

FAMILY **HANDBOOK**



WINTER ADDRESS

5400 Westbury Avenue
Montreal, QC H3W 2W8
514-737-6551 x267

SUMMER ADDRESS

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

www.ycountrycamp.com



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



Association des
camps du Québec

MEET OUR SUMMER 2024 TEAM

Marni Schlomowitz - Director
Jonathan Levine - Associate Director
Katie Goldstein - Assistant Director
Erin Godfrey - Office Manager
Kira Lanciana - Senior Side Coordinator
Rachel Wyss - Junior Side Coordinator
Samantha Star - Coordinator of Specialties
Kelly Gurevitch - Coordinator of Logistics and Special Events
Samantha Kravitz - Coordinator of Community Care
Dr. Mark Karanofsky - Managing Doctor

IMPORTANT DATES

Visiting Day - June 16 (1:00-4:00 pm)
Luggage & Medication Drop off - June 25 (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, V5L H4R1Y8 (corner Cavendish and Cote-Vertu Blvd.)
More information regarding Luggage Drop-off and Bus Departure to follow

Fun in the Sun - July 21st @ YCC

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 12
Both Sessions - June 27 – August 12
Weekend Camp - July 26 - July 28
J-Force Gymnastics @YCC - Aug 4-Aug 9
Labour Day Family Wknd - Aug 30-Sept 1

SUMMER OFFICE HOURS

JUNE 27 – AUGUST 12

Sunday to Friday 9:00 am – 6:00 pm
Telephone: 819-687-3271

Email : ycc@ymywha.com
[Directions to Camp](#)

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 Erin by emailing ycc@ymywha.com. Usually, the ideal time for this call is around 9:15 am.

Photos

Photos will be shared **daily between 9:00-10:00 pm** except on Shabbat (no pictures will be posted Friday or Saturday nights). 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.

IMPORTANT NOTE REGARDING COMMUNICATION WITH YOUR CAMPER

Please only send an email or letter to your camper(s) after the first three days of each session have passed. The start of each session is when campers are most susceptible to missing home and letters from home can exacerbate such feelings. For this same reason, we will only encourage our campers to write home as of the first Sunday of each session. This will help our campers focus their time and energy on life at camp and on the development of their new friendships. Campers will be told not to expect letters from home at the beginning of each session. Mail and emails will be distributed to campers starting Sunday, June 30.

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 USD).
- 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 starting on Sunday, June 20 (except on Shabbat).
- Information will be sent out closer to camp time on how to email your camper.

Mail

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

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

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.

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 the [Camp Life Agreement](#)** with your camper
- **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.
- Support our camp policies.
- Give us feedback and how we can meet your child's needs.

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 by June 1st, 2024.

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

Head Lice

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.

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.

Food Policy

New For Summer 2024!

At YCC, we care about the safety and well-being of our campers and staff. We also want to provide our campers with the best summer experience possible. That's why we've decided to allow campers to bring some of their favorite snacks to camp. We understand that sometimes they may want to have some specific foods that they eat at home and that it may help them to better adjust to the camp environment. For this reason, we are allowing campers to bring a **limited** amount of outside food that meet our guidelines. We hope that this will make everyone feel more comfortable and happier at camp.

Please follow the following guidelines when sending snacks to camp:

- Storage Allowance:**
 - All food must fit into one designated storage bin (approx. 18x12x7). This aims to prevent animals from accessing the food and helps maintain a clean-living space.
- Nut-Free and Kashrut Guidelines:**
 - All food must strictly adhere to our nut-free policy and cannot contain any traces of any type of nuts.
 - All foods cannot contain shellfish or meat or traces thereof.
 - No outside food can be brought into the dining hall or kitchen for any reason.
- Utensils, Bowls, Kettles:**
 - Campers are required to bring their own utensils and bowls (to be used outside of the dining hall). These will not be provided by YCC and cannot be removed from the dining hall to maintain adherence to kashrut.
 - Camp-provided kettles will be available for use with staff supervision. Campers are not permitted to bring their own kettles to camp.

FOOD MUST BE BROUGHT UP WITH YOUR CHILD ON DEPARTURE DAY IN ONE RESUABLE SHOPPING BAG. ALL ITEMS MUST BE CLEARLY LABELLED. **PLEASE DO NOT PACK FOOD IN YOUR CHILD'S LUGGAGE.** For campers staying longer than one session, parents can replenish their snacks on July 21 when you join us for Fun in the Sun. **Please do not send any food packages to camp.**

It is important to note that camp provides plentiful food options at meals. Bringing additional food and snacks is entirely optional. Our aim is to create an atmosphere of trust and responsibility. We appreciate your cooperation in adhering to these updated guidelines.

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!

Campers are not allowed to have a cell phone with them at camp. Having a phone will undermine all of the work that we do to nurture our campers' growth in self-confidence and independence. The introduction of even one cell phone into a cabin or tent can negatively affect the experience of the entire group which would not be fair to those campers and their families. YCC has a duty to ensure that our campers are given every chance to benefit from the YCC experience and that no one is taking that away from anyone else. For this reason, if a camper is found in possession of a cell phone or any device that can do more than just play music, the device will be confiscated.

We thank you in advance for working with us to ensure that you have all of your campers' cell phones in your possession as they board the bus to camp. We have a similar policy for our staff which will ensure they continue to be positive role models for all our campers.

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), iPods with screens, iPads, portable game devices, walkie-talkies, and video players are prohibited. Any other electronic devices brought into camp will be confiscated. Here is an example of an MP3 device that is acceptable at camp <http://surl.li/qbejm> and here is a link to help your camper convert their Apple or Spotify music files to the MP3 format <http://surl.li/qbeme>.

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. Click [here](#) to access our packing list.

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.

- Money (this does not apply for CITs)
- Weapons of any shape or size, including knives
- Roller blades or skateboards
- Clothing that advertises alcohol, sex, drugs, or associated paraphernalia
- Cell phones
- Tablets
- Matches / lighters
- Walkie talkie
- Candles / Incense

Fun in the Sun -July 21st, 2024

On July 21st we will be holding our annual Fun in the Sun @ YCC event from 12:00 pm – 3:00 pm. This is a one-day event held at our camp, where YCC campers from our past, present and future will have an opportunity to experience the magic of Y Country Camp! Parents can use this day as an opportunity to visit with their campers.

Medical Team

The Y Country Camp medical team is led by Dr. Mark Karanofsky and other professionally trained doctors. 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. Mark Karanofsky: Affiliated with Herzl Family Medicine Centre at the Jewish General Hospital
- Dr. Jennifer Friedmann specializing in Internal Medicine and Oncology.
- Dr. Eleena Pearson: Affiliated with the Jewish General Hospital
- Dr. Maya Leitner: Affiliated with the Jewish General Hospital and the Children's Hospital/McGill (MUHC)
- Dr. Sophie Alloul: Affiliated with CHU Sainte Justine and Cité de la Santé de Laval
- Dr. Leslie Solomon: Affiliated with Elna Pediatric (Tiny Tots)

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
- Your camper has an injury, fever or illness that requires them to stay in the Infirmary overnight or for the better part of the day.
- Your camper has a serious injury or illness that removes them from activities for a prolonged period.
- A camper experienced trauma (concussion, fracture, sprain, etc.)
- A camper has a visible bandage (not a bandaid) or is using crutches
- A camper's condition worsens or remains unresolved longer than originally anticipated
- The camp will not call if a camper just needs to rest, has a mild illness or a non-significant injury

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.

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 (click [here](#) for instructions). 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. If you experience difficulties uploading the photo of the Medicare/OHIP card, please send a photo to Erin at: erin@ymywha.com.

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).

Medication

We understand the proper administration of medication plays a vital role in the health and safety of all campers.

Prescription medication must be blistered packed by your pharmacist and each 'blister' must indicate the name of your camper, the medications being taken and the date and time of day that the medication should be administered. The majority of pharmacies will blister pack medications at no cost. They may require a week or two to prepare the blister packs so please be sure to inquire with your pharmacist and plan accordingly. We will collect all medications at luggage drop-off on June 25 between 7:30-9:00 am. If your child takes any over the counter medications or vitamins that are not included in the list below, please [click](#) here to complete the form that must accompany all over the counter medications and vitamins. **Please place the form with the medication/vitamins in a large Ziploc.**

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 | Gravol | | |

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. The camp office make arrangements for you to speak to one of our medical staff before a decision is made.