symptoms, stay home until:

- 5 days have passed since the date of your COVID-19 test was collected, AND
- No COVID-19 symptoms have developed since you were tested.

If symptoms develop, it is recommended you follow the criteria for someone with COVID-19 symptoms.

Once you have met the above criteria, you are considered released from isolation. The CDC and OSDH recommend wearing a mask for an additional 5 days.

Exposed (Quarantine): If you have been exposed, please use the link below to determine if your camper will need to quarantine.

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/your-health/COVID-19-Steps-for-Determining-Close-Contact-Quarantine-K-12.html.pdf>

Minor Injury: If a child is injured during camp, parents will receive an "ouch report" email detailing the cause of the injury and the actions taken to remedy the problem. If it is a more serious medical issue, parents will be called immediately.

Emergency Care Policy: In case of emergency, the parents are notified first. If we are unable to reach a parent, the emergency contact will be called. If no one can be reached or in a life-threatening situation, we will call for an ambulance and your child will be transported to the nearest hospital in the company of a director for emergency treatment. We will continue our efforts to reach a parent or an emergency contact.

Lice Policy: If there is evidence that a child has a head lice infestation, the child will be immediately removed from the program. The parent will be called and asked to retrieve the child and to treat the head lice. (You may wish to consult your physician.) The child will be readmitted to the program when ALL evidence of lice and nits (the eggs) are gone. CS feels these precautions are necessary because of the highly contagious nature of head lice.

OTHER INFORMATION

Lost and Found: Items left in home bases will be kept in your camper's home room for the week. Items found in common areas will be brought to a Lost and Found box by the front desk. Lost and Found items will be kept at The CSJCC for one week after camp, and then donated to an appropriate charitable agency.

Camp T-Shirts: Each camper will receive a one camp T-shirt, your campers counselor will give him/her on Wednesday of your campers first week. We request that campers wear T-shirts on Fridays to help celebrate Shabbat.

Pool: Camp Shalom has two pools: One is a wading pool and the other is divided into a 5-foot deep area with a small slide and a deeper area with a diving board. Our lifeguards are trained and certified. Your child, regardless of age, will swim everyday, weather and safety permitting. The head lifeguard/pool manager determines when it is necessary to close the pool for health, safety or weather-related reasons. Safety is always our primary concern, and our staff members are trained to be vigilant at all times when campers are in the pool. The entire pool area is fenced in and campers may not enter the pool until lifeguards are ready for them.

Forbidden Items: The following items are **forbidden** at Camp Shalom and will result in **immediate disciplinary action** if they are discovered with a camper or in connection with a camper. Any camper who brings any of the below listed items will immediately be picked up by a parent or legal guardian and asked not to return to Camp Shalom.

Firearms	Knives
Alcoholic Beverages	Fireworks
Controlled Substances	Tobacco products

The following items are **discouraged** at Camp Shalom:

- Cell phones, iPods, iPads, etc. (Campers including CITs are not allowed to be on electronic devices during camp.)
- Money, except on Fridays for Snack Shack (Campers are not allowed to use the vending machines during camp.)
- Expensive items including jewelry, electronics, shoes, etc.
- Trading cards (Campers are not allowed to trade Pokemon, MTG, or other trading cards at camp.)

FRIDAY EXTRAS

Shabbat: Our Israeli emissary/shlichah will lead our campers in a short Shabbat service on Fridays. Songs will be sung and campers will learn about the Jewish celebration of Shabbat. HaMotzi will be said before campers eat Challah and Kiddush will be said before grape juice is drunk.

1st-6th & CITs: Snack Shack: Around lunch time on Fridays, soda and candy will be on sale at "Snack Shack." Items are \$1 each and campers may choose 2 items maximum. Send cash with your camper on Friday so they can purchase their treats!

1st-6th & CITs: Pizza: For lunch on Fridays, older campers may get slices of cheese pizza for lunch at \$1.50/slice. Payments can be made online and should be made before 6pm on Thursday (so we can order the right number of pizzas).

CAMPER CONDUCT POLICY

Every effort will be made by the staff, in consultation and coordination with a camper's parent or legal guardian to insure a positive camp experience for your child. Any behavior that interferes with the safety, learning or enjoyment of other campers will not be tolerated. If there is any type of disciplinary issue with your child, you will be notified immediately. In the event there are behavioral difficulties deemed irreconcilable, a child may be removed from any Camp Shalom program **immediately**. No refunds (full or partial) will be issued if a child is asked to leave due to disciplinary reasons.

Camp Shalom- Charles Schusterman Jewish Community Center

Behavior Guidelines and Discipline Policy

The CSJCC wants all of our children to have a great time when they participate in Camp Shalom. We feel that it is our responsibility to engage the children in fun and meaningful group activities that give them a sense of belonging and freedom to express themselves. We understand that praise and positive reinforcement are effective methods of behavior management. We also understand that we must act as role models for the children by paying attention to their interests and treating them with respect and kindness. We will set clear guidelines for them and will be consistent in our interactions with them.

We will make every effort to help children understand acceptable and unacceptable behaviors, however, it is important that children enrolled in our programs are able to follow behavior expectations and to fully participate in program activities.

Parents/Guardians are required to inform the CSJCC in writing of any special circumstances that may affect the child's ability to participate fully and to stay within the guidelines of acceptable behavior – including behavioral problems, psychological, medical or physical conditions. The CSJCC is not responsible for providing one-on-one care.

Camper Expectations

We want Campers to enjoy their time at Camp Shalom! Counselors will go over rules and procedures with Campers.

1. Stay with your group and your counselor. Always follow the instructions of Camp staff promptly.
2. Stay within the boundaries set for specific activities.
3. Use appropriate language. No swearing or put-downs.
4. Be kind. Treat others fairly. Respect others and their belongings. Keep your hands to yourself.
5. Walk in a quiet and orderly way in The Jewish Community hallways.
6. Put away personal belongings in the space provided. Clean up after yourself.
7. When eating, sit, use a quiet voice, use good table manners, and clean up the area when finished.

Behavior Expectations

- Children must cooperate with staff and follow directions.
- Children must respect other children, staff, CSJCC equipment and buildings.
- Children must stay with their designated group, adhering to our supervision requirements.
- Children must refrain from any behavior that threatens the safety or well being of any staff person or child in our program, including themselves.
- **Threatening behaviors that are unacceptable include, but are not limited to:**
 - making fun of or insulting someone;
 - Endangering other campers in any way;
 - making obscene gestures or comments;
 - punching, kicking, slapping, biting or using physical violence of any kind;
 - using foul language;
 - taking someone's things or stealing;
 - writing nasty things about someone;

- shouting at someone; bullying
- gossiping about someone;
- threatening someone with verbal/physical violence....

Discipline Policy

Step One Children who fail to meet the stated behavior expectations, or who participate in unacceptable behaviors as described above, will be given a verbal warning by their group leader. At that time, staff will point out the unacceptable behavior, will discuss how this behavior affects others, and will offer suggestions for the child to use an alternative, positive behavior. Children will be guided in an age-appropriate manner.

Step Two If a child continues to have difficulty with his or her behavior, the child will be sent to the Camp office to talk with the Camp Director. The Camp Director and child will discuss the appropriate behavior that is needed at Camp. A child that admits to and takes responsibility for his or her mistakes is taking a step toward changing the behavior. At this point, the child will help to decide on a consequence for the behavior that will be designed to help change the behavior while in our program. (For example, a child that throws a ball at someone's head may become a referee for that game in the future, making sure nobody breaks the rules; or the child may be asked not to participate in a favorite activity for a time.)

Step Three If the camper continues to display the same unsafe or similar behaviors, a parent/guardian will be contacted to pick the camper up early and the camper may be suspended from camp for the following day. Our staff will work closely with parents to help a child succeed in group care, however, it is ultimately the parents' responsibility to deal with any major difficulties that a child is having. Should another incident occur, the camper will be sent home early and suspended for the rest of the week. A reoccurrence of the same or similar behavior will result in the camper being requested to leave camp for the remainder of the summer. No refunds will be given.

The camp committee reserves the right to make the decision on any of the above guidelines.

Behaviors that may lead to immediate dismissal, suspension or expulsion from our program include but are not limited to:

- fighting or other violent or dangerous behavior;
- possession of a weapon of any kind;
- vandalism or destruction of property;
- running away from designated group area;
- Theft, drugs and alcohol

A FINAL WORD

Our goal is to please both you and your child by making Camp Shalom a positive, fun, and educational experience! If you have any questions or concerns, please do not hesitate to contact the Camp Office at 495-1111. We look forward to making sure your child has a summer of fun, a lifetime of memories.

Thank you! We look forward to making this summer one to remember for years to come. If you have any questions about the parent manual, please do not hesitate to call us at (918) 495-1111.

Camp Shalom Staff