



2017 Family Handbook

Updated March 2017

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Our Mission

Camp Ramah in Northern California engages the members of our camp community in joyful, transformative experiences that serve as a model for lifelong Jewish learning and practice, commitment to Klal Yisrael (Israel and the Jewish community), and Tikkun Olam (repairing the world). We do this by offering a unique camping experience that blends intensive specialty programming with cherished Ramah traditions.

Important Dates

Pre-Season

September 1, 2016 Registration for 2017 opens

October 31, 2016 Priority registration ends

December 15, 2016 Early bird registration ends

March 3, 2017 Final day to drop for 2017 while still receiving a full refund

April 15, 2017 Completed medical forms due

May 15, 2017 Travel forms due

Summer 2017

- June 18, 2017 Session I begins
- July 2, 2017 Session I ends
- July 3, 2017 Session II begins
- July 17, 2017 Session II ends
- July 18, 2017 Session III begins
- July 31, 2017 Session III ends

The Program Day and Participation

Ramah provides each camper with an exciting program of recreational and cultural activities. In the morning hours, campers experience the best of our specialty track programming in Ocean Exploration, Performing Arts, & Adventure Sports. In the afternoon campers choose from a variety of elective options.

Typical Day

7:00am	<i>Kimah</i> (wake up) Prepare for the day
7:30am	<i>T'filot</i> (caring for our souls, morning prayers)
8:30am	Breakfast & Bunk Clean---Up
9:30am	Specialty Tracks: dive into the magic of ocean exploration, performing arts, and adventure sports. Snacks will be provided at each specialty area during this time.
12:30pm	Lunch with <i>Shira</i> (singing)
1:30pm	<i>Sha'at Menucha</i> (rest hour)
2:30pm	Elective activities- activities may include swimming, soccer, basketball, volleyball, horseback riding, art, photography, dance, frisbee golf, music, biking, climbing, tallit making, cooking, and so much more!
6:00pm	Dinner
7:00pm	<i>Peulat Erev</i> (evening program)
9:00pm	<i>Laila Tov</i> (<i>Good Night</i>): Bunk Time and Bedtime

Camp's expectations are clear — a camper coming to Ramah knows and understands that the day is a full one and that everyone participates in all of the activities of camp. Each camper will have opportunities to learn new skills and challenge him/herself to go a little above and beyond, but only according to his/her own abilities. We are not a competitive camp, but do want campers to challenge themselves, physically, emotionally and spiritually.

Religious Observance

During the summer, your child will experience Shabbat “Ramah-style,” *t’fillot* (praying) each morning, saying Kiddush and *Motzi*, reciting *Birkat Hamazon* (a blessing after meals), as well as eating kosher food.

Ramah campers and staff come to camp with their own religious beliefs and patterns of observance. These varied patterns are part of what makes Ramah such a rich and exciting religious and educational community. Respect for these different patterns within the Ramah framework is an integral part of the philosophy of camp. To create a cohesive community, we ask that all campers and staff adhere to specific basic religious principles while at camp, mostly concerning daily *t’fillah* (prayer) and Shabbat observance. These will be explained at camp.

The Ramah environment encourages campers to explore their own commitment to Judaism while maturing and becoming caring human beings, sensitive to the needs and concerns of others.

Hebrew Language

Hebrew is the language of our people. It links us with fellow Jews around the world. At camp, Hebrew is a living and user friendly language and is emphasized as much as possible. Many announcements, signs, and songs are in Hebrew. Since Ramah is a camp where Hebrew is the language of choice, certain Hebrew terms are part of the daily routine and will be introduced at camp.

Getting Ready for Camp

Packing List

Whether this is your first time coming to camp or your tenth summer away from home, there is always a sense of excitement and anxiety when it comes to packing and making sure that one has the “right” amount of gear and clothing. We have written the following list as a guide and to help alleviate some of the anxiety that goes into getting ready for camp. Please do not hesitate to contact our camp office with any questions.

For those who are new to buying summer camp gear, the entire enterprise can seem a little overwhelming. Indeed there are hundreds of options for each piece of gear and almost no limit to the amount one can spend. Just remember that more is not always better. We have tried to demystify some of the choices in the gear section below.

Some things to consider when shopping for camp:

- Is this going to be the only time that your child engages in a particular specialty or this a lifelong passion?
- Is your child still growing?
- Will the shoes you buy in May no longer fit in August?
- Can you borrow equipment from a friend for a few weeks?

Some campers might choose to bring more of one item and less of another. Please bear this in mind when packing for camp. For our four-week campers there is a single laundry day scheduled at the end of the first two weeks. Campers coming for a two-week session should bring enough clothes for their entire session. We do have the ability to wash clothes at camp in an emergency, so if your child runs low on clean clothes before camp-wide laundry day, we will be able to help them.

Please label your children's belongings with their first and last name, not just their initials. Camp is a busy and sometimes messy place and labels increase the likelihood your child's belongings find their way back to your child. We have a lost and found, and encourage campers to check it often. Any item found around camp (at a program area, dormitory etc., is placed in the lost and found). At the end of camp we donate any items worth under \$25 to a local charity. For the cost of postage paid by the family, we can mail back home items in our lost and found worth more than \$25, for whom we can readily identify the owner.

Part I: General Camp Clothes and Items Needed at Camp for two weeks

Clothing:

- 10-15 short-sleeve shirts
- 4-5 pairs of shorts—at least two must be made of nylon or quick-dry material (if your child gets dirty easily, send more) No "Short Shorts"
- 2-3 pair of jeans/pants
- 2-3 pair of quick dry pants (recommended, but not required)
- 2-3 pair of sweatpants or fleece pants
- 2-3 bathing suits (no bikinis please, tankinis are ok)
- 1 winter hat
- 1 baseball cap or sun hat
- 15 pairs of underwear
- 15 pairs of socks—(At least 1 pair should be non-cotton)
- 1-2 Shabbat outfits—On Friday night, everyone must wear a white shirt or top. Clothes should be clean and special for Shabbat. A white polo, button up or blouse with pants, khaki shorts or modest skirts or dresses are all suitable.
- 2-3 sweatshirts or light fleece pullovers
- 1-2 long sleeve shirts
- 1-2 warm fleece jacket (the temperature will fall to the high 40s on some nights)
- 1 Warm (winter) jacket
- 1 rain jacket

Toiletries:

- Pajamas
- 1-2 bottles of sunscreen
- 1 comb or brush
- 1 toothbrush

- 1 tube of toothpaste
- 1 container of floss
- 1 bar of soap and soap dish
- 1 tube of lip balm
- Feminine hygiene products, if applicable
- 1 caddy or bag to organize toiletries — Please note, each day we empty the showers of any bottles of soap, tubes of toothpaste etc. and put them in the lost and found. A caddy greatly increases the chances of your child bringing all this back with them to their room from the showers.

Bedding and Linens:

- 1 sleeping bag (packable)
- 2 pillowcases
- 1 pillow
- 2 sets of twin sheets (for campers staying a full month)—1 sheet for 2 week & 1 week campers
- 3 bath/pool towels
- 2 face towels
- 1 laundry bag
- IF SPACE PERMITS: 1 twin blanket

Shoes:

- 1 pair of sneakers
- 1 pair of sandals/water shoes that can be secured to one's feet (Tevas or Keens, not Crocs)
- 1 pair of shower shoes—please note: flip-flops may ONLY be worn for showering
- 1 pair of hiking shoes/boots (Required for the Adventure Sports Track, optional for all other campers)

Religious Items:

- Tallit* or *tzitzit* (required for boys over 13, highly encouraged for girls over 12)
- T'fillin* (required for boys over 13, encouraged for girls over 12)
- Kippot (required for all boys, encouraged for girls at daily prayers and during meals.)

Miscellaneous:

- 2 water bottles/water bladders (at least 20oz. each)
- Flashlight/headlamp (don't forget the batteries)
- Envelopes and paper or postcards
- Pre-printed address labels or an address book (for younger campers, labels are easiest)
- Postage stamps
- Pen or pencil
- Sunglasses with strap
- Day pack to carry water bottle, rain jacket, etc. around camp.
- Laundry bag

Bring it if you have it (and can fit it!):

- Appropriate books or magazines
- Camera, memory card, & batteries
- Shabbat shoes
- Bug Spray
- End-of-bed shoe bag
- Dry Bag/Compression Sack

Specialized Equipment (Optional):

Ocean Exploration:

While the staff is vigilant about making sure kids use sunscreen for the outdoor activities, that for those particularly sensitive to the sun should consider buying sun protected water shirts and pants. Be sure to pack a sun hat for kayaking. If you have space, consider packing an extra towel and/or bathing suit, as our ocean exploration campers spend a lot of time in and out of the water.

Optional Equipment:

- Wet Suit
- Quick-dry towel
- Sun protected water shirt
- Sun protected water pants

Performing Arts:

For those who play instruments we have piano's, drums, and a limited number of guitars available for camper use, but we have found that the familiarity of one's own instrument often creates amazing music. We have a special place to store instruments for those not interested in keeping it in their room.

Optional Equipment:

- Instrument

Adventure Sports:

All campers in Adventures Sports should pack hiking shoes as well as a warm sleeping bag for the *masa* (overnight trip). We will provide all the necessary safety equipment for the adventure sports track, but also understand that climbing in tennis shoes, or barefoot is not ideal. We have climbing shoes available. If you have a pair of climbing shoes for outdoor use that you would like to bring we welcome it.

Optional Equipment:

- Riding shoes (hiking shoes also work well for this)
- Climbing shoes
- Dry Bag/Compression Sack for sleeping bag

Portable Electronics

Camp has a limited number of electrical outlets in the main buildings. While we encourage campers who are flying to San Jose to bring a cell phone for their travel day, there is no reliable cell phone service at camp and all portable electronics are collected for the duration of the campers' sessions.

At camp, one will be confronted with the sounds of nature. We encourage campers to spend their time at camp listening only to natural sounds and those emitted by human voices and instruments. This helps to deepen friendships and create an even more enriching experience. Electronic games or DVD players are not permitted at camp under any circumstances. Similarly, we do not allow music to be played on speakers except during *Shira* (song sessions) in the *Chadar Ochel* (dining hall) and on a few occasions when we set up a sound system as part of a special event. **We discourage campers from bringing MP3 players.** For those who rely on an MP3 player to relax or to learn their Bar Mitzvah portion, etc. MP3 players brought to camp must only be able to play music. (No devices capable of connecting to the internet or cell signals). Cell phones, tablets, e-readers, and other electronics that do more than just play music are not permitted in camper rooms.

Each year we are asked whether a camper can bring a Kindle, Nook etc. We have a strict no-screen policy at camp, and at the end of the day, e-readers are still screens. We encourage campers to bring a reading book.

Please note that Camp Ramah in Northern California assumes no responsibility for your children's electronics, unless they are turned in to the office on the first day of their session. Any MP3 players, kept by campers for their use in their rooms is solely at their own risk.

Money

Campers need only bring a small amount of spending money if they are traveling to San Jose without their parent or guardian. The only items a camper may buy during their time at camp are treats at the airport on travel days and camp logo gear. We do **not** operate a 'canteen' at Camp Ramah in Northern California for snacks or supplies (fresh fruit and other snacks are freely available throughout the day, however).

We do sell camp sweatshirts, sweat pants, and hats for \$20 each. All campers will be sent a T-shirt before camp begins that they should wear on travel days, and additional shirts can be purchased for \$10 each at camp. There is no need to bring money on any excursions, as all meals and snacks are provided by camp. If you would like to authorize your camper to use your credit card on file to purchase regalia items, please contact our office manager during the summer at office@ramahnorcal.org or (415) 688 4572 x0.

Family Emergencies

If there is a family emergency, please state this when you call. Your call will be handled as quickly as possible.

In case of family emergency, please call the main camp number (415) 688 4572 x0. If you leave a message, we return calls many times throughout the day beginning after breakfast in the mornings (except on Shabbat).

Communication

Telephone Calls

One of the goals at camp is to create a positive and intensive Jewish summer. The Ramah environment is one unencumbered by some of the modern technologies of today, as well as the hustle and bustle of modern life, which allows us to achieve this objective more effectively.

All phone calls go through one of the following three people, the office manager, the director of camper care, and camp director. If you need to discuss something with your child, please contact our Director of Camper Care, at (415) 688 4572 x5. The camper care team and our Camp Director will help you to communicate with your child in case of family emergencies or other special circumstances. These policies have been adopted so that your child will be able to adjust to camp life as smoothly as possible.

To reach the camp switchboard, call: (415) 688 4572. If the office manager is not there, a camp directory with a list of staff names and phone extensions is included in the outgoing message. You may also leave a message in our general mailbox and we will get back to you shortly.

How to Send Email Letters to Campers

To send your camper one-way emails, which are printed daily in our office (except Shabbat) and then distributed to campers, please go to www.ramahnorcal.org and click on CampMinder Login (under the parent tab menu) to log in to your CampMinder account. You can then follow instructions from your “Dashboard” to send emails. Please call CampMinder at (303) 444-CAMP if you have any questions or difficulties sending your camper one-way email.

You can send one email to each camper per day from each account. If you have additional people (e.g. grandparents) who would like to send emails to campers, please click on “create a friend account”. Although campers cannot send an email back, they are encouraged to write twice per week.

How to Send “Snail Mail” Letters to Campers

Letters should be addressed to:

Full Name of Camper
Camp Ramah in Northern California, Edah _____
783 San Andreas Road
Watsonville, CA 95076

Packages

We ask that families send flat envelope packages only. All packages that are not flat envelopes will be opened and any food will be removed and donated to the local food pantry as food in dormitories invites unwanted animal guests.

How to Send an Email to a Member of our Staff

Our year round emails remain the same during the summer. If you would like to send a message to our camp nurse during the pre-season or summer, please use nurse@ramahnorcal.org.

For our Director of Camper Care, please use campercare@ramahnorcal.org.

For all other summer staff, please email office@ramahnorcal.org and our office administrator will ensure that it is delivered to the appropriate person.

Website/Blog/Facebook

Please visit our website at www.ramahnorcal.org or join our Facebook Group to receive frequent updates from camp.

Our Facebook page is linked on the upper left of our website. In addition, we send out frequent updates on the camp blog.

Camp Photos

To access the camp photos, please visit ramahnorcal.smugmug.com.

At Camp Ramah in Northern California, we strive to provide an easy method of communications from parents/guardians to campers. We also post regular photo updates for everyone to share in the magic of camp. Our communications team works hard to cover all aspects, ages, and activities of camp in an efficient manner while remaining unobtrusive in those activities. Please understand that not every camper will be in every photo update. Pictures can be easily downloaded and printed from the site. PLEASE NOTE: WE ARE NOT USING THE PHOTO SYSTEM THAT IS BUILT INTO THE CAMPMINDER SYSTEM.

We post camper photos daily, except on Shabbat and when campers are out on Masaot (Overnight Trips).

Transportation

Please be sure to complete the online travel survey form before the summer so we know how your camper will arrive at camp, and whether s/he needs a seat on the Camp Ramah in Northern California shuttle. Shuttle buses are available to/ from San Jose International Airport (SJC) and the San Francisco Bay Area on the first and last days of each session.

Transportation information will be made available by the end of January. All travel questions should be directed to Nate Bankirer, nate@ramahnorcal.org or (415) 688-4572 x3.

Plane

Most of our out-of-state campers fly to camp. San Jose International Airport is the airport we use.

In early 2017, we will publish a list of designated flights from major cities and strongly encourage parents to book their campers on these flights. Camp Ramah in Northern California provides a shuttle bus from the airport.

- **Campers' flights must arrive between 9:00am to 11:00am for ALL arrival days.**
- **Camper's flights must depart between 1:00pm to 5:00pm for ALL departure days.**

Ramah staff will meet all flights that arrive within our travel window at their gate and escort arriving campers to baggage claim. Departing campers on flights within our travel window will be escorted through security to their gate by staff as well. Ramah staff at the airport will not be able to assist campers traveling on flights outside these windows and parents will have to make other arrangements for transportation to or from camp. Parents who cannot find flights with arrival/departure times within the travel windows must contact Nate at nate@ramahnorcal.org before purchasing flights outside the travel windows.

Unaccompanied Minors:

Any young camper who will be flying as an official "unaccompanied minor", for which their family is paying the airline an additional fee, must still be within the time windows shown above.

Please use the following information to complete the airline's unaccompanied minor form:

Designated Pickup Person: **TBD (will be solidified by the end of January)**

Name: **Camp Ramah in Northern California**

Mailing Address: **849 Almar Ave. Ste. C-487, Santa Cruz, CA 95060**

Camp Phone: **(415) 688-4572 x123 (this number forwards to the Airport cell phone on travel days).**

Things to Know:

First Day of Camp

- All campers arriving on flights between 9:00am and 11:00am will be met by Camp Ramah in Northern California staff at their gate. Please ask your child to remain at the gate until a Camp Ramah in Northern California staff member meets them. The staff-member may be just a few gates down meeting another flight that arrives at the same time and if your child leaves the gate this can cause some confusion.
- It is highly recommended that campers who arrive before 9:00am fly as unaccompanied minors. Campers arriving before 9:00am will be met by staff at the airport after 9:00am.
- The **Airport Shuttle** will depart for camp promptly at **12:00pm**.
- A box lunch will be provided on the bus.
- Parents of any campers scheduled to arrive on any flight after **11:30am** must make prior arrangements for alternate transportation to camp.

Last Day of Camp

- All campers on the airport bus will be helped with checking bags, getting their boarding passes and getting through security.
- Any camper on a flight between 1:00pm and 5:00pm will be escorted to their gates.
- Staff **CANNOT** stay with campers whose flights are scheduled to depart after 5:00pm. In the event of a delayed flight past 5:00pm, a local parent will be on call to assist at the airport or house campers.
- The airport shuttle will depart camp promptly at **9:00am** and will arrive at the airport between **10:30 am and 11:00 am**.
- A box lunch will be provided.
- Parents of any campers scheduled to **depart before 1pm** must make prior arrangements for alternate transportation to the airport.

Bus

Camp Ramah in Northern California will arrange a shuttle bus for Bay Area campers that will leave from the Peninsula JCC. Specific pick up location and times will be provided within the first few months of 2017.

Car

Families are welcome to drive their children to camp. Please plan to depart camp shortly after drop off so your child can begin his/her Ramah experience right away.

Things to know:

First Day of Camp

- Parents should drop their children off at camp between 11:30am and 12:30pm.
- To ensure your child has adequate supervision, we will be unable to accept care of your camper before 11:30am.
- Camp tours will be available at 12:00pm and 12:15pm.
- Parents **MUST** leave by 12:30pm to ensure that campers can begin his/her Ramah experience in a fun and meaningful way.
- Camper Lunch will begin at 12:30pm

Last Day of Camp

- Parents **MUST** pick children up between 9:30am and 11:30am.
- Parents **CANNOT** pick up their children earlier on a travel day.

Camp is approximately 1 to 1 ½ hours from San Jose. For driving directions to camp please contact our office at office@ramahnorcal.org or (415) 688-4572.

VEHICLE RULES

1. Passengers should remain seated at all times with hands and arms inside vehicle.
2. Seatbelts should be fastened – one person per seatbelt.
3. Noise level should be such as to not distract the driver. There should be no throwing of objects or other disruptive behavior.
4. Passengers should enter and leave the vehicle under the direction of a staff member and/or driver. If the vehicle makes an emergency stop, passengers should follow directions of staff member and/or driver and use buddy system if leaving the vehicle.

These rules are posted in each vehicle and enforced for the safety of all of our passengers and drivers. Please make sure your camper(s) is familiar with each rule.

Rules and Regulations

Please carefully review these with your child.

Your child is the most important member of the Ramah community. Camp's responsibility to you, to your child, and to governing agencies (California Department of Human Services, 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 Northern California.

The following are important rules and requirements for camp. Both the camper and their parents 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. Please read the 2017 rules carefully.

1. Parents may not remove their child from camp for a "break". To maintain the integrity of the camp program, please do not plan discretionary events during the summer that necessitate removing your child from camp. Campers coming and going tears at the fabric of the camp experience and is therefore prohibited. If you have any questions, please speak with our Director, Sarah Shulman.
2. Parents, relatives, or friends may not drop by to visit campers. Camp remains a closed community in order to protect your children and to create the special atmosphere that is camp. Parents dropping by disturb the equilibrium of camp and disrupt activities.
3. Campers may not bring pets to camp.
4. Violence or bullying of any kind is not permitted. This includes verbal, physical, relational and social bullying. Campers who bully others are subject to consequences, including dismissal from camp with no tuition refund.
5. Marijuana, alcohol, tobacco, illicit drugs, and other controlled substances without a physician's order, as well as any drug paraphernalia, are forbidden to anyone in the Ramah community. Possession or use of these substances will result in automatic and immediate dismissal with no tuition refund.
6. Campers are not permitted to smoke while at camp. Cigarette smoking can result in immediate dismissal, at the discretion of the Director. No tuition refund is granted.
7. No camper is permitted to leave camp except as part of a supervised camp activity that is authorized by the camp administration. Violating this rule is cause for dismissal. No tuition refund is granted.
8. Life at camp is often more active than one's normal routine at home. Each *edah* (age division) , depending on the age of its campers, has a set curfew time. Violating curfew may result in dismissal, at the discretion of the Director. No tuition refund is granted

9. Romantic relationships sometimes develop between older campers during the summer. It is expected that campers will exhibit appropriate and modest behavior at all times, consistent with our tradition. Inappropriate behavior may result in dismissal from camp. No tuition refund is granted.
10. Ramah insists upon an absolute division between campers and staff. Thus camper/staff romantic relationships are never allowed. Staff includes any member of the community who is not a camper. In such situations, a senior staff member will speak with the camper and the relationship will be ended. The staff member will be dismissed.
11. 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:
 - Cleanup: All the campers in a bunk, along with bunk counselors, are responsible for the cleanliness and general safety conditions of the bunk. Additionally, everyone participates at scheduled times in a general cleanup of the camp.
 - Service projects: All campers are expected to participate in ongoing service projects at camp. These projects enable our community to function and to maintain a clean living environment in which we can take pride. Some projects are for the benefit of our community in the short term (like cleaning a messy building) and some are for the benefit of our community over the long term (like painting new murals).
 - Graffiti: Campers and parents will be held responsible for graffiti on camp property. A minimum of \$50 will be charged to any child who is found responsible for any graffiti.
 - Respect for camp property: Anyone damaging, defacing, or destroying camp property will be held liable for the cost of repairing such damage and will be charged accordingly.

Photographs

Digital technology has changed our lives, mostly for the better. With these changes have come many new challenges for those of us who care for other people's children. While camp encourages campers to preserve their memories through the taking of pictures, recent news stories have highlighted digital cameras being used in inappropriate ways. Therefore, digital camera use might be limited at the discretion of the senior staff. We reserve the right to confiscate any cameras or camera phones that are being used inappropriately and/or delete pictures to protect others.

Gambling

With the increased marketing of gambling in the general culture and the ever--increasing media exposure of professional poker tournaments on cable television, we are starting to see campers expecting to play cards for money. Our camp policy is that occasional recreational card playing is permitted. Gambling for money or valuables is absolutely prohibited and is grounds for dismissal from camp with no tuition refund

Withdrawal of Camper

Involuntary Withdrawal

No refund is made for a camper withdrawn from camp on an involuntary basis – where the camp administration requires the parents to withdraw the child.

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 campers need extra support or encouragement before camp begins, please call the Director of Camper Care at the camp office (415) 688-4572 x5.

Health

Our medical and nursing staff is trained to focus on the health of all our campers. Our staff responds to any identified medical or emotional issues, provides excellent care and communicates promptly with parents and guardians as necessary.

Upon their return home, we suggest you check in with your child and, if there are any changes in, or concerns about, their health, you contact your personal medical professionals and also communicate with us. We look forward to continuing the caring partnership we value as caretakers of your children.

Medical Forms

To comply with the requirements of the California Department of Health, and for the health and safety of your child, fellow campers, and staff, we must receive your child's medical forms by April 15, 2017. **Your child will not be assigned to a bunk until we receive your child's completed forms**, and no camper with incomplete forms will be allowed to board the airport or camp shuttle. Parents/guardians should log in to CampMinder to complete the online health history form and download and print the physician's form. Your child must have had a physical exam conducted by a physician on or after June 1, ..

Immunizations and Medical Equipment:

All children attending Camp Ramah in Northern California must have received the full complement of routine vaccinations. The routine vaccination of all campers is an important public health matter in the confined environment of a sleep away summer camp. **No waivers of required immunizations, except for documented medical reasons, will be granted. No philosophical waivers will be granted.** Camp Ramah in Northern California's full vaccination policy is available on request.

Your child must have been vaccinated for tetanus on or after September 1, 2007.

If your child uses a nebulizer, be sure to send it to camp, marked with your child's name. If your child wears glasses, please send the prescription and an extra pair of glasses to camp. Please write your child's name on their glasses case.

If your child wears contact lenses, please send the prescription and enough lenses for his or her stay in camp. Please write your child's name on their lens packages

To discuss a specific medical concern, please contact the medical team at nurse@ramahnorcal.org or the Director of Camper Care at campercare@ramahnorcal.org or (415) 688-4572 x0.

Medical Insurance

Our camp medical insurance policy is as follows:

You 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 Northern California for co-payments or other expenses that

Camp pays to providers or pharmacies on your behalf.

Parents must have primary health insurance coverage for their camper. No child will be accepted into camp without it. If there is a situation where parents find themselves without coverage, please contact our Director, Sarah Shulman, immediately.

Camper Health at Camp

Health Center (Mirpa'ah)

Our health center is staffed by a medical professional, typically a Registered Nurse, who is qualified to make appropriate decisions concerning your child's health. We always have a physician on-call as well.

The health center is stocked with a variety of over-the-counter drugs and specialized equipment. Please note that California state law requires that all medications, except inhalers, creams, and eye drops, be kept in a locked cabinet at the health center. No over-the-counter medications of any kind may be kept in the bunks. Parents are responsible for paying for prescriptions that are prescribed by the camp doctor and filled locally for your child while at camp.

If your child writes that they have been to the Health Center (*Mirpa'ah* or sometimes "marp"), please remember that the news is several days old. Camp policy is to notify parents when:

- There is an emergency that requires your child to be taken to the hospital or an outside medical provider.
- A child is in the Health Center overnight. Parents will be called the following morning.
- A child needs to be taken for x-rays or lab tests. The health center will also call with the results.
- A child needs to begin antibiotics or another prescription medication.

If you should have any questions about the medical care your child is receiving, please feel free to request a conference call with our medical staff and/or our Medical Director. Please notify camp immediately of any medical condition that develops before the summer.

Medications

Over the past number of years, the quantity of medication doses dispensed to children has risen. In the face of this increase, we have maintained our commitment to employing the safest, most efficient dispensing strategy. The safety of the campers -- -- that each child receives the correct medicine at the correct time -- -- is our primary concern. All campers' medications that are dosed in pill form will be pre-packaged and sent to camp prior to the start of each camp session.

We have contracted with CampMeds, Inc. to serve our families' prescription needs for this summer. CampMeds dispenses, packages, and ships medications directly to overnight camps throughout the United States. If your camper will be taking medication in pill form at camp this summer, please read the letter from CampMeds in the Document Center on our website and then register your camper through the CampMeds.com website. If you have questions, please do not hesitate to contact Nate Bankirer at nate@ramahnorcal.org. We are confident that this program will help us achieve our primary goal: the health, well-being, and safety of your child.

Medication "Vacation"

We understand that some parents wish to give their child a "vacation" from their regular school-- year dose of 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 with which one must deal: new social situations, changes in routines, and different levels of structure depending on the day. For these reasons, we strongly recommend that you discuss the above factors with your physician before taking your child off medication. If your child's medication during the summer is in any way different from during the school year, please contact Nate Bankirer at nate@ramahnorcal.org or (415) 688-4572 x3 to discuss this and help make this summer successful for your child.

Lice

Head lice are small, parasitic insects that only live in human hair and feed on human blood. We are sensitive to the fact that these infestations are not caused by poor hygiene and we maintain the strictest confidentiality when it comes to campers who require treatment. Please remember that lice can be highly contagious when personal items such as hats, kippot, hair ties, and bedding are shared.

We recommend that you have your camper checked at home or by a professional prior to departing for camp. Camp Ramah in Northern California will check all campers and staff for head lice upon arrival at camp, and if lice are found they will need to be treated before your child can participate in camp. If your camper is found to have lice, we will

contact you, as he or she will need to be treated immediately. A camp staff member will call to discuss treatment options.

If you choose to have your child treated at camp, there will be an additional charge for treatment (with a

Lindane type product) for the cost of materials to mitigate the lice. Multiple treatments are sometimes required. All campers who have been treated for lice will be screened at regular intervals to be sure that the treatment is

effective as there is a growing resistance to the commonly used medications.

If a child has diagnosed lice prior to coming to camp then they need to arrive with a doctor's note stating when the child was treated. This child may have nits present when we examine him/her and we need to know to not repeat the treatment.

The best way to avoid this difficult situation is to check your child in the days leading up to camp and **MAKE SURE THAT YOUR CAMPER DOES NOT HAVE LIVE LICE OR EGGS.**

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 must have 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. If your child wears orthodontia/braces, please do not make any significant adjustments immediately before the camp.

Security

Our primary concern is keeping our campers and staff safe. Ours 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 the most secure environment possible for our campers, the professional staff and the camp leadership have designed the following protocols regarding safety and security:

- The main entrance to camp will be have a security guard at all times with an additional patrolling guard on the grounds
- No unexpected visitors will be allowed into camp.
- All mail must be addressed properly with proper postage affixed. Mail not addressed properly will not be delivered. See the section on Mail for details.

Clothing Guidelines

Clothing

It is important for health and cleanliness reasons that your child has sufficient and appropriate clothing. Clothing is subject to heavy wear and tear and, at times, unintended loss. It is therefore advisable to supply children with practical, economical outfits rather than expensive ones. We recommend that you label every item with your child's name. Camp is not responsible for lost or damaged clothing. As mentioned above, we will make an effort to return clothes that are labeled with a camper's name if the item's value exceeds \$25.

Camper Clothing Policies

As a Jewish camp, we believe in personal autonomy within the framework of our tradition. The established dress code maintains this tradition and expresses the value of proper and modest dress. Levels of modesty should not be dictated only by current fashion norms. We want our children to learn about modesty and respect for their bodies and themselves.

Camp Ramah requires each camper to dress in a way that reflects respect for the educational environment of camp and that meets appropriate standards of good taste, cleanliness, neatness, and *tzniut* (modesty). Camp is not the place for wearing clothing that does not fit into the environment of camp, such as clothing that is very tight, revealing, or in other ways very suggestive or inappropriate.

Ramah staff reserves the right to enforce these policies. With ever changing fashion norms, many campers like to test the limit at camp. We reserve the right to judge the appropriateness of a camper's clothing and will send a camper back to their *tzerif* (bunk) to change if necessary.

Guidelines for Appropriate Clothing at Camp:

1. T-shirts with profanity, inappropriate words, phrases, or symbols may not be worn. Also, campers may not wear clothing that advertises alcoholic beverages, cigarettes, or controlled/illegal substances.
2. Please note the following guidelines:
 - No bare midriffs.
 - Underwear may not be visible.
 - Tank top straps must be the width of three adult fingers; no spaghetti straps may be worn.
 - Bra straps may not show.
 - See-through tops, "low-rider" pants, mini-skirts, halter-tops, short shorts, backless tops, and similar clothing are prohibited.
 - Girls may wear one-piece bathing suits or tankinis for water sport and swimming activities; no bikinis are allowed. Boys may wear board short style bathing suits; no Speedo suits are allowed.
3. Shabbat attire: What is fashionable and appropriate to wear at a party may not be in keeping with the holiness of Shabbat. As we sanctify Shabbat, we must be certain that our attire is both special and appropriate.
 - During Kabbalat Shabbat, Friday night Ma'ariv, and Shabbat morning services, campers' shoulders must be covered. This means that tank

tops and sleeveless tops are prohibited. Although skirt lengths need not be below the knee, they should be appropriately modest. Button-down or collared shirts are appropriate. Campers may not wear sweatpants during these times.

- On Erev Shabbat (Friday night), we pray together in a central location. To create a communal atmosphere for these occasions, all members of the camp community wear a white collared shirt or white sweater/blouse. Please be sure to pack enough white tops for Shabbat.
- On Shabbat morning, campers should wear clothes conducive to a camp Shabbat atmosphere. This means non-athletic shorts or pants, and a shirt without writing on it. After Shabbat morning services, campers may change into their regular athletic gear or remain in their Shabbat clothes.

Camper Laundry

Camper and staff laundry is sent out between sessions I, II, & III to an outside service and is returned 2-3 days later. Two-week campers should bring enough clothes to last their entire session. One-month & full season campers can have their clothes sent out between sessions and should have enough clothes to last them 16 days.

All clothing must be labeled with the camper's name and should be wash-and-wear. Please note, putting initials on clothing DOES NOT SUFFICE. It is very hard for us to return lost and found items to campers when we just see "DG" or "EF" written on the tag. We will not be able to properly launder dressy blouses, shirts, dresses, etc. As with any laundry service, items may get lost, discolored, or even ruined. Do not send any "dry clean only" items.

Lost and Damaged Items

During the summer you should expect that your child's clothing and other belongings will experience normal wear and tear, and that there will be occasional losses. Do not be surprised to hear in a letter from your child, "We came back from an overnight and my jeans are missing." Please do not send expensive items that could be lost or misplaced. Again, writing full names on all items will increase the odds of lost items being located and returned to their rightful owners. Camp is not responsible for lost or damaged clothing or equipment.

Gratuities

Staff members at Camp Ramah are engaged in an important educational enterprise and they are very dedicated to their task. As professional educators who must do their utmost at all times for each individual, they may not accept gratuities. Please do not embarrass them by offering either money or gifts.

Parents wishing to honor their children's staff are invited to donate to the Staff Enhancement Fund in the name of the staff member. This fund is used to support programming for staff during their free time. To donate, go to our website, and click on "donate now." Write: "Ramah Norcal Staff programming" in the memo text box, and a letter of acknowledgment will be sent to the staff member informing them of your donation.