

Summer Camp 2022

COVID-19 PROTOCOLS

As you know, the safety and welfare of our campers, staff and families is always first and foremost in our minds and planning. In light of current CDC, DC Department of Health, and DC Government guidelines and recommendations the following COVID measures and policies will be in place for this summer. These procedures are also based on our experience at the EDCJCC of successfully running our Preschool with over 100 students and with no cases of COVID transmission since we reopened in September. All **campers** and **staff** will have their temperature taken when they arrive for drop-off each morning. Any camper/staff with a temperature of 100.4 or higher will be sent home for the day and asked to see their physician before returning to camp. Any camper/staff that is showing any potential [symptoms of COVID](#), as listed by the CDC, will be sent home for the day and asked to see their physician before returning to camp. All families will need to sign the Community Pledge for their child(ren), which outlines the responsibilities of the EDCJCC and all visitors to help prevent the spread of COVID in our camp and larger community.

All campers will be dropped off and picked up on Q Street NW. No parents will be allowed to enter the EDCJCC building during the day at any time. All campers and staff will **be required to wear their masks throughout the camp day**. Campers will be doing all of their activities in their bunk/pod of 10-12 children, and there will be no interaction between each of the bunks/pods. Each bunk/pod will use their own separate bathroom in the JCC. Campers need to bring their lunch, refillable water bottle, and 2 snacks each day. No sharing of food or water bottles will be allowed. When campers remove their masks at lunch time and snack time to eat/drink, they will be socially distancing from each other within their bunk/pod. Campers and staff will continuously be reminded to wash their hands thoroughly throughout the camp day and when they first arrive in the morning.

CLOSING DUE TO COVID-19

Should a COVID-19 exposure or illness present in the camp community, Camp JCC will contact the local health department. They will determine whether we will need to close the entire camp or just one or more bunks, as well as the length of the closure. Closure may be shortened, and camp may be able to reopen, if a person with symptoms of COVID-19 is tested for COVID-19 and results are negative. Reopening decisions and approvals are made on a case-by-case basis in consultation with the local health department.

- The parents of a group that is directly affected will be emailed by administration. Notification will include required testing and/or quarantine period.
- Closure of one or more groups, per health department guidance, will happen when a confirmed or suspected case of COVID-19 presents within 48 hours of attendance at the camp.

COVID-19 TRAVEL POLICY

We realize that these guidelines are more restrictive than some of the guidelines for children during the height of Covid. Per [DC Health's Guidance for Travel](#) and [OSSE's Health and Safety Guidance for Child Care Providers](#), unvaccinated or partially vaccinated individuals (which is currently all campers under the age of 5) who have traveled domestically to any place other than DC, Maryland or Virginia must either (1) not attend child care for 10 days after returning, or (2) not attend child care until tested for COVID-19 three to five days after returning, AND receive a negative COVID-19 viral test.

Unvaccinated or partially vaccinated individuals who have traveled internationally must either (1) not attend child care for 10 days after returning, or (2) not attend child care for seven days after returning, get tested for COVID-19 three to five days after returning, AND receive a negative COVID-19 viral test. Even if the test is negative, the individual must still not attend child care for seven days.

Any child who is not fully vaccinated **must** follow this guidance for unvaccinated individuals. This means that after travel the child would be required to either not attend care for 10 days or not attend care until tested for COVID-19 three to five days after returning AND receiving a negative test result. Travelling with fully vaccinated parents does not exempt a child from these requirements.

DROP OFF AND PICK UP PROCEDURES

Drop off: We will offer curbside drop off from 8:50—9:10 AM at the Q Street entrance. Whether dropping your child off from your car or in person, please make sure that a counselor checks in your child before you leave. Your child will need to be screened upon arrival every day. Once they pass the health questionnaire, they will be allowed into camp. A staff member will take and record your child's temperature each day.

We begin our camp day at 9:10 AM each day. If your child arrives after 9:10, please call the Camp Office to have the Director sign them in. If you know your child will be late on a particular day, please let the Camp Office know. **Parents will not be permitted in the building at any time.**

Only persons listed on the **Pickup Authorization Form** may take your child at the end of their camp day. If you need to make changes, please do so in writing. Each child must be signed out before leaving.

Pick up: We offer curbside pickup between 3:30—4:00 PM. If the weather is poor for the 3:30 pick-up, counselors will be ready with walkie-talkies to have your child

SWIMMING AT CAMP

The JCC has an indoor pool located on the lower level. The swim lessons are taught by experienced vaccinated instructors and are supervised by a certified lifeguard. Your child's counselors are also part of the swim class, helping the campers or acting as additional lookouts. We encourage every camper to swim. If a camper decides not to swim on a particular occasion, we will discuss with the camper his/her reasons for not wanting to swim. If a regular non-swim pattern is demonstrated, we will call parents to discuss the matter. If your child has had a negative water experience in the past, please inform us. If you do not want us to urge his/her participation, let us know.

This summer, campers will be swimming Monday-Thursdays. Campers will have instructional swim on Monday and Wednesdays, and recreational swim on Tuesdays and Thursdays. If your child can not swim, they will be in a life-vest for recreational swim. A vaccinated instructor will be in the pool at all times while your child is at the pool, as well as a lifeguard supervising. Only one bunk will be at the pool at a time. No other guests will be permitted in the pool while your child's bunk is swimming.

Pool shoes, cover-ups, and goggles are optional. It may be easier to send your child in their suit in the morning and provide a dry change of clothing for later. Send in a plastic bag to take the wet things home; grocery bags work well for this.

LUNCH AT CAMP

Parents need to send vegetarian or dairy lunches daily in order to adhere to the EDCJCC's kosher food policy. This means you cannot send meat (including red meat or poultry) or non-kosher foods such as pork and shellfish (e.g. shrimp or crab). We thank you in advance for respecting this policy.

Peanut Aware: Our camp does not allow peanuts to be sent in the lunches. We do this to protect the safety of our campers with severe peanut allergies. If your child has a severe allergy to other kinds of nuts (i.e. they cannot be near tree nuts), we'll make sure they are in a nut-free area for lunch. We cannot guarantee a peanut-free environment, but we are peanut aware.

***Please inform us of any food allergies or restrictions prior to your campers' session. ***

Some popular lunch options:

- o Cheese and crackers, or cheese sticks/string cheese
- o Yogurt
- o Sandwiches: cheese; almond/cashew/nut butter and jelly, hummus, tuna, egg salad, cream cheese (with cucumber or jelly)
- o Pasta—with sauce or as a salad with cheese, egg, tuna and/or whatever veggies they will eat
- o Peaches or bananas in sour cream or yogurt

- o Pizza or pizza bagels
- o Mac-and-cheese (or another item brought in a Thermos®, such as SpaghettiOs)
- o Hummus and pita
- o Bagels with cream cheese/spread
- o Fruit salad
- o Veggies
- o Vegetarian lasagna
- o Cereal with milk in a separate container
- o Muffins
- o Eggs—scrambled, hard-boiled or in an omelet
- o Egg or tuna salad
- o Raisins
- o Breadsticks
- o Applesauce or a fruit cup
- o Fresh fruit
- o Fish sticks
- o A DRINK OR TWO!

Please pack at least one drink. We recommend freezing your child’s drink(s) the night before to use as an ice pack in their lunch. It will keep cold food cold and will thaw before lunch time (usually around 12:00 PM). You may use an actual ice pack. Glass bottles are not permitted. Label the lunchboxes, please! Remember that campers exert a great deal of energy. Healthy lunches will help them enjoy their experience. Please do not pack candy or sodas. Breakfast can also help your child make it through an active morning until snack time.

SNACK AT CAMP

This summer, the EDCJCC will not be providing snack due to COVID. Parents should send in 2 labeled snacks per day (AM and PM) for their child. Snacks must be vegetarian or dairy similarly to our lunch policy. Ideas for snack include fresh fruit, vegetables, pretzels, crackers, bars. Snacks will be served in the morning and afternoons. Snacks must be peanut-aware.

ILLNESS

Please do not send your child to camp with a fever or infection. Your child must be fever and infection-free for 24 hours before returning to camp.

If your child is sent to camp sick, he or she will not be permitted to stay, and you will be called to pick him or her up.

If your child should become ill at camp, she/he will be brought to the Camp Office, and the Camp Director will call you. Your child will rest in the Camp Office until she/he is picked-up.

While every effort will be made to maintain the health of each child, our camp, like others, may be subject to pediculosis (head lice). We offer several steps to keep such a situation under control:

1. Campers are encouraged to wash their hands regularly.

2. Campers are not allowed to share combs, brushes, hats or other grooming aids with non-family members.
3. Discovery of lice requires that the camper be sent home and treated. All nits must be removed before the child can return to camp. Upon their return, the child's scalp will be inspected by a camp staff member.

If a case of lice is discovered at home, please report it to the camp. We keep details of reports and incidents confidential, but we do need to alert parents about them.

ABSENCES

Camp is a wonderful opportunity for your child to make new friendships and bond with his/her group. These relationships thrive when your camper is consistently in camp. In the event that your child will miss camp, please contact the Camp Office by 8:30 AM so that we can notify the counselors. Camp Office: 202.777.3245, abodner@jcc.org We do not offer make up days or refunds for days your child misses.

BACKPACKS

Your child should bring their clothes and such in a bag that closes securely. **Please write your child's name on the outside of the bag.** Having a backpack makes it easier for your child to carry their swim things, projects and daily items like sunscreen. We will have space for each child to store their backpack during the day. Please do not send irreplaceable or expensive items. **Electronics are NOT allowed at camp.** If you are sending a note, medication or other vital items, please let the Camp Office or a counselor know. Include a plastic bag for wet bathing suits. Check your child's bag each day for notes and projects sent home!

DISCIPLINE

We understand that every child will have a day when nothing seems to go right. She/he may act out, not get along with her/his friends or refuse to listen to a counselor. We are dedicated to addressing issues immediately and talking problems through with the child. If the behavior persists, then we will separate the child from the group and allow her/him to do some activities on her/his own.

If the child is still not connecting to the implications of their behavior, then we will bring the parent(s)/guardian(s) in to help talk out the situation and develop an action plan. As stated in the registration process through Campminder, the EDCJCC reserves the right to request that a camper leave the camp because of violation of the camp regulations or because of personal conduct which interferes with the health or welfare of her/himself or others. (This may include, but is not limited to, biting, kicking, scratching, running away, choking, as well as the possession or use of alcoholic beverages.) If this should occur, no refunds will be given.

INJURIES

In the course of normal supervised play, children occasionally get injured. Many of our staff are certified in First Aid and/or in CPR. For more severe cases, the Camp Director will make an assessment about further medical attention. In most cases, a note will be sent home explaining the incident. Depending on the severity of the injury, your child may be taken to the hospital, and you will be notified immediately. An EDCJCC staff member will stay with your child until a parent arrives.

DRESS

Camp is fun! We believe that if we do not send a child home messy, they probably have not been having fun, and we have not been doing our job. Please send your camper in clothing that is washable, can get dirty and is loose enough to move freely. If your child tends to be cold, please send a sweater or sweatshirt. We strongly recommend sending a hat.

All campers should wear rubber-soled, closed-toed sneakers/tennis shoes. Sandals, flip-flops, Crocs®, and other open-toed shoes can be dangerous when running. If you are buying new sneakers/tennis shoes, please avoid black-soled shoes as they make marks on the floors of our spaces.

Everything should be labeled. This includes shoes, socks and underwear. Many of these items look alike. Trust us. For **swimming**, send in a swimsuit and towel Monday-Thursday. Pool shoes, cover-ups and goggles are optional. It may be easier to send your child in their suit in the morning and provide a dry change of clothing for later. Send in a plastic bag to take the wet things home; grocery bags work well for this. Please send a complete extra set of clothing in their backpacks.

SUNSCREEN

Sunscreen is a vital tool for keeping your child healthy. Please put it on in the morning before camp and feel free to send a (labeled) bottle to camp for reapplication after swimming. If you would like us to reapply sunscreen, please note your preference on the Sunscreen Permission form. Children **may not share** sunscreen with other campers not in their family.

GETTING TO THE EDCJCC

The EDCJCC is located at 1529 Sixteenth Street NW. We are at the corner of 16th and Q Streets NW, on the east side of 16th Street. The entrance to the JCC is on Q Street.

Our closest **Metro** stop is Dupont Circle on the Red Line. Take the north exit out of the station (it will say “North—Q Street”). When you get to the top of the escalator, turn right and walk to 16th Street. It will take 10-15 minutes.

The **Metrobus** 16th Street Line (S1, S2 and S4) stops in front of the J. The L2 line and 14th Street Lines (52, 53, 54) also stop near the J. Check www.wmata.com for detailed directions from your home.

SHABBAT AND HOLIDAYS

We celebrate **Shabbat** every Friday with a sing-along, blessing recitation and special snack of challah. We have found that this tradition is fun for all campers, even those who do not observe Shabbat at home. We say blessings for the candles, “wine” and challah. The blessings (*brachot*) are listed below for your convenience.

For the candles:

Baruch atah Adonai, elohainu melech ha’olam, asher kid’shanu b’mitzvotav vitzivanu l’hadlik ner shel shabbat.

Blessed are you, our G-d, ruler of the universe, who has commanded us to kindle the Sabbath lights.

For the Wine or Juice:

Baruch atah Adonai, elohainu melech ha’olam, borei pri hagafen.

Blessed are you, our G-d, ruler of the universe, who has created the fruit of the vine.

For the Challah:

Baruch atah adonai, elohainu melech ha’olam, hamotzi lechem min ha’aretz.

Blessed are you, our G-d, ruler of the universe, who has given us bread from the Earth.

Independence Day: There will be no camp on Monday, July 4.

MEDICATION

We ask that your child receive their medications at home before or after camp. If that is not possible, please fill out a **Medication Authorization Form**, **have it signed by the pediatrician** and follow these guidelines:

Give the medication to the Camp Director in the original container, clearly marked with your child’s name; the medication name; and why, when and how it is to be administered.

If the medication needs to be refrigerated, please note that as well. All medication will be kept in the Camp Office and dispensed by the Camp Director. *Exception:* Epi-Pens and rescue inhalers will be carried by the camper’s Senior Counselor.

Campers are not allowed to keep any medications (prescribed or over-the counter) in their personal belongings.

TOYS, VALUABLES

Campers may not bring cash, toys, electronics, trading cards, money or expensive items to camp. We would feel awful if these were to get lost or broken. We are not responsible for toys, games, and valuables lost or damaged at camp.

Aggressive toys such as pretend guns, knives or swords are never permitted at camp. If the staff request a specific item for an activity, a note will be sent home and the equipment will be kept in a safe place until it is needed.

WEATHER

We always hope for nice weather, but this is summertime in Washington. We know better and are prepared for it. Our counselors have rainy day plans as well as “too hot” day plans. In case of severe weather, we may need to cancel camp for all or part of a day. If the Federal Government closes due to severe weather, then the EDCJCC will close as well. We will make an announcement on the Camp Office voicemail, the J’s main line and on **WTOP radio**, if possible. If you are not sure, please call the Camp Office: (202) 777-3245 or email the Camp Director at abodner@edcicc.org

If there is a severe weather warning or advisory, the camp will follow the JCC’s emergency procedures. If you have questions about these, please contact Eli Elfassi, the EDCJCC Director of Security, at 202.777.3201 or elie@edcicc.org

We will go outside as much as possible, so please dress your child appropriately. If there is a heat advisory, we will keep the kids inside for most or all of the day. The JCC has an indoor pool and many other areas to be able to continue the fun, no matter the weather.

CAMP CHECKLIST

Everyday Items:

- Backpack or bag that closes securely
- 2 Masks.**
 - One to wear at camp and one to leave in backpack in case the original one gets soiled.
- Swimsuit
- Towel
- Full refillable water bottle
- Hat
- Plastic bag for wet items
- Sunscreen
- Insect repellent
- Vegetarian or dairy lunch
- At least one drink to go with lunch (no glass bottles)
- Comfortable play clothes
- Closed-toed, rubber-soled shoes
- A change of clothes

Please do not bring:

- Glass containers or bottles
- Toys, cash, trading cards or valuable items
- Pocket knives
- Open-toed shoes or sandals
- Peanuts or peanut products
- Meat
- Electronics

****If there is an emergency and you need to get a message to your child or the camp staff during the camp day, call the receptionist at the front desk: (202) 777-3200. The receptionist will either page us or relay the message to the proper person.**