



FILL OUT FORMS

All forms due April 14

GET A PHYSICAL

Schedule a check-up

START PACKING

Use our Packing List to prepare (page 29)

PARENT HANDBOOK KAYITZ 2023



We're here to help!

845-832-6622

info@ramahberkshires.org

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מחנה רמה בברקשיירס

CAMP RAMAH IN THE BERKSHIRES

משימת המחנה MISSION STATEMENT

Camp Ramah in the Berkshires is a vibrant summer camp community, where children grow in a beautiful and safe setting, surrounded by life-long friends and nurtured by spirited role models.

From sports to the arts and from swimming to outdoor adventure, Camp is infused with the best of the tradition and values of Conservative Judaism: love of mitzvot, Hebrew Language, and the land and people of Israel; commitment to inclusion and Tikun Olam; and the joy of learning and prayer.

Ramah is a transformative Jewish experience for its campers, staff, families and the communities of the New York metropolitan area, and a place where Judaism is lived, Shabbat is cherished, and every moment is elevated.



ברוכים הבאים לקיץ 2023! WELCOME TO SUMMER 2023!

A MESSAGE FROM THE RAMAH BERKSHIRES TEAM

”שלום שלום לרחוק ולקרוב”

"Welcome to those who are new and those returning."

(Isaiah 57:19)

Dear Parents and Guardians,

Welcome to the fifty-ninth summer of Camp Ramah in the Berkshires! Since 1964, Wingdale, New York has been the site of an extraordinary experiment in Jewish community building. Although much has changed since that first kayitz (summer), many of the dreams and aspirations of our founding generation remain with us today. We dream of a Camp community filled with song and joy, brimming with compassion and empathy; we aspire to be a community drawn together by a deep commitment to Jewish values and traditions. Also, we want to have an absolutely crazy amount of fun.

As parents and guardians of our campers, you are our partners in this great endeavor, so let us begin by saying thank you. Thank you for sending your children to us, and for entrusting us with their summer experience. Thank you for being a supporter of our Camp and of the values and mission we have undertaken. Thank you for caring about our community, the Jewish people, and menschlichkeit to the extent that you have given us the opportunity to deepen your children's commitments to those lofty ideals. Thank you for being a part of Camp Ramah in the Berkshires.

We hope you find this Handbook useful and that it answers many of the questions you may have. We welcome your feedback on this Handbook, the policies we outline, or anything else having to do with the experience we are hoping to provide.

Our theme for Kayitz '23 is Derech Eretz – Respect. Respect for others, for ourselves, and for our makom kaddosh – our campus. We look forward to creating joyful Jewish experiences, and we hope that this summer will be the start (or continuation) of a long and meaningful relationship with you and your children. Summer can't come fast enough!

L'hitraot b'Wingdale – See you in Wingdale!

The Ramah Berkshires Team



תאריכים וטפסים חשובים 2023 IMPORTANT DATES & FORMS

All of the forms are available on your [CampMinder dashboard](#). To access your account:

- Go to www.ramahberkshires.org
- Click "Login"
- Log-in using your email and password
- Click on "Forms & Documents" to access all forms on your dashboard

February 1, 2023

The following forms and documents will be available on your dashboard:

Mandatory Forms & Documents

- Medical Forms*
- Camper Photo Update
- B-Side: Code of Sexual Conduct
- B-Side: Behavioral Agreement
- Family and Home Life Form
- Camp Trucking Registration
- Permissions Form

Optional / If Applicable

- Allergy Action Plan
- Pack My Rx
- Bunk Request Form
- New Camper Connections

*Mandatory medical forms include: Physician's Exam, Medication Sheet, Online Health History, Immunization Form, Health Insurance Information

The Kayitz 2023 packing list is available in this handbook on page 29 and on your dashboard.

April 14, 2023

- All Kayitz 2023 forms DUE
- Camper Photo update DUE
- Bunk Requests DUE

April 15, 2023

- Full tuition DUE

Middle of June 2023

- Bunking information provided

Bunking information will only be provided to those that have submitted all mandatory Kayitz 2023 forms and have completed tuition payment.

עדות DIVISIONS

Campers are divided by age groups, into divisions called edot.

מחנה א' Machaneh Aleph | A-Side

טעם רמה Ta'am Ramah "Taste of Ramah" Entering 3rd grade

כוכבים Cochavim "Stars" Entering 4th grade

ניצנים Nitzanim "Flower Buds" Entering 5th grade

שורשים Shorashim "Roots" Entering 6th grade

צעירים Tzeirim "Youth" Entering 7th grade

מחנה ב' Machaneh Bet | B-Side

סוללים Solelim "Trail Blazers" Entering 8th grade

בוגרים Bogrim "Graduates" Entering 9th grade

מכון Machon "Institute" Entering 10th grade

גשר Gesher "Bridge" Entering 11th grade





חניכים חדשים NEW CAMPERS

CAMPER CONNECTIONS

If you are interested in us connecting your camper with another new camper, if possible, in your local area, please complete the New Camper Connections form by March 1. (This form can be found on your [CampMinder dashboard](#).)

אוריינטציה ORIENTATION

Parents of first-year campers are invited to attend a Parent Orientation for adults only that will be held virtually. Parents will have the opportunity to meet the Director and/or Director of Community Care and Inclusion, as well as other members of our senior staff. Specific dates for these virtual orientations will be announced in the spring.

מידע דתי וחינוכי RELIGIOUS & EDUCATIONAL ORIENTATION

התוכנית THE PROGRAM

At Ramah Berkshires, we are committed to providing our campers with an experience that is exciting, fun and meaningful. Our hope is that sports and arts, adventure and boating, swimming and farming, archery and theater, prayer and song will all be a part of our campers' transformative summer experience. As you might imagine given all this activity, the typical Camp day is filled to the brim with running, jumping, singing, laughing, playing, and learning. For our younger campers, we try hard to make sure that all areas of Camp are open to them, and we try to ensure that they get to try everything we offer. Who knows? Maybe a child coming to Camp thinking she loves volleyball will find herself more attracted to pottery, and perhaps a child who loves theater will discover he has a real knack for climbing. No matter their age, all of our campers have some opportunity to craft their own schedule, and as the campers get older their ability to create an experience tailored to their skills and interests only grows. In addition to our "normal" days at Camp, we have trips, specialty programming, and activities galore. Of course, anyone who has ever been at Ramah Berkshires knows that there is no "normal" day. Every day is special, and that is the beauty of the place.

The success of our program depends on the active participation of our campers. In addition, for the safety of the entire community, we need to know where each and every camper is at all times. For both of these reasons, all campers will be expected to attend all of their scheduled activities. Choosing to attend Ramah Berkshires means choosing to take part in the programs and activities we provide. Please make certain your camper/s understand the importance of fully taking part in the incredible array of activities and programs that make Camp the amazing experience that it is meant to be.



שמירת מצוות RELIGIOUS OBSERVANCE

Ramah is the camping arm of the Conservative Movement, and we take seriously the aspects of our mission that are based on Jewish life, learning, and tradition. Camp Ramah in the Berkshires encourages campers to explore their own commitment to God, Torah, and Israel. We also recognize that campers come to Camp from many different backgrounds, religious beliefs and types of home observance. We strive to be a nurturing and supportive Jewish environment for all our campers and staff.

At Camp, we believe it necessary to set some religious standards for our community. These standards include, but are not limited to, the general areas that follow.

Kashrut (Kosher certification)

All the food prepared at Camp or brought into Camp must be certified kosher. If you have any questions about what constitutes kosher food for these purposes, please do not hesitate to be in touch.

Tefillah (Prayer)

All of our campers and staff are expected to pray each morning. All males are required, and females are encouraged, to wear a Kippah during tefillah (prayer). All males over Bar-Mitzvah age are required, and females encouraged, to wear Tefillin and a Tallit or Tallit Katan at morning tefillot. Please make sure all Tallitot, Tallit Bags, and Tefillin are clearly labeled with your child's full name.

Shabbat

The creation of a sacred and separate Shabbat experience is among the primary goals of Camp Ramah. In order to create what Abraham Joshua Heschel famously called the "Palace in Time," we ask that all campers and staff refrain from writing, using electronics, playing instruments and other activities that have the effect of transforming Shabbat into "normal" time. Shabbat is among the most special experiences at Camp, and our campers and staff consistently tell us that Shabbat is vitally important to them. We ask everyone in our community to help us maintain Shabbat as a beautiful, restful, and meaningfully different sort of time each and every week of the summer.

Beyond Kashrut, Tefillah, and Shabbat there are many other ways in which we seek to infuse our program with Jewish rituals and Jewish ideas. We recite blessings at the beginning and end of meals, we create learning spaces for Jewish texts and traditions, we engage with the State of Israel and the history of our people. We are proud to be a Jewish educational camp, and we hope you will help us fulfill this part of our mission by preparing your camper/s to be a part of the Jewish community and experience we are trying to create.

הנחיות חשובות IMPORTANT GUIDELINES

חוקים וכללים RULES AND REGULATIONS

Please carefully review these with your child.

Your child is the most important member of the Ramah community—a community of over 1000 people! Camp's responsibility to you, to your child, and to our governing agencies (the New York State Board of Health, the American Camp Association, the National Ramah Commission, and others) requires that its primary goal be to provide a safe and healthy summer experience for all. Health and safety are paramount concerns at Camp Ramah in the Berkshires.

The following are important rules and requirements of Camp. Each camper and his/her parents must agree to abide by these policies. In the rapidly changing times in which we live, these policies are under constant review by the professional staff in consultation with Camp's Board of Trustees. Please read the 2023 rules carefully:

- Parents, relatives, or friends may not drop by to visit campers. Camp remains a closed community in order to protect your children and to maintain a high-quality camp life.
- Pets are never allowed in Camp.
- Marijuana, narcotic and any other illegal drugs, and alcohol, as well as any drug paraphernalia, are forbidden to anyone in the Ramah community. Possession or use of these substances or items will result in automatic and immediate dismissal with no tuition refund.
- Campers are not permitted to smoke, vape, or use any sort of e-cigarette while at Camp. Any use of these items can result in immediate dismissal with no tuition refund.
- Campers are not permitted to leave the camp grounds except as part of a supervised camp activity that is authorized by the camp administration. Violating this rule is cause for dismissal with no tuition refund.

- Life at Camp is much more active than one's normal routine at home. Each edah (division), depending on the age of its campers, has a set curfew. Consistently ignoring curfew is unacceptable and may result in dismissal at the discretion of the Director with no tuition refund.
- Romantic relationships sometimes develop between campers during the summer. It is expected that campers will exhibit appropriate and modest behavior. Physical relationships for campers are not to go beyond consensual hugging and kissing with clothes on. Inappropriate behavior may result in dismissal from Camp. (See "Code of Sexual Conduct" form in your [CampInTouch dashboard](#) for B-Side campers.)
- Ramah insists on an absolute division between campers and staff. Thus, camper-staff member romantic relationships are not allowed in Camp. Staff includes any member of the community who is not a camper. In such situations, the Director will speak with the camper, and the staff member will be dismissed.
- Ramah is the communal property of the Conservative Jewish Community. Camp does not belong to any single individual. Everyone who uses the camp is jointly responsible for its upkeep and maintenance. Therefore, please remind your child of the following:
 - Clean-up: All campers, along with the bunk counselors, are responsible for the cleanliness and general safety conditions of their bunk. In addition, everyone participates, at scheduled times, in a general clean-up of the camp grounds.
 - Graffiti: Campers and parents will be held responsible for graffiti on or in bunks, or any bunk furniture, as well as anywhere around Camp. A minimum fine of \$50 will be charged to any child who is found responsible for any graffiti.
 - Respect for Camp property: Anyone damaging or defacing Camp property will be held liable for the cost of repairing such damage and will be charged accordingly.



בריאות HEALTH

טפסים רפואיים MEDICAL FORMS

To comply with the requirements of the New York State Department of Health, and for the health and safety of your child, fellow campers, and staff, we require new medical forms to be completed each year that your child is at Camp. The required documents are the Physician's Examination, Medication Sheet, Immunization Record, and Insurance Form, as well as the online Health History. Forms must be uploaded to your [CampMinder account](#) by April 14, 2023. Your child will not be assigned to a bunk until we receive all of your child's completed forms.

Your child must have had a physical exam conducted by a physician more recently than April 25, 2022. If your child's last physical was late last spring, you may not need to schedule a physical exam this year. However, you still need to have your physician complete the 2023 Medication Sheet.

The National Ramah Commission and the CRB Medical Committee endorse the requirement that all campers must be current with all routine childhood immunizations according to the standards of the American Academy of Pediatrics.

Please note, in particular, that all campers are required to have received a tetanus booster vaccine, commonly known as the Tdap vaccine (trade names, Boostrix, or Adacel), by 12 years of age.

- If your child uses a nebulizer, please be sure that your physician has indicated this on the medication sheet, and please send it with your child on the first day of Camp, marked with your child's full name.
- If your child wears glasses, please send the prescription and an extra pair of glasses with your child on the first day of Camp. Please write your child's full name on their glasses case.
- If your child wears contact lenses, please send the prescription and enough lenses for their stay with your child on the first day of Camp. Please write your child's full name on their lens packages.

If there are any specific medical concerns before or during the summer, please email marp@ramahberkshires.org. Communication will be held in the strictest confidence.

Parents must have primary health insurance coverage. No child will be accepted into Camp without it. If there is a situation where parents find themselves without coverage, please contact our Chief Operating Officer, [Yoni Saposh](#), immediately.

טיפול שיניים

DENTAL AND ORTHODONTIC WORK

Prior to the start of Camp, it is important that you attend to your child's dental needs. If your child needs dental or orthodontic treatment while at Camp, you will be billed directly.

Camp is not responsible for lost or damaged retainers. Please label all retainer containers with your child's full name.

If your child has had orthodontic work, please do not make any significant adjustments immediately before the camp season.

מרפאה

HEALTH CENTER (known as “the Marp” in Camp)

Our health center is well staffed. There is always a doctor and a team of registered nurses on call. The best time to reach a nurse is between the hours of 12:00 – 2:00 PM world time*, Sunday through Friday at (845) 832-6622 ext. 456.

The Marp is stocked with a variety of over-the-counter drugs and specialized equipment. Please note that New York State law and the Board of Health require that all medications be kept in the health center at Camp. No over-the-counter or prescription medications of any kind may be kept in the bunks. Parents are responsible for payment for prescriptions that are prescribed by the Camp doctor and purchased for your child.

*Camp operates on Central Time, and the Eastern Time Zone is referred to as “World Time” during the summer while we are at Camp.

תרופות

MEDICATIONS

Over the past number of years, the quantity of medication doses dispensed to campers has risen. In the face of this increase, we have maintained our commitment to employing the safest, most efficient strategies to dispense them. The safety of the campers, (i.e. ensuring that each child receives the correct medicine at the correct time) is our primary concern. All of the campers' medications must be pre-packaged and sent to Camp prior to your child's arrival.

Pack My Rx works with Direct Meds of Florida to dispense your child's medications in convenient multi-dose strip pouches, labeled with your child's name, medication, and instructions. If your camper will be taking any medication at Camp this summer, please read the letter from Pack My Rx on your forms and documents page located on your forms dashboard. If you have questions, please do not hesitate to contact us at marp@ramahberkshires.org. We are confident that this program will help us achieve our primary goal: to maintain the health, well-being, and safety of your child.

מרפאה וטיפול רפואי MEDICAL & HEALTH CENTER

If your child writes that they have been to the Marp (health center), please remember that the news is several days old. Camp policy is that parents are notified when:

- an emergency occurs that requires a child to be taken to the hospital or an outside doctor
- a child is in the Marp overnight
- a child needs to be taken for x-rays or lab tests (the Marp will also call after to share results.)
- a child needs to be put on antibiotics

The Marp will not call home about minor issues, such as a scraped knee or a minor stomach ache.

Keep in mind that Ramah Berkshires has a highly experienced medical staff made up of professionals who are qualified to make appropriate decisions concerning your child's health.

ביטוח רפואי MEDICAL INSURANCE

Our camp medical insurance policy is as follows:

You, as the parent, are responsible for all medical expenses, including prescription drugs, that are not covered by your health insurance. We will give your insurance information to health care providers to enable them to submit claims on your behalf. You agree to reimburse Camp Ramah in the Berkshires for co-payments or other expenses that Camp pays to providers on your behalf.

Questions regarding the medical care that your child is receiving should be addressed to our medical staff and/or chair of our Medical Committee. Please notify either a nurse or the Marp immediately of any medical condition that develops before the summer.

תרופות וחופשות MEDICATION "VACATION"

We understand that some parents wish to give their child a "vacation" from their regular school-year medication over the summer. Often, this is because Camp is assumed to be a less structured, stress-free environment. While camp is definitely a time for relaxed fun, there are many different situations to deal with: new social dynamics, changes in routine, and different levels of structure depending on the day. For these reasons, it is imperative for you to discuss the above factors with your physician before taking your child off medication. If your child's medication during the summer is different from during the school year, please notify our [Director of Community Care & Inclusion](#), to help ensure a successful summer for your child.

כנים LICE

Camp Ramah in the Berkshires will check all campers and staff for head lice upon arrival into Camp. To avoid an uncomfortable situation, we ask that you please check your child's head before the start of Camp.

If your child is found to have lice or nits, we will contact you. Your child will need to be treated immediately at Camp. There will be an additional charge of \$500. You will be asked to provide a credit card to cover the treatment charge.

Ramah Berkshires will also check all campers for head lice prior to their departure from Camp.

Head lice are small, wingless insects that feed on human blood. Unfortunately, they are easily spread in environments where people live closely together, like Camp. Sharing towels, beds, barrettes, headphones, hats, kippot, t-shirts, and other personal items (e.g., combs and brushes) contributes to the spread of lice. Please discourage your child from sharing such items while in Camp.

קרציות TICKS

We try to be very diligent at Camp in having our staff and campers check for ticks. If anyone is found with a tick, they are sent to the Marp to have it removed by a professional.

FIRST DAY OF CAMP

PLEASE, if your child has a fever, strep, or lice on Opening Day, call and let us know so we can make arrangements for them to arrive at Camp on a different day! Thank you.



תחבורה TRANSPORTATION

All campers are required to take the bus to and from camp. Campers will be assigned to a regional bus stop. Drop offs and pick ups will not be allowed at camp.

מטען LUGGAGE

All luggage is required to go through a delivery service. Our preferred vendor is Camp Trucking. You may also use FedEx or UPS. Drop-offs and pick-ups of luggage will not be allowed at Camp.

We recommend using 1-2 soft trunks or duffle bags. NOTE: there may be a surcharge for large/overweight bags. Visit www.camptrucking.com for information.

If you choose to use Camp Trucking, you are responsible for registering your child's bags directly with them. To register visit www.camptrucking.com. You must register all bags by April 14. You will pay Camp Trucking directly for this service. Bunk assignments will not be given out to campers whose luggage registration is not complete.

Luggage will be picked up at your home and delivered to Camp at the beginning of your child's session. The luggage will also be delivered back to your home at the end of your child's session.

Camp Trucking will provide luggage tags, and your luggage will be barcode scanned upon pick-up. You will receive SMS notifications on the way to pick-up and drop-off. You do not have to be home to sign for any luggage being picked up or dropped off.

Each piece of luggage should be tagged with luggage tags provided by Camp Trucking. If you have not received your luggage tags one week prior to Camp, please call Camp Trucking at 970-949-0690.

For more information including fees, luggage size requirements, and pick-up/drop-off information, please visit www.camptrucking.com or call 970-949-0690.

We recommend that you place a piece of paper in your child's duffle with their name and address in case the tags come off in transit.



הכל EVERYTHING FROM FROM A TO Z

ימי הולדת BIRTHDAYS

Campers whose birthdays fall during the camp season have a special opportunity to celebrate with their bunkmates at Camp. A birthday cake will be provided and campers will be permitted a birthday phone call home. Our Camper Care team will reach out to you to schedule the phone call close to the camper's birthday.

הכנה לבני מצוה B'NAI MITZVAH TRAINING

Camp Ramah in the Berkshires is happy to provide logistical support for campers whose bar/bat mitzvah falls during the months of September through December 2023. We can help to make phone or Zoom arrangements for a camper to connect with a home tutor to continue preparations for their upcoming bar/bat mitzvah.

Please be sure that your child brings all applicable materials to Camp. If you would like us to coordinate tutoring sessions with you or your at-home tutor, please email our [Director of Community Care & Inclusion](#).

בקשות שיבוץ לצריפים BUNKING REQUESTS

To a camper, the bunk is at the heart of the Camp experience. A camper's bunk provides the opportunity to connect with old friends and to make new friends through the shared experience of communal living. As one might imagine, properly bunking over seven hundred campers is no easy feat, and our staff devotes many hours to this process in the hopes of creating the best situation for each individual camper.

Campers are invited to submit two bunk requests (in the order of preference) via our Bunking Request Form, available through your [CampInTouch account](#) on your child's [dashboard](#). Please note that a bunking request is optional and a request only.

Bunking Request Forms are due by April 14, 2023. Bunking Request Forms received later than April 14, 2023 may not be honored.

Bunking requests will not be considered unless financial commitments are current and we have received ALL of your camper's mandatory forms. (See page 5 for a list of all forms.) Campers will be notified of bunk assignments by mid-June, provided that all mandatory forms have been submitted.

For questions about bunking and bunk requests, please contact our [Director of Community Care and Inclusion](#).



קשר חנימים CAMPER DIRECTORY

We provide a directory (at the end of the summer) with campers' addresses, phone numbers and email information.

The camper directory will be posted in your [CampInTouch account](#) on your child's dashboard. You will need to sign into the dashboard using your email and password. Once logged in, click on "Forms and Documents" and scroll to the bottom of the page where you will see the directories posted.

זמן מחנה וזמן עולם CAMP TIME & WORLD TIME

Remember that Camp operates on "Camp Time," which is the same as Central Time, or one hour earlier than Eastern Daylight Time. For example, when it is 8:00 p.m. in New York (what we call "World Time") it is 7:00 p.m. in Camp. We do this for several reasons, but primarily because we want campers to go to sleep when it's dark, and in the summer it gets dark very late.

חנותיה CANTEEN

The canteen fee is included in your camp fees. Campers visit the canteen twice a week and are able to select two food/beverage items each visit. This summer, camper bunks will be inspected for cleanliness before the bunk will be permitted to visit the canteen.

נהלים לבוש CLOTHING EXPECTATIONS

Dress code is an incredibly complex issue for a camp like ours. We are committed, by principal, to the value of individual expression and the desire to allow campers and staff to express their authentic selves in a variety of ways. At the same time, our Jewish tradition speaks eloquently and urgently of the need for tzniut, a sense of modesty in the way we dress, speak, and conduct ourselves. In an age of increasingly sexualized dress, speech, and behavior, the Jewish demand for tzniut provides a vital counterbalance to the messages our campers receive from the culture around them. Finally, we are sensitive to the fact that "dress codes" have often been aimed disproportionately at the dress, speech, and behavior of women and girls, while ignoring or downplaying the issue related to men and boys. As a Jewish camp committed to the values of tradition as expressed in an egalitarian mode, the issue of dress is thus unavoidably complicated and challenging.

We must, however, do our best to express our values even—perhaps especially—in areas where it can be difficult to do so. To that end, and in conversation with staff and campers, we have established the following dress code for Kayitz 2023. We do not anticipate that this will be the last word on this issue, but we do hope that parents will help us in enforcing these standards when they assist their children in packing and preparing for Camp.

Guidelines for appropriate clothing:

- Any clothing with profanity or inappropriate words, phrases, or symbols may not be worn. We also don't permit clothing that advertises alcoholic beverages, cigarettes, drugs, or illegal substances.
- Please note the following guidelines:
 - No bare midriffs.
 - No one may leave the bunk without a shirt, including porches and sports facilities.
 - Underpants may not be visible.
 - See-through tops, “low-rider” pants, mini-skirts, halter-tops, backless tops, crop tops, tube tops and dresses, and similar clothing are prohibited.
 - All shorts need to have a recognizable inseam.
 - All tank tops that are low cut under the arms need to be worn with a more modest tank top underneath.
 - Bikinis are prohibited. Two-piece tankinis or rash guard tops worn with a separate bathing suit bottom are permitted, provided they cover the midriff.



- Shabbat attire: One of the ways in which we separate Shabbat from the rest of the week is by having a slightly elevated form of dress. During Shabbat services on Friday evening and Saturday morning, campers' shoulders must be covered. For those wearing shirts (as opposed to dresses), an appropriate button-down blouse or collared shirt is required. During service times on Shabbat, jeans, sweatpants and sport shorts are not permitted.
- On Erev Shabbat (Friday night) in order to create a communal atmosphere, all members of the Camp community must wear a white shirt, dress, or sweater. T-shirts are not permitted. Please be sure to pack enough appropriate white tops for Shabbat.
- Keeping in mind that there is a lot of uneven ground in Camp, choose footwear for Camp carefully. High heels should be avoided, as they can cause serious injury.

Ramah staff will enforce these policies. We understand that fashions change, that norms of acceptable dress outside of Camp change, and that cultural pressures change as well. We also understand that different families have different rules in regard to appropriate dress, and we do not presume to judge how parents and guardians navigate these issues with their children. However, even with all of the difficult crosscurrents of this issue, Camp Ramah in the Berkshires feels it is important for us, in our capacity as creators of holy community, to set standards for everyone who will join us this summer.

Please feel free to be in touch with our [Director of Community Care and Inclusion](#) with any questions or concerns.



מצב חירום EMERGENCIES

If there is a family emergency, please state this when you call Camp. Your call will be handled as quickly as possible. Someone is available 24/7. The phone number for Camp is [845-832-6622](tel:845-832-6622). When the office is closed and a true emergency arises, please call our answering service at 845-431-6571.



אמצעי ממון FINANCIAL AID & FACTS

The Board of Trustees of Camp Ramah in the Berkshires, as well as the professional staff of Camp, believe that Ramah should be financially accessible to every family that wants to be a part of our community. We understand that the cost of Camp can seem to be a high hurdle and we will do everything we can to lower that hurdle. We strive to make our financial assistance process simple, smooth and responsive to you.

Our 2023 financial assistance process is now open. Camp Ramah in the Berkshires uses the FACTS system to collect data and to manage the requested information. This data and information will be kept strictly confidential. Your application will only be seen by the Financial Assistance Committee. You can begin the FACTS application [here](#).

אוכל FOOD

The most important job we do at Camp Ramah in the Berkshires is safeguarding your child's health and safety and the health and safety of all members of our Camp community. Our Camp is "nut free." We do not serve or cook with any products containing nuts (e.g., peanut butter) or traces of nuts. For the safety and security of our entire community, please make sure that your child does not bring any nut products to Camp.

In addition, kashrut is an important part of our Camp's mission. We aim to bring the values, traditions and rituals of Jewish life alive for our campers, and the laws of kashrut are carefully observed in our Camp community. Furthermore, we have made a promise to our Camp families that we are a strictly kosher facility and it is imperative that we do everything we can to maintain the integrity of the promises we have made.

For these reasons, we ask parents to assist us in enforcing the following policies:

- On Opening Day you may send your child to Camp with packaged snacks that are nut-free and certified Kosher.
- Parents may not mail food replenishments.
- Any packages sent to campers will be inspected for food and not delivered.
- Please do not send food to our campers with guests or staff members.

In addition to meals, we provide daily snacks to all of our campers, as well as access to our canteen twice a week. If you have any questions or concerns about your child's diet while at Camp, please contact our [Director of Community Care and Inclusion](#).

טפסים FORMS

It is required that you complete all online forms so that we may best serve your child during the camp season. These forms are kept confidential. We encourage you to provide insight that would be helpful to us, including family situations, medical treatment, etc., that can help us to ensure that your child has a positive and successful camp experience. All forms will be posted to your camper's dashboard, in your [CampInTouch account](#). Please see page 32 for step-by-step instructions on how to access your child's dashboard.

הימור GAMBLING

Gambling for money or valuable property is prohibited and is grounds for dismissal from Camp.

ביגוד GEAR

In advance of the summer, campers and families will be given the opportunity to purchase "Camp Gear," also known as "Camp Swag," such as sweatshirts, water bottles, hats, and more. at our [Swag Store](#). A Ramah Berkshires Kayitz (Summer) 2023 shirt is included in your fees and will be distributed to all campers at Camp.



געגועים לבית HOMESICKNESS

Although our campers love being at Camp, homesickness is not unusual and can surface in campers during their first summer or even after they become "camp veterans." It can last one day or several days, or, in some cases, longer than a week. Many parents anticipate that their child will miss home while in Camp. Proactive measures can be taken in order to help ease the feelings of being unsettled. Remind your child of challenging experiences they have overcome in the past, such as learning to ride a bike or sleeping over at a friend's house for the first time. Encourage them to talk about their apprehensions and to not feel shy about expressing their feelings to their counselors in Camp. Parents should avoid making promises to take their children home if they are sad after a week. Such statements can interfere with campers' ability to enjoy themselves during the first few days of Camp.

Our madrichim (counselors), and rashei edah (division heads) are well trained in detecting and providing interventions and comfort to a homesick camper. Keeping Camp apprised of your child's feelings before Camp begins is important, as well, so that we can best partner with you to help your child make a smooth transition.

Once Camp begins, you may receive a concerning letter from your child. For instance, a camper might write: “Take me home! I have no friends,” or, “I have a headache every day” or, “I cry every morning when I wake up.” Although it is common for homesick campers to exaggerate in early letters home, we take these sorts of feelings seriously and want to hear from you should you receive this type of letter. In our experience, homesickness is often times temporary, and the feelings expressed in a letter written one day might not exist even twenty-four hours later. Be prepared for a homesick letter or two, to be followed by joyful exuberance just a few days later. Our goal, with parents and guardians as our partners, is to help campers feel comfortable and calm in the camp environment as quickly as possible. As always, please feel free to be in touch with our Camper Care team with any questions.

אימון שחייה INSTRUCTIONAL SWIM

Ta'am and A-side campers have instructional swimming periods five days per week that are run according to a certified aquatics program. Campers are divided into groups, by skill level, on their first day of a session, and are taught by instructors who are certified and trained. In addition to being certified in swimming instruction, every member of our waterfront staff is certified as a lifeguard by the American Red Cross. All campers are expected to take a swimming test at the start of a session to determine in which waterfront activities they will be permitted to participate. This test includes approximately 200 meters of swimming (any stroke) with a 2-5-minute period of treading water. If campers do not pass, they are able to retake the test.

There is an opportunity for open (“free”) swimming time at the lake almost every day. In most cases, campers will report to the lake during a period with the rest of their division. All campers must attend this activity period, but may choose whether or not they want to go swimming during this time period.



כיפות KIPPOT

All males are required, and females are encouraged, to wear a kippah or head covering at mealtimes and only a kippah during tefillot (prayers). PLEASE MAKE SURE ALL KIPPOT ARE LABELED. We encourage campers to carry a kippah with them throughout the day. (Please send your child with 4-6 labeled kippot.)



הגעה מאוחרת/עזיבה מוקדמת LATE ARRIVAL/EARLY DEPARTURE

Arriving late or leaving early can make adjusting to Camp more difficult and lessen the enjoyment of the summer. It is essential that you contact us immediately if you need to make any special arrangements. If your family has received permission from the Director for your child to be absent from Camp for any reason and for any period of time, please make sure that Camp is fully aware of the schedule by contacting our [Director of Community Care and Inclusion](#).

כביסה LAUNDRY

Laundry is done weekly during the summer. Campers will be provided a laundry bag at the beginning of their session which will be picked up by a service and returned to Camp the next day. All clothing should be clearly labeled with the camper's full name and should be wash and wear. We will not be able to properly launder specialty blouses, shirts, dresses, etc. Do not send any "dry clean only" items. As with any laundry service, occasionally items are lost, discolored, or even ruined.

At the end of their session, campers must return their laundry bag. There will be a \$20 fee for unreturned bags.

מכתבים מחניכים LETTERS FROM CAMPERS

Campers are encouraged to write home. Please do not be concerned if you have not heard from your child for a few days. Mail is sent from Camp daily, but is occasionally delayed. Please write to your child frequently and express your desire to hear from them. If you do not hear from your child for a long period of time, you may contact our Camper Care team.

For younger campers, we strongly recommend sending pre-addressed, pre-stamped envelopes.

מכתבים לחניכים LETTERS TO CAMPERS

Your child will want to hear from you at least as much as you want to hear from your child. It is especially important that younger and first-time campers receive mail from home within the first 24 hours of Camp.

Please write to your child before Camp begins, so they can receive a letter the first day.

Mail to Wingdale takes three days from the New York/New Jersey area, but we recommend sending letters at least one week in advance.



Letters should be addressed to:

(Name of Camper), Bunk ____
Camp Ramah in the Berkshires
P. O. Box 515
Wingdale, NY 12594

Please be sure to place the correct postage on letters. Postage errors may cause letters to be delayed or returned.

Parents can email their child(ren) through their [CampInTouch account](#), but campers cannot email their parents back. Each day, except Shabbat, emails are printed and distributed with the mail delivery. If you have questions about email, please contact our [Director of Community Care and Inclusion](#).

פריטים אבודים LOST & DAMAGED ITEMS

During the summer, you should expect that your child's clothing will experience normal wear and tear, and that there will be occasional losses. Camp stocks several personal items, such as shampoo, hairbrushes, and toothbrushes that will be given to your child as needed. If your child is missing something critical you should contact the [Director of Community Care and Inclusion](#) to discuss, and if deemed necessary and appropriate, we will make arrangements with you to send or replace the missing item.

Please do not send expensive items to Camp. Claims for lost items should go to your homeowners' insurance policy or personal property insurance.

חבילות PACKAGE POLICY

We encourage you to write or email your child regularly, but on advice from our security consultant and our experience, any packages sent to campers will be inspected to ensure that they contain only those items that have been precleared through the office. Items not precleared will not be delivered to your child.

Please see above policy regarding damaged or lost items.

רשימת ציוד PACKING LIST

You will find the full packing list on page 29.



צילום PHOTOGRAPHY

Our photographers work hard to capture a variety of campers and activities and we post high-quality pictures of each edah (division), which you'll be able to access through your [CampInTouch account](#). Please do not offer rewards to campers for appearing in a certain number of pictures.

Remember that photos snap a moment in time. We encourage families not to draw conclusions from a singular photo or lack thereof. We try to take photos of everyone but we don't want the taking of pictures to replace the actual fun and excitement happening at Camp. Rest assured: we are taking great care of your children!

רדיו RADIO PROGRAM

The camp radio station, Kol Ramah 102.3 FM, broadcasts 24 hours a day, 6 days a week, playing both Israeli and American music. Campers participate throughout the summer in broadcasting and playing music on the air. You can download many Camp podcasts from Apple Podcasts.



ביטחון SECURITY

Our primary concern, since Camp Ramah was founded, has been keeping our campers and staff safe. Ramah is a place where campers are and have always felt safe. It is a caring and nurturing environment in which all programs, in and out of Camp, are planned with safety as the first priority.

To ensure as secure an environment as possible for our campers, the professional staff and the Board of Trustees have designed the following protocols regarding safety and security:

- The main entrance to Camp is staffed by a security guard 24 hours a day, 7 days a week. All other entrances will be locked.
- All visitors and deliveries will be stopped at the security gate. No unexpected visitors will be allowed into Camp.
- All visitors will be required to wear identification name badges.
- All staff can be identified by a name badge.



טעם רמה TA'AM RAMAH

For entering third graders, Ta'am Ramah (Taste of Ramah) gives first time campers a seven-day "taste" of the Ramah experience, guided by nurturing, experienced staff for this first-time sleepaway camp experience. Campers learn why so many children return to Ramah summer after summer and return home talking about next summer. Parents will receive a separate handbook for Ta'am Ramah.

טכנולוגיה TECHNOLOGY

Camp is a special place – a chance to unplug and become immersed in the camp experience. At Ramah Berkshires we aim to disconnect (from technology), so we can reconnect (to ourselves and each other). In an effort to promote socialization, enhance communication skills, and give campers a break from the world of technology, Camp Ramah in the Berkshires is UNPLUGGED. Devices that have Wi-Fi or cellular capabilities, including cellphones, iPods, and Apple watches, should be left at home. Devices erroneously brought to Camp will be returned to the camper's family. Appreciating the importance of music, MP3 players (including the original iPod, iPod Shuffle, or Sansa clip) are permissible in Camp.

Below are links to examples of acceptable devices:

[Sandisk 8GB Clip Player](#)

[AGPTEK Shuffle Portable Player](#)

PHONES ON TRIPS - Part of the Ramah summer experience for our older campers in Bogrim, Machon and Gesher is taking trips out of Camp together and exploring new places. When older campers are outside of Camp and travelling independently, they will be allowed to have cellphones so that they are always accessible to us, and we are always accessible to them. We will distribute their phones to them during these times and collect them afterward.

שיחות טלפון TELEPHONE CALLS

If you have a concern about your child or if you need to relay a timely message, please contact our [Camper Care](#) team. We do not allow campers to call home or to receive phone calls during the summer.

מדיניות תשרים (טיפים) TIPPING & GRATUITIES POLICY

Staff members at Camp Ramah are engaged in an important educational enterprise and they are very dedicated to their task. As professional educators who are expected to do their utmost at all times for each individual, they may not accept gratuities.

Parents wishing to honor staff members are invited to donate to the Staff Appreciation Fund. This fund is used to support staff programming for staff during the summer.

Donations may be made [online](#) using a credit card or by writing a check made payable to "Camp Ramah in the Berkshires". Checks should be marked "Staff Appreciation Fund" and mailed to:

Camp Ramah in the Berkshires
1086 Teaneck Road, Suite 5B
Teaneck, NJ 07666

A letter will be sent to each designated staff member acknowledging your donation.

טיולים TRIPS

Every camper at Ramah Berkshires participates in an out-of-camp, edah trip. Campers in our 4-8 grade programs take day trips that may include visits to water parks, zoos, and aquariums. Campers in our high school program (grades 9-11) have multi-day trips to destinations like Philadelphia, New England, and Washington DC (please note the exact locations and itineraries of these trips vary year to year). You will receive separate emails about special outdoor overnight trips.

All expenses are covered by Camp during the trips. Campers may take money for discretionary items; we recommend the following amounts:

- Campers going in to grade 7-8: \$10-20 per session
- Campers going in to grade 9: \$50-75 per session
- Campers going in to grade 10: \$75-100 per session
- Campers going in to grade 11: \$50-75 per session



עלות המחנה TUITION

All balances are due in full by April 1, 2023. Payments may be made by check (payable to "Camp Ramah in the Berkshires") or by credit card (Visa or MasterCard).

Questions about tuition? Email [Alyson Papir](mailto:Alyson.Papir@ramahberkshires.org).

יום הכנסת אורחים VISITING DAY

Visiting Day is scheduled for this summer on July 23, 2023. First session campers will be bussed home that morning but you can opt out of the bus by emailing transportation@ramahberkshires.org. We will update you with the latest information as we get closer to opening day and throughout the summer.



ביטול השתתפות WITHDRAWAL OF CAMPER

Involuntary Withdrawal

If a child is to be withdrawn from Camp on an involuntary basis (i.e., where the camp administration requires the parents to withdraw the child), a tuition refund is made on a pro-rated basis or half of the tuition, whichever is lower. Administrative fees and miscellaneous items (e.g., camp-meds, transportation, etc.) are not refundable. In behavioral situations, as described previously (i.e., drugs, alcohol, and unacceptable behavior), there will be no refund issued.

Voluntary Withdrawal

There are no refunds for voluntary withdrawals of campers. Examples of voluntary withdrawals include: a child is homesick, parents miss the child, changes in family plans, or family vacations. We urge you not to "make deals" with your child to "try it for a while." Such promises usually make it impossible for a child to adjust to Camp properly. If you or your child need extra support or encouragement before Camp begins, please contact our [Director of Community Care and Inclusion](#).



KAYITZ 2023 PACKING LIST

EVERYDAY CLOTHING

- ☐ 10-15 t-shirts
- ☐ 10 pairs of shorts
- ☐ 2 pairs of pants/jeans
- ☐ 2-3 pairs of athletic pants, sweatpants, or leggings
- ☐ 4 pairs of pajamas or sleepwear
- ☐ 4 long sleeve shirts
- ☐ 3 sweatshirts/sweaters
- ☐ 4-6 kippot with clips (required for boys, encouraged for girls)

SHABBAT CLOTHING

- ☐ 4-6 skirts and tops, or dresses (including 3-4 white tops or cardigans for Friday Night)
- OR**
- ☐ 5-6 dress, collared, or polo shirts (including 4 white for Friday Night)
- ☐ 2-3 pairs of khaki or chino pants or shorts

UNDERWEAR & SWIMWEAR

- ☐ 5-6 bathing suits (two-piece tankinis or rash guard tops worn with a separate bathing suit bottom are permitted, provided they cover the midriff)
- ☐ 15 pairs of underwear
- ☐ Bras (if worn): 2-4 bras and 2-4 everyday bras that can go in Camp laundry

SOCKS & SHOES

- ☐ 20 pairs of socks
- ☐ 2 pairs of sneakers (1 for rainy days)
- ☐ 1-2 pairs of nicer shoes for Shabbat
- ☐ 2 pairs of sandals/flip-flops
- ☐ 1 pair of rainboots

OUTERWEAR

- ☐ 1 medium-weight jacket
- ☐ 1 durable raincoat or poncho

BEDDING & LAUNDRY

- ☐ 2 flat sheets (cot or twin size)
- ☐ 2 fitted sheets (cot or twin size)
- ☐ 1 warm blanket
- ☐ 1 washable comforter
- ☐ 1 pillow
- ☐ 2 pillow cases
- ☐ 1 large laundry bag
- ☐ 1 small mesh/sock laundry bag

TOILETRIES

- ☐ 2 toothbrushes
- ☐ 1 toothpaste
- ☐ 1 plastic drinking cup
- ☐ 1 soap/body wash
- ☐ 1 shampoo
- ☐ 1 conditioner

- ☐ 1 deodorant (if needed)
- ☐ 1 comb/brush
- ☐ 1 box of tissues
- ☐ 1 shower caddy/mesh container
- ☐ 1 razor (if needed)
- ☐ Sanitary pads and/or tampons (if needed)

EQUIPMENT

- ☐ 1 sleeping bag (overnight trips; last night of Camp)
- ☐ 1 pair of cleats (if needed)
- ☐ 1 pair of shin guards (if needed)
- ☐ 1 softball glove (if needed)

BAGS

- ☐ 1-2 soft trunks or duffle bags
- ☐ 1 carry-on/backpack

REQUIRED PERSONAL ITEMS

- ☐ At least 1 orange, 1 yellow, 1 green, 1 blue t-shirt for Yom Sport (Color War - 2nd session)
- ☐ Insect repellent/bug spray
- ☐ 1 baseball/brimmed hat
- ☐ 1 flashlight with extra batteries
- ☐ 2 reusable water bottles
- ☐ Sunscreen
- ☐ Tallit & Tefillin (required for boys above Bar Mitzvah age; encouraged for girls above Bat Mitzvah age)
- ☐ 3 white t-shirts for crafting

BATH

- ☐ 4 wash cloths or a "loofa"
- ☐ 5 bath towels
- ☐ 5 beach towels (rising 8-11 graders ONLY)**
- ☐ 1 bathrobe (if use)

OPTIONAL

- ☐ Family photos
- ☐ Pens, pencils, stationery, stamps (we suggest pre-addressed/pre-stamped envelopes)
- ☐ Sunglasses
- ☐ Hangers
- ☐ Board and card games
- ☐ Books and magazines
- ☐ Personal rug
- ☐ Battery-operated fan
- ☐ Musical instruments
- ☐ Camping folding chair (no bungee chairs)
- ☐ Bed time comfort items/stuffed animal
- ☐ Shoe bag with pockets for storage
- ☐ Water shoes

** Beach towel service is provided for rising 3-7 grade campers.

BUS CARRY-ON PACKING LIST

CHANGE OF CLOTHES

- ☐ 1 t-shirt
- ☐ 1 pair of shorts
- ☐ 1 undergarment
- ☐ 1 pair of socks
- ☐ 1 pair of sneakers

EXTRA

- ☐ 1 filled water bottle
- ☐ 1 sweatshirt for bus
- ☐ 1 book for bus (optional)
- ☐ 1 MP3 player (optional)

ITEMS NOT PERMITTED AT CAMP

The following items are NOT permitted in Camp:

- Firecrackers (including sparklers)
- Knives
- Cigarette lighters
- Martial arts equipment
- Skateboards, scooters, rollerblades, Segways, bikes
- Hammocks
- Bungee chairs
- Laser-pens
- Guns (including BB guns and water guns)
- Latex balloons
- Any device or appliance used to cook food, including but not limited to blenders, sandwich makers, hotpots, air poppers, soda stream, mini-refrigerators
- Alcohol
- Drugs and any drug paraphernalia
- Cigarettes, Cigars, JUULS, and any other e-cigarette type products or paraphernalia

Please note:

Children may not sleep in their sleeping bags for the entire summer, but are required to bring a sleeping bag for overnight trips and/or the last night of Camp as their bedding will be packed in their luggage.



SAMPLE 2023 CAMPER SCHEDULE

	A-SIDE	B-SIDE
7:30 AM	Boker Tov! Good Morning!	
8:00 AM	Breakfast	Boker Tov! Good Morning!
8:30 AM	Tefillot (morning prayers) by edah (division)	Tefillot (morning prayers) by edah (division)
9:15 AM	Special A-Side games & competitions	Breakfast (9:00 – 9:30)
10:00 AM	Activity electives – offers include Al Hagova (outdoor education), sports, music, ceramics, painting, crafts, video, drama, boating, hip-hop dance, and more	Nikayon – Clean-up contests
11:00 AM	Yahadut (Jewish Learning)	Activity electives – offers include Al Hagova (outdoor education), sports, music, ceramics, painting, crafts, video, drama, boating, hip-hop dance, and more
12:00 PM	Swim instruction in Lake Ellis with Starfish certified instructors	Yahadut (Jewish Learning)
1:00 PM	Lunch	Swim in Lake Ellis
2:00 PM	Sha'at Menucha – “down” time in the bunk to read, rest, and to write and read mail	Lunch
3:00 PM	Activity electives – offers include Al Hagova (outdoor education), sports, music, ceramics, painting, crafts, video, drama, boating, hip-hop dance, and more	Peulat Tzrif (Bunk Activity)
4:00 PM	Peulat Tzrif (Bunk Activity)	Intramural (and inter-division/edah) athletic leagues
5:00 PM	Free swim	
6:00 PM	Dinner	Shower time
7:00 PM	Peulat Erev (evening activity) by division	Dinner
8:00 PM	Return to bunk for showers	Peulat Erev (evening activity) by division
8:30 PM – 9:15 PM	Lights out	
9:00 PM		Return to bunk for showers
9:45 PM – 10:00 PM		Lights out

NOTE: This is just a sample and is subject to change.

CAMPINTOUCH INSTRUCTIONS

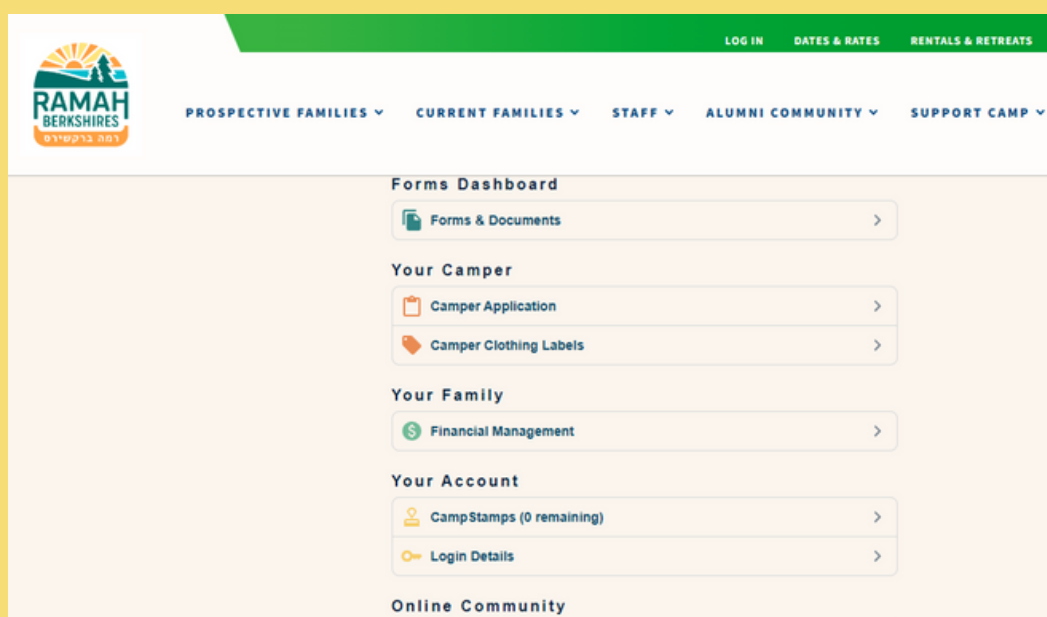
All families are provided with access to our [CampInTouch](#) daily uploaded photos and send emails to your camper during the summer.

Please follow the directions below to access your [CampInTouch dashboard](#):

- Go to www.ramahberkshires.org
- Click on the “Log In” Button



- Log in with your email and password. If you have forgotten your password or are locked out of your account, please contact the Camp office to assist you.
- This is your dashboard where you can access your forms, review your financial statements, view daily uploaded photos and email your camper during the summer.



If you have any questions about logging in to your account, please contact us at info@ramahberkshires.org or call 845-832-6622.

מלון

GLOSSARY

אנשים

PEOPLE

Advisor (male/female)	Yoetz/et	יועץ/יועצת
Advisors (male/female)	Yoatzim/yoatzot	יועצים/יועצות
Assistant (to the Head)	S'gan (Rosh)	סגן (ראש)
Camper (male/female)	Chanich/ah	חניך/חניכה
Campers (male/female)	Chanichim/chanichot	חניכים/חניכות
Committee/s	Va'ad/va'adot	ועד/ועדות
Community	Kehillah	קהילה
Counselor (male/female)	Madrich/ah	מדריך/מדריכה
Counselors (male/female)	Madrichim/madrichot	מדריכים
Director (male/female)	Menahel/et	מנהל/מנהלת
Division head/s	Rosh Edah/Rashei Edot	ראש עדה/ראשי עדות
Division/s of campers	Edah/edot	עדה/עדות
Doctor (male/female)	Rofeh/rofah	רופא/רופאה
Head of sports	Rosh Sport	ראש ספורט
Head of waterfront	Rosh Agam	ראש אגם
Head/s of a specialty area	Rosh Anaf/Rashei Anaf	ראש ענף/ראשי ענף
Holy community	Kehillah kedoshah	קהילה קדושה
International staff	Tzevet binleumi	צוות בינלאומי
Israeli staff	Mishlachah	משלחת
Management	Hanhallah	הנהלה
Programming Director (male/female)	Merakez/et	מרכז/מרכזת
Specialty staff (male/female)	Miktzo'ey/miktzo'it	מקצועי/מקצועית
Specialty staff (plural)	Miktzo'im	מקצועיים
Staff	Tzevet	צוות
Teacher (male/female)	Moreh/morah	מורה/מורה
Teachers	Morim	מורים

פעולות

ACTIVITIES

"Voice of Ramah" - Camp radio station	Kol Ramah	קול רמה
Activity	Peulah	פעולה
Arts and Crafts	Omanut	אומנות
A-Side Fun and Spirit	Makor (Machaneh Aleph Kef V'Ruach)	מקור
Baseball	Kadur Basis	כדור בסיס
Basketball	Kadur Sal	כדור סל
Bedtime story	Harga'ah	הרגעה
Breakfast	Aruchah Boker	ארוחת בקר
Broom	Matateh	מטאטא
Bunk activity	Peulat Tzrif	פעולת צריף
Campfire	Medurah	מדורה
Challenge (backpacking trip)	Etgar	אתגר
Clean-up	Nikayon	ניקיון

פעולות ACTIVITIES

Color War (Cochavim - Shorashim)	<i>Maccabiah</i>	מכביה
Cookie	<i>Ugiah</i>	עוגיה
Cookout / BBQ	<i>Bishul</i>	בישול
Dance festival	<i>Rikudiyah</i>	ריקודיה
Dancing	<i>Rikud</i>	ריקוד
Dinner	<i>Aruchat Erev</i>	ארוחת ערב
Drama	<i>Dramah</i>	דרמה
Dust pan	<i>Ya'eh</i>	יעה
<i>Edah</i> activity	<i>Peulat Edah</i>	פעולת עדה
Education	<i>Chinuch</i>	חינוך
Elective/s	<i>Bechirah/bechiroth</i>	בחירה/בחירות
End of Shabbat ceremony	<i>Havdallah</i>	הבדלה
Evening activity	<i>Peulat Erev</i>	פעולת ערב
Football	<i>Kadur regel</i>	כדור רגל
Free Swim	<i>S'chiyah Klallit</i>	שחייה כללית
Hebrew	<i>Ivrit</i>	עברית
Instructional Swim	<i>Imun s'chiyah</i>	אימון שחייה
Jewish learning	<i>Yahadut</i>	יהדות
Job/s	<i>Tafkid/im</i>	תפקיד/תפקידים
Kitchen program	<i>Mitbachon</i>	מטבחון
Lunch	<i>Aruchat Tzohorayim</i>	ארוחת צהריים
Meal/s	<i>Aruchah/aruchot</i>	ארוחה/ארוחות
Nature	<i>Teva</i>	טבע
Nightwatch duty	<i>Shmirah</i>	שמירה
Outdoor adventure	<i>Al Hagovah</i>	על הגובה
Palmer Day (Sport Competiton with Ramah New England)	<i>Yom Palmer</i>	יום פלמר
Performance arts	<i>Hofa'ah</i>	הופעה
Period/s on the schedule	<i>Perek/prakim</i>	פרק/פרקים
Play performance	<i>Hatzagah</i>	הצגה
Prayer/s	<i>Tefillah/tefillot</i>	תפילה/תפילות
Rest time	<i>Sha'at menuchah</i>	שעת מנוחה
Schedule/s	<i>Shigrah/shigrot</i>	שיגרה/שיגרות
Singing	<i>Shirah</i>	שירה
Snack	<i>Chatif</i>	חתיף
Song festival	<i>Zimriyah</i>	זמריה
Specialty area	<i>Anaf</i>	ענף
Sport Competition Day (Color War)	<i>Yom Sport</i>	יום ספורט
Sports	<i>Sport</i>	ספורט
Swimming	<i>S'chiyah</i>	שחייה
Team sport	<i>Chug</i>	חוג
Tennis	<i>Tennis</i>	טניס
Themed programming run by counselors (Thu/Fri)	<i>Yom Hav</i>	יום הב
Training	<i>Hadrachah</i>	הדרכה
Trip (noun)	<i>Tiyul</i>	טיול
Visiting Day	<i>Yom [Hachnasat] Orchim</i>	יום הכנסת אורחים
Volleyball	<i>Kadur Af</i>	כדור עף

מקומות PLACES

Auditorium	<i>Beit Am</i>	בית עם
Bunk/s	<i>Tzrif/im</i>	צריף/צריפים
Camp	<i>Machaneh</i>	מחנה
Campfire circle	<i>Igul</i>	עגול
Canteen	<i>Chanutiyah</i>	חנוטיה
Dining Room	<i>Chadar Ochel</i>	חדר אכל
Farm	<i>Chavah</i>	חוה
Field	<i>Kikar</i>	כיכר
Gesher lounge ("The Gesh Mo")	<i>Moadon Gesher</i>	מועדון גשר
Infirmery	<i>Mirpe'ah ("Marp")</i>	מרפאה
Kitchen	<i>Mitbe'ach</i>	מטבח
Lake	<i>Agam</i>	אגם
Library	<i>Sifiriyah</i>	ספריה
Mailroom	<i>Merkaz</i>	מרכז
Office	<i>Misrad</i>	משרד
Place/s (noun)	<i>Makom/mekomot</i>	מקום/מקומות
Porch	<i>Mirpeset</i>	מרפסת
Sports field	<i>Migrash</i>	מגרש
Staff lounge ("The Mo")	<i>Moadon tzevet</i>	מועדון צוות

כללי GENERAL

Announcement/s	<i>Hoda'ah/hodaot</i>	הודעה/הודעות
Blessing over bread (at opening of a meal)	<i>Birkat Hamotzi</i>	ברכת המוציא
Blessings after a meal	<i>Birkat Hamazon</i>	ברכת המזון
Day	<i>Yom</i>	יום
Example	<i>Dugmah</i>	דוגמה
Friday night	<i>Erev Shabbat</i>	ערב שבת
Good Morning	<i>Boker Tov</i>	בקר טוב
Night	<i>Lailah</i>	לילה
Proper behavior	<i>Derech erez</i>	דרך ארץ
Specialized area	<i>Shetach</i>	שטח
Spirit	<i>Ruach</i>	רוח
Summer	<i>Kayitz</i>	קיץ
Tishah B'Av (fast day)	<i>Tishah B'Av</i>	תשעה באב
Welcome	<i>Bruchim Haba'im</i>	ברוכים הבאים

CONTACT US

IF YOU HAVE ANY QUESTIONS, PLEASE DO NOT HESITATE TO CONTACT US!

GENERAL INQUIRIES:

845-832-6622

info@ramahberkshires.org

INTERIM CAMP DIRECTOR - Susie Charendoff

scharendoff@ramahberkshires.org

CAMPER CARE TEAM (for anything related to your child over the summer):

campercare@ramahberkshires.org

INFIRMARY, MEDICAL FORMS AND MEDICATION INQUIRIES:

marp@ramahberkshires.org

BUNKING QUESTIONS:

campercare@ramahberkshires.org

TRANSPORTATION INQUIRIES:

transportation@ramahberkshires.org

IF YOU WOULD LIKE TO MAKE A DONATION TO RAMAH BERKSHIRES:

<https://www.ramahberkshires.org/donate/>

SUMMER

Camp Ramah in the Berkshires
P.O. Box 515
Wingdale, NY 12594

WINTER

Camp Ramah in the Berkshires
1086 Teaneck Road, Suite 5B
Teaneck, NJ 07666

CONNECT WITH US!

www.ramahberkshires.org



Camp Ramah in the Berkshires is a proud member of the American Camp Association and the Ramah Camping Movement.

SUPPORTING THE EMOTIONAL WELL-BEING OF CAMPERS

Compassion and kindness are qualities that are at the foundation of our Ramah community. We strive to create a Camp community that is inclusive and welcoming. To that end, we will support campers with a range of social, emotional, and behavioral challenges in an effort to promote a successful Camp experience.

Our Camper Care Team

Our camper care team includes the Camp Director, our Director of Community Care and Inclusion, senior staff, *yoatzim* (parent liaisons) and outside professional consultation as needed. Our *yoatzim* are often educators or mental health practitioners who function as resources to support our campers and staff, helping to understand their needs, guiding them, and providing comfort to promote their well-being. Our Director of Community Care and Inclusion works year-round and helps to evaluate and develop plans for campers, both before and during the summer. Our *yoatzim* help implement these plans during the summer and provide relevant training to our staff. While *yoatzim* do not act as therapists, when appropriate, we facilitate connecting campers with therapists at home.

Our counselors are “our hero staff”. They are young adults who primarily grew up at Camp or are emissaries from Israel between the ages of 18-21. They receive training during staff week as well as training each week throughout the summer. They are taught from day one that their primary responsibility is “taking care of other peoples’ children;” however, they are not trained as mental health practitioners.

Our philosophy

The physical and emotional safety and well-being of your children is our number one priority. With this priority in mind, we maintain:

- High standards of care for your children
- High expectations of ourselves and our staff and volunteers
- A value system explained to staff, campers, and families
- Boundaries clearly defined for our campers and staff
- A joyful Jewish environment for our campers, staff, alumni, and guests

We strive to teach all members of our Camp environment:

- To recognize that they have responsibility for themselves and those around them

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- To learn to make choices which are good for themselves and others, and to take responsibility for the choices they make
- To respect and celebrate each other's differences
- To accept accountability for their actions and the consequences for inappropriate behaviors

Kehillah Kedoshah – Holy Community

At Camp Ramah in the Berkshires, we exemplify the qualities of *kavod*(respect) and *chesed* (kindness) in interactions with everyone both during the summer and during the school year.

- We respect the feelings and emotions of others when in Camp and when at home. We talk with kind words, invite others to join us in play, take care not to exclude, humiliate or show meanness to others and respect each other's bodies.
- We respect the property of others and of our Camp. We do not take, deface, destroy, or alter property that does not belong to us.
- We follow Camp rules and behavior expectations at all times, including full and timely participation in the Camp program. This includes on field trips, as we represent Camp Ramah in the Berkshires and the Jewish community.
- We respect the requests and directions of staff members whose role is to keep us all safe and ensure an enjoyable time for all.
- We continue to treat members of our community with respect and kindness throughout the year, including respectful interactions while texting and using social media.

Kavod Habriyot – Respect For All of God's Creations

At Camp Ramah in the Berkshires, our diverse community is an essential part of who we are because every member of the Ramah community is worthy.

- We respect that each of us is a unique individual. We offer compassion and help, without teasing or bullying those who may be different from ourselves.
- We each strive to be the best version of ourselves, focusing on our own growth and learning.
- We accept that we each may make mistakes, but that we can all learn from these experiences, and attempt to give each other the benefit of the doubt when there is a disagreement.
- We are part of an inclusive environment and we do not exclude others or make fun of another's challenges or of those who are different in any way.
- We choose our words carefully and refrain from using language that is offensive, profane or disrespectful in a sexual nature.
- We come to Camp with a positive attitude, we commit to being a role model and bring our curiosity for exploring our Judaism in the Camp community.

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Planning for Summer and Camper Support

At Camp Ramah in the Berkshires, safe and successful summers are built on truthful communication and partnership, developed collaboratively in advance of the summer by parents and the Camp professionals who care for your children. It is difficult to appropriately support children who arrive at Camp when critical information about their wellbeing is not disclosed. We value your collaboration, and ask you to please err on the side of over-disclosure with regard to information necessary to keep your child safe and promote success in the Camp environment. Once Camp is underway, and a significant undisclosed issue presents, it is highly unlikely that a camper can be accommodated in a successful manner without a plan in place.

Please do not withhold information about the following or other related issues:

- Connection with a therapist (or other mental health provider) to address mental, emotional or behavioral health concerns
- Serious medical problems
- An intention to stop medication for the summer
- Hospitalizations for physical, emotional or behavioral reasons since last summer
- Suicidal gestures or ideation
- History of self-injurious behaviors/self-harm
- Traumatic circumstances including but not limited to family issues, parental separation, divorce, illness or death
- Concerns regarding sexual or gender identity
- Bedwetting

When significant mental health or behavioral issues are disclosed before the summer, we will work with the camper's family, and their existing mental health team, to evaluate if Camp is the right setting for this summer. Our focus will be on the safety of the camper, the impact on the broader community, and whether the parents, mental health team, camper and staff reasonably believe, given our resources, that we can develop a plan that will ensure a successful summer.

Camp Ramah in the Berkshires reserves the right to ask that a child at risk to oneself, or the community, be picked up and removed from Camp immediately.

Camper Support Plans

There are many factors that we consider when evaluating if our resources can help campers succeed in the Camp environment. Such factors include:

- Information shared by parents during the year, in conversation with the Director of Community Care and Inclusion and through required forms, to best understand camper well-being as well as strengths and challenges

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- Information shared by other professionals working closely with the camper
- Recent trends in camper mental or behavioral status, including overall improvement or decline
- Impact of significant events occurring within the past year
- If a Camp setting is similar or dissimilar to other situations which may cause stress
- Impact of the broader community (*tzrif*, bunk and Camp) including ensuring when possible that the amount of time counselors and other staff may need to provide to a camper is not more than reasonable of what to expect

Accommodations, such as connecting with an outside therapist or limited schedule modifications will be provided as appropriate and as our resources allow. We ask that you share information regarding current therapy in which your child participates. We will make every effort to continue therapy over the summer in cases where appropriate.

****IMPORTANT NOTE**** While Camp is a naturally supportive and nurturing environment, it is important that campers and parents understand that mental health issues that campers present with at home do not suddenly disappear just because the child loves Camp. Please share any and all information with the Director of Community Care and Inclusion in order in an effort to create the safest plan for your child to succeed at Camp.

Potential Response to Particular Situations

When assessing if campers are prepared for Camp, we look for indications that an individual camper will be successful in handling the vast majority of the Camp's day to day programming. There is a significant level of independence required for success at Camp and we expect campers to behave in safe and appropriate ways. We are unable to provide 1:1 support at Camp in an ongoing way throughout the summer. If after consultation, it is determined that a camper cannot function in a majority of the Camp program or needs intensive 1:1 support to navigate the basic day, our resources may be unable to accommodate a camper.

Below are mental health situations we may see at Camp as well as an explanation of how Camp Ramah in the Berkshires might approach these situations.

Please reach out, prior to Camp, if you have concerns about the following, or other similar behaviors:

- **HOMESICKNESS:** When homesickness presents, more often than not, it passes within several days. We expect that some campers may need a lot of support in the first few days and hope to see a pattern of improvement. If homesickness is a concern, it is helpful for us to understand bedtime routine as well as strategies that work to comfort your child. Additionally, it can be helpful to prepare your child by letting them know that it is okay to have a great time at Camp AND miss home at the same time.

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Consider talking with your child about what they can do in the moments when they are missing you and refrain from promising that you will pick up your child if they miss you too much. It is important that campers want to attend Camp. Behaviors at sleepovers as well as how much you are needed to get your child to sleep are good indicators of homesickness.

- **BULLYING:** Bullying is defined as unwanted, aggressive behavior that involves a real or perceived power imbalance and is repeated, or has the potential to be repeated, over time (stopbullying.org.) Bullying behavior is unacceptable at Camp. Children can be mean, have arguments or fight without it being considered bullying. These behaviors will be addressed while keeping in mind that some “mean” behavior can also be age-appropriate misbehavior which will be handled through camper care channels. Clique behavior is a common social pattern with children and we expect that they will want to spend more time with people whom they feel closest with. However, children need to understand that sometimes this can result in mean or exclusionary behavior. Cliques can never target one person for exclusion as that constitutes bullying. We view bunk time as a time for everyone to be together rather than in smaller groups, whereas during “free time,” smaller groups are acceptable. Please remind your child that Camp is an inclusive environment and allows for the opportunity to meet new friends and widen social circles.
- **ANXIETY DISORDERS AND/OR PANIC ATTACKS:** Many cases of campers with anxious behaviors can be successfully managed at Camp. Disclosing these issues prior to the start of Camp is necessary to enable our camper care team to work with our staff and prepare them to respond as successfully as possible. When a camper cannot function in the vast majority of our Camp programs or needs intensive 1:1 support to navigate the basic day, our resources may be unable to accommodate this camper.
- **DEPRESSION:** When campers are successfully managing symptoms of depression prior to Camp, they often have the potential to succeed in the Camp environment. It is necessary to disclose these issues prior to the start of Camp to allow our camper care team to work with our staff and prepare them to respond as successfully as possible. When a camper cannot function in the vast majority of our Camp programs or needs intensive 1:1 support to navigate the basic day, our resources may be unable to accommodate this camper. In any circumstance where a camper’s mental health team at home and/or the staff at Camp do not feel that a camper will be safe in the least supervised of times, our resources will be unable to accommodate a camper.
- **SUICIDAL IDEATION:** Campers who express serious and active thoughts about hurting themselves cannot be accommodated at Camp. The camper’s mental health team at home and the staff at Camp must feel that a camper will be safe in the least supervised of times, as our counselors do not have their “eyes” on each camper at all times nor are they equipped to provide this level of care. When a camper has history of suicidal ideation or an expression of more general thoughts, it is imperative that this information is shared in

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order to determine if the camper can be accommodated at Camp. Our evaluation will include our resources and whether the camper is impacting the well-being of other campers in the *tzrifor edah*.

- **SELF-HARM:** Campers may not engage in self-harm while at Camp. Disclosing any history of self-harm is essential to the camper's success during the summer especially given the evidence that cutting may be "socially contagious" or otherwise impact the well-being of other campers in the *tzrifor edah*. Recognizing there are different types of self-harm with different risks, close consultation between the camper's mental health team at home and the staff at Camp is essential before Camp to ensure that Camp is a good choice for the camper.
- **DISORDERED EATING:** Disclosing a history of disordered eating is essential to help campers have a successful and healthy Camp experience. While we are unable to monitor individual campers' food consumption on a meal-by-meal basis, we can provide weekly weigh-ins, if prescribed, and some connection with outside support. We must consider the well-being of other Campers in the *tzrifor edah*, since behaviors associated with disordered eating may at times be "socially contagious" to other campers. Our team works closely with our nutritionist to ensure that campers of concern have a plan in place prior to coming to Camp.
- **ADHD:** Many cases of campers with ADHD can be managed at Camp, particularly when successfully managed at home. Disclosing an ADHD diagnosis and discussing it with Camp staff before the summer is essential and will enable us to work with you and your child's support team, to determine if Camp is the right environment and plan for a successful summer at Camp. Timely assessment will also allow us to decide what resources may be available to support your camper, including whether our inclusion program is indicated.
 - **A NOTE ABOUT MEDICATION:** We understand that some parents wish to give their child a "vacation" from their regular school-year medication over the summer. Often, this is because Camp is assumed to be a less structured, stress-free environment. While Camp is definitely a time for relaxed fun, there are many different situations to deal with: new social dynamics, changes in routine, and different levels of structure depending on the day. For these reasons, it is imperative for you to discuss the above factors with your physician before taking your child off medication. If your child's medication during the summer is different from during the school year, please notify our Director of Community Care & Inclusion, to help ensure a successful summer for your child.
 - **EMOTIONAL DYSREGULATION:** Some children experience emotional reactions that are more intense and last longer than the typical or average emotional response to a situation. When campers are successfully managing emotional responses prior to Camp, they often have the potential to succeed in the Camp environment. It is necessary to disclose any behaviors prior to the start of Camp to allow our camper

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care team to work with our staff and prepare them to respond as successfully as possible. When a camper cannot function in the vast majority of our Camp programs or needs intensive 1:1 support to navigate the basic day, our resources may be unable to accommodate this Camper. In any circumstance where a camper's mental health team at home and/or the staff at Camp do not feel that a camper will be safe in the least supervised of times, our resources will be unable to accommodate a camper.

In summary

It is difficult to cover every type of potential camper issue given that circumstances are unique. We take the care and safety of our campers very seriously and strongly encourage parents to discuss any issues with our Director of Community Care and Inclusion. It is our goal to make Camp successful for our campers. Situations that present at Camp are personal, private and complicated. While you may hear rumors about a particular circumstance, please realize you may not be hearing an accurate or complete story. When a situation directly impacts your child, we will be in touch to share relevant information. Please feel free to reach out if you have any questions or concerns.

The policies outlined above are not intended to replace any part of the Contract of Enrollment between a camper's parent(s) and Camp Ramah in the Berkshires. Where the above policies conflict with the Contract of Enrollment, the latter shall govern. The policies outlined above should not be considered, in any way, to limit the sole discretion of the Camp Director regarding the enrollment status of any camper.

Camper Behavioral Expectations

The discipline policy of Camp Ramah in the Berkshires is designed to create a safe, healthy and secure environment at Camp, to help children develop self-control and to help children assume responsibility and understand the impact of their actions.

Clear and consistent, age appropriate rules and limits are established at Camp. Any consequences used will relate to the child's specific actions and will be handled in a timely fashion. No physical or corporal punishment, or hitting of any kind, is allowed. No cruel punishment, verbal abuse or humiliation, scare tactics, or other controlling measures are allowed. No methods associated with the deprivation of food, water, or shelter, or extended isolation are allowed. No punishment of any kind for bedwetting is allowed.

If a child's behavior is chronically challenging, even after reasonable measures have been made to assist the child in adjusting to the Camp setting, parents are contacted by Camp staff to determine if the child is able to continue at Camp. Staff always work toward developing a cooperative plan of action to maximize a camper's chances of success at summer Camp. If disruptive behavior continues, the camper may be dismissed from the Camp program.

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Camp Ramah reserves the right to immediately dismiss a camper from our program without prior warning. Participation in the following behaviors may result in IMMEDIATE DISMISSAL from the Camp Ramah in the Berkshires community. Camp administration will immediately be in touch with families to discuss such behaviors. Camp administrative fees will not be refunded and future enrollment may be prohibited.

- Possession or consumption of alcohol
- Possession or consumption of illegal drugs
- Possession or consumption of non-prescribed legal drugs
- Possession or consumption of tobacco products
- Possession of illegal substances or related paraphernalia, including but not limited to marijuana in any form
- Possession or use of e-cigarettes, vape pens or similar devices with or without tobacco or marijuana products
- Possession of guns, knives or weapons of any kind
- Leaving Camp property without proper authorization
- Physical, sexual or verbal abuse
- Repeatedly and purposefully harming others at Camp, emotionally or physically
- Sexual activity (including intercourse, oral sex, or other behavior for which the Camp cannot take responsibility)

In other behavioral circumstances, the following course of action is generally followed:

FIRST OFFENSE: Counselors will be the first line of intervention with camper behaviors. They will address camper misbehavior in consultation with senior staff and help the camper understand the impact of their actions.

SECOND OFFENSE: *Rosh Edah* (Division Head) will meet with the camper and counselor to decide on appropriate logical consequences, such as cleaning an area of Camp or cleaning the dining hall, or writing an apology letter for missing an evening activity. *Yoetz/et* (advisor) will work with the *Rosh Edah* in development of the consequence and may also meet with the Camper to develop a behavior plan for success with the Camper. Parents will be called and informed of the misbehavior and behavioral plan.

THIRD OFFENSE: Camper and *Rosh Edah* will meet with the Director of Community Care and Inclusion or Camp Director. Parents will be called and included in the consequence plan. Dismissal from Camp may occur by the discretion of the Director of Community Care and Inclusion and the Camp Director. Some behaviors that put the camper or others at risk may result in immediate dismissal from Camp (see above). Campers who are dismissed from Camp due to behaviors or breaking of Camp rules, result in immediate expulsion from Camp with no refund of tuition or fees.

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When a Camper Leaves Camp Early

There may be circumstances where a camper will be asked to leave Camp and events can occur that necessitate departure without prior process. Camp reserves the right to dismiss any camper whose actions or behavior we determine to be detrimental to the Camp or to themselves. All dismissal decisions are at the discretion of the Director of Community Care and Inclusion and the Camp Director. We recognize that leaving Camp early is serious and will do everything we can to make it as comfortable and confidential as possible. Our protocol for sending a child home is designed to be as sensitive to the child impacted as possible and to also keep in mind the experience of the other campers and Camp community.

- When a decision is made that a camper is leaving Camp, we try to limit the amount of time for transition. We expect the parents to work with us to ensure that a camper can leave within a few hours.
- Once it is decided a camper is being dismissed from Camp, the camper will no longer participate in Camp activities. The camper will be supervised and cared for and will wait in the office or marp for pick up.
- After being informed that they are leaving, the camper will return to their bunk to pack with the help from a staff member.
- When possible and appropriate, we allow the camper a short amount of time to say goodbye to friends.
- We will do our best to have a senior staff member meet the parents when they arrive to pick up their camper. There are times when other events happening at Camp may preclude this from happening.
- Within a week of the camper going home, Camp will reach out by email to check on the camper and follow up as needed. Further communication may happen via phone or email. We care about each camper and recognize that some families want follow up and others prefer privacy.

Refunds

If a child is expelled due to violating any Camp policies or protocols stipulated in this Parent Handbook or due to inappropriate behavior, no refund will be provided. If a child is sent home for medical reasons, tuition will be refunded, pro-rated, for the number of days at Camp minus administrative fees. Withdrawal due to a medical or mental health condition that was not disclosed may result in expulsion without a refund.

THERE ARE NO REFUNDS FOR VOLUNTARY WITHDRAWALS OF CAMPERS. Voluntary withdrawals include: child is homesick, parents are childsick, unhappy with bunking assignments, change in family plans, family vacations and promises made by parents to withdraw the child after a “trial period at Camp.”

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Graffiti & Vandalism

All campers and staff are responsible for maintaining the physical condition of Camp. Any vandalism or destruction of Camp property by members of the Camp community will result in damages assessed and charged to the camper's family, and possible expulsion from Camp. Any damage to the property, including graffiti, will be paid for by the camper's family. (Repainting/repairing bunks, bathrooms and similar structures costs between \$200 – \$800.)

The Boundaries of Camp

Campers may not leave the Camp grounds at any time except on supervised trips or programs. Violation of this rule is grounds for dismissal. Campers may not go beyond the basic boundaries of Camp.

EACH B-SIDE CAMPER AND PARENT/GUARDIAN IS REQUIRED TO SIGN THE B-SIDE BEHAVIORAL AGREEMENT IN YOUR CAMPINTOUCH ACCOUNT TO INDICATE YOUR UNDERSTANDING AND ACCEPTANCE OF OUR MENTAL HEALTH AND BEHAVIOR POLICIES.

