

# Y COUNTRY CAMP



## 2023

# FAMILY HANDBOOK

### WINTER ADDRESS:

5400 Westbury Avenue  
Montreal, QC H3W2W8  
514-737-6551 ext. 267

### SUMMER ADDRESS:

130 Chemin Lac Blanc  
Huberdeau, QC J0T 1G0  
819-687-3271



[www.ycountrycamp.com](http://www.ycountrycamp.com)



SYLVAN ADAMS  
YM-YWHA  
CCJ BEN WEIDER JCC  
HARRY BRONFMAN YCC



## Meet our Summer 2023 Team

Marni Schlomowitz • Director  
Erin Godfrey • Office Manager  
Darren Morenstein • Associate Director  
Katie Goldstein • Assistant Director  
Kira Lanciana • Senior Side Coordinator  
Clare Foster • Junior Girls Supervisor  
Rachel Wyss • Junior Boys Supervisor  
Dr. Earl Rubin • Managing Doctor

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### Important Dates

**Luggage & Medication Drop off • June 23 (7:30 am -9:00 am)**

Details to follow for Ottawa area families

**Bus Departure • June 27 (8:15am)**

**@ Place Vertu 3131 Blvd. Cote-Vertu, VSL H4R1Y8 (corner  
Cavendish and Cote-Vertu Blvd.)**

**More information regarding Luggage Drop-off and Bus  
Departure to follow.**

### Summer Sessions

**Starter Camp 1 • June 27 – July 10**

**First Session • June 27 – July 23**

**First Session Plus • June 27 - August 6**

**Starter Camp 2 • July 24 – August 6**

**Second Session • July 24 – August 13**

**Both Sessions • June 27 – August 13**

**Weekend Camp • July 28 - July 30**

**Labour Day Family Wknd • Sept 1-3**

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### Summer Office Hours:

**June 27 – August 13:**

**Sunday to Friday 9:00 am – 6:00 pm**

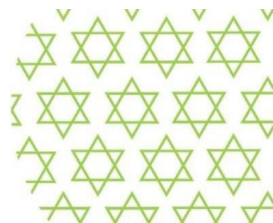
**Telephone: 819-687-3271**

**Email : [ycc@ymywha.com](mailto:ycc@ymywha.com)**

### [Directions to Camp](#)

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**This handbook contains important information regarding policies and logistics for the 2023 camp season. Please read carefully and, where necessary, be sure to return the appropriate forms and information.**



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## **Mission**

Y Country Camp provides campers with meaningful and challenging opportunities for fun and personal development in an outdoor, natural environment. We strive to facilitate each camper's personal and social growth through the development of positive attitudes, interests, skills, and leadership abilities - in safe and healthy surroundings. We place special emphasis on providing opportunities to explore, understand our values and to constructively identify ourselves with Jewish life and community.

Our philosophy and goals are put into practice by our staff, many of whom have spent a significant part of their lives at YCC. They are CEGEP and university students who have training and experience in camping. We select our staff because of their interest in and ability to work with children, and because of their history and performance at our camp.

## **Commitment**

The Y Country Camp is firmly committed to the concept of ongoing supervision and the development of our staff. Each counsellor is given regular guidance to help them function in the most effective way. Issues such as: "How varied is your bunk's program?", "Are your campers getting along?", "Is each camper having a meaningful and worthwhile experience?" etc., are central supervisory concerns. The Camp Director and Leadership Team are fully trained and highly experienced. They provide essential leadership to the supervisors and counsellors.

YCC staff are hired to nurture our campers, act as role models, and ultimately provide the best camper experience possible. They are the reason our campers have such an incredible time at camp.

## **Authenticity**

Aldous Huxley once observed that, "Experience is not what happens to you, experience is what you do with what happens to you."

At YCC, we want to help each camper get the most from their camping experience and to use it fully in their personal growth and development. We strive to make each camper's summer a positive and memorable experience, while laying the foundation for them to build.

## **Inclusion Statement**

In alignment with our mission, vision, and values, YCC is committed to the fundamental principles of personal freedom, equal opportunity, and human dignity. We invite and engage all those who wish to participate, including but not limited to, people of any race, ethnicity, nationality, culture, religion, gender identity & expression, socioeconomic status, and family structure.

## **Quebec Camping Association Accreditation**

The Y Country Camp is accredited by the Association des camps du Quebec. ACQ accredited camps meet strict standards on safety, supervision ratios, training of staff, as well as the quality of activities and installations. To earn and maintain our ACQ accreditation, we must pass an on-site visit that includes a full review of all ACQ standards.



# COMMUNICATION

## Contacting Camp

**Before Camp:** Questions or concerns about the summer? During the off-season you can reach us at **514-737-6551 ext. 267**.

**During Camp:** While your child is at YCC, please feel free to contact the Camp Office Sunday through Friday between 9am and 6pm at **819-687-3271** or by email at [YCC@ymywha.com](mailto:YCC@ymywha.com). Campers are not permitted to use the telephone, and our office staff will not direct calls to or take messages for campers. This is to help campers make the adjustment from home to camp. If you have any questions or concerns about your camper – we encourage you to call the Camp Office to speak with one of our Camper Care staff. The leadership team at YCC cares deeply about your child and will welcome any opportunity to discuss their needs. It is, however, important to understand that we are all fully involved in camp activities during the program day and may only return your call in the evenings.

## Birthdays at Camp

It is a YCC tradition to celebrate each camper's birthday with a cake (provided by the camp), singing and a cabin party. If you (parents only) would like to phone your child on their birthday, please do so by arranging a time in advance with the unit head. Please do not expect phone calls from campers on family members' birthdays.

## Communication from Camp

During camp, you will receive over the course of a session:

- One phone call from a YCC Staff to all first-time camper families within the first week of camp.
- Returned phone calls and / or emails within 12-24-hours.
- Whenever there is a need to update you on your child.

## Photos

Photos will be shared 3-4 times a week and never on Shabbat. You can access our online photo album by clicking [here](#), login to your account and click photos. Information will be sent out prior to the start of camp with further details on how to access our photos.



## E-Mail

To communicate with your child during camp, you may send email through your [CampMinder](#) Account.

Each parent will receive two complimentary Camp Stamps (email tokens) per camper, per week registered, to email your camper. 1 camp stamp = 1 email. Camp stamps will be deposited into your account approximately 1 week prior to the start of camp.

- You may purchase additional Camp Stamps in CampMinder.
- To purchase Camp Stamps, go to your CampMinder account and click on the Camp Stamps icon (please note all purchases are in US Dollars).
- To write your camper an email, go to your account and click on the Email icon.
- YCC will print and distribute emails to campers daily (except on Shabbat).
- Information will be sent out closer to camp time on how to email your camper.

## Mail

A steady flow of letters to and from home can help promote your child's positive feelings about camp and about being away from home. We urge you to write frequently. Do not emphasize the activities your camper is missing at home. Receiving mail, even to "veteran campers," is great for spirit and morale.

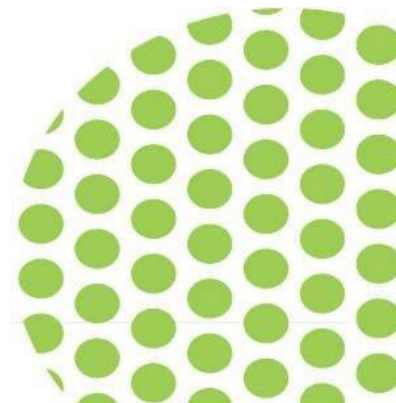
Packing pre-addressed envelopes, stationery, and stamps, help campers send mail during camp.

Our campers are required to write home twice per week. Please ensure that you send with your camper enough stationery, pens, envelopes, and stamps.

Camp provides each camper with a stamped and addressed postcard for their first letter writing day and all postcards are mailed the next business day. You should receive letters from camp around 5+ days after they are mailed. Unfortunately, our rural location slows down outgoing mail. We appreciate your patience.

Please send mail to:

Child's Name & Unit - c/o Y Country Camp 130  
chemin du Lac Blanc  
Huberdeau, QC J0T1G0



# PRE-CAMP INFORMATION

## Parents and Guardians Role at Camp –

To make this camping season successful we are asking families to join us in a partnership. We need you, our partners, to take responsibility to do the following:

- Include your child in the process of preparing for camp.
- **Review and sign the [Camp Life Agreement](#)** with your camper and return **on time**
- **Update your camper's records, including immunizations** (if you have not already done so).
- Communicate with us about your potential concerns, your child's fears, and successful ways of helping your child work through his or her challenges.
- Use positive language to help your child get excited about camp.
- Send your child mail (sending the first letter several days before camp begins ensures that camper(s) will receive mail in the first few days).
- Support our policies as laid out in this handbook.
- Give us feedback and how we can meet your child's needs.

## Accounts and Camp Paperwork

A priority for YCC is collaborating with families to make the camping experience as successful as possible for all campers. The Unit Heads, Coordinators, Directors, and Health Care Team are responsible for communicating with families about the physical, social, and emotional needs of campers.

Completing the camp paperwork in a timely and robust manner is especially important when a child has identified needs or there has been a recent disruption in family life. Please be assured that we have the best interests of your child and family in mind, and we cannot provide a successful summer if insufficient background information is provided. Discussions between the camp staff and families remain strictly confidential.

All updates and paperwork must be submitted and/or updated via your CampMinder account or by emailing us at [ycc@ymywha.com](mailto:ycc@ymywha.com) by June 1st. Tuition not paid in full by June 15th may result in a loss of your camper's spot at camp. If you have any questions or concerns about the paperwork or your account, please let us know by emailing Erin our Office Manager at [erin@ymywha.com](mailto:erin@ymywha.com).

The updates and forms are as follows:

**Terms of Registration, Health History, and Immunization requirements:** It is important for us to have the utmost up to date information such as health history, allergies, immunizations, emergency contacts, medications, etc. Please click [here](#) for instructions on how to verify all your child's information is accurate and up to date.

**Camp Life Agreement:** The [Camp Life Agreement](#) is a confirmation by the camper to follow all camp policies and a recognition that not adhering could have serious consequences. It must be signed by each camper and their parent / legal guardian. Click [here](#) for instructions on how to upload the completed form to [CampMinder](#) and [here](#) for the form.

**Bunk Request:** We do our best to honour up to three cabin-mate requests, although they cannot be guaranteed. These requests should be made on CampMinder in your camper's Bunk Request form. We know that campers can change their minds on who they would like to bunk with as we get closer to camp, and as such, you can update this by June 1st by logging into your [CampMinder](#) account and follow the [instructions](#).

## Allergies and Dietary Needs

We accommodate most food allergies and restrictions. If your camper has unique dietary needs, please indicate this on the space provided on our camp application form (click [here](#) for instructions on how to update your application). If your child has any special dietary needs, please email Marni at [marni@ymywha.com](mailto:marni@ymywha.com) by June 1st, 2023.

**Medical Fee:** American and International campers must submit a non-refundable \$100.00 medical fee in case any medical expenses are incurred during their stay at YCC (this is part of your fees). This fee does not cover prescription medication, lice treatments or visits to a doctor or hospital outside of camp.

**Camper Photo:** A recent photo must be included in your [CampMinder](#) account. Click [here](#) for instructions.

**Medication:** Please ensure that your child's medication is properly labelled. All medication will be collected at luggage drop-off on June 23 between 7:30-9:00 am. Please [click](#) here to complete the form that must accompany all medications. Our nurses will be at luggage drop-off to collect all medications. **Please place the form with the medication in a large Ziploc.**

**All paperwork/updates must be completed by June 1st, 2023.**

## Head Lice

We will be checking all the campers for lice during the first few days of camp. To minimize the chance of bringing lice into the camp (and to hopefully prevent them from bringing it home), and to avoid the issue of treating the kids in camp, we ask to have your children checked for lice 7-10 days BEFORE they come to camp. If they have lice, please treat them BEFORE camp, and re-treat 7 days later. If your child is found to have lice in the first 14 days of camp, there will be a \$50 charge per treatment. Thank you for your cooperation in helping to ensure a lice-free summer.

## Clothing and Dress Code

Camp is in Huberdeau, Quebec, in the beautiful Laurentians. The weather pattern typically includes days in the 26-29-degree Celsius range and nights in the 18- 21-degree range. Please make sure your camper is prepared for days and nights that fall outside of these averages.

We do not have a camp "uniform," and most campers wear comfortable, casual clothing like t-shirts and shorts while at camp.



Philosophically, we understand that clothes are an important statement of identity for young people about who they are and how they want to be seen. Our reality, though, is that we operate a camp in the outdoors with children of many different ages, backgrounds, and lifestyles. Clothing should be appropriate (styling, messages, etc.) for a camp with children from 6 to 17 years of age. YCC is not responsible for damaged or missing items.

## Laundry

Each camper's clothing will be sent to the on-site laundry once per week. Because laundry will be washed by unit and will be returned folded to the bunk, it is ESSENTIAL that every item be clearly marked with the camper's name; this includes socks and underwear! The enclosed packing list assumes that each child will have enough clothing for two weeks. Linens, blankets, and pillow(s) are not provided by Camp. While we do our best to provide satisfactory laundry service, we are washing for a large family. If a garment might fade or shrink, it will. Label EVERYTHING. Send only inexpensive, pre-worn, pre-washed, iron-free, well-marked garments.

# Camp Policies

## Safety & Security

At YCC, we are committed to maintaining the highest standards of staff supervision and accountability and to offer campers a safe and secure environment where they can grow and flourish.

### At YCC:

- Campers are always supervised
- Between 2-4 staff members sleep in the cabins/tents with the campers in Grades 1-7.
- All staff undergo a background check
- All campers and staff are encouraged to tell their Unit Head or the Camp Director immediately if any campers or staff make them feel uncomfortable in any way
- All campers and staff are instructed to report anything unusual or suspicious
- All campers are encouraged to tell an adult if they are being bullied or experiencing any other problems or inappropriate interactions while at camp

## Drugs, Alcohol and Tobacco Products

The possession of, or use of, non-medical drugs is prohibited. Anyone in breach thereof shall be sent home.

The possession or use of alcohol on camp property or during camp activities is prohibited.

Anyone in breach thereof shall be sent home. The possession or use of cigarettes, e-cigarettes, cigars, vapes, juuls or any other products containing tobacco by campers and CITs is prohibited. Anyone in breach thereof shall be subject to dismissal.

## Food & Beverage

All food, beverages, and candy are prohibited from being brought into camp or sent into camp. Any outside food that is delivered to camp will be confiscated and discarded. If your camper has specific food allergies and / or dietary restrictions, please address their unique circumstances on the camper's registration form.

Campers and staff are not permitted to keep food (except for gum) in their tents or cabins at camp. Although there are several factors which led to this decision – cleanliness and maintaining a nut-free and kosher environment is paramount. This regulation has also effectively reduced the occurrence of animals coming into camper tents, a potentially hazardous situation.

## Nut Policy

Please note that the Y Country Camp is a nut sensitive camp - all the food prepared by our kitchen staff, and all the purchased food (cereal, condiments, chips, chocolate bars, etc.) contain no traces of nuts.

## Tuck

We offer tuck throughout the week to our campers and staff. We offer a variety of treats such as chips, chocolate, and candy. All snacks are kosher and nut-free.

## Snacks

Aside from the daily afternoon freezies, and the evening cookies and fruit, we offer fresh fruit and treats as well as other healthy options for our campers and staff throughout the day and before bedtime.

## Screen-Free

Every summer at YCC, our campers get to enjoy the great outdoors, make new friendships, and take a break from the everyday stresses of school and city life.

While we understand that electronic devices are part of our culture and daily lives, summer camp is one of the few remaining places where our campers are given a much-needed break from the world of technology. Here they can enjoy everything that sleep away camp has to offer, developing their independence, building new skills, making, and fostering new friendships, getting dirty and so much more!

We will continue to enforce our "**Screen-Free Policy**" at YCC. Your understanding and support of this policy will help enhance our campers' experience and will allow them to fully embrace all that camp has to offer.

We have a similar policy for our staff which will ensure they continue to be positive role models for all our campers.

## Cell Phones

No camper may possess a cell phone at camp. Anyone in breach thereof shall have their cell phone confiscated. Inappropriate use of the internet can result in a camper not being accepted at YCC (all campers and staff must sign a contract regarding internet use).

## **Electronics**

The only electronics permitted will be screen-free music players (e.g. iPod shuffles, MP3 players) and digital cameras. All other music players, cell phones, tablets, e-readers (such as Kindle), iPads with screens, iPads, portable game devices, walkie-talkies, and video players are prohibited. Any electronic devices brought into camp will be confiscated.

## **Defacement or Intentional Damage to Camp Property**

Families and campers are asked to carefully consider and discuss this policy included on the [Camp Life Agreement](#) form.

## **Bullying and Harassment**

Bullying and harassment of any camper is never allowed and will not be tolerated. Some children argue, tease, and do hurtful things to one another from time to time. Most feel empathy, guilt, remorse, compassion and then make up and move on. A bully does not. The bully takes perverse pleasure in using their power to hurt their victim. Bullying behavior includes rejection, name-calling, spreading rumors, threats, intimidation, and physical torment. As we have a zero-tolerance policy to bullying, any cases of bullying will be dealt with by the Camp Director immediately.

We want kids to be free of sexual pressures they may be exposed to elsewhere. Any unwanted touching that victimizes anyone is forbidden. Anyone in breach thereof shall be sent home.

Campers in our older units will be told that the Y Country Camp is a place for them to grow, learn and explore their own capabilities and their relationships with others. They will be told that camp is not a place to experiment sexually.

Campers are encouraged to tell their Unit Head or the Camp Director immediately if any camper or staff makes them feel uncomfortable in any way.

Please refer to the [Camp Life Agreement](#) for the camp's stance on these and other issues that involve the well-being of all of our campers. Please review this agreement with your camper. Both the parent and camper are asked to sign the agreement and upload it to [CampMinder](#) by June 1st, 2023.

## **Lost & Found**

Lost & found is available for our campers during camp and items will be available beginning in September after our summer season at camp closes. You will be notified when it is available for pick up at the Sylvan Adams YM-YWHA. After 2 weeks, all items are donated to charity.

## **Visitors**

It is our experience that visiting family members often causes confusion and/or enhances feelings of missing home. As such, visits during camp sessions are not permitted.

## **Money at Camp**

There is no need for money while at camp. YCC is not responsible for cash brought by campers and will not reimburse money believed to be lost or stolen.

## Gratuities

Gratuities are neither necessary nor expected. YCC permits the tipping of its staff members, but only after the session. It is contrary to camp policy to tip a counsellor before the summer. Another way to recognize a staff member or counselor is to send us an email or letter about your child's experience at camp and how the staff member made a difference for them. We will share this feedback with applicable staff and recognize them for a job well done.

## Bar / Bat Mitzvah Support

Please email us if your camper needs Bar or bat Mitzvot support, and we can try to make arrangements for a staff member to meet with campers during their session to review and study material that they have brought with them to camp. Our goal is to make sure campers stay on-track in their studies. Personal music devices can be used for studying and will be kept in the Camp office.

# Packing Guide

## Label Clothing & Equipment

Please label each item with your camper's **FIRST INITIAL AND FULL LAST NAME** (even on socks and underwear). Initials alone are not sufficient information to enable us to return items to campers. The best luggage is a large, top-open duffle bag. Most items will be unpacked onto shelf space in the cabin. Extra items can be kept in their bags and stored under their bed.

Please make sure your camper helps pack at home, so they know what they have and where everything is located.

## A Few Items NOT to Bring

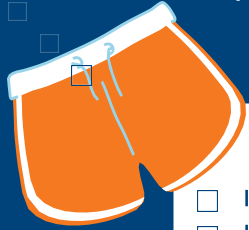
There are items that can cause environmental or behavioral problems; please read this list carefully and ensure that none of these items make it to your child's luggage.

- Food
- Money
- Weapons of any shape or size, including knives
- Roller blades or skateboards
- Clothing that advertises alcohol, sex, drugs, or other paraphernalia
- Cell phones
- Tablets
- Matches / lighters
- Walkie talkie
- Candles / Incense



# PACKING LIST

This clothing list is recommended for full session campers and half session campers. Campers are permitted to bring up to 2 large duffle bags and one plastic storage cubby that **MUST** be **EMPTY** for transportation.



## clothing

- 10 pairs of shorts
- 12-15 t-shirts
- 12 pairs of underwear
- 12 pairs of socks
- 4 pairs of jeans or long pants
- 4 bathing suits
- 4 sweatshirts or sweaters
- 3 long sleeve t-shirts
- 4 pairs of pajamas
- 1 pair of sneakers
- 1 plain white t-shirt for Shabbat
- 1 blue T-shirt for Sports Fest
- 1 warm jacket/fleece
- 1 hooded poncho/raincoat
- 1 pair of rain boots
- 1 pair slides/crocs
- 1 pair flip flops for showering
- 1 white clothing item for tie-dye
- A nice outfit/clothes for camp dances and banquet

## for the best bunk

- 2 sets of sheets (twin or cot)
- 1 pillow
- 2 pillowcases
- 2 blankets
- 1 sleeping bag
- 2 mesh bags for socks and underwear storage
- 4 bath towels
- 4 beach towels
- 2 wash cloths
- 2 mesh laundry bags
- 1 flashlight with extra batteries
- Stationary items and extra stamps
- Pens/pencils/markers



## required personal items

- 2 duffle bags
- Soap, shampoo, conditioner
- Toothbrush and toothpaste
- Deodorant
- Brush/comb
- Feminine needs for girls
- Shower caddy
- Safety goggles for hockey 1
- box of Kleenex
- Bug spray/sunscreen (30+)
- 1 drybag (30-40L) for Sr. Side campers for out of camp H&T trip 2
- water bottles
- 2 sun hats
- 1 pair of water shoes / Crocs for Sr. Side

## optional

- Baseball mitt
- Camera
- Musical instruments
- Books, games, magazines
- Screen-less MP3 player with headphones
- Ping pong paddle
- Hockey stick
- Playing cards
- Tennis racquet
- 1 pair of slippers
- Tool box + lock
- Gum
- Backgammon/chess
- 1 Battery operated fan



Please remember to label everything

# DURING CAMP

## Shabbat Services

Camp Shabbat Services are held at camp in observance of Shabbat on Friday night and Saturday morning, and Havdalah on Saturday evening. YCC provides an environment where campers and staff can observe Shabbat according to their own traditions.

## Cabin Life

Cabins are grouped by age and grade (if applicable). Cabins have eight to twelve campers, two counsellors and one to two specialists. All cabins have electricity, and a bathroom with a toilet and a sink. The washhouse in the unit is equipped with more toilets and showers.

## Tent Life

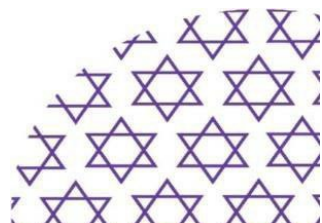
Tents are grouped by age and grade level. Tents sleep five to twelve people. All tents have electricity. The washhouse is located in the unit and is equipped with toilets, showers and a large communal sink.

## Missing Home

It is important for families and campers to understand ahead of time that missing home is a completely normal feeling, especially if it is the camper's first time away from home. We don't typically use the term "homesick," because it's not an illness. We handle each camper as a unique situation and treat them accordingly. Studies show that camp is an excellent opportunity for children to live independently among people of their own age, to learn, and grow because of being away from home.

Here are a few things you should know related to missing home:

- Staff are trained to identify and help those campers who are missing home to cope with their feelings. If your camper is having difficulty adjusting to camp, someone from the YCC Team will call you and discuss ways to support your child.
- If a camper expresses these feelings, it typically occurs in the first 48-72 hours. The first letter home may seem sad; however, know that these feelings usually disappear within the first few days at camp. You should anticipate that your child's second letter home will be more cheerful.
- We have learned from experience that phone calls to a child who is missing home rarely helps the child. In most cases, phone calls prolong the feelings of missing home and delays adjustments into camp life. In rare occasions, we will reach out to you to discuss ways to support your camper.
- Letters and/or CampStamps from families should be mindful of the impact on a camper who is away from home. For instance, saying things such as "the cat and dog miss you and wish you were home with us right now," can cause and/or exacerbate these feelings. In your letters, let your child know that your life is going on as usual, that you hope they are having a great time, and that you will see them soon.



## Visiting Day

For children staying more than one month, we will be setting up call/zoom meetings as we know it's difficult not to see your children. We also know that visiting day in person or virtual can sometimes be difficult for even the most seasoned campers. That is why we have set up some special programming to ensure that day is incredibly special for your children.

## Birthdays

At YCC, every birthday is a special day. If your camper is celebrating a birthday at camp, our baker provides a birthday treat for your camper to share with their bunk. Families may leave birthday non-food goodies at check-in (labeled with camper's name and birthdate), and we will hold the items in the office until their birthday. We will also set up a time for you to call your camper.

## Activities at Camp

We do our best to ensure that campers get to experience all our activity offerings multiple times during the course of their session. We are a "challenge by choice" program, which means that while we encourage campers to try all the activities, they are not forced to participate in activities that they do not want to do.

## Activity Limitations

Inclement weather during the session may require that some activity periods are cancelled. Activities will be re-scheduled if time and schedule allow. Please note that a one-week session is a "taste of camp" experience, and the shorter time frame may not allow campers to participate in every activity, or activities, more than once.

## What if a starter camper wants to stay longer?

If a starter camper indicates to their Unit Head that they would like to stay longer, the Unit Head will call the parents to discuss the possibility. This is the only time that a camper and parent will have the opportunity to speak to one another by telephone, to confirm the camper's extension at camp.

## Sample Daily Schedule

Time	Activity
7:45am	Wake Up
8:15am	Mercas & Breakfast
9:00am	Cabin / Tent Cleanup
9:50am	Specialty Activities
12:10pm	Mercas & Lunch
1:00pm	Rest Hour
2:15pm	Specialty Activities
3:30pm	General Swim/Snack
4:45pm	Specialty Activities
6:00pm	Mercas & Dinner
6:45pm	Free Play
7:45pm	Evening Program
8:30pm	Snack / Shower
9:30pm+	Bedtime depending on age

Waterskiing ● Sailing ●  
Wakeboarding Canoeing ●  
Fishing ● Rock Climb Sports ●  
Sunrise Hike ● Drama  
Arts & Crafts ● Wrestling  
Archery ● Israeli Culture  
Paddle boarding ● Swimming  
Outdoor Cooking ● Tennis  
Dance ● Music ● Land Sports  
H&T (Hiking and  
Tripping)

# HEALTH & WELLNESS

Y Country Camp holds the safety and security of campers and staff at the highest priority.

YCC operates in accordance with the Quebec Camping Association and Health regulations and requirements for overnight summer camps and follows all directives from Public Health.

## Medical Team

The Y Country Camp medical team is led by Dr. Earl Rubin, Division Director - Pediatric Infectious Diseases and other professionally trained doctors and nurses. Our medical team has extensive experience in camp life at YCC and are also trained and knowledgeable with the most current medical protocols.

At YCC, we work hard to ensure personal and professional medical care when needed. We always maintain a complete health care facility with a doctor in residence. Meet our doctors:

- Dr. Earl Rubin: Affiliated with the Montreal Children's Hospital
- Dr. Mark Karanofsky: Affiliated with Herzl Family Medicine Centre at the Jewish General Hospital and Dr. Jennifer Friedmann specializing in Internal Medicine and Oncology.
- Dr. Maya Leitner: Affiliated with the Jewish general hospital and the ki treat children's hospital/McGill (MuHc)
- Dr. Daniella Guindi: Affiliated with McGill, Forcemedics, Tiny Tots and Maimonides.

The infirmary also has a wonderful team of support staff which includes a camp nurse. During the summer, the infirmary has set clinic hours, but is open 24 hours a day in case of emergencies, whether they are major or minor.

### **We will contact you about your child's health at camp, if:**

- **Your camper requires any prescription medication or needs to stay overnight in the infirmary.**
- **Your camper has an injury, fever or illness that requires them to stay in the Infirmary overnight.**
- **Your camper has a serious injury or illness that removes them from activities for a prolonged period.**

Rest assured that the people who work in the infirmary are a dedicated group of individuals who are around to make sure that your children stay healthy. While we hope that it is not necessary, the medical staff will be in close contact with you should anything arise that we feel you should be aware of.



Although we pride ourselves in maintaining a wide and excellent range of medication, it is impossible to stock every kind of antibiotic, asthma medication, cream, ointment, etc. As the cost of ordering special medication to meet the needs of a few campers with specific requirements is prohibitive, we will have to pass these costs on to the parents. We will of course advise you before purchasing anything.

If emergency medical services are needed, YCC Staff will use its best efforts to contact you as soon as practicable. Your child's access to emergency services is the priority in an emergency scenario.

For non-emergency dental or orthodontic issues (i.e., lost filling, chipped tooth, broken/loose bracket), we will contact you to discuss available options for dental care.

The health care team provides treatment for injuries requiring minimal care and distributes medications as prescribed. Campers needing health care beyond what is provided on campus are taken either to the **Montreal Children's Hospital** or to **The Ste-Agathe Hospital** in Sainte Agathe-des- Monts, QC.

### **You will be notified immediately if:**

- It is determined that your camper needs additional medical care away from camp. You will be provided updates as soon they become available.
- Your camper's illness, injury, or emotional health present concerns for their or others' ability to have a positive experience at camp.
- There is a concern for your camper's mental health.

### **MEDICARE CARD for ALL Canadian Campers**

It is not required to send the Medicare/OHIP card to camp with your child. Instead, it is necessary to upload a photo of the card to your file. It must be a valid health care card, with expiry date being AFTER the summer season. Should you be out of town during the summer season, please leave the actual Medicare card with the person you appoint as an alternate contact person in case of emergencies.

The photo of the Medicare/OHIP card must be emailed to Erin at: [erin@ymywha.com](mailto:erin@ymywha.com), or it can be uploaded directly to your Camp Minder Account (click [here](#) for instructions).

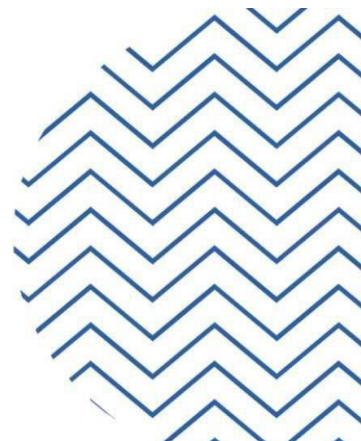
### **Health Insurance for International Campers**

YCC does not provide health insurance for international campers. All campers must have personal health insurance. Visits to our camp doctor are covered under the \$100 medical fee (this does not include hospital visits or prescription medication).

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### **Prescription Medication**

We understand the proper administration of medication plays a vital role in the health and safety of all campers. Medical Staff handle the administration of all medication with professionalism and confidentiality.



## Over-the-Counter Medication

We stock many over-the-counter medications in pill form as well as liquid / chewable form when available including, but not limited to the following:

Ibuprofen/Advil                      Pepto Bismol                      Benadryl                      Cold / Cough Relief  
Tylenol/Acetaminophen

If your camper takes a specific or not widely available over-the-counter medication, please contact the Camp Office to discuss arrangements prior to the start of our summer.

## Medication Vacation

If your camper currently takes medication (other than an antibiotic) for which your physician recommends a summer suspension, please alert us of this change by contacting the Camp Office. Changes in medication can produce changes in health and behavior that can impact a child's camp experience. No one is better qualified to recognize and respond to these changes than caregivers. If your child's physician feels strongly about suspending a medication, please notify the Camp Office prior to the start of Camp.

# CAMP BEHAVIOR

## Camper Behavior Policy

YCC strives to support the individual needs of our campers while providing a safe, healthy, and inclusive social environment for the entire community. Camp is a place where all campers should feel safe, nurtured, and accepted. YCC strives to give campers a sense of control over their actions and environment. Behavior management techniques are used to enhance a child's experience and add to their self-esteem, including, conflict resolution and positive reinforcement to encourage desired behaviors.

Our primary purpose at YCC is to find ways for each camper's experience to be safe- growing socially, physically, cognitively, and emotionally.

Each camper brings their own unique qualities, experiences, and challenges to camp. A "one-size-fits-all" approach doesn't work. Human problems require human solutions. Upon encountering camper issues, including "behavioral challenges," YCC staff are expected to respond with **kavod (respect), kindness, thoughtfulness, and creativity.**

## What We Expect from Our Campers

We have developed and maintained a Code of Conduct for our campers (please refer to the [Camp Life Agreement](#)). The code is intended to be a guide for general behavior. Please review this with your camper, sign it and upload it to [CampMinder](#) (click [here](#) for upload instructions).

It is important that our campers clearly understand behavioral boundaries. Rules are introduced at the beginning of each session and reinforced throughout the Camp season. We understand that childhood is a process of learning to conform to rules and guidelines, and we review our role as enabling children to gain these important social skills in a positive environment.

Corrective plans and actions are not to be confused with punishment. These plans must not be vindictive or humiliating; instead, behavior issues and conflicts can be viewed as opportunities to teach socially appropriate and acceptable behavior. In this way, campers can learn how to solve problems and grow from them as part of a health community through:

**Role Modeling** – Appropriate social behaviors being modeled to the group.

**Positive Reinforcement** – Rewarding sought-after behavior with the use of positive comments, tangible rewards, or special privileges. Ignoring can eliminate small negative behaviors. We focus on and give attention to positive behaviors.

**Predictable Environment** – Establishing a consistent routine with clearly-stated limits and rules.

**Problem Solving** – Settling disagreements without aggressiveness, using predictable consequences, and thinking about the feelings of others. Staff mediate without passing judgement, helping campers to think through a problem and find a win-win solution. We understand that behavioral difficulties arise from time to time for a variety of complex reasons. If a camper is struggling to follow the expectations in the Camper Life Agreement, their counselor and Unit Head will address the behaviors with the camper directly. The Camp Director will contact you if any of these rules are breached and/or unacceptable behavior is persistent. Campers' behavior may have implications on their ability to remain at YCC. Following these rules will help YCC be a safer community for everyone.

## Serious Persistent Behavioral Problems

Persistent unacceptable behavior will be handled in the following manner:

- The camper's behavior will be documented by all staff members involved.
- Staff meet to discuss the behavior and will develop a program plan to meet the individual needs of the camper.
- The parents/guardian of the camper may be contacted to discuss this plan and enlist their input and cooperation.

## Termination of Camper's Enrollment

A camper's enrollment may be terminated for any reason, in the Camp Director's sole discretion, that poses safety issues or violates Camp policy.

