



**PARENT  
HANDBOOK  
SUMMER 2023**

**Advance Camp**

## Welcome to BB Camp Summer 2023!

Welcome to the BB Camp family! We are so excited to welcome your camper to BB Camp this summer.

We urge you to read through this handbook with your child. Our goal at BB Camp is to create a safe, inclusive, and welcoming environment where campers are free to be their truest self. We strive to make each young person's summer at BB Camp a memorable experience where they can make lifelong friendships and gain independence in an inclusive and welcoming Jewish environment.

We're very excited about the upcoming summer! Our staff are already working hard to help make this summer a wonderful camp experience for your family and one that you child will enjoy and remember for a lifetime. We look forward to having your child at Camp this summer. If while reading through this handbook you have any questions or concerns about your child's upcoming camp experience, please do not hesitate to book a call with us to discuss. We welcome the opportunity to connect with you and/or your camper to ensure your camper is successful this summer.

See you soon!

Jacob Brodovsky and Lexie Yurman  
Executive Directors

## WHOM TO CONTACT & FOR WHAT

Our year-round office telephone number is 204.477.7512. Here is a brief list of whom to contact for what:

Issue	Contact Person	Email
Camper Concerns	Jacob Brodovsky Lexie Yurman	<a href="mailto:jbrodovsky@bbcamp.ca">jbrodovsky@bbcamp.ca</a> <a href="mailto:lyurman@bbcamp.ca">lyurman@bbcamp.ca</a>
Transportation, Baggage	General Information	<a href="mailto:info@bbcamp.ca">info@bbcamp.ca</a>
Registration, Forms, Payments, Camperships	Linsey Callaghan	<a href="mailto:lcallaghan@bbcamp.ca">lcallaghan@bbcamp.ca</a>
Lost & Found	General Information	<a href="mailto:info@bbcamp.ca">info@bbcamp.ca</a>
Medical/Health	Lexie Yurman	<a href="mailto:lyurman@bbcamp.ca">lyurman@bbcamp.ca</a>
Donations	General Information	<a href="mailto:info@bbcamp.ca">info@bbcamp.ca</a>

Please do not contact Jacob or Lexie by their Cell Phone numbers as those lines are reserved for staff at camp and on the lake.

### Emergencies

If there is a family emergency, please state this when you call the Winnipeg Office (204 477 7512) and ask to speak to Lexie Yurman or Jacob Brodovsky, Executive Directors. Your call will be handled as quickly as possible. The best way to get in touch with us is always by email: [lyurman@bbcamp.ca](mailto:lyurman@bbcamp.ca) or [jbrodovsky@bbcamp.ca](mailto:jbrodovsky@bbcamp.ca). While at camp, we strive to respond to all emails within 48 hrs.

### Important Dates

Monday, June 26	First Year and Returning Staff Arrive
Thursday, July 6	LTP Begins
Friday, July 7	Kifirim and Kachot Begins
Sunday, July 9	Habonim Begins
Wednesday, July 12	Habonim Goes Home
Friday, July 14	Taste of BB Begins
Thursday July 20	First Session Ends
Sunday, July 23	AC Begins

Friday, July 28  
Thursday, August 17  
Sunday, August 20

Second Session Begins  
Second Session & LTP Ends  
AC Homecoming

## FORMS

In addition to this Summer 2023 Parent Handbook, there are 9 important pieces of paperwork that must be reviewed/filled out/uploaded and received by the Camp on behalf of each camper THE FOLLOWING FORMS ARE DUE ON JUNE 1st, 2023, including:

1. CAMPER CONSENT FORM (mandatory for each camper and found online).
2. CAMPER & PARENT CODE OF CONDUCT (mandatory for each camper and found online).
3. INTERNET COMMUNICATION FORM (mandatory for each camper and found online).
4. CAMPER INTEREST FORM (mandatory for each camper and found online).
5. SLEEP-AWAY CAMP TERMS AND CONDITIONS (mandatory for each camper & form found online).
6. CAMPER MEDICAL FORM (mandatory for each camper & form found online).
7. CHILDHOOD IMMUNIZATION RECORD (mandatory for each camper & can be uploaded online).
8. PROOF OF COVID-19 VACCINATION (mandatory for each camper & can be uploaded online).
9. CAMPER PHOTO (mandatory for each camper & can be uploaded online).
10. CAMPER VACCINATION POLICY & COVID WAIVER (mandatory for each camper & can be uploaded online).
11. PHYSICIAN DECLARATION FORM (if applicable, can be uploaded online).
12. ANAPHYLAXIS ACTION PLAN (if applicable, can be uploaded online).

If you have yet to complete the forms, please visit our website at <https://bbcamp.campbrainregistration.com> to access our Online Registration System. Please make sure a separate form is filled out for each camper attending, as indicated above and that the completed forms are submitted online no later than JUNE 1<sup>st</sup>, 2023.

Luggage Tags – If you require luggage tags for your duffel bags please feel free to contact the camp office.

## **Preparing for Camp**

### **What is Advanced Camp (AC)?**

Advanced Camp is a 4-week canoe trip through the pristine back lakes of Northwestern Ontario. The program will include groups of AC'ers who are staffed by two experienced BB Camp outrippers. The trip will challenge them both physically and mentally, developing a sense of independence and resilience for all campers. Campers will also further develop their wilderness and survival skills, as well as strengthen their communication and leadership capabilities.

### **Canoe Trip Assignments**

An AC'er's group trip is very important at BB Camp and is often a concern of both parent and child. We know that the success of the camping experience can be directly related to the canoe trip configuration. At BB Camp, we make every effort to group AC'ers based on the information provided on the AC Interest Form.

Generally, AC'ers are assigned to groups of 8 – 10 participants and staffed by two outrippers. Any special requests for trip placement should be noted on the AC Interest Form. Requests for trip mates may only include three requests. Please do not encourage your child to list the entire canoe trip for us, unless they feel comfortable being placed with only one of those campers. To ensure that your requests are considered you must complete and submit your AC Camper Interest Form online by June 1<sup>st</sup>. All requests will be reviewed and given serious consideration. We strive to ensure AC'ers will be placed with at least one of their three requests but cannot guarantee requests will be honoured. The final determination of all canoe trips rests with the Executive Directors.

In the past, we have received requests from parents asking the administration to keep specific campers apart. We understand that some campers arrive at Camp with a history of difficulty getting along with a particular camper or group of campers. If you have a specific concern regarding cabin placement, please email the Director at [lyurman@bbcamp.ca](mailto:lyurman@bbcamp.ca). In these instances we try to honour the trip request in addition to separating your camper from these particular child(ren), but in the event that it affects other campers' cabin requests, only the request to separate your camper from a particular child/group will be honoured.

## **The First Few Days on the Lake**

Coming to Camp and most importantly, participating in an extensive canoe trip can be a big adjustment for many campers, a process that is natural and common. Our staff are trained to be aware of each AC'ers emotional adjustment. Outtrippers encourage campers to talk about any concerns and fears they may be experiencing. The outtrippers help the AC camper understand that these feelings are natural and try to involve the camper in all canoe trip activities.

Experience shows that within the first several days of the trip most AC'ers are busy having fun and feeling secure with their outtrippers, group trip and the outdoor environment. Please do not be alarmed if you receive a "homesick letter". By the time you receive the letter your child will have further adjusted to the canoe trip and is likely to be having a great time!

## **A Typical Day on AC**

The typical day on AC depends on the number of paddling miles (We measure in miles as is tradition at camp), weather, and the route plan. Each trip paddles Sunday through to Friday. Shabbats (Saturdays) are defined as Layover Days. Layovers are non-paddling days, as it gives each trip the opportunity to rest, relax and reflect on the past week of events.

Our trips are designed to be accessible for all campers regardless of physical ability and experience, making AC one of the only programs of it's kind in North America. The first few days of the trip will allow for Campers body's to adjust to the change of pace from city life to paddling days. While the first week can be challenging for many campers, participants are always able to adjust to the program and thrive regardless of prior experience.

## **Food Drops**

The food drop provides an opportunity for the Camp to meet each canoe trip on an individual basis. It gives the Camp an opportunity to drop off new food for each trip and more importantly, to visit with the campers and staff to ensure that the trip is going smoothly. Each trip will be visited twice throughout their journey, on or around day 10 and 20. On drops mail is collected and delivered, and pictures are taken of each trip to be shared with family.

## **Packing Preamble**

### **Clothing List**

The clothing list is essential to follow for safety, warmth, and comfort reasons. Without the proper clothing, campers can get sick, hurt, or not feel comfortable in the

wilderness depending on weather conditions. There are many wilderness brands available that vary in price.

Also, we recommend that if you are purchasing T-shirts, socks, underwear, towels for your child, look for generic brands. Remember that some of the clothing items will not return in the same form after it has spent considerable time on a canoe trip!

At Homecoming, each AC'ers will receive an Advanced Camp T-shirt. Please ensure that you indicate your child's shirt size on the Interest Form, as we are unable to exchange merchandise.

## Packing

On AC Campers need to pack only the essentials, to ensure campers can pack up quick in the morning and get on the water. Campers are only permitted to bring what fits in a 30L baja/brooks bag (sealine, MEC,abela's), and a mini 5L baja bag for personal items.

AC'ers should practice packing and closing their baja bags before arriving at camp. All trips will do a "duffle shuffle" prior to their departure, where their outtrippers go through their bags with them to make sure they have all, and only the essentials. During this pack out period, all food brought by campers will be pooled and stored by the counsellors to be distributed when they see fit.

AC Participants are not allowed to bring food for personal use. Any/all extra food including protein/energy bars will be confiscated by the counsellors and pooled for communal use.

## Drop Bags

All Campers are encouraged to bring 2 'drop bags' that will replenish clothing and supplies at each drop. Drop bags should be no larger than a 1 gallon zip-loc freezer bag and should contain the following:

- 1 pair of socks
- 1 pair of underwear
- 1 bottle of sunscreen
- 1 bottle of bugspray
- Optional: A book or magazine

There should no food in drop bags, as the place where they are stored is not immune to animals, and all food is pooled on the trip to ensure equity among trip participants.

Campers should bring both drop bags (One for Drop 1, One for Drop 2) in 2 clearly labelled zip loc bags with the camper's name and drop number with them on the bus they embark for camp. The Drop bags will be stored and brought to them at each respective drop.

## Footwear

On AC we recommend that all campers bring a pair of hiking shoes/boots and close toed sport sandals. Portages can be long, on uneven terrain, and some may have poison ivy growing throughout the trail – campers will not be permitted to wear sandals, especially open toe sandals on any portages.

Due to the physical surroundings on the lake - rocks, hills, and a lot of tree roots, it is very important to wear proper shoes to prevent any accident. To lessen the risk of injury, open toe sandals are not recommended on trip.

## Spending Money

All AC trips will likely visit a small town or fishing camp during the duration of their trip. We recommend sending \$40-\$60 in petty cash for your camper a snack, or souvenir from a giftshop.

## Sun Protection

AC 'ers are generally outdoors throughout the course of the day. Please make certain that your child has a hat suitable for active play, ideally with a large brim to shade their face and neck, an ample supply of sunscreen (minimum 30 SPF), SPF medicated lip balm, and a water bottle. It is not a pleasant experience to be on an overnight with sunburn. Sunburns are preventable.

## BB Camp Community Gear Locker

We recognize that sending your child to camp is expensive, and adding additional expenses such as items listed on the packing list isn't realistic for all families. Thanks to generous donations, BB Camp has an extensive gear locker of clothing, footwear, and canoe trip equipment in excellent condition to be loaned out. Feel free to contact us ahead of time with the items required and your camper's size to set can set aside any required items or clothing to be waiting for you camper when they arrive.

## Paddles

While it is not required, most campers opt to purchase their own wooden paddle for AC. This is considered a right of passage for many campers as many alumni still have their "AC Paddle" from years passed. We recommend purchasing a grey owl voyageur paddle as it's dimensions best match our aluminum paddles used on other trips. Keep in mind purchasing a different model with a larger or smaller blade will affect your camper's ability to efficiently steer and propel themselves forward on the water.



## Sleeping Bags

Sleeping bags are a requirement for the AC program. It is highly recommended that the bag weigh less than 5 lbs, be compact, and suitable for up to -10C weather. If there is a problem in bringing a sleeping bag to camp, please contact the camp office in Winnipeg so that arrangements can be made.

## Sleeping Pads

Sleeping pads are a requirement for the AC program, to ensure your child stays insulated from the ground during storms and cold weather. Sleeping pads must be compact, to fit in their baja bag for the trip. There are many affordable foam and inflatable sleeping pad options both online and at outdoor stores. More information on these stores are included in the packing list found on our website.

Packing Tips\*\*\* Use Ziploc bags, or stuff sacks to organize your child's clothing in their baja bag. This will help them compress their clothing to fit better in such a small space. Make sure your AC'er keeps their rainjacket at the top of, or outside of their baja bag in case it is raining upon their arrival.

If your child is bringing a camera or, pack it in a Ziploc bag. Label both the camera and the Ziploc bag, to provide extra waterproof protection during the overnight experience.

## Lost and Found

We strongly suggest that you mark each article clearly with your child's full name with a laundry-marking pen, nametape, or rubber stamp with permanent ink or you can also acquire labels through Loveable Labels at [www.BBcamp.lovablelabels.ca](http://www.BBcamp.lovablelabels.ca). Please use permanent ink to mark the inside of shoes, boots, etc. and make sure all cameras, sleeping bags, and other gear are labeled clearly!!! Even shoes should be marked and there are special tags for shoes you can purchase. Help us reduce unnecessary lost and found items; please ensure all items are clearly labeled with camper's first and last name.

Labeled items left behind Camp will be brought back to the Winnipeg office following the end of the camp season. Due to the volume of lost and found, the Camp is restricting its resources to only collect and ship to Winnipeg clothing items that have campers' names. We will do our best but cannot guarantee all lost items will be returned following camp.

B'nai Brith Jewish Community Camp cannot assume liability for the loss or damage of any personal items brought to Camp.

BB Camp will display all of its lost and found collection at the Winnipeg camp office in late September. We will email families to let them know when the lost and found is set up. Any unclaimed items will be sent to organizations that accept gently used clothing. A reminder notice will be sent to parents at the end of the camp season.

AVOID DISAPPOINTMENT – PLEASE LABEL EVERYTHING!!!!

All unlabeled clothing will be donated.

## Valuables

Canoe Trips are not a place to bring valuables. They may get lost or damaged. It is best to leave cherished items at home. Many AC'ers wish to bring certain items onto the canoe trip that are unnecessary and will likely get ruined.

## WHAT NOT TO BRING ON THE TRIP:

- Anything that is considered dangerous and could cause injury or destroy property.
- Illegal drugs, alcohol, fireworks, weapons, cigarettes, cigars, or cigarette lighters, e-cigarettes, or vapes (bringing any of the aforementioned may result in immediate expulsion from the trip with no refund of fees).
- Cell phones (Cell phones will be taken from participants and returned at the end of the program).
- Items of high value such as watches and jewelry.
- Clothing which is delicate, new or valuable. Please do not pack clothing with slogans or pictures advocating use of cigarettes, alcohol, drugs, sexual overtones, or that go against our inclusion policy
- Campers who require a phone for travel to and from Camp will be required to turn in their phone upon arrival – the phone will be returned at the end of the session.

The Camp Cannot Assume Any Responsibility for Loss of Valuables

## Food

Campers are not permitted to bring food on AC. We have campers with life-threatening food allergies and we do not want to risk a child having an allergic reaction to a treat brought on the trip.

Food also attracts small and large animals to tents. It is important that we reduce any potential problem of having unwanted visitors. All excessive food items will be confiscated and dealt with as the Camp sees fit.

Any Extra protein or supplement bars will be pooled for the entire trip, and distributed by the outtrippers. Parents will have the opportunity to purchase 'care packages' for the entire trip on our website, [www.bbcamp.ca/store](http://www.bbcamp.ca/store)

## Meals

On the canoe trip, AC'ers will be provided with three full meals a day, including a midafternoon snack and occasional treats throughout the day. It is not necessary or encouraged for campers to bring food on the canoe trip. There are several reasons why:

1. Safety (reduces any possibility of having life threatening food onsite)
2. Environmental (littering of food wrappers)
3. Storage (trips are not equipped to carry additional cargo)

Below, you can find a sample list of meals provided during the canoe trip:

Breakfast meals include: oatmeal, pancakes, bagels and cream cheese, scrambled eggs, fresh fruits such as oranges or apples. Each breakfast includes hot chocolate for the campers.

Lunch consists of camping crackers such as tortilla wraps or Wasa and Ryvita, peanut butter or wow butter and jam with a variety of trail lunches, which include salami, cheese, hummus, and tuna. As well, each lunch includes dried fruit and juice.

Afternoon Snacks consists of high-energy snacks such as power bars, Gorp, banana bread, and cookies.

Dinner includes all sorts of pastas, hamburgers, hot dogs, chili, burritos, shepherds pie, soup, and many specially planned meals such as stir fry, pizza, and samosas, among others.

Desserts will feature a variety of delicious treats including marshmallows, popcorn, canned fruit (peaches, fruit cocktail), and fresh baking (after each food drop) courtesy of the Camp.

If the AC'er is allergic to any food product or is a vegetarian or Vegan, please ensure this information is communicated to Camp as early as possible. AC food is ordered during the early part of June and packed by the outtrippers during the first two weeks of July. Your cooperation regarding this matter is greatly appreciated.

## Peanuts and all Nut Related Products

Peanuts are a life-threatening food for many children and as a result many schools have eliminated them from their list of acceptable foods. At BB Camp, our respect for each individual camper makes it important to do what we can to remove peanut products and other highly allergic food groups from Camp.

While on site, our objective is to be a peanut “aware” Camp. Our kitchen is peanut free. That of course does not guarantee a peanut free camp as staff and campers can accidentally bring nut products into Camp and often traces of a product can surprise the best of us at any time. To ensure that BB Camp remains a safe environment for children who experience peanut allergies:

- We do not serve peanut butter in the dining hall. Instead we serve jam, wow butter, cream cheese, and other spreads so children have a variety of alternatives.
- If you give food to your child on the bus, please ensure the food contains NO NUTS or nut products.

A canoe trip will only be permitted to take peanut butter on their overnights provided the cabin group is free of any nut allergies. As an alternative, “sun butter” or wow butter will be provided on overnights if there is a nut allergy in the cabin group.

## HEALTH & SAFETY

### Camper Medical Form

Adequate medical records are important to ensure the wellbeing of our entire camp community. Campers without a completed medical form will be refused at the dock. If you have not yet filled in your camper’s Medical Form at <https://bbcamp.campbrainregistration.com>, please do so by June 1st.

If you will be sending medication to Camp with your child, please ensure that administration instructions are included with the medications.

### Immunization Policy

All children attending BB Camp must be up to date in their routine childhood immunization as determined by the provincial schedule. Additionally, all campers are required to be immunized with 2 doses of a COVID-19 vaccine plus 1 booster at least 2-weeks prior to their arrival at camp. The routine vaccination of all campers and staff is an important public health matter especially in a high risk communal-living environment of a sleep away summer camp.

### Health Centre

Our health Centre is well-stocked, and a student nurse and first responder are present during sleep-away camp. Additionally, our long-time Camp Nurse, a registered nurse, will be available remotely for consult.

Our camp policy is that parents are notified when:

- there is an emergency that requires your child to be taken to the hospital,
- your child is in the health centre overnight,
- your child needs to be taken for x-rays or lab tests and a cost may be incurred,

- your child needs to be put on antibiotics, or
- your child has been treated for lice.

Keep in mind that the Camp has experienced medical staff that are qualified to make appropriate decisions concerning your child's health. If you should have any questions about the medical care your child is receiving, please feel free to email [lyurman@bbcamp.ca](mailto:lyurman@bbcamp.ca) and you will be put in touch with the appropriate healthcare staff. Please notify Camp immediately of any medical condition that develops between the submission of your child's medical form and the start of their camp session.

## Medications

The trip

med-kit is stocked with a variety of over-the-counter drugs and specialized wilderness medical equipment. Please note that provincial standards requires that all medications be kept in the med-kit on canoe trips. Medications cannot be kept on the campers at anytime, this includes over the counter medications of topical creams, vitamins, and homeopathic medications - exceptions: Inhalers and Epi-Pens. Do not send medicines such as pain relievers, eardrops, etc. as they are always kept on hand. If your child takes something over the counter on a regular basis, please include this in your medical form and send it with your camper (turning it in to staff at the dock, along with written instructions). Sharing prescription drugs with others may result in expulsion from Camp.

## Medication Storage

Due to the nature of a canoe trip, medication can often get moist, or can accidentally be popped out of blister packs. To ensure campers' meds are adequately stored, if your camper takes more than one medication each day, please sort them into weekly, labelled pill organizers with each dose of medication separated by day. Our outtrippers are required to have accurate knowledge of what medication their campers are taking, in the event of an emergency they need to respond to on trip.

## 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 a time for relaxed fun, there are many different situations to deal with: new social situations, changes in routine, 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 considering taking your child off medication. Please note that we generally do not support medication holidays without the consultation of your child's physician and any plan to discontinue medication taken during the school year must be discussed with the Executive Director prior to Camp.

## Bedwetting

Our staff

are trained to deal with bedwetting discreetly. Campers are instructed to ask their

counselors for help and every effort is made to prevent accidents. If your camper regularly or periodically experiences bedwetting, please tell us about it on their medical form, and contact Lexie at [lyurman@bbcamp.ca](mailto:lyurman@bbcamp.ca) to further discuss how it will be managed on the trip. It is best for us to know ahead of time so we can easily help your child. Bedwetting will certainly not affect your camper's ability to come to Camp. Be sure to include an extra sleeping bag when you pack; we want to make your camper's stay here as comfortable as possible.

## Eyeglasses

Children who wear glasses should bring an extra pair to camp in case of breakage or loss. Campers should also have a strap for their glasses, and a hard-shell case to ensure they are protected when packed. Please make sure your child's name is marked on their eyeglasses. If glasses need to be repaired or replaced at camp, you will be billed for this service.

## Lice

We will check all campers and staff for head lice upon arrival at Camp this summer. To facilitate this, we will have to have hair loose, which may require staff to remove any braids, etc. that children arrive in. Please let them know this to avoid disappointment. We ask that you please check your child's head before the start of Camp. If your child is found to have lice or nits at Camp, your child will be treated immediately, and we will contact you once treatment has been completed. Head lice are small, wingless insects that feed on human blood. Unfortunately, they are easily spread in environments where people live closely together, like Camp. Sharing towels, beds, hair accessories, headphones, hats, kipot, T-shirts, and other personal items (i.e. combs and brushes) contribute to their ability to spread. Please discourage your child from sharing such items while in camp.

## Safety

Since BB Camp's inception over 67 years ago, we have an excellent track record for safety and security. BB Camp is a caring and nurturing environment in which all programs, in and out of Camp, are planned with safety as the top priority. To ensure a secure environment as possible for our campers, camp leadership have designed the following protocols regarding safety and security:

- Island evacuations are reviewed with all staff and fire drills are conducted.
- Emergency evacuations are reviewed with all campers groups on the first day of their arrival.
- Emergency evacuations off overnight sites are reviewed with each canoe trip.
- Safety protocols onsite and during portages are reviewed with each canoe trip on the first day of AC.

- All outtrippers are certified with Advanced Wilderness First Aid, to ensure the highest level of care for your children on trip.

## TRANSPORTATION

BB Camp Provides chartered busses from The Rady JCC Parking lot in Winnipeg at 123 Doncaster St, to Kenora for all campers at BB Camp.

Families also have the option of dropping off their camper at the Kenora Main St Dock.

### AC Homecoming

“Homecoming” is a BB Camp tradition that began in 1990. We are excited to be once again offering a homecoming program where families will be able to come to camp to welcome their AC Campers as they paddle back to the docks. Our AC’ers will present their trip songs, and paddles, and all participants and their families will be treated to a Lunch buffet at camp before heading back to Kenora to drive home. We will release further information about timing and boat run sign ups for AC homecoming several weeks prior to the event.

## COMMUNICATING WITH CAMP

Communication is of the utmost importance at BB Camp. The Executive and Wilderness Directors are aware of all trips’ daily destination points. The trips follow a strict route, which has been mapped out specifically for Advanced Camp and is tracked daily by the leadership team through satellite beacons. If a change in route plan is necessary for a trip, the Outtrippers are required to contact the Camp and change the route in consultation with the Director. Specific call days, to update camp, are scheduled every three to four days. Each trip is equipped with a satellite phone and Spot Messenger to allow each trip to remain in contact with camp regardless of phone service. Contingency plans are developed in the case a group has not contacted the Camp on the designated call date. Groups are given some leeway, approximately 24 hours from the original call date, as trips can be delayed due to poor weather and lake conditions.

### Birthdays

On AC, we will send out a birthday cake on one of the drops and you are permitted to send a small care package that will be given to your child on their drop.

Unfortunately, we are not able to offer a telephone call on your child’s birthday. We encourage families to send out birthday cards to be delivered on the drop.

## Communicating by Mail

It is important to remember that your child is embarking on an incredible journey - one that will be challenging, both mentally and physically. To assist them on their food drops, it is important that you send mail and encouragement. Let them know that you are thinking of them. As BB Camp is a traditional overnight camp, we encourage all campers to communicate with family and friends by writing letters. There are no restrictions on letters; in fact, it is essential that your child receive letters from you for each drop date. Mail is delivered to and collected from the canoe trip only on scheduled drop dates (when the Camp visits the trips). All AC'ers mail is checked prior to each drop date to ensure that each AC'er has received mail. The two drop dates are the only times that your child has an opportunity to have a connection to home. You will be provided the drop dates soon after your child has departed on the trip.

## Letters From Campers

It is camp policy for each AC'ers to write home at least one letter per drop. To ease the process of writing, please send envelopes or postcards that have been pre-stamped and pre-addressed.

BB Camp will also be sending camper mail back to Winnipeg at least twice a week. All mail received after the campers leave will be sent back to the Winnipeg office at the end of the summer and available for pick up at Lost and Found Day. Any mail not claimed by October 1<sup>st</sup> is destroyed.

## Letters To Campers

This summer we will be introducing a camp email letter service. You can send all letters to [mail@bbcamp.ca](mailto:mail@bbcamp.ca), and they will be distributed to your child. Mail to and from Kenora can be unpredictable and at times, slow!! It usually takes three - four working days for a letter to reach Kenora from Winnipeg.

To assist with the prompt delivery of your mail, please address each letter as follows:

Camper's Full Name (both first and last name - very important!!!)

Trip Number

BB Camp

Box 559

Kenora, Ontario Canada

P9N 3X5

## Care Packages



BB Camp does not accept individual care packages for AC participants. Several reasons were identified to eliminate this long-standing tradition:

1. The Camp could not guarantee that all products contained in camper's care packages were allergen free.
2. A great deal of the food contents were thrown away because of its excess.
3. Some parents did not send food items to be shared amongst the group.

For each drop, each trip will receive a communal care package prepared by the Wilderness

Director. It will have "snacks" that the participants are familiar with. BB Camp will be responsible for purchasing, packaging, and delivering the group care package on the designated drop date. Parents are still encouraged to send mail as often as possible.

BB Camp will also offer communal care packages that parents will be able to purchase for the entire trip on our online store. Care packages will be delivered by the Wilderness team on drop days and distributed to the whole trip.

The only exception to the package policy is birthdays and necessities. If you are sending a birthday package or items that your child needs (clothing, medicine, extra glasses, retainer, etc.) please call ahead and notify the Director. If the Camp can accommodate the pick-up for these items, it will facilitate the request.

The Executive Director reserves the right to make final determinations on the appropriateness of all items sent to campers.

### Camper Phone Use

As a policy, AC'ers are not permitted to phone home while they are on the trip. From past experiences, calls interfere with the group experience and the sense of creating a home away from home experience for the trip. If you have questions or concerns about your camper, please call the Camp office to speak with either Lexie, or Jacob.

We believe that being at BB Camp is an opportunity for your child to experience a world beyond home and a chance for your child to unplug from electronics. This allows children to develop autonomy, independence, and a stronger sense of self. It allows them to make new friends, take responsibility for themselves and their cabin-mates, problem solve, and mature. This growth cannot be achieved when parents are only a phone call away. We feel cell phone use at Camp is counter to the values we teach and uphold at BB Camp and interferes with an important peer aspect of the overnight camp experience.

To send a very clear message about how strongly we feel about leaving cell phones at home, we have a zero-tolerance cell phone policy. If we learn that any camper has

a cell phone on the canoe trip, we will confiscate it and store it in the Camp's Director office until the end of the session. It will be returned in Winnipeg.

Please take the time to discuss this policy with your camper. In the past, campers have hidden their cell phones in their bags without their parents' knowledge.

ONE LAST WORD ON ELECTRONICS... From our front-line experience over the years, we can reassure you that these policies prove themselves worthy and that campers are resilient. They adjust quickly, and we do our part to help them power down, unplug, and take a well- needed break from the world of electronics. If you have any questions or want further clarification, please contact Lexie or Jacob.

## IMPORTANT ITEMS

### MCA Accreditation

B'nai Brith Jewish Community Camp is an accredited member of the Manitoba Camping Association (MCA).

MCA's accreditation program requires review of every facet of the camp operation. Every three years, trained camp professionals observe the Camp while it is in operation and compare its practices against the standards for the industry. They scrutinize every aspect of the staff, facility, medical service, food service, program protocol and supplies and equipment for each program area in Camp. By becoming accredited, BB Camp has demonstrated its commitment to the highest standards established for the camping industry. MCA's standards program is nationally recognized by the Canadian Camping Association and is frequently updated to reflect the latest in camping.

### Knives

AC'ers may bring a Swiss Army knife to Camp for cookouts and overnights. Please make sure the camper's name is clearly marked on the knife. **LARGE KNIVES ARE COMPLETELY UNNECESSARY**

## Parent Checklist

Have you:

- ✓ Carefully and thoroughly read this Handbook?
- ✓ Reviewed with your child and submitted the appropriate Camp Information Forms in the online portal?
- ✓ Completed your online Medical Form for each child in the online portal?
- ✓ Submitted the Physician Declaration Form if you answered “yes” to any medical question?
- ✓ Completed your online Internet Policy Form for each child in the online portal?
- ✓ Submitted all payments owed to Camp?
- ✓ Notified Camp of any change of address or phone number?
- ✓ Notified Camp if you will be out of town anytime between July 16 and August 15 and contact information for during this time?

✓ Put name tags on all articles being brought to Camp?