

## **I. PHILOSOPHY**

Har Zion Temple is a synagogue that integrates many aspects of contemporary Jewish life. The Noreen Cook Center for Early Childhood Education, The Jane Fishman- Grinberg Religious School, United Synagogue Youth groups and The Har Zion Day Camp provide strong foundations for learning and development in our youngsters.

At Har Zion Day Camp, one of the finest in the area, our entire staff works toward providing an environment in which all children have fun while playing and learning in the safest possible surroundings. We want our campers to feel good about themselves through guidance and encouragement, as well as through experiences that will allow them to acquire a deepening sense of their Jewish identity.

We are grounded in the belief that childhood is how our future begins. The keys to the success of our camp are discovery, imagination, and self-esteem. Throughout each week we will expose your children to the widest possible range of age appropriate physical activities in order to present ways for developing motor coordination. Along with learning the joys of athletics, we want our campers to enjoy experiences that encourage creative expression. Activities are planned to enable growth and development of the whole child within a warm, loving, nurturing, and creative atmosphere.

The young child grows and learns quickly and their early experiences are formative ones. Camp should be an experience to which children react positively, now and for years to come. Camp should be self – rewarding, fun and non-competitive. We are preparing your child to be successful – success breeds confidence and self – assurance that follow a child throughout his/her life. It is important for us to provide them with guidance and the opportunity to develop as individuals, as group members, and as part of the Jewish community.

Counselors provide supervision that encourages campers to be engaged in learning activities and promote cooperative interaction with their peers, as well as with the skilled Specialists. Our experienced counselors are known for their personal warmth and ability to care for each child as an individual. Each counselor is a role model for our children. Their love for the children is surpassed only by the children's love for them.

It is imperative that open, on-going communication exists between camp personnel and parents. Should any problem arise, we want you to feel assured that cooperative efforts will be forthcoming. We care about our children and we understand how important your child is to you.

## **II. FACILITIES**

The day camp is located on 25 lush acres of ground at Hagys Ford Road at Hollow Road in Penn Valley, Lower Merion Township. It is housed in the school wing of the synagogue complex. Classrooms occupied by the preschool during the school year are converted into bunk rooms and special activity rooms on three floors of the building.

The complex has several large rooms and spaces that are used for a variety of purposes. Shabbat services are held outdoors as well as in the Dogole Chapel. During inclement weather the Dogole Chapel converts into a wonderfully comfortable movie theater. The camp also makes especially good use of indoor open areas on rainy days. In addition, the indoor areas are all air-conditioned.

The outside grounds include two playgrounds, Haley's Playground and the Gordon Playground, an athletic field, a fenced in area for games and bikes, and an in-ground swimming pool.

The camp office is on the main level.

## **III. PROGRAM**

### **FULL DAY**

The hours are 8:45 A.M. to 3:05 P.M.

### **HALF DAY**

The hours are 8:45 A.M. to 12:55

## ACTIVITY PROGRAMS

All programs include these activities, instructed at the child's level of development.

### WHOLE CAMP

- Swimming Instruction (5 morning periods/week and afternoon) 'free' swim if attending a full day.
- Arts and Crafts
- Gymnastics
- Nature
- Creative Movement
- Horseback Riding
- Hebrew
- Kabbalat Shabbat Services
- Special Events
- Bikes
- Playground (separate playground for ages 2-3 and 4-6)
- Hot lunch served everyday
- Theme Weeks

*In addition, the program at each level includes activities that are particular to the age of the children.*

### FULL DAYS

- Sports
- Inflatable Obstacle Course or Water Slide
- Creative movement
- Science Program led by a specialist
- Yoga

### WEEKLY THEMES

Har Zion Day Camp will continue to have weekly themes. Our Arts and Crafts, Music, and special events, in addition to the Head Counselors, will coordinate the activities to tie into our special Theme of the Week.

### SNACK/LUNCH

\*      **WE ARE A PEANUT/ TREE-NUT-FREE CAMP**      \*

Snack will be provided this year during camp. If you think your child will not eat the provided snack, please send in one for your child in a labelled bag.

1. Please send in a DAIRY OR PARVE LUNCH to camp if your child will not be eating what is served on any given day. **No meat or meat products or those using animal beef fat, lard, etc., may be brought into camp.**
2. Lunch must be sent to camp in a labeled disposable bag each day. Lunches will be refrigerated. Camp will provide paper supplies and utensils if needed. Staff will throw away the bag(s) after use.

## SWIMMING

The pool staff consists of a Director who has her Red Cross Certification, as well as our lifeguards. The swimming pool provides many rewards for our youngsters. Involvement in the morning formal instruction allows children to develop a positive and comfortable relationship with the water. Older children usually make excellent progress with their skills. Our goal is to get all children to the point where they are water safe. During the afternoon free swim, our fish can play with the many toys that are available to strengthen their swimming skills in a more casual fashion.

Each bunk has swim instruction each day, Monday through Friday. The first few days of camp are used to acquaint each camper with pool safety guidelines and to assess the swim level of each camper. The bunks are then separated by abilities and placed in instructional groups. During morning swim, each group has its own swim instructor familiar with their skill level and the swim goals needed to attain the next level. Often the bunks are intermingled so that campers have an opportunity to swim with peers from other bunks. The morning swim is focused on fun instructional goals with a brief "free swim" during the last two minutes of the period as a reward for all their "hard work." With the help of the bunk counselors, swim instructors move campers toward achieving the goals for the next skill level.

Most children do respond well to the encouragement and instruction they receive, adjust within a matter of days and advance from there. Others may be fearful of these experiences. We recognize that these children may need to advance at a slower pace and take that into account when teaching them. If you experience what you feel is uncharacteristic and continued hesitance or resistance from your child (especially the, "I don't want to go to camp" syndrome), please **LET US KNOW**. Then, we can discuss the situation with you and attend to it as quickly and cooperatively as possible.

**\*\*Most of the time we are fortunate to be able to enjoy the use of our swimming pool, even with a few raindrops and clouds. However, during a downpour or until 20 minutes have passed (county regulations require this) since hearing thunder, the pool will be closed. It is always in everyone's interest to err on the side of caution!\*\***

Lastly, the pool occasionally needs to be closed for a "potty" accident. **\*\*Though we do not require children to be potty trained to come to camp, we do require the wearing of plastic/vinyl pants over a swim diaper before they can enjoy our pool. These can be purchased at stores like Target and Walmart. They are manufactured by GERBER and are called Gerber Vinyl Pants.** As you can imagine, it is our hope to avoid any such accident in the pool. So, if your child has any digestive problems during camp (i.e. loose stool), please let your bunk counselors know so that we can all work to try to prevent an accident in the pool. Though the camper won't be able to swim that day, s/he will sit on the side of the pool with one of their bunk counselors and dip their feet in. In that way, they're still with their bunk and enjoying pool time, but not risking an accident

\*Please refer to **SWIMMING LEVELS** for the various swimming skills taught in our program.

# Welcome to the Har Zion Day Camp Swim Program!

Our primary goals for each camper is for them to **love** swimming, be **confident** of their abilities in the water, and recognize and follow **safety** guidelines around a pool. Our program offers group swim instruction designed so that each child can progress at least one level during the summer.

On the next page is a complete list of Har Zion Day Camp's swim levels. Please remember that campers are often able to perform some of the skills listed at higher levels but not all of them. Further, they may not demonstrate a skill repeatedly or confidently (for example, lower portion of face partially submerged while treading or nervousness during unassisted backfloat) in a group setting.

The current skill list closely aligned with the American Red Cross Water Safety Instruction Program.

Finally, we want to assure you that **our primary goal is to ensure the safety of every camper, every swim period, every day.**

## Har Zion Day Camp Swim Levels

Safety guidelines are incorporated at every level

### B1 Levels- Demonstrate comfort with pool

#### Tadpole B1-1

- \_\_\_ Wait for signal to enter pool
- \_\_\_ Walk to rope
- \_\_\_ Bob up and down to shoulders
- \_\_\_ Splash
- \_\_\_ Squirt
- \_\_\_ Show comfort with buoyancy
- \_\_\_ Blow bubbles
- \_\_\_ Enter and exit pool using steps, ladder or side

#### Starfish B1-2

- \_\_\_ How to identify lifeguards
- \_\_\_ Assisted arm movement
- \_\_\_ Assisted flutter kick
- \_\_\_ Assisted back float
- \_\_\_ Put entire face in water
- \_\_\_ Change body position
- \_\_\_ Assisted jump, shallow water

- \_\_\_ Front glide with kick
- \_\_\_ Forward movement with combined arm and leg action
- \_\_\_ Unassisted front float-10 sec
- \_\_\_ Unassisted back float-10 sec
- \_\_\_ Recovery to vertical position from front float
- \_\_\_ Recovery to vertical position from back float
- \_\_\_ Treading with combined arm and leg action
- \_\_\_ Open eyes underwater
- \_\_\_ Retrieve from bottom (chest deep water)
- \_\_\_ Unassisted jump, shallow water

### B2 Levels- Introduction to swimming

#### Sunfish B2-1

- \_\_\_ How to call for help
- \_\_\_ Arm stroke, shoulder deep water
- \_\_\_ Flutter kick with kickboard
- \_\_\_ Submerge entire head
- \_\_\_ Back glide with kick
- \_\_\_ Front glide
- \_\_\_ Assisted front float, face in
- \_\_\_ Unassisted back float
- \_\_\_ Roll from front to back
- \_\_\_ Roll from back to front
- \_\_\_ Treading with arm finning
- \_\_\_ Sit/touch bottom, shallow water
- \_\_\_ Deep water experience (hand walking on wall)

#### Dolphin B2-2

- \_\_\_ How to jump in safely

### **B3 Levels- Introduction to beginning strokes**

#### **Seahorse B3-1**

- \_\_\_ Sun safety- hydration and sunscreen
- \_\_\_ Breast stroke-arm action introduction
- \_\_\_ Breast stroke-leg action introduction
- \_\_\_ Front crawl-arm action introduction
- \_\_\_ Front crawl-leg action introduction
- \_\_\_ Back glide with finning and kicking
- \_\_\_ Tread water, 15 sec
- \_\_\_ Fully submerge and hold breath
- \_\_\_ Assisted jump, deep water

#### **Shark B3-2**

- \_\_\_ Jump in and survival float, 1 min
- \_\_\_ Breast stroke-arm and leg action-practice
- \_\_\_ Front crawl-arm and leg action-practice
- \_\_\_ Coordination for rotary breathing
- \_\_\_ Front glide with finning and kicking
- \_\_\_ Swim one width on front
- \_\_\_ Tread water, 30 sec
- \_\_\_ Unassisted jump in deep water, swim to wall

### **B4 Level- Beginning stroke refinement**

#### **Whale B4**

- \_\_\_ How to help a swimmer in trouble-throw/don't go
- \_\_\_ Rotary breathing
- \_\_\_ Elementary backstroke-arm action
- \_\_\_ Elementary backstroke-leg action
- \_\_\_ Turn back to front and reverse
- \_\_\_ Change direction while swimming
- \_\_\_ Underwater swimming

### **Deep Water Test**

**This test is independent of the swim levels.** It's used to ascertain whether a camper can swim in deep water unaided for a period of time. The ratio of campers to lifeguards/counselors changes and campers must show complete confidence in water that they are unable to stand in. A red band is given to those who pass to indicate that they are allowed to swim in deep water during free swim time. **Please remember, the safety of each camper is our primary goal!**

- \_\_\_ Jump in from side and swim to wall/ladder unassisted
- \_\_\_ Bob, underwater, 5x
- \_\_\_ 1 lap width of pool without rest unassisted
- \_\_\_ Tread water-30 secs
- \_\_\_ Retrieve object from floor/or touch floor
- \_\_\_ How to call for help

This skill list has been updated to more closely parallel the American Red Cross Water Safety Instruct

#### IV. **GENERAL INFORMATION**

##### **COMMUNICATION**

Parents are the primary individuals with whom children will share their camping experience from day to day. Information you acquire from your child will only be helpful to us if it is shared. We ask that reactions, both positive and negative, regarding the staff, program, or the facility be communicated to us. If you have questions or if a problem arises during camp, please contact either your child's Head Counselor or the Camp Director, Diane Halpren. Every effort will be made to respond as quickly as possible.

Your child's Head Counselor will be calling you to introduce herself approximately one week before camp begins. This is the time to discuss any special concerns you may have, or to highlight information about your child that the counselor should know. During the camp season you will receive a bunk newsletter and individualized notes from your counselor. You can expect a phone call along the way just to touch base. A weekly activity schedule and bunk list with addresses and phone numbers will be sent home.

##### **TRANSPORTATION**

It is essential that arrivals and dismissals be carried out in a **safe manner**. Both camp personnel and parents must work together to make this happen each and every day.

The procedures will run like this:

**Drop-offs – we will send out an email regarding Drop offs the week before camp**

**Pick-ups for ALL campers will be at the Noreen Cook Center entrance.** Their counselors will be at the parking lot with them. Upon arrival, please wait in the car line. **THE MOTOR OF YOUR VEHICLE MUST BE TURNED OFF** when children are being loaded or unloaded into the vehicle. Drop-off time is **8:45 A.M.**

Parents/caregivers will wait in their vehicles, in a carpool line until their child's counselor safely removes or brings the child to the vehicle.

When the counselor brings their child out to the vehicle, parents/caregivers are responsible for getting their child(ren) into the car and buckling them in their car seat(s).

After your child is in the car, please pull your car forward to the end of the driveway (before turning) to fasten seat belts. Do not drive off until all children are safely seated and belted in the car with the doors closed and locked. This is of utmost importance for safety and must be observed.

## **CLOTHING**

Send your child to camp wearing a bathing suit under his/her outer clothing, even on cloudy or drizzly days (we will continue to swim during a little drizzle). This will make getting ready for swim a lot easier. Underwear and a towel should be sent each day. A plastic bag would be most helpful for holding wet suits. **A Har Zion Day Camp bag will be provided to you as a convenience on the day of Orientation.**

Camp T-shirts will be given to children on the first Friday of the camp season. **T-shirts are worn every Friday thereafter.**

## **CHILDREN'S ORIENTATION**

An orientation session especially for children, also helpful to parents, will be held on **Sunday, June 18** which is the day before camp begins unless otherwise arranged by your child's head counselor. Children will meet their bunkmates and counselors, while parents have an opportunity to mingle with staff and other parents. We hope this will help to facilitate each child's adjustment on the first day. We ask that only parents (not siblings or extended family) come into the bunk during this special time. Please return all paperwork by orientation.

**A reminder: At Orientation campers will receive their very own Har Zion Day Camp bag.**

## **GRATUITIES**

It is the policy of this camp to permit gifts of appreciation. If possible, we recommend that these gifts be made during the last week of camp. Individual questions about this policy can be directed to the Camp Director.

## **FORMS**

The forms you need to complete and return are:

- 1. MEDICAL FORM – by June 1**
- 2. EMERGENCY CONSENT FORM by June 1**

**THE MEDICAL FORM MUST BE IN OUR HANDS FOR YOUR CHILD TO ATTEND.** Please remember to arrange for a physical in a timely fashion. **If you have a medical form on file with the Noreen Cook Center office it will NOT be necessary for you to send in another. It will, however, be your responsibility to forward us a copy of this form by the stated deadline.**

## **DIVORCED OR SEPARATED PARENTS**

We are receptive to the needs of divorced or separated parents and their child(ren). If there are any special needs or circumstances, please discuss them with your child's head counselor. If the child lives in two residences during the week, the counselor will want to know the schedule so that if necessary, phone calls can be made to the appropriate parent. Let us know if you want two mailings when information is sent home.



## **SAFETY AND HEALTH**

Har Zion Temple has formulated a set of infection control procedures as a guide for all synagogue programs. This is aimed at preventing the spread of contagious diseases/infections that could result from: diaper changes, cuts and bruises, bites, nose bleeds, food handling and the clean-up of soiled areas. Each head counselor has a written copy which you may inspect upon request - please be assured that gloves will be used for each of the purposes listed above whenever the need arises.

First aid supplies are kept in the camp office and at a location closer to some of our outdoor activities. Only head counselors and senior counselors are permitted to care for any of the minor injuries that occur. Whenever we feel that a parent should be informed about an injury, we will contact you by phone. Please make sure we have your home/cell/business numbers on all forms.

We are well prepared to handle all of the minor accidents that are likely to happen at camp. However, we suggest that you check your child during bathing each evening for problems that can easily escape our detection such as head lice, ticks, and poison ivy.

For **bee/insect stings**, our protocol is to remove the stinger when possible and apply ice at the site of the bite/sting. Anti-itch topical cream or spray (Caladryl lotion) will *only* be applied *if permission is given by the parent*. We will observe the child and inform the parent. If there is a history of reaction to bees stings/insect bites Benadryl will be given *when supplied and authorized by the parent and a note of instruction from the pediatrician is included*.

Special medical information included on your camp application will be passed on to your child's Head Counselor. However, you may wish to reiterate any important medical information when you speak with this individual before camp begins. If any special medical procedures need to be used, or if there are specific symptoms, we must be informed. We would be happy to meet and discuss it with you prior to the start of camp. ***No medication will be dispensed without written parental permission, a prescription label, and a note of instruction from the doctor.***

Should any sort of emergency occur, we will attempt to notify you immediately. **Please be sure that the emergency contact phone numbers listed on your application are updated at all times.**

## **ACCIDENT INSURANCE**

Har Zion Temple maintains camper accident insurance for each camper during the camp season. This accident insurance is separate from any health/medical insurance program(s) in which a family may participate on its own. Specific details are available from the office of Har Zion Temple's Executive Director.

# **COVID-19 POLICY**

## **GENERAL:**

1. Any individual (child or staff member) who has a fever of 100°F (37.78°C) or above, or who demonstrates other signs of illness, will not be admitted into the building.
2. We ask that parents partner with us to be on alert at home for signs of illness in their child, or anyone else in their household, and to report that information to the Camp Director, so that we can appropriately assess the situation and determine how best to keep all of our children, families and staff members safe and healthy. Children and staff with signs of illness should not attend camp.
3. Camp will communicate with parents/caregivers the need to keep children home when they are sick. Parents/caregivers may not send a child to school medicated for the purposes of keeping a fever down.
4. Camp will communicate with staff the need to stay home when they are sick. Staff are strongly encouraged to stay in touch with the Camp Director if and when they begin to feel sick or exhibit symptoms of fever, cough, and/or shortness of breath.
5. For children who have underlying health conditions, staff will talk with their parents about concerns or challenges the child may experience upon returning to camp.

## **SYMPTOMS & RETURN TO CAMP:**

1. Any child, staff member, or service provider who is or has experienced one (1) of the following symptoms:
  - Cough
  - Shortness of breath
  - Difficulty breathing;

**OR** two (2) of the following symptoms:

- fever (or being treated with Ibuprofen (Advil) or acetaminophen (Tylenol))
- Chills
- Fatigue
- Myalgia (muscle pain)
- Headache
- Sore throat
- Congestion
- Nausea
- Vomiting
- Diarrhea

- New loss of taste or smell
2. If a child or staff member tests positive for COVID-19, they must stay home for 5 days and then can return to camp on day 6. They will need to wear a mask until day 10.

**DATES TO REMEMBER**  
**FOR PARENTS**

SUNDAY, JUNE 18	Parents' and Children's Orientation
MONDAY, JUNE 19	First Day of Camp
TUESDAY, JULY 4	Independence Day CAMP CLOSED
TUESDAY, JULY 11	Visiting Day (4 and 5 year olds)
TUESDAY, JULY 18	Family Fun Night
FRIDAY, AUGUST 11	Last Day of Camp

**HAR ZION DAY CAMP SONG**

(TUNE: "Yankee Doodle Dandy")

I'm a Har Zion Camper  
A kid who loves to laugh and play  
When summer comes and camp's the place to go  
Har Zion is best in every way.

My days are filled with fun and friendship  
I love that there's so much to do  
Har Zion is the camp for me  
From ABC to XYZ  
Har Zion's where I want to be.

