



Camp Shoresh 2023 Parent Handbook



Baltimore Office:
3723 Old Court Road, Suite 206
Baltimore, MD 21208
410-358-8571

Adamstown Office (summer hours only):
2428 Pleasant View Road
Adamstown, MD 21710
410-358-8571

Email: shoresh@shoresh.com
Website: www.shoresh.com



Dear Parents,

I am so pleased to welcome your children to Camp Shores 2023! Shores is not just about camp, it's about family. We are so honored that your family has chosen to spend this summer with our family. Camp is the engine that drives the Shores machine - it's the place where kids begin their association with us, fall in love with the organization, and want to join our year-round programming for kids and teens. This then opens the door for us to be involved year-round with the rest of your family if you so choose, reflecting one of our taglines - "Shores, going strong all year long!" and proving correct one of my Rabbi's favorite sayings - "Children will take parents to places they never thought they'd ever go."

I started my career at Camp Shores 42 years ago as a counselor, and I have been the Director for the past 37 years. During that time, I have seen over 4,000 children and 1,000 staff members attend our day camp and build memories that last a lifetime. Former campers still relay to me the positive lessons learned at Camp Shores - they feel they are better Jews who are prouder and more aware of their Jewish heritage because of their experiences at Shores. They have made lifelong friends and believe that the staff and Rabbis have been and always will be there for them "from baby to bubbly!"

For seven weeks this summer, we will give your children the time of their lives! We will give them a family that will care about them year-round with one of the finest staffs in the country. Our 107-acre campsite is magnificent, and I am pleased that your camper(s) will be joining us at the Rabbi Moshe & Carol Kosman Torah Learning Center on the Harry & Jeanette Weinberg campus in Adamstown. These beautiful facilities have enabled us to expand our programming and be an even better camp. The campus includes an aquatic center (with a graded entry pool, wading pool, and pool house), sports fields, an amazing challenge course and obstacle course, bunkhouses and the centerpiece of our campsite, the Cohen-Davison-Weinberg Community Center — a building with a dining hall, kitchen, library, and a special wing for our Junior Shores program. We are very excited to bring back our popular electives program. Campers will choose from a variety of special activities to enjoy with other campers in their division.

The health and safety of your children is our primary concern. Please review all the policies included within. We are also excited to welcome back to our staff Tamar Livingstone as our Mental Health Professional; she will be working with staff and campers to support the diverse emotional needs of the Camp Shores family.

Preparation and planning are necessary to ensure that your children's experience at camp is a positive one. This handbook is designed as a guide to help prepare for a most enjoyable and rewarding camp experience. I strongly encourage you to read it carefully and reach out to the Shores office if you have any questions - whether before camp begins or during camp.

Along with all of the Camp Shores staff, I am looking forward to an outstanding and fun-filled summer with your children. Welcome to the Shores Family!

Sincerely,

Rabbi David Finkelstein, Director

Camp Philosophy & Goals

Camp Shoresh strives to provide a positive atmosphere of safety, support, and care for each individual camper, while allowing for personal growth and development in his/her Judaism utilizing the mind, body, and soul. The goals of Camp Shoresh include the following:

- encouraging each camper to develop self-confidence and appreciation for his/her self-worth as an individual and as a Jew.
- inspiring each camper to grow as a responsible member of his/her group, family, and community.
- helping each camper appreciate that a healthy mind and body are a gift, and that physical fitness and mental well-being are conditions to be achieved and maintained.
- urging each camper to develop a respect and appreciation for nature and all of G-d's creations.
- supporting each camper in the development of new skills and areas of interest that form foundations for healthy lifestyle choices.
- challenging each camper to demonstrate the values of respect, fairness, caring, and friendship.

The Shoresh Mission Statement

Shoresh builds positive Jewish identity among children and their families, primarily in Frederick and in its surrounding communities, regardless of prior Jewish knowledge, affiliation or observance, through a variety of educational, recreational, and experiential opportunities. Utilizing its campus and facilities in Adamstown and fostering close personal relationships among participants and staff, Shoresh emphasizes appreciation of our Jewish roots and love for Israel and the Jewish people.



Camp Information

Camp Location

Camp Shores is located at the Harry & Jeanette Weinberg Campus, located at 2428 Pleasant View Road in Adamstown, Maryland. The camp phone number is 410-358-8571.

Camp Hours

Regular camp hours are Monday through Thursday, 9:30 AM - 3:30 PM and Friday, 9:30 AM – 2:30 PM. If you need to contact the camp office, you can reach us during those times by either phone or email. We do not check phone messages on the camp line every evening. In case of emergency, please call Rabbi Dave on his cell phone at 410-908-2267.

There is no camp on Tuesday, July 4th for Independence Day and Thursday, July 27th for Tisha B'Av.

Drop Off & Pick Up

For those parents who will not be taking advantage of Shores-arranged transportation and will be bringing their camper(s) to and from the campsite directly, we ask that campers be dropped off between 9:15-9:30 AM and picked up promptly at 3:30 PM Monday – Thursday, and 2:30 PM on Fridays. Please do not block incoming buses and vans.

If a child is sick or not coming to camp, or if they will be coming to camp late, please be courteous and call his/her transportation head so he/she is aware ahead of time and can alert the counselors and office. Parents who need to bring their child to camp late should call the office upon arrival, using the phone system outside the security gate. The office will open the gate and tell the parent where to drop off their camper so they can meet up with their bunk.

Parents who wish to pick up their camper early must notify the camp office in advance BY 1 PM THAT DAY BY PHONE, and come into the office and sign out their camper prior to leaving. The camp office is located upstairs in the red barn.

Tuition and Fees

All tuition and fees should already be paid in full by May 15th unless alternate arrangements have been made with our Director of Finance, Shelly Schwartz. Please contact her at shelly@shores.com if you have any questions regarding your invoice. Payments can be made through the CampMinder software system, by visiting the Shores website and clicking the orange "Camp Payment" button at the top right of the page, or by mailing a check to the Shores Baltimore office at 3723 Old Court Road, Suite 206, Baltimore, MD 21208.

We will not prorate for sick days or days your child decides not to come to camp. There will be no refunds or reimbursements if your child is suspended or expelled from camp for any reason.

Safety & Health

Camp Shores has an armed security guard on the premises from before campers arrive until after the last ones depart. He is stationed at the entrance gate during morning drop-off, after which the gate is closed. All visitors to the campus during the camp day need to request entry by calling the camp office or using the intercom outside the entrance gate. In addition, security cameras are installed throughout the campus.

We also have a fully licensed nurse on duty whenever camp is in session, with a fully-equipped, centrally-located health suite. Additionally, there is an AED (automated external defibrillator) machine on the premises.

We have an emergency notification system, providing audio/visual alerts and notification messaging which will help keep everyone safe, protected and informed.

Medication

If it is mandatory that a camper receive medication while at camp, it must be submitted to the nurse. All medications must be clearly marked with the child's name and specific instructions from a physician. All medications must be in the original bottles/containers. **In order for prescription medications to be dispensed during camp, including during late stays and shabbatons, a Medication Administration Authorization form for each medication – found in the Forms tab in your CampMinder portal - must be filled out by your medical provider and uploaded to CampMinder. There is a separate form for inhalers.**

Illness or Injury at Camp

We are only able to accommodate and treat minor first aid injuries or illnesses in the day camp setting. If a camper is unable to resume participation in his/her activities, parents will be notified to pick up the camper. If a parent or relative is unable to pick up the camper, the child will remain in the health suite until the camp day has ended.

If the injury is of a serious nature and one of the parents can't be reached at the time of the accident, the emergency contact will receive a phone call from the nurse or camp office.

For injuries that cannot be treated by our nurse, the camper may be driven to the nearest urgent care facility. In the event of an extreme emergency, the camper will be transported via ambulance to Frederick Memorial Hospital, the nearest hospital and emergency room facility.

Policy on Communicable Disease

The camp nurse should be consulted prior to a camper returning to camp after an illness.

Vaccinations

All campers must be up to date with their vaccinations in order to attend camp. **Full copies of immunizations records for campers residing out of the United States must be uploaded to CampMinder prior to the start of camp.**

Ticks

Since Camp Shoresh is in a rural area, we suggest that campers be checked for ticks each evening when they come home.

Absences

If a camper is going to be absent for any reason, please be courteous and call his/her transportation head so he/she is aware ahead of time and can alert the counselors and the office.

Fire Drills

We will have at least one fire drill each session. The entire staff will be familiar and trained in an evacuation plan of the facility.

Emergency Phone Numbers and Updates

A list of cell phone numbers for the head staff will be sent out the first day of camp in case parents need to contact us in the event of an emergency. **Important information will be sent by email. Please make sure we have your email address. If you don't receive any emails from us prior to camp, that means your email address is not in our system correctly.** Please contact the office by email to let us know. Occasionally, information may be left on your phone through our texting system. Pictures will be posted frequently to our "**Shoresh**" social media pages. Please "like" **Shoresh** - not Camp Shoresh - to see these postings on Facebook, follow **shoreshinc** on Instagram, and **shoresh_inc** on TikTok.

Abuse and Neglect

Camp Shoresh follows all Maryland State Laws and Regulations with regards to the reporting of suspected child abuse and/or neglect. Staff are trained on their duties to be reporters and to be aware of signs and symptoms of abuse, as well as appropriate conduct/best practices for interactions with children.

COVID-19 Policies

IMPORTANT: Camp Shoresh reserves the right to change the guidelines pertaining to COVID-19, prior to or during camp, if health department policies are modified.

Camp Shoresh will follow recommended medical guidelines from government agencies and the Shoresh medical advisory committee in order to prevent the spread of COVID-19.

If there is a concern that a camper has COVID-19 while at camp, they will be taken to one of the isolation rooms in the health suite. Parents (or a responsible party, in the case of staff) will be called to pick up their child since the camper/staff member cannot return home on the bus or van.

Any camper or staff member who tests positive for COVID-19 may not return to camp until they completed the required isolation period.

Parents and staff will notify Camp Shoresh immediately by emailing shoresh@shoresh.com if they, their camper or anyone in their household is presenting symptoms of COVID-19 or was exposed to someone with COVID-19. Failure to do so may be grounds for expulsion from camp or termination.

Camp Shoresh will do its best to keep all our campers and staff safe this summer. We ask that you partner with us in adhering to the policies we have established, in order to keep everyone in the Shoresh family safe, while providing a meaningful and fun summer experience. It is important to note that this document reflects the conditions at the time of publication. Policies may need to be updated closer to camp and we will communicate such information with you at that time. We appreciate everyone's flexibility in this unique time.



What To Bring and Not To Bring to Camp

Camp Shoresh does not allow tobacco products of any kind (including e-cigarettes, Juuls, vapes, etc.), alcohol, illegal drugs, or medications or prescriptions not disclosed to the nurse; lighters, matches, fireworks, or explosives of any kind; knives, guns, or other weapons; inappropriate reading materials; animals or pets. Items brought to camp deemed inappropriate will be held by the directing staff for the parents to pick up.

We discourage the bringing of any valuables to camp (e.g., cell phones, electronic games, iPods, expensive cameras). If a

camper wishes to bring such items, they may be used during travel times only. Cell phones, electronic games and iPods used during camp hours will be confiscated (see more about this policy in the camper behavior section). Camp Shoresh is not responsible for loss or damage to these items.

Clothing & Supplies

We recommend that campers wear closed-toe shoes and comfortable play clothes. There will be no short-shorts allowed in the older camp (ages 10 – 16). Girls should not wear cut-off shirts that expose the midriff area or tank tops.

Campers should bring a swimming suit and towel every day and take home their swimming suit and towel every day. They should come to camp every day with sunscreen on and bring sunscreen to reapply during the camp day. Please instruct your child on how to apply sunscreen.

Boys must wear either a kippa/yarmulka or hat throughout the day. Campers may not cut or decorate their camp shirts.

Meals & Kashrut

We will have our hot lunch program this year for those campers who sign up for it in advance. On certain days the menu will be dairy and other days it will be meat. A menu is posted to your CampInTouch portal and you can sign up for the program through CampMinder. If you sign up your camper for the program, whether for one or both sessions, there will be no prorating for days they are not at camp or if they choose to bring their own lunch on any given day.

For those not partaking in our hot lunch program, daily lunches should contain non-perishable foods; lunches containing perishable foods should be brought in a cooler bag with an ice pack. All lunches must be labeled with your camper's first and last name and bunk.

There will be water fillers/coolers throughout the campus. **Campers should bring their own refillable water bottle daily, labeled with their first and last name and bunk.**

IMPORTANT! Camp Shoresh is peanut and tree nut sensitive. Please take every precaution to not send lunches or snacks that contain peanut and/or nut products or are made in a facility that produces such products. **It is also imperative that you inform us of any food allergies.**

We require that only Kosher food be brought onto our property. All foods must be dairy or pareve — no meat products, please. All food must bear one of the following Kashrut symbols:



If you have any questions concerning specific products or other symbols, please call Rabbi Tzvi Tuchman (Rabbi T) at 410-358-8571 or email rabbitt@shoresh.com. We are happy to help in any way we can.

Snacks & Canteen

We will provide Junior Shoresh campers with a snack during the day; there is no canteen for Junior Shoresh. "Big Camp" (2nd-CITs) will receive 2 snacks a day. Additionally, the camp canteen will be open for them during lunch with varying options including hot pretzels, potato knishes, popcorn, chips, candy, sodas, etc. Please send cash (small bills or quarters) with your child if they would like to purchase canteen items. We find that kids get really hungry throughout the day and often eat their lunches before lunchtime. Please send them with plenty of snacks so this will not occur.

Birthdays

Due to many camper allergies, **we cannot allow any outside food (whether home-baked or store-bought) to be shared with other campers.** If your child will be having a birthday during camp and you would like to order a cake for the bunk, email shoresh@shoresh.com and we will order a special cake from our nut free/dairy-free bakery. The cost is \$30 and we must have at least two weeks' notice.

Lost & Found

Care is taken to ensure that campers remember to retrieve their clothing, towels, art projects, etc., but it always seems that there is something left behind. At the end of each day, unclaimed items are laid out in our lost & found area. In order to reduce this area, **please label everything you send to camp**. Items not claimed by the last day of camp on Thursday, August 11th will be either donated, sold, or disposed of.

Transportation

Campers must always be seat belted when traveling via van or car and must be seated at all times when on buses. Campers will board and depart any bus on the side of the vehicle adjacent to a curb. Children will be safely crossed across any major street.

Each transportation head will have a cell phone. The phone number of your child's transportation head will be emailed to you prior to the first day of camp.

The buses and vans run on a tight schedule. If a child is not at his/her designated stop when the bus/van arrives, it cannot wait. **If a child is sick or not coming to camp, please be courteous and call his/her transportation head so he/she is aware ahead of time and can alert the counselors and office.** Additionally, we ask you to please be prompt when picking up your campers. Though we try our best to predict arrival times, traffic is not under our control. We appreciate you being at the stop waiting for us so the transportation heads do not have to wait. We will be using the Remind app to notify parents if there will be a delay in arrival to the bus stop (more than 10 minutes later than scheduled) in the afternoons. We will send out the information to sign up for Remind prior to camp.

Please be aware that bus and van routes may vary for each session and is not guaranteed from one session to the next. Camp Shoresh reserves the right to choose your mode of transportation (bus, van, or car) and the routes.

Approximately one week before camp, you will receive an email concerning pickup/drop off points and times.



Events

For “Big Camp” (2nd graders+), the beginning of each camp day will focus on *davening* (praying), and there will be a separate time set aside for learning about Judaism in a fun and spirited way. The remaining portion of the day will typically be broken into four activities that will include swimming almost every day (weather permitting), sports, arts & crafts, nature, challenge course, archery, and other fun activities.

The basic daily schedule will be emailed a few days prior to camp. All daily scheduled activities are subject to favorable weather conditions and subject to change. We always have contingency plans for extremely rainy or heat advisory days and reserve the right to take campers off-site for activities if deemed appropriate.

Swimming

There will be separate boy/girl free swimming each day for approximately 45 minutes. There will always be at least three certified lifeguards whenever swim is in session. We will maintain a 1:25 ratio of lifeguards to swimmers according to Maryland state regulations and Red Cross guidelines.

Junior Shores campers (3-6 year olds) will swim in the main pool and/or the wading pool while “Big Camp” is at lunch. For safety reasons, Junior Shores campers will not be able to use the pool slide.

Basic swim lessons will be offered to our Junior Shores campers at no extra charge three days a week for a portion of the swim period. Please encourage your children to comply nicely with their instructors. There will not be swim instruction for the campers in “Big Camp” this summer.

All campers will be tested for swim ability. Only swimmers passing the deep water test will be allowed in the deep area of the pool and will be given a wristband identifying them as such. If their wristband breaks during the summer, it can be replaced. Please notify your camper’s division head for a replacement.

There will be a few days when there will be no free swim due to the Nine Days of the month of Av (July 19 – July 26.) Junior Shores will have swim lessons during this week.

Picture Days and Grandparents and Special Friends’ Day

There will be a picture day in each session - Tuesday, June 27th and Tuesday, July 25th. Campers must wear their camp shirts to be in the picture. We will post the photos on social media afterwards so you can save them to your own computer.

Campers will receive their camp shirt the morning of picture day (**1st session campers returning for 2nd session will not receive a 2nd camp shirt and should wear the shirt they received 1st session**). This way, no one will forget their shirt. We will email parents in advance other days that campers will be required to wear their camp shirt. There is a \$15 charge for a replacement shirt. (We have a limited number of extra shirts, so campers should try their best not to lose their shirts.)

We will have a special program for Grandparents and Special Friends on Tuesday, July 11th. More details to follow. Please note that Camp Shores defines “Special Friends” as adults who are special friends of the camper and family; not children, teenagers, or camper’s parents.

Electives

“Big Camp” will have weekly electives chosen together as a bunk.

Trips

The majority of trips will take place during camp hours; there will not be late stays, with the exception of Guppy Gulch and Hersheypark. Exact details regarding transportation times on late stay days will be communicated prior to each of those dates. Junior Shores will have one field trip each session. “Big Camp” will have two trips per session. CITs will have at least two trips per session. Parents will be reminded by email that campers are required to wear their camp shirts for trips.

Jewish Life

Our goal is for each child to leave Shoresch a more educated Jew. An educated Jewish child will make educated Jewish choices, both as a child and as an adult. At Camp Shoresch, we make Judaism fun while making it meaningful and relevant. Your camper will leave camp with a vast knowledge of Jewish songs and prayers.

Shabbatons

One of our hallmarks every summer are our Shabbatonim which we are excited to hold once again this year. We have found that campers going into 2nd and 3rd grade are not quite ready for our Shabbaton sleepover experiences.

We assume that **every eligible camper will attend**. Therefore, if your camper is NOT planning to attend, you must let us know by the deadline that will be communicated in advance of each Shabbaton, so we can make proper transportation arrangements for them to return home at the regular closing time of 2:30 PM on Friday, along with the campers and staff who are not eligible to stay.

A Shabbaton is a weekend overnight that takes place prior to sundown Friday until after sunset on Saturday night. Shabbatons allow our campers to experience the beauty of the Sabbath with their friends by disconnecting from TV, phones, and social media, and reconnecting with G-d. Shabbatons allow the kids to bond with their fellow campers and staff through games, sessions, and just hanging out. We will send out information prior to each event detailing transportation information.

Here is the Shabbaton packing list:

- Sleeping bag
- Pillow
- Pajamas
- Clothing for Shabbos
- Toiletries
- If your child needs to receive any medications during the Shabbaton, be sure that the medication is in its original pill bottle with your child's name and specific instructions from a physician, and is handed directly by the parent to the bus head or van driver. A medical authorization form signed by the physician must be filled out in advance. If the nurse already has your child's medication and medical authorization form, there is no need to do anything else.

Adamstown Shabbatons

There will be one Shabbaton each session at our campus this summer for 4th graders and up. The first session Shabbaton will be on July 7- 8. The second session Shabbaton will be on August 4-5.

CIT Shabbaton

The CIT Shabbaton will take place at the Shoresch Adamstown campus on July 7-8.

Learning Program & Tutoring

Every summer we have a different learning program to teach our campers an important aspect of Judaism. Past learning themes included: the Whys of Judaism, the ABCs of Judaism, and Jewish Symbols. Sessions are interactive and not meant to be school. You will be amazed how much you camper will learn in a few short weeks. Sessions will be conducted by our head staff members who are seasoned educators during the year.

If you would like your child to have extra enrichment in Hebrew reading or other Jewish topics, please contact Rabbi Tuchman (rabbitt@shoresch.com) to arrange tutoring.

Staff

Camp Shoresch strives to hire enthusiastic, loving, child-focused staff to be positive role models in the lives of children. We train staff in a code of conduct, including "no tolerance" for smoking, drinking and drugs. The code also addresses appropriate relationships and behavior. Although the camp environment is generally informal, it is critical to establish limits and reporting processes for bullying, inappropriate remarks or physical conduct. Our staff training with outside experts focuses on inappropriate conduct, abuse prevention, mandated reporting of abuse and neglect, and recognizing signs of abuse.

Additionally, our staff orientation prior to camp includes: physical and mental health and safety, age appropriate practices, risk management, supervision, and other camp-related topics. All staff are fingerprinted and have complete criminal and child protective services background checks performed on them.

Your Camper's Counselor

While camp is in session, staff will be occupied for the duration of the day with campers. We encourage you to speak to your camper's division head if you have a suggestion/concern. Please leave a message with the camp office and the division head will be notified. The division head will return the call at his/her availability.

Gratuities/Tips

Camp Shoresh does not have a mandatory gratuity structure for our counselors as other camps do. Since many of our parents do show their appreciation in this manner (and our staff is very thankful), we ask that any gratuity be placed in a sealed envelope labeled with the counselor's name, and given to the transportation head, who will bring it to the camp office for delivery to the counselor. We will email parents a list of bunk counselors prior to the last day of each session.

Camper Behavior

A major factor in the success of a camp program is the behavior, interest, and aptitude of the campers. These ingredients set the mood for the entire summer. Courtesy and respect are always expected. The purpose of camp is to develop new friendships, knowledge and skills, and most importantly, to have fun!

Expectations

- Campers are expected to attend all parts of the planned program. If for some reason a camper is not feeling well, he/she will be brought to the nurse.
- Campers are expected to clean up after themselves. Campers will be asked to put away supplies, throw away their trash, leave their bunk area clean, etc.
- Bullying, fighting and abuse, or actions that do/could cause harm to others, will not be tolerated.
- Language must be appropriate and respectful of others. Swearing, name-calling and insults of any type will not be tolerated.
- Campers always must be with their bunks. Campers must never leave the campgrounds unless on a field trip or unless approved for early dismissal with a parent or guardian.
- Campers will respect all Camp Shoresh buildings and property. Parents will be billed for repairs if their child causes any damage.
- Vandalism, shoplifting, or theft from other campers, the campsite, or while on field trips will not be tolerated.
- Songs with offensive lyrics should not be brought to camp.
- The use of cell phones, video games, game systems or other electronic items is not allowed during the camp day.
 - Campers may use these devices on camp transportation, but parents should remind their child to be courteous and turn down the volume or wear headphones so as to not disrupt others. If a camper uses such a device during the camp day, the device will be confiscated. Parents will be notified when this occurs. If a camper is a repeat offender, he/she risks losing their electronic device until the end of camp.

Smoking & Drug Policy

Smoking is prohibited at Camp Shoresh by campers, staff, and visitors at any time on the Shoresh property. We have a "no tolerance" drug policy. Anyone using drugs will be immediately removed from camp and reported to the proper authorities.

Discipline Procedure

We all have tough days. On those days it can be hard to follow expectations and be a positive part of a group. When limits are broken, we will collaborate with your child to assess what went wrong, teach the necessary skills for handling the situation more appropriately in the future, and collaborate with your child to find an appropriate way of repairing the situation and understanding how to prevent future problems. Counselors will address minor behavioral issues. If the counselor is not successful in correcting improper behavior, he/she will consult his/her division head for intervention, and parents will be

notified. Parents will also be informed of situations that require the involvement of the Head Counselor, Field Director, Assistant Director or Director. Discipline may range from removal from the bunk activity with a staff member, a chat with parents and the camper, and temporary suspension from camp, to expulsion from camp. After each incident that necessitates involvement of staff beyond the counselors, a behavioral report will be filled out and placed in the camper's permanent file. We have a mental health professional on staff who will guide the counselors, division heads, and other head staff in appropriate responses. There is never any use of corporal punishment at camp.

No refunds will be provided in the event of a camper's suspension or expulsion from camp as a result of a major violation of behavioral expectations.



We look forward to a wonderful summer at Shoresh with your child!