

# CGI FLORIDA PARENT & CAMPER HANDBOOK

## **B”H**

### **Camper Policies**

Ensuring a smooth and happy summer for each camper comes along with responsibility. Camp is a community and each person at camp is a contributing member to our camp community. Therefore, policies have been put in place to create a growing, Yiddishe, Chassidishe healthy environment within the guidelines of our values and vision.

### **Dress Code**

Tznius is one of the foundations on which our camp stands. What the camper brings to camp in terms of clothing and personal property will need to reflect the camp vision. As we spend the summer together with your daughters all aspects Tznius, in Machshava, Dibbur & Maaseh will be enforced.

### **Bring to Camp**

- Skirts that are long enough to cover the knee even when sitting
- Tights or Knee socks that are long enough that cover the gap between the skirt and sock
- T-shirts and blouses should cover the collarbone and elbows
- Tip. many times, stretched out t-shirts fall too low, it is advisable to either fix those old t's or leave them at home.
- Swim suits should be one piece (If you would like, you may send rash guards but they will need to go on top of a one piece bathing suit.
- Nightwear – Nightgowns are “in at CGI Florida - all Campers are expected to wear nightgowns in camp.

### **Leave at home**

- Two Piece Bathing Suits
- Skirts with slits

- Leggings with socks are not a look that is Kosher at CGI Florida
- Make up
- Tight Clothing
- Nail polish
- Books or comics with secular content
- Music

### **Book Policy**

Although there is not much relaxation time, there are those that prefer to spend a quiet rest hour reading books. Your daughter can bring books with Jewish content by frum authors. They may also bring Jewish content magazines. Any item that is deemed inappropriate with camp policy will be confiscated and returned at the end of the camper's stay

### **Music**

The music played in camp is one that follows the guidelines of a Chassidishe environment. As campers come to camp, we aim to have a pure environment across the board for everyone. Campers may come to camp with many different types of music on their players, therefor camp has made the decision that all MP3 players and ipods, are to be held by the camp (in the safe) and will be returned at the end of the summer.

### **Electronics**

Plug OUT! All year long our children are surrounded by technology. From computers, to cell phones and tablets and everything in between. We aim to keep the technology out of camp, thereby giving the campers a wholesome camp environment where they can plug out of the daily grind and plug into all the learning, activities & trips that camp has to offer. Camp is a screen free environment.

### **Leave at Home:**

- Cellphones

- iPod
- iTouch
- MP3 players
- Radios
- Computers
- PSP's

If any of the above items are brought to camp, they will be confiscated and returned at the end of the camper's stay. Digital cameras & small, lightweight and inexpensive digital cameras are allowed, along with their chargers and preferably waterproof cases.

### **Phone Policy**

Campers will be allowed to call home once a week according to a bunk rotation schedule. The rotation schedule will begin on the first Thursday of the session.

For schedule, times and phone information refer to our Keep in Touch sections of the CGI guidebook on our website once camp begins.

### **Package Policy**

You may send packages to your daughter while at camp to:

Camper's Name CGI Florida Girls 7495 Park Lane Road Lake Worth, FL 33449

### **Email Policy**

Directors E-mail Address for Director only - [girls@cgiflorida.com](mailto:girls@cgiflorida.com)

Campers can be emailed directly from the camp website or to [camper@cgiflorida.com](mailto:camper@cgiflorida.com). Campers will be able to respond to their E-mails by regular mail.

### **Property Damaged Policy**

Property Damaged: Campers are responsible monetarily for any damages done to camp property.

## **Raiding**

Raiding other campers, counselors, staff or property results in immediate dismissal from camp.

## **Bunk Divisions**

Bunking is important for the camp and campers alike. It is important for camp life and important to your daughters' happiness. When the bunks are divided, prior to the start of the session, this is what the camp will be looking at:

- Bunk Mate Requests from your registration
- Bunk Dynamics
- Previous Experiences

Bunk mate requests are important so that your child feels she is comfortable with at least one camper in her bunk. As the bunks are divided, we try to honor at least one bunk mate request.

Part of making bunk divisions, is ensuring an even balance of campers. We strongly believe, that camp is a great time for children to make friends outside of their regular circle, therefore if there is a group of girls coming from one class many times this group will be divided.

If the camp has had a previous experience with particular campers being bunked together and the results were not optimal, we reserve the right to separate the would be campers even if it was their only cabin mate request

Should a parent make a request that their child not to be with a specific camper, camp will make every effort to honor the request. If we have difficulty with the request we will contact the parent to understand the nature of the request.

## **Safety & Care**

### **Camp EMT/Nurse**

If a camper is feeling unwell or is concerned about her wellbeing, there are daily opportunities for her to see our camp nurse. Our camp nurse will assess her and will conclude which treatment is necessary. If your daughter is unwell for an extended period of time, the nurse will contact the parent to discuss further treatment.

## Nurses Hours:

The nurse is available 3 times a day and in the case of emergency.

Nurses hours are: After Breakfast, Rest hour and after Dinner.

The CGI infirmary is well-stocked and our medical staff is prepared to deal with any medical situation that might arise. All medication that campers bring to camp is kept in the infirmary and is distributed by the camp nurse.

CGI works closely with the local hospital to secure immediate medical care should the need arise. Local 911 services are available in our area and should the need arise, a hospital is located approximately 10 minutes away from camp.

Please note, CGI requires all campers to have medical insurance. If a family does not have medical insurance, please contact the office to receive a release form assuming responsibility for any incurred costs.

## Medications

There are many campers that take daily medications for a variety of reasons. Informing the camp about daily meds in advance will ensure that your daughter is cared for properly once she arrives at camp. Prior to the start of camp, the camp nurse will call and discuss the care needed. Confidentiality and professionalism is a key factor to your daughter's health. We hope to maintain both. If you are sending medications to camp, please complete and attach the medication form on our website or fill out your own form with the following information.

Prescription Medication should be clearly labeled with:

Your child's name The physician's name The name of the medication The required dosage

All tylenol, advil, homeopathic remedies etc. must be brought to the infirmary with:

Your child's name, the name of the medication & the required dosage.

## Diseases & Infections

Children who live in close contact with one another are particularly susceptible to catching head lice .

**HEAD LICE** The head louse is a tiny insect that lives and breeds on human heads.

Head lice is a common problem among school age children and can occasionally make an appearance at Camp.

#### **CGI Florida Lice Protocol**

All parents must have their children checked and, if necessary, treated for head lice before the beginning of camp. All campers will be checked upon arrival. If your child had lice prior to the start of camp, please let the camp know. If lice is found on a camper, she will be separated from her bunk and cleaned out properly before being allowed to join the campers again. Should lice be found the nurse will supervise the cleaning of the hair and take proper steps to avoid an outbreak. Of course, all this is done in a sensitive manner.

There will be a \$150.00 minimum charge for the treatment of a child found with head lice. Please make sure to take care of this important issue in order to avoid unnecessary embarrassment for your child.

#### **Dental Work**

If a child will need dental work in camp we will be in touch with a dentist in Florida. The protocol is as follows.

If the camper is from Florida: The parent will be called and asked to make dental arrangements and pick up from camp.

If the camper is from out of Florida: The parent will be called and asked permission for the camper will be driven into the city, brought to the dentist and treated. The parent will need to cover payments for the dental work and ride to the city.

#### **Hospitals**

Should an emergency arise, the camp will consult with local 911 and the decision will be made if the child should be brought into the city for treatment or if they should be treated at the local hospital. Should the camper be from Florida, the parent will be called to consult (depending on the severity of the emergency).

#### **Sun Safety**

Campers are encouraged to watch for watch for their sun safety by following these

guidelines. They are encouraged to:

- Drink Plenty of Fluids
- Wear a Sun Hat
- Put on Sunscreen
- Stay in the shade
- When at the pool – wear a bathing shirt

### **Allergies**

If your daughter has any type of allergies the camp must be informed about them prior to her arrival at camp. Since no two allergies are the same, the camp will set up a protocol with the parent based on her type of allergy prior to the start of a session

### **Food**

Campers in CGI enjoy three kosher and wholesome meals a day, a daily fully stocked salad bar as well as snacks. If you have a different allergy or a special diet, please contact the office before camp to arrange accommodations.

### **Homesickness**

An important part of the camp experience is adjusting to being away from home. Our staff is well-trained to help your child adapt to camp life. If you have any concerns about how your child is adjusting while in camp, please call our office to speak with the Camp Mother.

### **Keep in Touch**

Communication is the key to all in camp. Anything related to how to get in touch with the camp or your daughter will be available in this section.

### **E-mail Office**

The best way to reach camp is via e-mail at [cgiflorida.com](mailto:cgiflorida.com). If there is a specific concern, that you would like to discuss, you can e-mail the camp and we will make up a time to talk.

### **Email a Camper**

Keep in touch with your daughter by sending her e-mail here or email

camper@cgiflorida.com. Letters from home are always welcomed. E-Mails are printed once a day in the morning. Most likely, if an e-mail was sent after 11:00 a.m. it will fall into the following days E-Mails.

### **Tip**

Keep your E- Mails fun, happy and good shmooze. Girls in camp are especially sensitive and any news that may cause panic to your daughter may cause her to tear up and feel anxious. EG-Someone is in the hospital, or a sibling hurt themselves may cause them to wonder and feel anxious about the situation.

### **Phone**

Administration Office

Pre Camp: Chabad of Parkland (954) 796-6190

Office hours are between 10:00 a.m. & 3:00 p.m. If there is no answer, leave a message and your call be returned within 24-48 hours. Responses via e-mail are usually quicker.

In Camp: (754) 800-4770 If there is no answer, leave a message and your call be returned within 24-48 hours.

Responses via e-mail are usually quicker.

### **Campers**

Campers have an opportunity to speak home 1 time a week starting from the first Thursday in camp. These calls are limited to 5 minutes and are there just for you to hear your daughter's voice. A short "Hi, How are you, Missing you so much and I'm having a ball" is the purpose of this call. This call is to put you at ease, and to know that your daughter is doing okay. Below you will find a phone schedule.

Bunks with campers names will be posted on the site a few days after camp starts so you'll know when to expect your daughters call.

How do campers call home?

- Camp Cell Phones: The camp has 4 cell phones that will be available for campers to use on their designated call day.
- Staff Cell Phones: Your daughters two counselors will have their cells available

to your daughter on her designated call day.

Some things to be aware of:

- Camp has only 4 cell phones and the 2 phones of their counselors for outgoing phone calls, therefore, we limit calls to a maximum of 5 minutes.
- When the camp is out on a trip, and it is your daughter's phone day- most likely she will call the next day. We do try to remember to send an e-mail to the parents stating that they are on a trip but that is not always the case.
- If you miss your daughter's call she will call the next day during rest hour.
- Campers are not forced to call home. Many camper's prefer not to call home to alleviate homesickness that they may feel if they do. Please do not force your daughter to the phone. Most likely she is doing perfectly fine and having too much fun to call.
- Should you have a concern after your call, please contact us via e-mail (preferable) and we will be glad to address those concerns

### **Erev Shabbos Calls**

We are unable to take calls for campers on Erev Shabbos. It causes great strain in the office and we are unable to accommodate a Good Shabbos Call. Alternatively you can E-mail your daughter a Gut Shabbos hug.

### **Mail & Packages**

Mail & Packages may be sent to campers to the camp summer address with your daughters name.

Camper's Name CGI Florida Girls 7495 Park Lane Road Lake Worth, FL 33449

For campers celebrating Birthdays

Birthdays at camp are celebrated with much and excitement. On your daughters special day, we make sure that although your daughter is far from home, she feels the warmth of the CGI Florida family celebrating with her. We will celebrate with a Birthday Farbrengen and in addition, our Ruchnius Director will make sure she follows the birthday Minhagim on her special day. You can order the birthday

package on our site.

Some ways for a parent to make her day special

- Send a birthday card via snail mail, as long as you send it early enough.
- Phone call -of course your daughter will be able to speak home to receive special Mazel Tov Wishes.
- Send a Birthday E-mail.
- Make sure you order the cake at least 3 days before your daughter's birthday to make sure it is ready on time.

### **Bas Mitzvahs**

Although regular birthdays are celebrated with much excitement, obviously a Bas Mitzvah girl has an added Achrayus.

Therefore, her birthday will be celebrated too in an even greater manner. In addition to the above, here are some things that parents have done to make their daughters day special.

As a parent, you do not have to do any of the below however if you would like to enhance her special day, by all means you are welcome to do so:

- Order the Birthday Package which comes with a cake and nosh for her bunk.
- An arts and crafts project that you would like her bunk to do with her. It is best to send the supplies with your daughter before the start of camp.
- Do a party with music and dancing for the whole camp
- Ask a Shlucha or Speaker from Florida to come and address the girls
- Join her Farbrengen (parents and girls only)
- Have another idea? We will be happy to hear.

The Ruchnius director will be in touch closer to the day of the Bas Mitzvah. Please call camp to speak and discuss with her the details of your daughters Farbrengen.

## **Activities**

Activities make our day go around. CGI has a full day of activities planned for all the campers. The focus of activities are that campers should have a great time together. Much team building and focus on areas of sharing and group activities are done to enhance the social & emotional aspect of each and every child.

Special days such as Color War are times where they campers are on show. They are encouraged to participate throughout the day with song, dance, drama and art.

**Sports** Sports activities includes: Basketball, Volleyball, Biking, Volleyball, Soccer & Machanayim.

**Water Activities** All water activities are fully supervised Campers can enjoy activities in both our pool and on the scenic lakefront rowing.

**Trips** Bowling, Roller Skating and Local Attractions. CGI is known for its incredible & thrilled trips!

**Specialty Activities** Ropes Course, Zip Lining, Biking, Night Activities, Color War & Theme Days.

## **Clubs**

In addition to regular camp activities CGI prides itself in their fantastic “Clubs” Program. This is where the campers choose from a wide variety of activities catered to their age group and desire. Clubs differ from regular activities – In this program the campers learn a skill. On the first day of camp, campers are introduced to the “Clubs Shuk” (fair), where they can choose from a variety of activities that they would like to join. They will have the opportunity to choose 3 Clubs that they will do throughout the session.

Many campers that learned in our clubs program have gone home and honed their skills becoming more proficient in their chosen club.

Some of the Clubs Choices

➤ Cooking ➤ Food Decorating ➤ Clay Art ➤ Jewelry Making ➤ Dance ➤ Hair Accessories

## **Ruchnius & Chassidishkeit**

CGI prides itself in creating a Chassidish, fun and inspiring program from morning to night. With a Learning Curriculum geared to stimulate involvement and imagination; many of these lessons are supported by weekly game shows and “hands-on” projects to enhance their knowledge, keeping the learning experience fun and enjoyable.

The activities at camp is how the day flows but without our Ruchnius the day would fall flat.

A Peek at what our Ruchnius look like throughout the day?

- o Boker Tov -with the Rebbes’ Modeh Ani, negel vasser and a reminder to dress the way of a Bas Chabad
- o Cocoa Club -Optional learning with Cocoa and cookies for a special trip for those girls that didn’t miss a day.

- o Line up - 6 of the 12 Pesukim are said

- o Tefilla - Davening with a Chayus, Tanya & Tehillim.

- o Breakfast - Amongst singing & cheering Hayom Yom is learned

- o Shiur - The campers are divided in groups according to age and learn about different concepts in Yiddishkeit and Chassidishkeit, in a clear and practical way. They have group discussions and fill out a workbook which each camper can then take home.

- o Lunch with Daily Sefer Hamitzvos

- o Mincha - Davening Mincha and Chumash of Chitas

- o Tzivos Hashem - Learning Baal Peh and with a Chayus various Inyanim of Torah, Chassidus and Chassidishe Inyanim

- o Supper with a Daily Moshiach thought and Tznius Queen

- o Layla Tov - Krias Shema, Rebbe Time, Bunk Time and discussions on Hiskashrus.

## **Tzivos Hashem**

Every day before supper the campers learn “Tzivos Hashem“ and are rewarded special prizes at the end of the session. The more they learn the greater the prize.

Of course the greatest prize of all is the extra Yedios they gain.

### **Daily Schedule**

8:00- Wakeup

8:30-Cocoa Club

8:45- Lineup

9:00 Davening

9:45 Breakfast

10:30 Shiur

11:15 Cleanup/Bedside

11:45 Activity

12:30 Activity

1:15 - Lunch

2:00 - Rest Hour

3:00 - Activity

3:35- Activity

4:10 - Snack

4:25 - Activity

5:00 - Tzivos Hashem

5:45 - Mincha & Chitas

6:15 - Supper

7:00 - Night Activity

8:00 - Preparations for Bed

9:15 - Rebbe Time

9:30 - Lights Out

## FAQ

*How much money does the camp suggest I send for canteen, and how is the money deposited?*

The suggested amount of money is \$20-\$30 per session. You can send a check or cash with your son to camp and have him give to his counselor. The money is deposited into his account, and the daily spending will be deducted accordingly.

*What is the suggested amount for tipping? How can I best send the tip to the staff since there is no visiting day this summer?*

Tips can be sent to the camp address, with checks addressed to each staff member separately. We will distribute the tips accordingly. Tip suggestions, are per session. Counselor - \$25, Waitress - \$15

*Do I get to speak to or email my daughter during camp?*

After the first day of the session, the bunks will be posted on our website. You can email your daughter through our site; the emails are distributed once a day.

Campers are given an activity to call home once a week, using the camp's phone lines. Please check out the calling schedule to know when to expect your daughter to call. Please try and keep your phone available during that time. Campers are not FORCED to call home, they are offered the opportunity.

*How does laundry work, how often is laundry done?*

Our laundry is picked up and done by a professional laundromat a few miles away from camp. The laundry will be done once in the 2 week session; your daughter will need enough changes to last 8 days. The laundry is sorted by colored and white and taken to the Laundromat. It is returned to the bunk the next day, clean and folded. It is of utmost importance that every item sent to camp is labeled. Clothing that are not properly labeled cannot be divided.

*My daughters' birthday is during camp. I want it to be special! How are birthdays celebrated in camp?*

Mazel Tov! Have your daughter celebrate her Birthday in CGI! For \$25, we will provide a cake, soda and chips and her counselors will make a Farbrengen with her bunk. Her Birthday will also be announced in the dining room with a "Happy

Birthday Song”. (please put link here that will notify us of a birthday order and allow us from this link to charge their card \$25). When they click on the link, it should have campers’ name, Hebrew Birthdate, Age Turning & credit card info.